

Better Digital Parenting

A commonsense approach
to creating safer online
experiences for your kids.



**CYBERSAFE
KIDS**



Part of the SAME RULES APPLY campaign


accenture

A Very Warm Welcome...

We're delighted to launch our new interactive digital parenting booklet. This booklet is a key part of the third iteration of our **Same Rules Apply** parental awareness campaign, created with the generous support of Accenture.

It is aimed at supporting you as parents and caregivers to navigate the often choppy waters of our children being online. Filled with practical tips and useful resources we hope it will help steer you in the right direction and give you confidence to support your children's online lives more effectively. We have more resources available on our website too, including our free CyberSafeKids elearning course, so please also visit the link below to learn more!



Alex Cooney, CEO,
CyberSafeKids



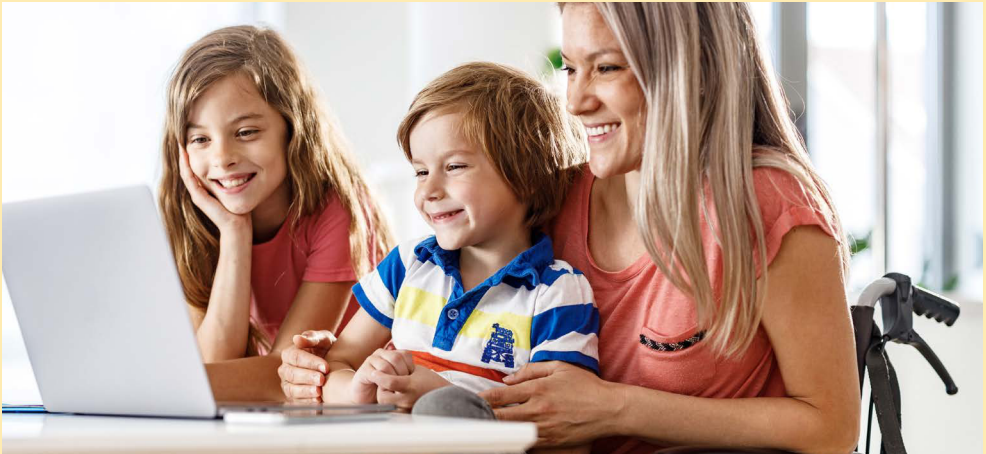
CyberSafe
eLearning



Created with funding from Rethink Ireland and thanks to ongoing support from CommSec, we are proud to offer the **Empowering Young Digital Citizens** elearning course. The course is aimed at parents, caregivers, educators and youth workers and is completely self-paced. All the major aspects of online safety and the digital world are covered through distinct 'missions': Privacy & Security, Cyberbullying, Positives Uses, Online Risks, Gaming & Digital Literacy, and Personal Cybersecurity.

You can register and access the course free of charge by scanning the QR code or visiting cybersafekids.ie/elearning.

What is 'Digital Parenting'?



Whether we like it or not, it's a reality of modern parenting that children are often referred to misleadingly as 'digital natives'. While that may be true, being born into a digital age does not mean they are inherently born with the skills to function safely and effectively within it. Many of us were born into the age of the automobile, but we still had to learn how to drive, right?! Approaching children's online lives with the same care, attention and supervision that we apply to their offline lives is vital: always remember that *when you give your child access to the online world, you are also giving the online world access to your child.*

Very young children should never access the internet alone: they should be supervised at all times. It can be easy to access inappropriate content without intending to.

As children mature, they will inevitably want more privacy but it's essential to continue to regularly monitor and supervise their online activity in an atmosphere of trust and transparency, including checking devices and apps for inappropriate content and contacts.

While challenges or harms in the online world vary from age to age, ongoing dialogue and discussion around the online world is essential regardless of age. Discussing online life as a normal part of everyday conversations is the only way to keep your children safe and ensure their experiences online are as positive as they can be. With that in mind, let's dive in...

Contents

First Steps

05 Introducing Technology
06 Developing Healthy Habits
07 *When should I buy my child a smartphone?*

Getting the basics right

08 Using Parental Controls
09 Setting Ground Rules
10 Understanding Age Restrictions

Going Deeper

11 Social Media & Gaming
12, 13 Cyberbullying
14, 15 Managing Privacy
16 Privacy Loss
17 Grooming
18 Sexting & Pornography
19 Gam(b)ling

New Skills

20, 21 Digital Media Literacy
22 *Should I worry about AI?*

Parental Resources

23 The Law
24 Top Parental Tips
25, 26 Developing a Family Agreement
27 Useful Resources

First Steps: Introducing Technology

As parents you may feel overwhelmed about how to protect your children from **the risks** of being online, but it's important to acknowledge **the benefits**: having fun and socialising, or learning and developing creative skills.

Providing support by guiding your child safely means they are less likely to go online secretly and access inappropriate content, unwittingly or not.

Talk with your child in an age-appropriate way about some of the important things to watch out for when going online.

Have them think about who they talk to online.

Talk about how they should behave online (in the exact same way as you'd hope they behave offline!).

Supervise them at all times when they are young and first exploring the online world.

Introduce devices and online platforms (social media & gaming) slowly and carefully.



First Steps: Developing Healthy Habits



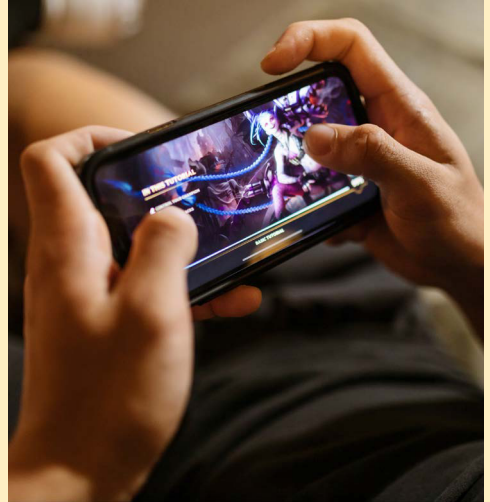
Think **quality not quantity**. Children need clear guidelines and boundaries. Screen time encompasses almost everything we do in our daily lives, and if you have set a time limit for each day – what is included? Their homework? What about talking to grandparents in another town or country?

Children might be doing something creative online, so **focus on the activities and achieving the right balance**, rather than focusing solely on the amount of time spent on screens.

- › **Agree rules** about the different types of online activities.
- › Talk about **when** and **where** it's appropriate to use screens (ideally, keep devices out of bedrooms, especially overnight!)
- › **Agree times** when screens are and aren't allowed in the home (meal times and bedtime may be a good start to the not-allowed list!).
- › **Model the behaviours** you want to see yourself.
- › Think not just about the quantity of screen time but rather the **quality of activities** your child may engage in.
- › Minimise time spent doing passive, sedentary activities like scrolling or mindless gaming.

First Steps: When should I buy my child a smartphone?

This is a question we hear a lot, and you're not going to like the answer...*it depends*. Every child is different and you know them better than anyone else, so only you can really know the best age. Ask yourself, is your child ready to take this responsibility on and are YOU ready for the responsibility that comes with it? The last 12 months have seen much talk about smartphone 'bans' and social contracts, but the reality is more complicated. We would encourage you as parents and guardians to hold off for as long as possible on getting your children a smartphone. Whatever you decide, here are some useful things to think about when figuring it out:



- › **What is the smartphone primarily being bought for?** (Safety? Gaming? Calling friends & family?)
- › **Have you agreed rules of use?** (e.g. What can be accessed? Can apps and games be downloaded?)
- › **Have you done your research on parental control apps available on Apple or Android?** (See p.8 / p.27)
- › **Are you prepared to keep monitoring its use, and apply sanctions if necessary?**

Please Remember!

Talking only about *smartphones* can be a red herring. Our research shows that tablets and gaming consoles are consistently the two most popular devices among 8-12 year olds (smartphones are third), and although they might be used more generally in the home, both harmful content and contact can be encountered just as easily on these kinds of devices, so monitoring and supervision are still essential.

Getting the Basics Right: Using Parental Controls

Most smart devices and online platforms have built-in controls that allow you to limit time, restrict access to certain content, and switch off functions like direct messaging, chat rooms or shopping.



- › Both Apple and Android have **family management systems** built-in to monitor individual devices.
- › **Filtering controls** on devices and WiFi routers are useful for preventing children from accidentally encountering harmful content.
- › Minimise the risk of inappropriate content by **activating safe search options** in your browsers.
- › Many apps and games give their users the option of buying a host of extras and children can easily make purchases (sometimes without even realising). **Disable in-app purchases** using your phone or device settings.
- › There are many resources and websites to help, as well as device or console manufacturer's websites.

With so many devices and platforms, **'How to' videos on YouTube can often be a great place to start** for all of these: they are just a quick Google search away...



Getting the Basics Right: Setting Ground Rules

Be the best role model for your child.

Modelling behaviour is the most powerful way you can influence your child's behaviour.

If there is a rule about no phones at the dinner table – that means for everyone! Using your phone at the dinner table (is it really that important?) may send very mixed messages.

As parents or guardians, we can justify our use of screens at the dinner table by saying that “it’s for work” or “it’s important”, but what young people are doing online is also very important to them.

- › This is really about modelling behaviour, so ask yourself...*can it wait?*
- › *Be conscious of how many times you're picking your phone up* and looking at the screen in their presence.
- › *Avoid relying on screens to keep your children occupied:* this confuses messaging on healthy habits.
- › *There may be different rules* for you as the parent when it comes to internet use, as for adults generally in life: *this must be discussed and explained to children.*



Getting the Basics Right: Understanding Age Restrictions

Did you know? The General Data Protection Regulation (GDPR) requires an *age of digital consent*.

In Ireland, the legal digital age of consent is 16. For data collection, teenagers between the ages of 13 and 16 years old must have parental permission to sign up to social media services.

Most social media platforms and services have a minimum age requirement of 13 years old (others may be set at 16 e.g. WhatsApp). *Children under the age of 13 should not have their own social media accounts.* However most social media platforms do not have robust age-verifications in place making it easier for underage users to sign up, and research bears out the fact that 84% of 8-12 year olds already have their own social media accounts.*

Sometimes app stores (Apple/Google Play) have their own age rating systems, so it is better to follow standardised guidelines and ratings.

Use www.common sense media.org or pegi.info for a comprehensive list of age requirements for social media platforms and games.



*Keeping Kids Safer Online: Online Safety Matters, Trends and Usage Report, CyberSafeKids (Academic Year 2022/2023)

Going Deeper: Social Media & Gaming



When your child begins using social media, these are the key questions to ask yourself:

Am I comfortable with my child using platforms not designed for children?

Ultimately, you need to decide if your child is emotionally equipped to deal with the social pressures that can arise such as 'fitting in' or 'being popular.'

Have I researched the app or game my child wants to access? Take time as a parent to review the app and/or game and decide if it's an appropriate service for your child. Use helpful websites like Common Sense Media, Webwise or PEGI.

Is the profile set to private? In the event of any problems occurring, do you also know the password to gain immediate access, if needed? Check out the platform before agreeing to anything with your child. Is there potential for harassment or accessing inappropriate content?

Do I and my child understand how the platform works, and how to report and manage privacy settings together? It is essential to always report or block problematic contact or content within apps and games.

Why not check out Webwise's useful introductory guide to online gaming for parents? Access the guide by [clicking here](#).



Going Deeper: Cyberbullying



Cyberbullying is something you should talk about before it happens. It's continuously evolving and can happen to anyone of any age when online.

Cyberbullying can be defined as *targeting someone deliberately online* using technology such as social media platforms, instant messaging apps and websites. It can include:

Hurtful messages

Excluding people from groups

Posting nasty comments

Using photos or videos of someone without their permission

Threatening to share things about someone online

Using fake profiles or accounts to target, threaten or scare someone

'Bandwagoning' (getting swept up in the momentum of a group chat)

Cyberbullying does not require face-to-face contact. It can occur 24-7.





Report Problems

Report instances of cyberbullying to online service providers that have reporting tools. By using this reporting mechanism, your child will be passing information on to people who may be able to prevent cyberbullying. If the harassment is severe and ongoing, contact the Gardai (***Garda Confidential Line: 1800 666 111***).

*If cyberbullying content is of a sexually explicit nature and features images of minors it is important when screenshotting that you ***do not share images (or store them in the Cloud)*** as this can be considered legally as distribution without consent. Secure the device in question, reassure the young person and try and ascertain how far the image/s may have been shared.

Children need to understand the emotional damage that cyberbullying can cause. Teach empathy skills to your child and emphasise the importance of not standing by while someone else is being bullied. Encourage them to be an 'upstander' rather than a 'bystander'. Remind them that telling a trusted adult is not 'telling tales'.

What Advice Should I Give my Child?

- › ***Tell a Trusted Adult***
- › ***Don't Reply***
- › ***Keep the Messages***
- › ***Block the Senders***

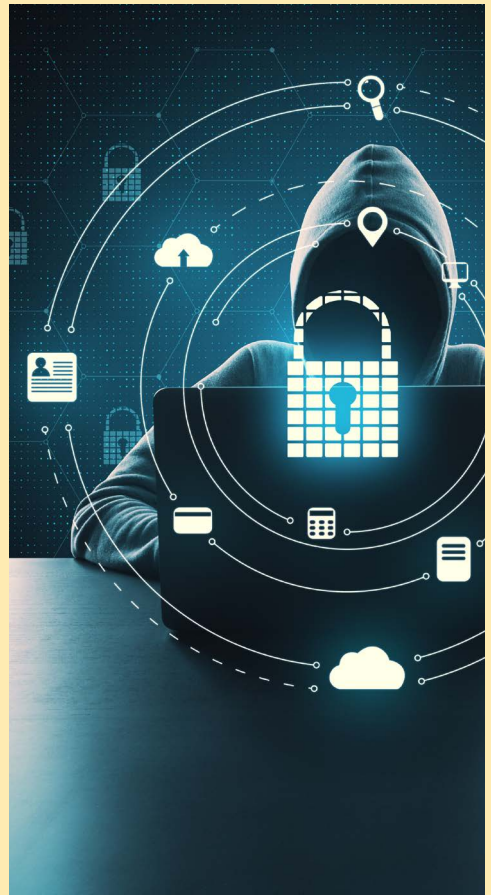
Going Deeper: Managing Privacy

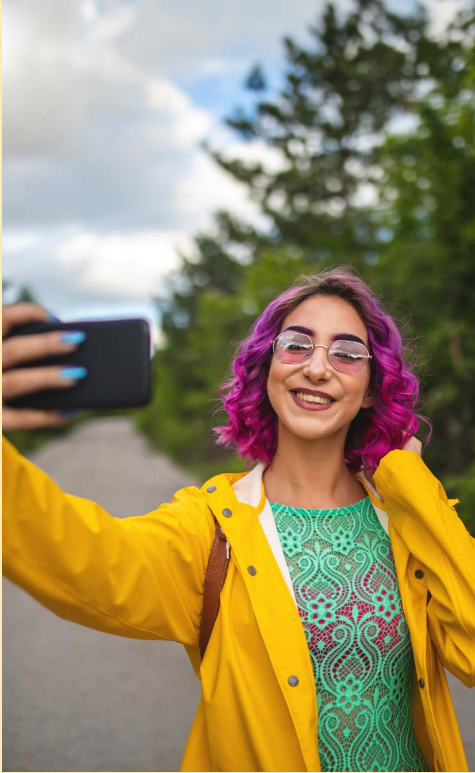
Make sure your children understand what different types of personal information exist and what is ok to share (and not to share) online. Many of the most popular social media platforms are set to **public** by default. This means that **everything** a young person posts can be **seen by anyone** unless this setting is changed. Explore **private** or **friends/contacts-only** settings.

It's a good idea to talk about your child's **friends list**. Sometimes, in their desire for popularity, young people become too relaxed about who they'll accept as 'friends'. You and your child should review their list of online 'friends' regularly, so they are sharing their information only with people they trust. It is unlikely that a child knows 300 or more people offline, so they shouldn't have this many 'followers' online!

Emphasise that **children should NOT reply to any unwanted messages**. Although it may seem obvious, scam artists or predators use messages that draw responses from young people. Make sure your child knows how important it is to ignore them and to speak to you if something bad happens, which makes them feel uncomfortable. 'Fun online quizzes' can also be a way for scammers to get children to put more personal information online than they should (or need to).

Cyberthreats through games, including malware attacks on shared devices, are also on the rise so make sure they know not to accept downloads or to share their gaming account details without permission.





**Make sure
location settings
are set to 'OFF'**

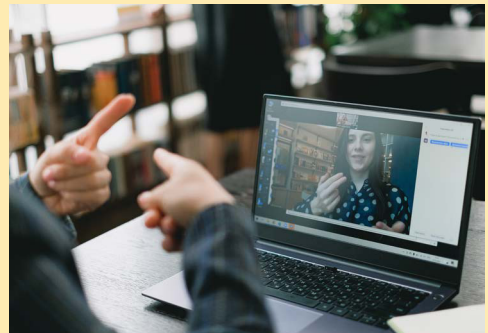
Location, Location, Location!

Many apps and platforms will ask for access to your location through GPS tracking. There's never any occasion when anyone other than you should need to know where your child is, so make sure **location settings are set to off** both on the device your child is using and within the specific apps and games they are accessing.

Similarly, turning location settings off means that video and photo content will not be 'geotagged' even if it is posted online, so no information on where or when the video or photo was created can be extracted from the metadata. This is especially important if your child is posting in real-time, for example, taking photos on the beach and uploading them to a social media platform while still in situ.

Approaching Tricky Topics

Always ensure children understand that sometimes **inappropriate content will find them** – this isn't their fault or something that they'll be reprimanded for but they must come and tell you. Praise your child for coming to you about the problem, stay calm and don't overreact. Make a plan together to try and prevent it from happening again.



Going Deeper: Privacy Loss

Online, privacy and identity can be protected easily by following some simple steps:



Make sure the account is set to **private** - this gives the user control over who follows them or sees their content. >



Disable **location settings** so that when content is posted in real-time, your location will not be compromised. >



Use in-platform features to better protect privacy such as the 'Close Friends' feature on Instagram or 'Ghost Mode' on Snapchat. >

As children mature they will increasingly desire privacy but it's important to maintain an open dialogue about online activity. If this is done in a trusting and transparent way it will help mitigate potential problems they may come across.

Open dialogue encourages asking for help rather than hiding the problem, which often exacerbates it further. Ask them to share popular apps or games and what kind of content is currently trending, which in turn will make you one of the hippest parents on the block!

Going Deeper: Grooming

The online world can be an easy place for groomers to contact children and young people to develop inappropriate relationships with them. The ease of taking and sending images and videos means that a lot of child sexual abuse material (CSAM) is generated through these kinds of channels. Telling signs this may be happening include:

- › Wanting or asking to **spend more time on the internet**.
- › **Being secretive** about the sites they visit or who they are talking to online.
- › **Switching screens** when you come near them when they are on their laptop, tablet or phone.
- › **Possessing new items** you haven't given them, especially electronic devices.
- › **Sexual language/imagery** you don't expect them to know or that is **not age-appropriate**.
- › **Emotions** that become more volatile, unexplained distress.

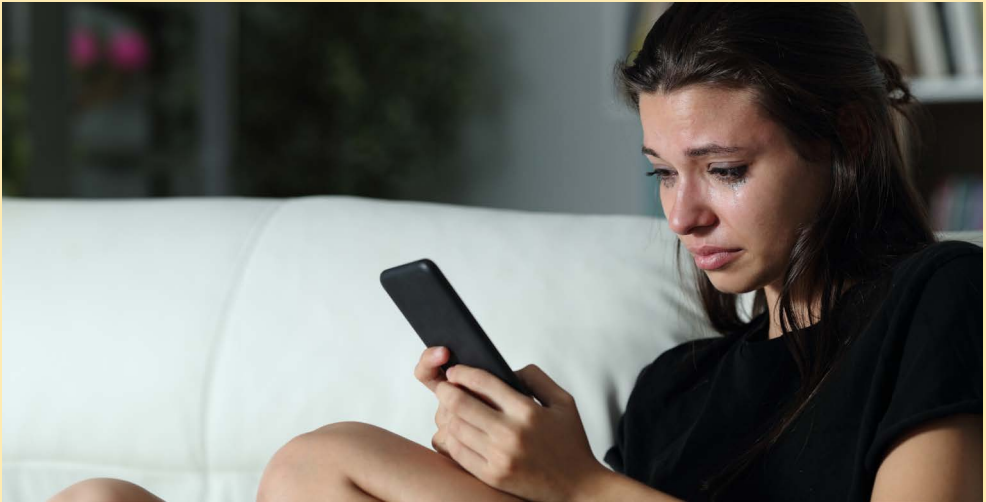
If you suspect a child is being groomed:

- › Stay calm, respond positively, reassure them.
- › Encourage them to talk openly.
- › Advise that they don't respond to or delete messages.
- › Use privacy settings, online blocking & reporting mechanisms.
- › Talk to the Gardai if involving serious harassment, threat of harm or indecent images or videos.
- › Use expert helplines such as Childline.
- › Visit www.hotline.ie for more information.

Listen to Orla's Story here:



Going Deeper: Sexting & Pornography



15% of 15-17 year olds have received sexual messages online.*

The sending or receiving of any sexual image of a minor by anyone is a criminal offence and young people can fail to recognise privacy and legal concerns. Images leak easily online, and although sexual curiosity and experimentation are a normal part of growing up, it is important to ask the question: *who will see this in the future?* The sending or receiving of sexual images – with or without consent – when a minor is involved can have devastating personal, emotional and legal consequences for young people and families.

Young people will come across pornography when online, and although it may often be viewed accidentally the first time, 54% of

kids view pornography for first time before the age of 13, with the average age being 12.** Once your child and their peers are active online, it is inevitable they will come across inappropriate content because it's all too easy to access and children are curious. So be prepared. Have the conversation about topics such as porn, consent and sexuality, even though it can be tricky. The key message to get across is that not everything they see is real. This is important, otherwise it can lead to a misunderstanding of what is "normal" behaviour. Check out the New Zealand government's ['Keep it Real'](#) campaign for inspiration on the importance of these conversations!

*Ref: NACOS 2021 Going Deeper: Sexting & Pornography Robb, M.B., & Mann, S. (2023). Teens and pornography. San Francisco, CA: Common Sense. www.common SenseMedia.org/sites/default/files/research/report/2022-teens-and-pornography-final-web.pdf

Going Deeper: Gam(bl)ing

Problem gambling rates are on the rise amongst young people in Ireland, with prevalence doubling among 15-16 year olds in less than 5 years*. Early exposure is often linked to the development of problematic gambling habits and young people can be exposed to gambling through the video games they play, even those aimed at very young children.

Video games can normalise gambling with casino imagery, betting with virtual currency and randomised purchases (paid loot boxes).



It is important to:

Research popular games young people are playing to assess if they are suitable before playing, e.g. look for warning labels for **Gambling or In-game purchases (includes random items)** and casino imagery.



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Agree on spending rules and limits up front - less frequent purchasing is better.

Remove payment details from consoles/stores or set up spending limits using parental controls.

Monitor behavioural changes around their gameplay, such as increased secrecy or anxiety.



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*Ref: ESPAD, 2019

1. Information

The online world is awash with information, much of it increasingly **misinformation** or **disinformation**. It spreads very quickly online so it's imperative that young people develop a healthy scepticism about the information they consume and understand the difference between information that is inaccurate and information that is deliberately designed to mislead. False images and videos (deep fakes) can be created through technological advances to manipulate audiences and it's important to be able to spot these also.

2. Targeting

Most online platforms work through algorithms and the analysis of user behaviour. The more information you put online, the more you will be targeted with specific advertising and content, which can lead to increasingly existing in an online 'echo chamber' of reinforcing (and possibly harmful) content. This can also include unsafe links and websites designed to get more personal or financial information.

New Skills: Digital Media Literacy

Digital Media Literacy is vital in a visual world where the lines between the offline and online worlds are increasingly blurred. These literacy skills enable young people to think critically, assess and 'read between the lines' when it comes to being online.



3. Healthy Self-image and Wellbeing

Young people already spend a lot of time online, further exacerbated by the pandemic as we turned to online platforms for communication, collaboration, and socialising. It's crucial to be aware of how much time we spend online. **Setting personal limits and knowing when to switch off** is important to establish a healthy balance between the offline and online worlds.

4. Digital Footprint

Young people nowadays have a much deeper digital footprint than their parents, and it's essential they understand that **whatever goes online stays online, even if you think it may have been deleted**. A permanent digital footprint means that posting harmful, inappropriate or explicit messages and material online can have potential repercussions long into a young person's life.



New Skills: Should I worry about AI?

Advances in generative AI technology, such as ChatGPT and other large language models, have great benefits but there are some concerns too.



Misleading publications: knowing how to **critically evaluate** online content is more important than ever for young people because generative AI makes it easy for anyone to generate a false but credible narrative.

Image-based abuse: A young **person's image** could be altered using AI technology and misused, e.g. to harass someone or in CSAM*, so don't overshare images online or misuse other people's images.

Targeting: young people should **limit sharing with chatbots**, which are constantly learning and can personalise future targeting and possibly share with others. Remember chatbots are **not** your friends!

Limitations and inaccurate outputs: fact-check any outputs (information) outside the model before using because the quality of the content produced will be based on the quality of the data used to train the model. For example, the data set could contain biases or be out of date. Some models have even been known to "**hallucinate**", generating a false but believable answer when lacking sufficient data to generate an accurate response so users should be aware!

*Child Sexual Abuse Material

Parental Resources: The Law

Coco's Law (Harassment, Harmful Communications and Related Offences Act 2020) criminalises the non-consensual distribution of intimate images. This means that either the distribution or publication of intimate images without consent and with *intent to cause harm*, or even *distribution and publication with no specific intent to cause harm*, can result in financial penalties and/or imprisonment.

2023 saw the welcome establishment of the **Office of Online Safety Commissioner in Ireland** under the auspices of the **Online Safety & Media Regulation Act (2022)** and **Coimisiún na Meán**. This office will develop online safety codes to make digital services accountable for how they protect people, especially children, from harm online. The Commissioner will enforce rules about how online services deal with illegal or harmful content.

At a European level we now also have the **Digital Services Act (DSA)**. The act *“will make sure that all digital services we use, especially the so-called “Very Large Online Platforms” like Instagram, Snapchat, TikTok, YouTube and “Very Large Online Search Engines” like Google or Bing, do more to protect users’ rights, keep us safe and stop the spread of illegal or inappropriate content. The DSA covers different types and sizes of online services, used by anyone in the European Union, wherever the service is based. It sets stricter rules for the biggest services.”**

*REF: The Digital Services Act (DSA) explained, European Commission, 2023.



Parental Resources: Top Tips!



Bear in mind that children with less parental supervision and unsupervised online access are more vulnerable to risks online, especially when they are young so...

- › Normalise discussing their online activity on an ongoing basis, without judgement.
- › Do your research, set rules, time limits and clear boundaries and stick to them for example, no phone usage is allowed between 8pm - 8am. Keep smart devices (mobiles, laptops, tablets, gaming consoles) downstairs overnight.
- › Use devices in open spaces, not behind shut doors, unsupervised.
- › Encourage phone-free rooms, e.g. no phone is allowed in the bedroom.
- › Use the 'one screen at one time' rule, rather than watching TV while also on another device.
- › Use technical restrictions (such as parental controls) but don't rely on them alone, especially when expectations of privacy increase.
- › Model good behaviour and encourage healthy habits.
- › Build a shared community of parents and guardians, teachers and experts.

Parental Resources: Developing a Family Agreement



A family agreement can be a great way to normalise discussing online life.

Creating one as a family and displaying it prominently in the house is a proactive and engaging way to create ‘buy-in’ from all, and hold everyone to account for their online behaviours and habits.

So how do we get started?

- › **Create time to have a conversation** with your family about your online lives – think about how you use the online space and what your habits and behaviours are online.
- › **Generate an atmosphere of mutual respect and trust**, necessary if the agreement is going to work. Imposing restrictions from ‘on high’ will be much less effective!
- › **Try to keep the conversation positive**: make the focus on safety and healthy habits and draw parallels with the offline world, e.g. the importance of learning how to cross the road safely, or of learning how to drive properly.

Parental Resources: Developing a Family Agreement

Other things to consider when setting up your family agreement:

- › What types of information are ok to share, and how to keep information safe.
- › What games are ok to download: are they age appropriate and will restrictions be needed for 'in-app' purchases?
- › Are there ways we can check if the information we see is accurate?
- › Who can we chat with or play with online?
- › How should we treat people and what to do if we see someone else being treated badly online?

It should also include a plan of action if your children are bothered by something they've seen online. Reassure them that it's not about punishing them or withdrawing their device. It's always about protecting them and making their experiences positive: that's why it's vital they tell you.

Remember:

When you have had these conversations as a family, draw up the agreement with clear statements and make sure that everyone signs it. **And although some rules may be different for different ages** (yes, that includes you as parents too!), it's crucial to also keep your family agreement on display somewhere prominent in the house – it's no use tucked away in a drawer...



You can find an easy to print and use (or adapt!) Family Agreement template by scanning the QR code or [clicking here](#).

Parental Resources:

Useful Resources

Alva's World

www.irishexaminer.com/news/ireland/arid-40694744.html

Bad News Digital Literacy Game

www.getbadnews.com

Be Media Smart

www.bemediasmart.ie

Common Sense Media

www.common sense media.org

CyberSafeKids

www.cybersafekids.ie

Childline

www.childline.ie

Digital Services Act

www.digital-strategy.ec.europa.eu/en/policies/digital-services-act-package

eSafety Commissioner (AUS)

www.esafety.gov.au/educators

Family Sharing (Apple)

www.support.apple.com/en-gb/guide/personal-safety/welcome

Google Families

www.families.google/families

Hotline

www.hotline.ie

Keep It Real Campaign (NZ)

www.keepitreonline.govt.nz

Media Literacy Ireland

www.medialiteracyireland.ie

National Parents Council

www.npc.ie

Call the NPC Helpline: 01 887 4477

NSPCC

www.nspcc.org.uk/keeping-children-safe/online-safety

Online Safety Commissioner

www.cnam.ie/online-safety/

Parentline

www.parentline.ie

Phone (01) 8733500

(NI) 0808 802 0400

PEGI

www.pegi.info

Qwant Junior Child-Friendly Browser

www.qwantjunior.com

Spunout

www.spunout.ie

Trend Micro Cyber Academy

www.trendmicro.com/internet-safety/for-kids/cyber-academy

Webwise

www.webwise.ie

Better Digital Parenting



A commonsense approach
to creating safer online
experiences for your kids.



Part of the SAME RULES APPLY campaign

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