



**Inform & Empower**

Digital Safety & Wellbeing

# Raising Kids in a Digital World

**Carley McGauran (Psychologist)**

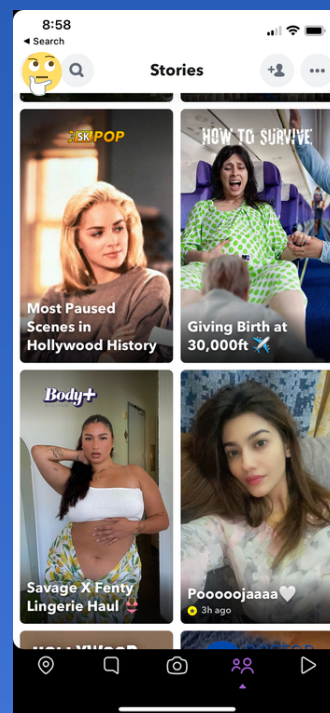
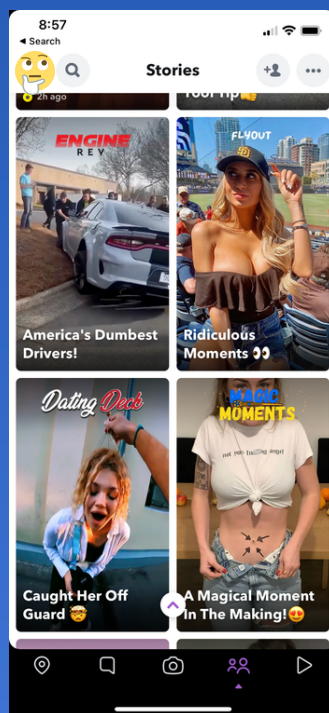
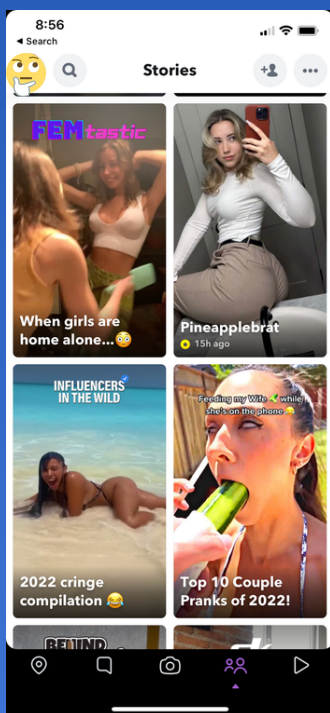
**Marty McGauran (Educator)**

**TOOLKIT FOR  
PARENTS & CARERS**

The apps are rated 13+ and my kids are nearly 13

13+ is not a rating but Terms of Service

Creating a false DOB creates an "older" profile for advertisers



11yo profile?



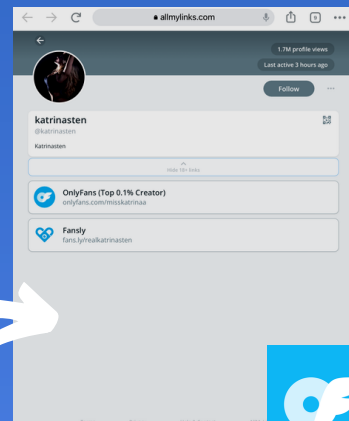
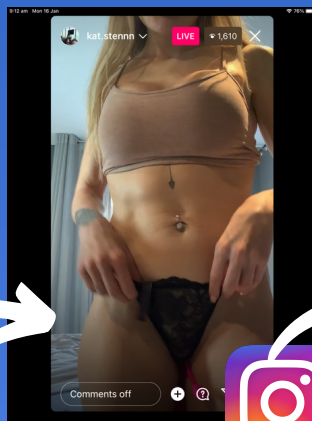
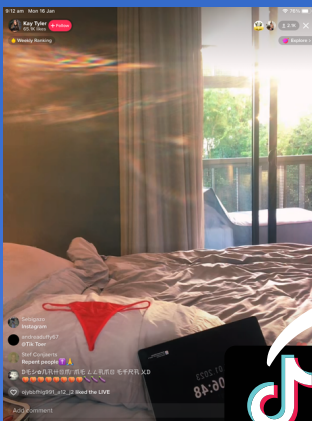
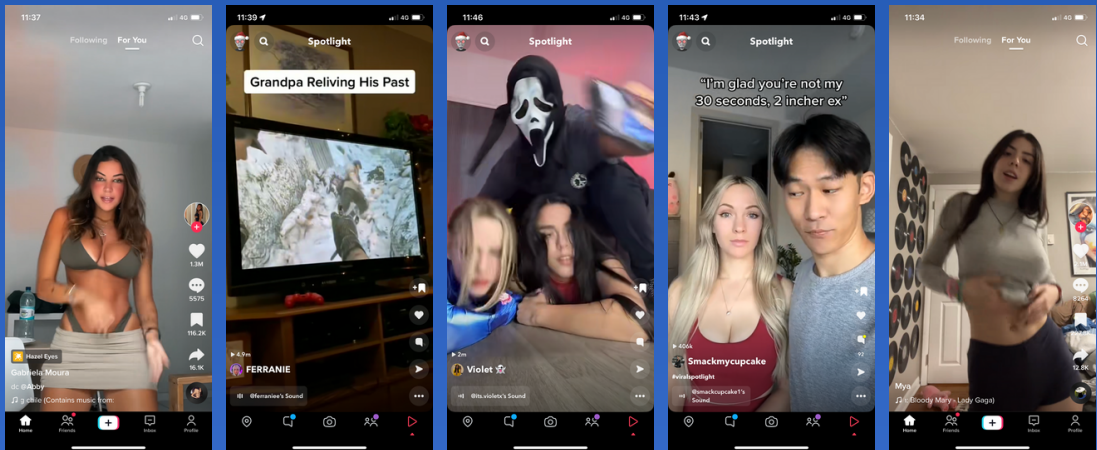
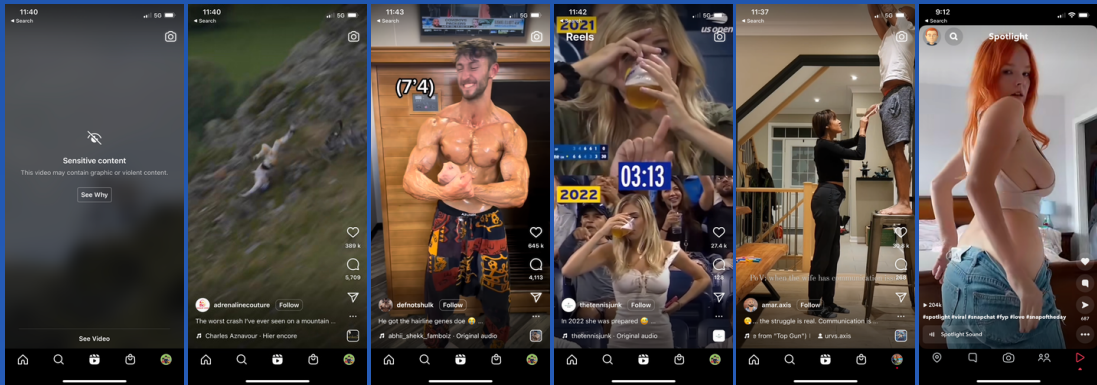
It's just for messaging their friends

Disappearing messages increase the risk of nudes and cyberbullying



It's just for messaging their friends

They can also consume public content





# DISCORD

- ▶ Text, voice and video chat
- ▶ Mobile, tablet or web
- ▶ 13+ required
- ▶ Can DM, create private servers or join public servers



## 18+ Graphic Content

- ▶ Sexualised content
- ▶ Explicit language
- ▶ Drug references
- ▶ Alcohol use
- ▶ War



Herald Sun (9 January 2023)

# What age is my child ready for social media?

13+ is the mandated age but there's no magic age! Have you had conversations about...

Spotting unsafe people

Green time/healthy habits

Cyberbullying

Help seeking

Consent

Pornography

Sexuality

Nudes

Body image

Challenges

Getting out of tricky situations



My kids are already on social media...
















































You can change your mind

Use only on parental device

Use Parental Controls and limits

# SOCIAL MEDIA PARENTAL CONTROLS

HOW DO THE POPULAR APPS STACK UP?  
(SEPTEMBER 2022)

				
Parental Control (account required)				
View Time Spent Online				
Set Daily Time Limits				
View Followers/Following				
Set Account to Public/Private				
Limit Comments/DMs				
View Interacting Profiles				
View Posted Content				
Enable Restricted Mode				Automatic for users age 13-17
Disable Search				
Report Accounts				

**BLOG POST**  
Parent Guide: Parental Controls for Social Media



My kids are not on social media yet...

Keep going!

Lots of chats to build skills

Set a review date



# Messenger Kids

- ▶ **Created for children under 13**
- ▶ **No access to public content**
- ▶ **Parents approve contacts**
- ▶ **No disappearing messages**
- ▶ **Recommended**

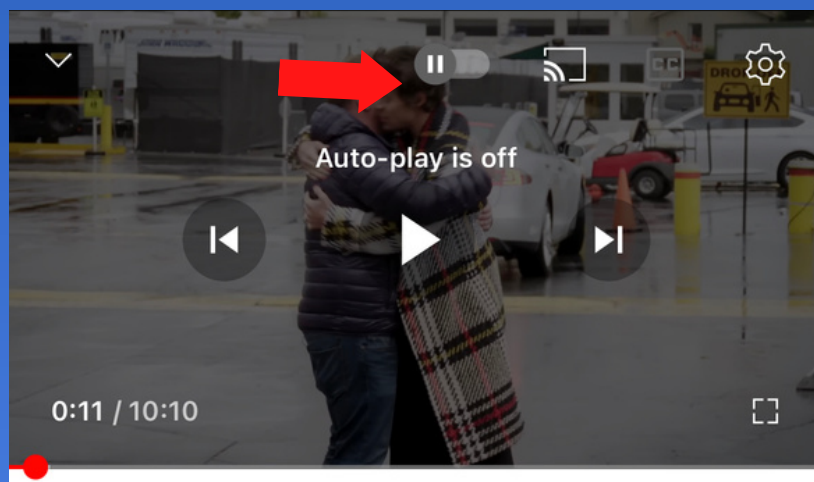
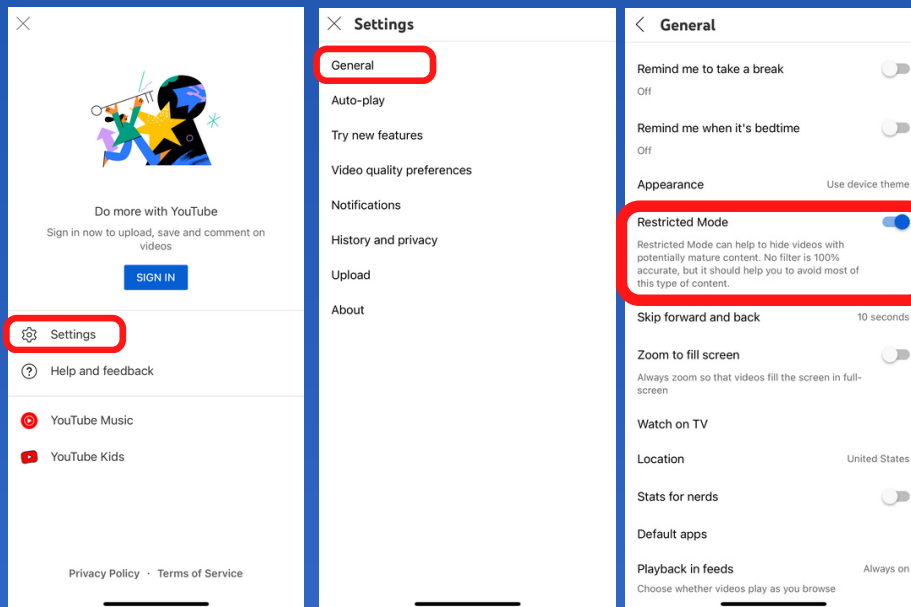




# YouTube



- ▶ Use YouTube Kids
- ▶ Use Restricted Mode
- ▶ Disable Autoplay
- ▶ Cast to TV



# ROBLOX

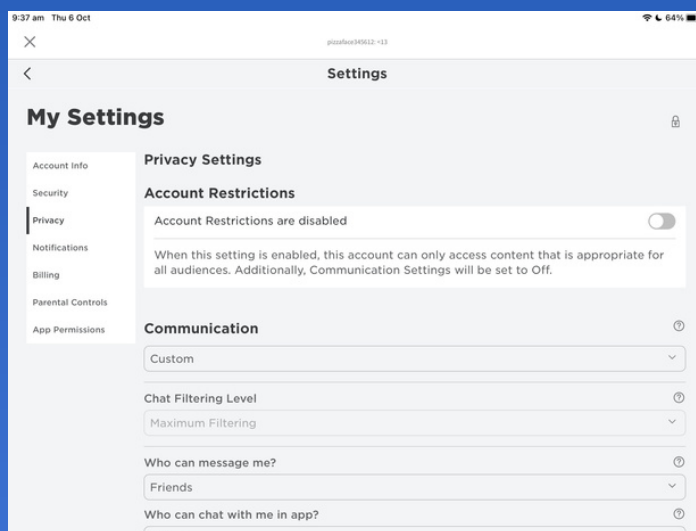
## Without Restrictions

- ▶ Play all games
- ▶ Chat and direct message anyone



## Restricted Mode

- ▶ Can only play games suitable for "all audiences"
- ▶ No chat or direct messaging



**BLOG POST**  
Parent Guide: Roblox  
Restricted Settings



How much time should my child be gaming?

What games are appropriate?

Is my kids gaming a problem?



<b>Agro &amp; raging whilst playing</b>	<b>Withdrawing from other activities</b>	<b>Obsessive focus</b>	<b>Sleep impacted</b>
<b>Conflict over getting off gaming</b>	<b>Unsupervised</b>	<b>Engagement with strangers</b>	<b>Graphic violence or other adult themes</b>

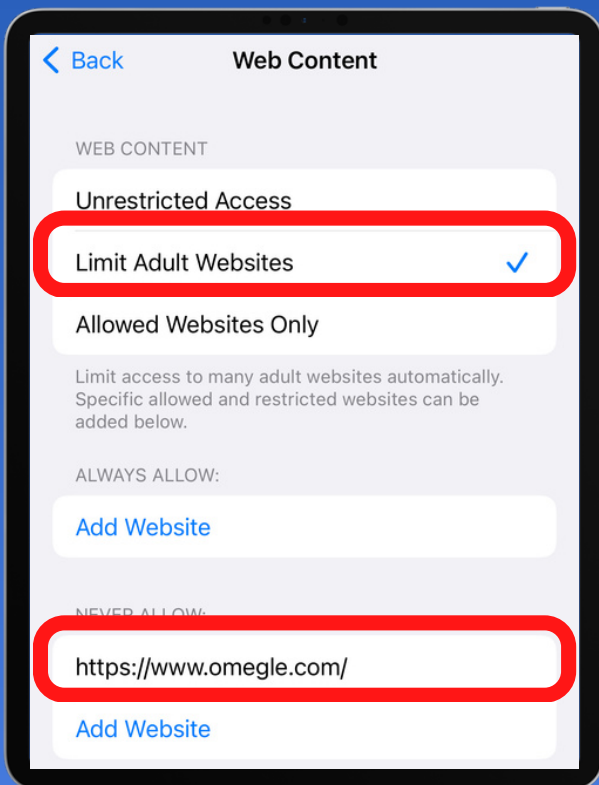
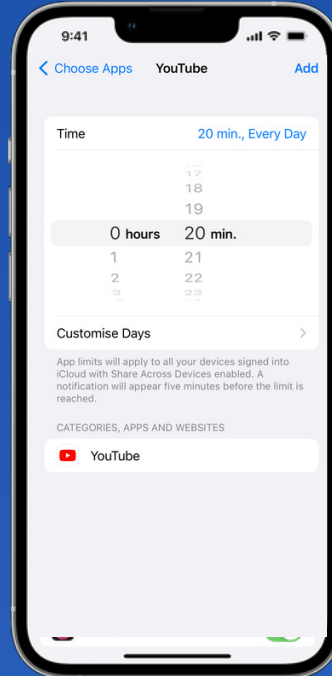
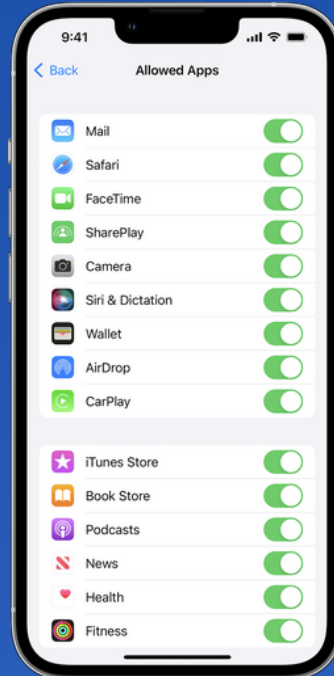


<b>Parents have conversations, ask curious questions</b>	<b>Know what games they play</b>	<b>Devices in communal areas</b>	<b>Regular breaks</b>
<b>Clear boundaries (post gaming activity, written up, appropriate time limits)</b>	<b>Balance with green time</b>	<b>Content appropriate games</b>	<b>Parental controls enabled</b>

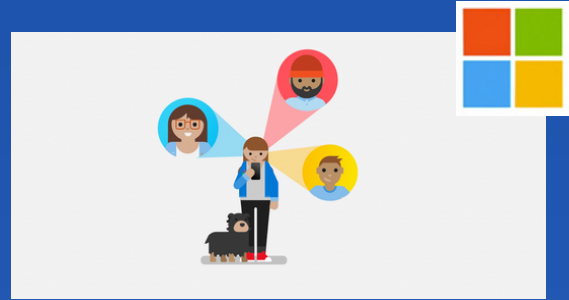
# Parental Controls



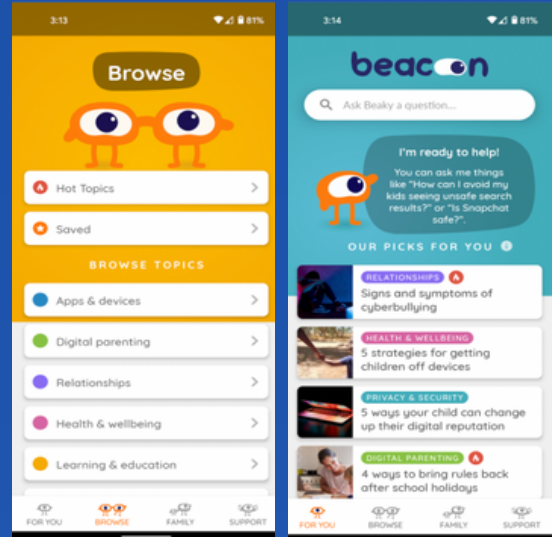
Screen Time



# Parental Controls



# Aussie app for parents



**Parents, let's focus on you!**  
**Are all **your** screen time habits healthy?**  
**No? You're not alone.**

**Make a tiny **change**...**

- ▶ **turn off notifications**
- ▶ **review who you choose to follow**
- ▶ **set an alarm for bed**



**Mentors aim to instil healthy and safe habits**

- ▶ **Supervision**
- ▶ **Conversations**
- ▶ **Boundaries**

# Supervision = Devices in communal areas of your home



## Supervision minimises the risk of...

- ▶ Predators
- ▶ Cyberbullying
- ▶ Pornography



# SUPERVISION

## ▶ PREDATORS

In the 2021-22 financial year, the ACCCE Child Protection Triage Unit received more than **36,000** reports of child sexual exploitation.

*(Australian Centre to Counter Child Exploitation)*



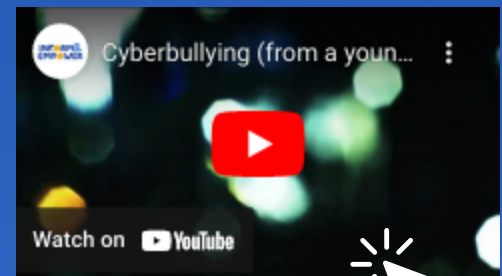
Watch on SBS

# SUPERVISION

## ▶ CYBERBULLYING

\***52%** teens experience cyberbullying across their lifetime (Headspace)

\***49%** young people had a negative experience online in last 6 months (eSafety)



# SUPERVISION

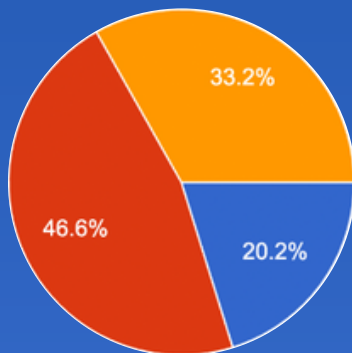
## ▶ PORNOGRAPHY

- ▶ physical & digital supervision is crucial
- ▶ unhealthy/distorted views
- ▶ addiction issues

# CONVERSATIONS

## ▶ NAVIGATING UNCOMFORTABLE SITUATIONS

 <b>Do Not Respond</b>	 <b>Record/ Screenshot</b>
 <b>Take a Break</b>	 <b>Mute/Block/ Change Settings</b>
 <b>Report</b>	 <b>Seek Help</b>



How likely are to speak with your parents (or carer) if you have an issue or problem online?

- Not at all likely
- Maybe
- Very likely

### 3 things to tell your child today

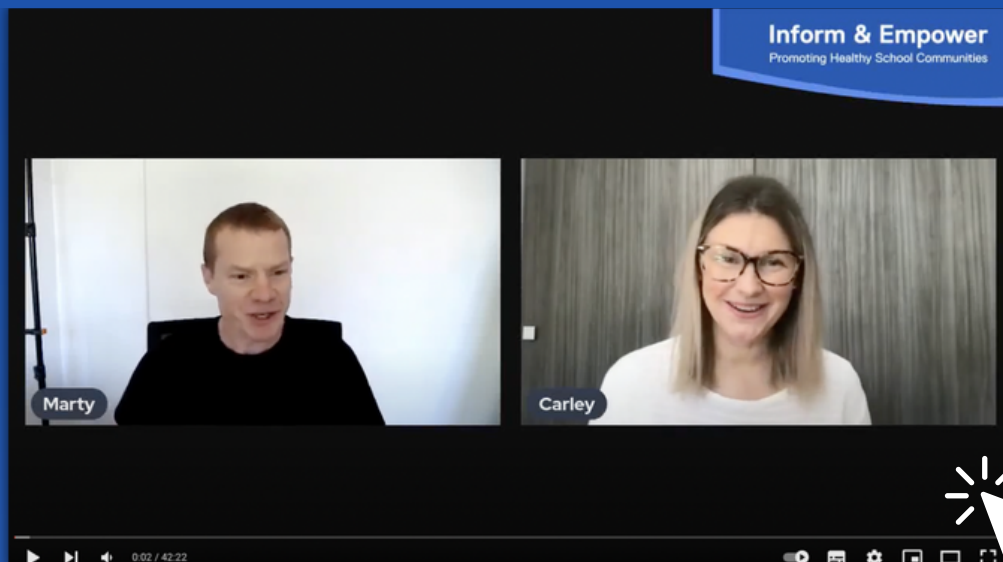
**I can help you.  
No matter  
what happens.**

**I will love you  
and support you  
no matter what  
you've done.**

**I will not take your  
devices off you or  
ban the internet  
as a consequence.**

# CONVERSATIONS

## ▶ PREDATORS & GROOMING



## How to tackle Tricky Conversations

## ▶ PORNOGRAPHY & SEXUALITY



Talking the Talk Podcast  
Vanessa Hamilton

**FREE**

eBook:  
How to have  
conversations  
with children  
about sex &  
sexuality

**\$14**



**SAVE 20% WITH OUR DISCOUNT  
CODE - CLICK HERE**

**BLOG POST**

**More Books Recommendations**



**Inform & Empower**  
Digital Safety & Wellbeing

# CONVERSATIONS

▶ **PRIORITISE SLEEP**



## BEFORE DREAM TIME FINISH UP YOUR SCREEN TIME

# CONVERSATIONS

▶ **BALANCE SCREEN TIME**

## Green Time

Mindful time

Moving time

Social time

Unstructured time

Outside time

Reading time

Name:

### Green Time helps kids grow

	M	T	W	T	F	S	S
Outdoor							
Unstructured							
Mindful							
Social							
Moving							
Reading							

Illustration of a tree with children playing around it, and a mouse cursor pointing to the 'Inform & Empower' logo.

# CONVERSATIONS

## ▶ BUILD SOCIAL SKILLS



# CONVERSATIONS

## ▶ BOUNDARIES

**How much** screen time is ok?



More important is what  
**type** of screen time!

# CONVERSATIONS

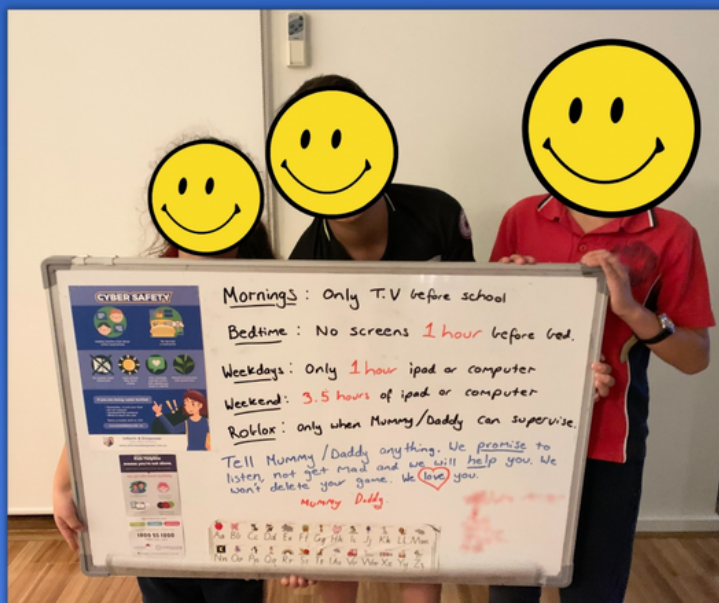
## ▶ BOUNDARIES



Types of Screen Time  
(Think SPIIE)

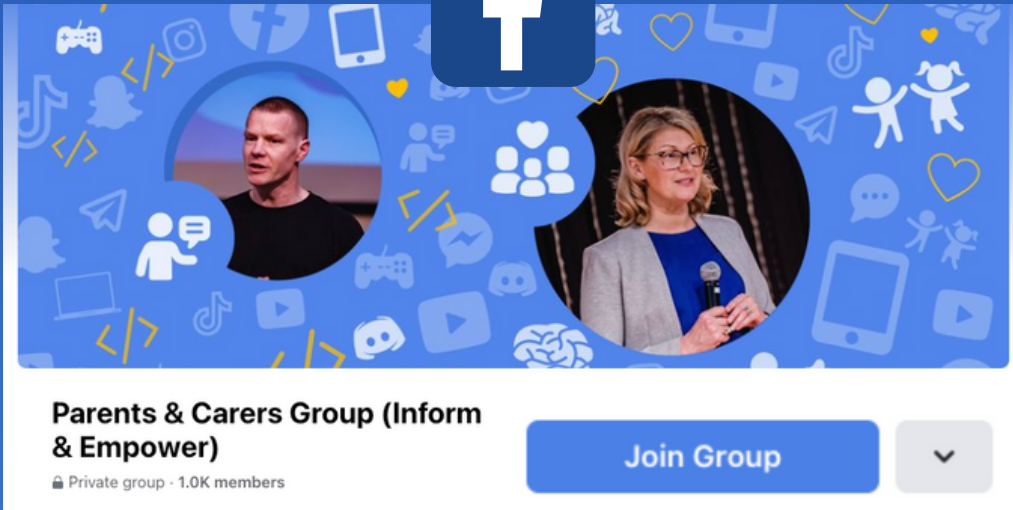
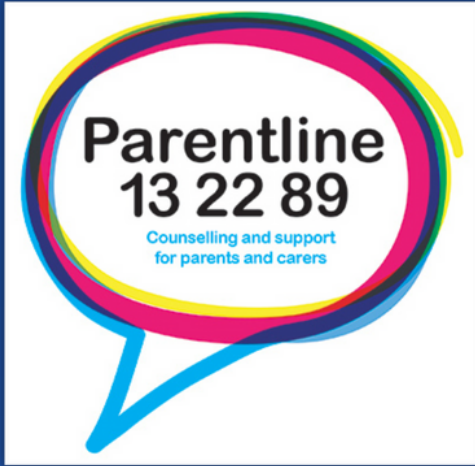
Social  
Passive  
Interactive  
Intensity  
Educational

Boundaries need to be explicit and on display



BLOG POST  
Family Screen Time Plan-  
building healthy habits





[www.informandempower.com.au](http://www.informandempower.com.au)