

Pastoral Matters

Parent Workshop 3

Digital Footprint, Social Media and Gaming



Our Aims

Give parents an opportunity to share experiences

Seek support and gain understanding

Develop our community cohesion

Be driven by your needs....



Our Expectations

- Get what you want out of the session....
- This is not a lecture - ask questions!
- Confidentiality
- Life is not straightforward.....
- ‘Shared Experience’



<Digital Footprint>

<What is a digital footprint>

<How to manage digital footprints>

<Education in School>



Digital footprint

- ▶ The information about a particular person that exists on the internet as a result of their online activity - **Google Definition**
- ▶ This is created when we go online to write an email, post videos or pictures, search the internet or even play games.
- ▶ Social Media is a huge contributor to our digital footprint and so it is important to ensure our children understand how social media can contribute to or footprint.
- ▶ Our children will have a digital footprint.



Children's digital footprint

- ▶ Age Restrictions
- ▶ No access to social media?
- ▶ Gaming = social media
- ▶ Children have a sense of anonymity when online.

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

13



Twitter	Facebook	Instagram
Pinterest	LinkedIn	Reddit
Snapchat	WeChat	Tik Tok
Youtube	Flickr	

16

WhatsApp Tumblr

Age specified in the platform's terms of service as of 23/12/2020

twinkl
visit twinkl.com



Managing digital footprints

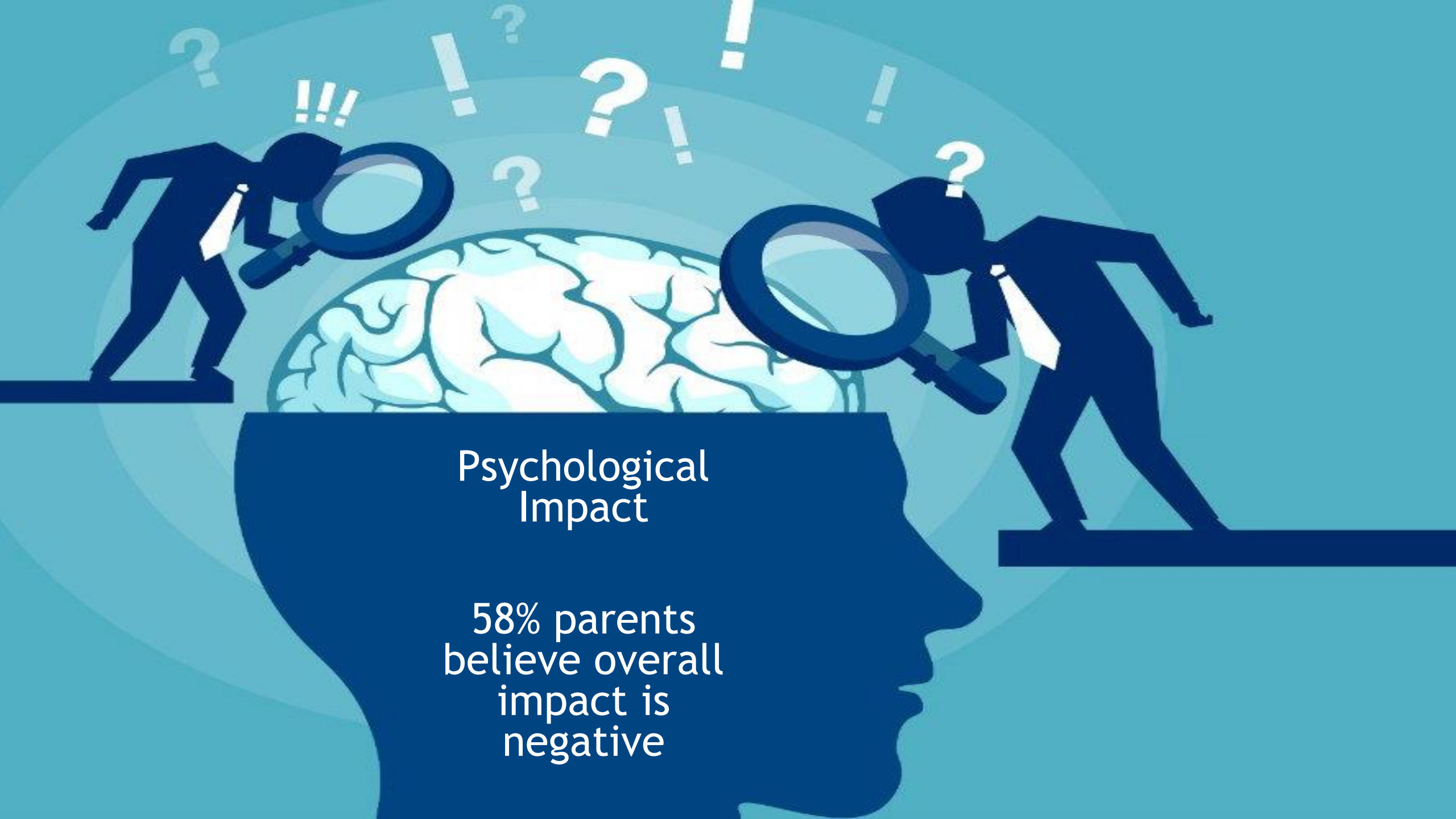
- ▶ Be involved with what your children are doing online.
- ▶ Develop a positive environment around your communication
- ▶ Personal and Private information
- ▶ Netiquette
- ▶ Education



Online Safety education at the Croft

- ▶ Common Sense Media - covers digital footprint.
- ▶ 3-7 units covered in a year
- ▶ Safer Internet Day
- ▶ Online Safety Representatives
- ▶ Online Safety, PSHE, RSE and Safeguarding.
- ▶ Awareness of agencies to support children and families - CEOP, Childline





Psychological
Impact

58% parents
believe overall
impact is
negative

Psychologically Damaging

- ▶ Congress was recently presented evidence that social media companies' research shows that social media is damaging mental health significantly, particularly that of teenage girls
- ▶ Studies show that video game play and social media use fire up the same neural circuits as gambling and taking recreational drugs



Psychologically Damaging

- ▶ They induce dopamine and are addictive
- ▶ The frontal lobe which controls judgement and allows us to moderate behaviour successfully is not fully developed until we are 25





Positives:

Connects people, especially to like minded individuals they might otherwise not meet

Creative outlet

Negatives:

Takes time away from other things including sleep, other types of social interaction and school work

Exposes children to trolling, hate speech, unrealistic body images, fake news, sexual content



The Croft
Preparatory School



- Delay children using social media/video games for as long as possible
- Set limits for time spent on social media/games
- Talk to kids about context beforehand (fake news, commercialism, body image)
- Model good habits
- Encourage/insist upon following a wide variety of accounts i.e. scientists, politicians, sports people, comedians, healthy teenage role models rather than just models/makeup artists

How can we help?



- Boost self confidence generally:
- Encourage a variety of interests and friends, this helps if things get difficult in one area
- Encourage realistic goals
- Encourage your child to measure success against their own internal values not other people's approval or disapproval



Tip 1. Never share any private information online.

Tip 2. If you have any online problems tell a grown-up.

Tip 3. Don't ^{use} ~~have~~ your real name online.



<https://www.commonsensemedia.org/articles/online-safety>

