



Welcome






Tweens, Teens & Screens

We will commence shortly

Session Overview

Parents Night

-  Intro: why is this important?
-  The brain and screens - why disconnect?
-  eSafety report - young people and parents
-  5 Layers of safeguarding
-  Family tech agreement

The Basic Plan!



Understand the PROBLEM



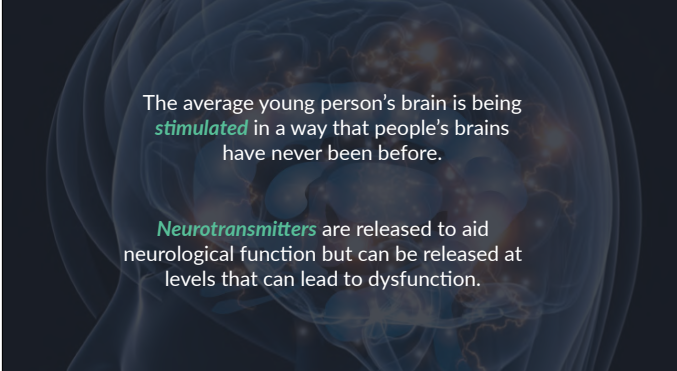
Find SOLUTIONS (Strategies)



Stay MOTIVATED

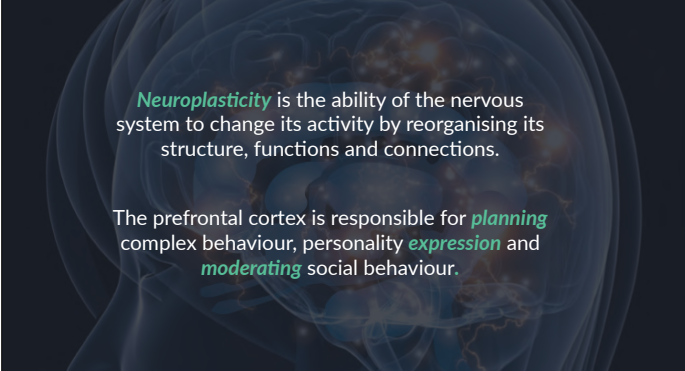



Digital technologies are here to stay and have many benefits!



The average young person's brain is being **stimulated** in a way that people's brains have never been before.

Neurotransmitters are released to aid neurological function but can be released at levels that can lead to dysfunction.



Neuroplasticity is the ability of the nervous system to change its activity by reorganising its structure, functions and connections.

The prefrontal cortex is responsible for **planning** complex behaviour, personality **expression** and **moderating** social behaviour.

It's important to have **critical thinking** when using social media, both in terms of the messages we receive and the platforms themselves!



Social media websites and other online platforms often employ psychological techniques to prompt **habit-forming behaviours** in their users.

NY Times:

Your kids must really love the iPad?

STEVE JOBS:

"They haven't used it. We limit how much technology our kids use at home."



Talking Point

What is one activity you find a positive substitute for screen time?

Children's online lives

The positives and negatives

Source: Online survey of 3,590 children in Australia aged 8-17, conducted July-September 2021. Data relates to the 12 months to July-September 2021. For online activities listed above, percentages indicate children who engaged in these weekly or more often, in the past 12 months. Graphics licensed under CC-BY 4.0

87%

Watched video clips



51%

Used social media



79%

Completed schoolwork



31%

Looked at news



67%

Searched for and learnt something new



19%

Created and posted own video or music



61%

Played games alone



16%

Posted own story or blog



56%

Played games with other people



13%

Discussed political or social problems



The majority of children talk to strangers online



55%

Communicated with someone they first met online



12%

Met someone face-to-face after first getting to know them online



43%

Felt angry

33%

Felt left out / lost friends

17%

Mental health was affected

55%

Felt sad

38%

Didn't feel good about themselves

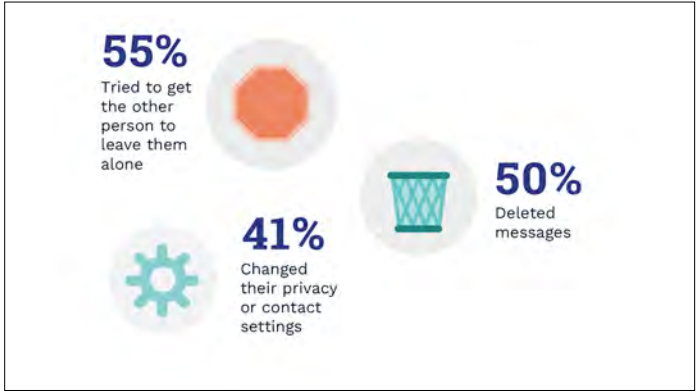
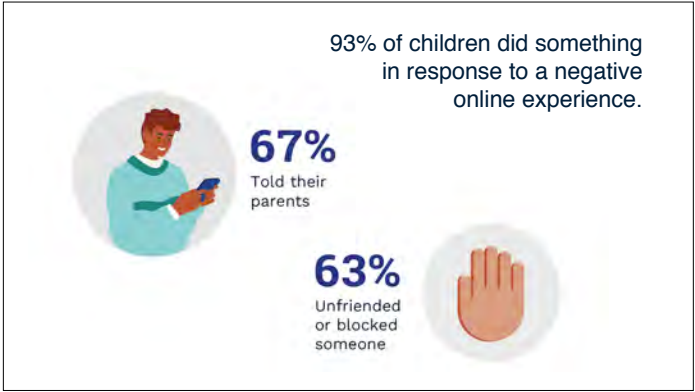
20%

Felt helpless, powerless

Children know what to do, and feel empowered to act, when they have a bad experience online.

Almost all children take action in response to a negative experience.





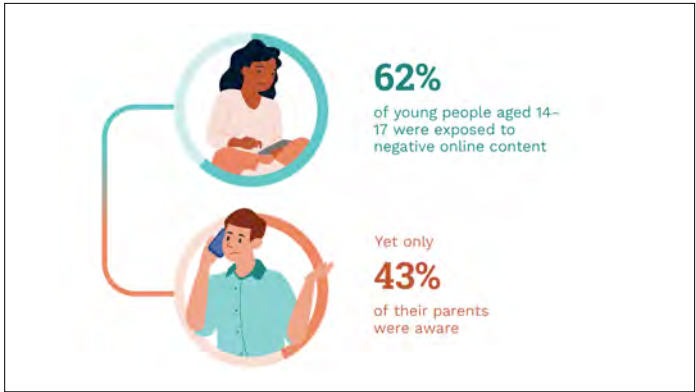
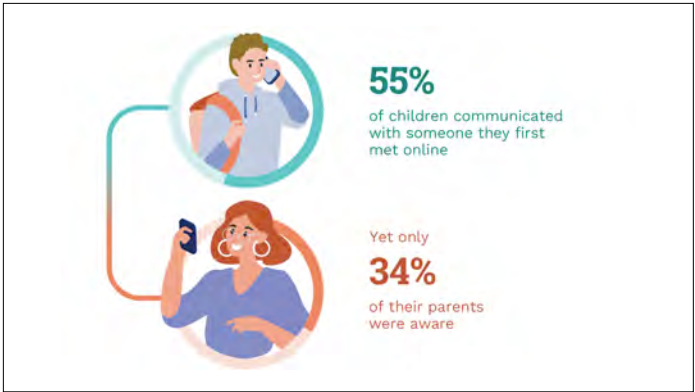
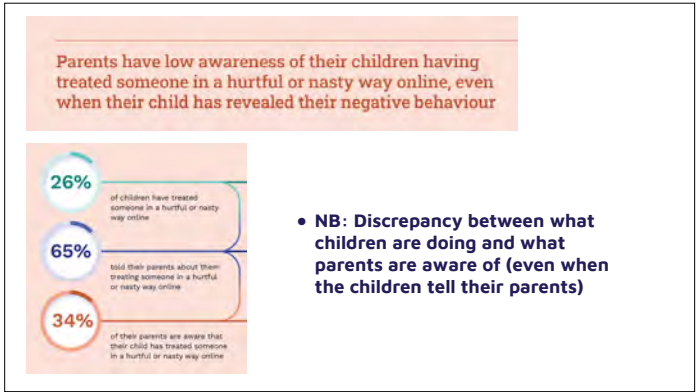
Cyberbullying

what to do if you are bullied

GET RID!

- G - Go block or delete the person
- E - Ensure you keep the evidence
- T - Tell someone
- R - Report abuse
- I - Initiate control/ Ignore bullying behaviour (not responding)
- D - Delete the messages/posts/images (after making a copy)

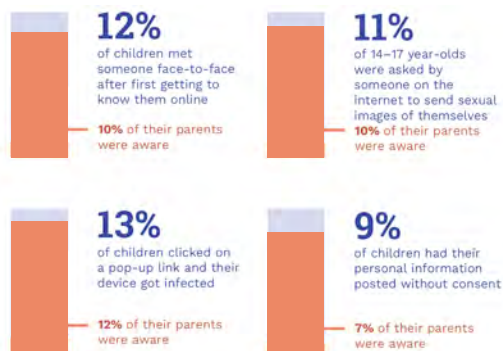
*Used with permission. Australian parenting website: www.raisingchildren.net.au





Parents have low awareness of young people's exposure to sexual material online.

Parents have better awareness of children's other negative online experiences.



***NB:
These
graphs
have
been
altered**

Research - Mind the Gap:



• Visit [eSafety.gov.au](https://www.esafety.gov.au) for more "Mind the Gap" findings

- Almost all children did something in response to a negative online experience – most commonly telling their parents.
- Exposure to negative online content and sexual content is prevalent among young people aged 14 to 17 years.
- Many parents underestimate the prevalence of children's negative online experiences, and many are not aware of their teens' exposure to negative content or sexual material online.
- Children with restrictive parents are less likely to be exposed to harmful content, but they are also much less likely to engage in supportive and protective online activities.

Talking Point

What is one finding you were surprised by?

Think of "safeguarding" as being like a trip to the beach





5 layers of safeguards

What you can do

Education & Conversation



- Educate yourself
- Nothing beats open conversations

Restrictions


Apps, games, services and websites
(in-app settings)

- Private accounts
- Location settings turned "off"
- Adult content restrictions set (e.g. YouTube)
- Web browser and search engine restrictions (e.g. Google)

On device restrictions

- Time restrictions/parental controls (e.g. Apple Family Link, Google Family Link)
- Content Restrictions (e.g. limit adult content)
- Third-party software to block content (e.g. Safe Surfer)
- Third-party accountability software (e.g. Covenant Eyes)




Wifi Restrictions

Third-party hardware.
You can have a device that sets up restrictions on everything that is connected to your wifi.





ISP Filtering

You can enable family restrictions with some ISPs
(There may be a \$ cost)


We need to continue to lobby the government for more reforms on this topic.

Go to esafety.gov.au for info on your ISP and tips for parents and lots more.



Talking Point

What is one safeguard you can implement?



Family Tech Agreements

- Create a relaxed environment

1. Discuss device use
2. Talk about positives and negatives
3. Set time related rules
4. Establish tech free areas
5. Agree on principles (E.g. won't get in trouble if share bad stuff that happens)

*Compose a family media values statement to clarify your values



Family Tech Agreements

We have created a FREE template for you



Recommended TED talk...

Why our screens make us less happy -Adam Adler



SOME STATS

Average Australian life expectancy: **83.5 years**

Average awake time each day: **16 hours**

Waking hours from 16 until death: **394, 200 hours**

Average time on phones every day

**195
mins**



**3hrs
15mins**

How many hours a day do you
spend on your phone?

1

2

3

4

5

6

This is how many hours of your
adult life it'll cost you...

24,638

49,275

73,913

98,550

123,188

147,825

How many days it'll cost you...

1540

3080

4620

6159

7699

9239

and how many years...

4.22

8.44

12.66

16.88

21.09

25.31

The average person loses

13.71 years

of their waking life **...on their phone.**

How much is your phone costing you?

"You see the trouble we are in: Jerusalem lies in ruins, and its gates have been burned with fire. Come, let us rebuild the wall of Jerusalem..." [Nehemiah 2:17].

"Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters..." [Nehemiah 4:14]

"From that day on, half of my men did the work, while the other half were equipped with spears, shields, bows and armor" [Nehemiah 4:16].



Dates



• Specific Topics - Open to all Parents

- 27 July
- 13 September
- 17 October

• Primary Parents Night *

- 28 July
- 1 August
- 18 October

*NB: These are a repeat of the same sessions

Scan to sign up for:

- 1) Slides from tonight
- 2) Links and references
- 3) FREE Access to parents portal -(Usually \$20)



Or go to
www.realtalkeducation.org/parent_sessions/

Thanks

Tweens, Teens & Screens

Has been recorded and will be found in our parents portal



Books:

The Shallows – Nicholas Carr
Hooked – Nir Eyal
12 Ways Your Phone is Changing You – Tony Reinke

Links:

Hooked – Nir Eyal Book Summary <https://www.youtube.com/watch?v=6Kz8NfntC6A&t=179s>
TED Talk – What makes some tech so habit-forming? https://www.youtube.com/watch?v=11dYx_rW_Ks
The Shallows – short video – What the Internet is doing to our brains <https://www.youtube.com/watch?v=cKaWJ72x1rI>
The Social Dilemma – Movie Trailer <https://www.youtube.com/watch?v=uacC57tccI0>
Five days at outdoor ed camp had significantly improved recognition of non verbal cues <https://www.sciencedirect.com/science/article/pii/S0747563214003227>

Family Tech Agreement:

eSafety Commission Family Tech Agreement for 5-8 yr olds <https://www.realtalkeducation.org/wp-content/uploads/2022/03/Family-tech-agreement-5-8-Yrs-Parents.pdf>
eSafety Commission Family Tech Agreement for under 5s https://www.realtalkeducation.org/wp-content/uploads/2020/07/Our-Family-Tech-Agreement_Under-5s.pdf
Defend young Minds – 4 Steps to Create Your FAMILY MEDIA VALUES <https://www.realtalkeducation.org/wp-content/uploads/2022/02/Defend-Young-Minds-4-Steps-to-Create-Your-Family.pdf>
Parenting Place – Teen Technology Contract https://www.realtalkeducation.org/wp-content/uploads/2022/03/Parenting-Place-Technology-Contract_2.pdf
University of Canberra – Family Technology agreement <https://www.safeonline.together.com/activities-for-home>

Safeguarding your devices:

<https://safesurfer.io>
<https://www.familyzone.com/anz/families>

eSafety Office Mind the Gap Research

<https://www.esafety.gov.au/research/mind-gap>

eSafety Office Resources:

<https://www.esafety.gov.au/parents/resources>

eSafety Office short videos

Parental controls: <https://vimeo.com/612389757>
Cyberbullying and online drama: <https://vimeo.com/582320787>
Online sexual harassment and image-based abuse: <https://vimeo.com/595727241>