

# DIGITAL SAFETY AND WELLBEING

## KŌRERO TOGETHER



*Stepping into conversations with your tweens about digital safety and navigating complexities online.*

# Fostering Conversations

Pick the best time and find a place that supports you and your young person to feel comfortable and unhurried as you chat together.

Look for regular opportunities to chat and learn about what they do online, be interested and take a look from time to time at their gaming or what they do, ask what challenges they face, and how they navigate these.

Use the following conversation starters in ways that work best for you and adapt as needed. Current news stories that involve aspects of the online world can also be great conversation topics for the whole whānau.

**Research** tell us young people want to talk about aspects of the digital landscape and they want us to be frank and open about topics such as sex, porn, relationships, etc. Tweens are already curious and may have seen content online already.



It can feel challenging if we're not comfortable or feel we don't have the information needed, but we're not alone - there's plenty of help from websites, apps, and agencies to help us on our parenting journey.

Taking the time to chat regularly with our tweens about their online experiences and knowledge can help them feel listened to, and helps to build trust and confidence which is core to young people reaching out when they need support of any kind.

Don't underestimate the skill and knowledge of our young people either - they can be a great help to us as they may just have the answer to some of our digital needs and challenges!

- [www.classificationoffice.govt.nz/resources/research/growing-up-with-porn/](http://www.classificationoffice.govt.nz/resources/research/growing-up-with-porn/)

# KŌRERO TOGETHER

"Building bridges not walls"

## PROFILE



What do you think are some of the pressures and expectations online for young people these days?  
Are there ways that help in managing these?  
Are you struggling with pressures from others at the moment? Can we help out in any way?

To put our minds at rest, can you tell us about the ways you've got things covered with keeping your info, accounts, and content secure online?

**OOPS!**

Have you had people you don't know try to connect with you online? Does it happen often?  
How do you manage it when it happens?

What's your thoughts about others posting photos or videos with you in them?  
Should they/we ask first?  
What's your thoughts about consent?

What makes a password strong?  
Do you change your PWS from time to time? Have you shared any of your PWS with friends?  
What do you think are some risks with sharing?

**SOCIAL MEDIA**

**BFF** ;)



# KŌRERO TOGETHER

"Asking, not telling"

DIGITAL  
LIFE

What do you like doing online? Can I see some of the things you've created? Can you show me how the game works? Tell me about your game play and how you're doing in the game.

LOL!

How do you know if websites and apps are trustworthy and not fake? How can you tell if something or someone is real online? What does it mean to verify information? How do you do this?

How hard is it to balance your time online with all the other things you've got on? Do you spend more time online than you plan to? Should we be concerned? What's needed to help manage time better?

WHAT?

What makes you happy online? Are there things you'd change about the online space or internet if you could? Are there things you can do now to make a difference?

What's the funniest thing you've seen online? The weirdest thing? Have you seen stuff that's upsetting? How do you handle that?

Social

# KŌRERO TOGETHER

"Listening without judging"

OUCH!

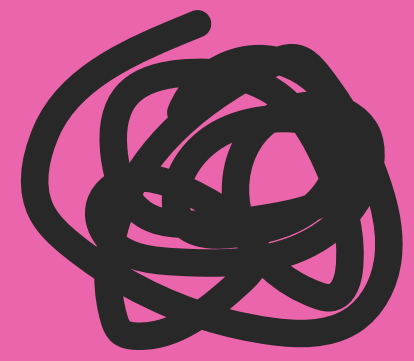
FOLLOW

10k

What do you think are differences between 'belonging', and 'fitting in' with friends? Do you feel that your groups are helpful and healthy for you when you think about your wellbeing, and your own values? How do you handle friendship conflict online?

How would you advise someone if they saw something happening to a friend online, that wasn't okay. What are safe but courageous ways to speak up or take action?

What are your thoughts about young people sharing personal or sexual videos or photos with others, or online? It's really important to think about risks, and control of our content. What about if it goes wrong - what can they/should they do?



What should I do if someone trolls me or hacks my accounts online? What are my 'must do's and don'ts'?

Have you had people you don't know try to connect with you online? Does it happen often? How do you manage this when it happens?

POST





# KŌRERO TOGETHER

**CENSORED**

Who would you tell if something happened online that's not okay? What would you need me to do and importantly, not to do, if you did share with me? Is there anything that would stop you chatting to me? If it's serious, or you need me, I am here for you.

Have you had anyone 'airdrop' unwanted videos or photos to your phone?  
How did this feel? What did you do?  
Is it possible to prevent this from happening?  
Let's find out more in 'Settings'.

"You've got this"

There's lots of illegal, offensive, adult, or just really upsetting or scary content online today. What are your thoughts about any impacts on younger children, other targeted groups, and on you - in seeing some of this stuff?

HELP!

Do you know anything about our laws in Aotearoa / New Zealand around harmful digital communications? Who would you talk to or turn to if you need help?

How do you know when you've been online long enough and you need a break?  
Could we as a family do better with our screen time?  
What do we want to do more of as a family?



SHARE

**CONTENT**

# THE HARMFUL DIGITAL COMMUNICATIONS ACT - FAQs

## Q Why do we have this legislation?

After some years of harm occurring online, **legislation** was introduced in 2015. It's designed to support people's rights in Aotearoa to enjoy and use the online space - by deterring, preventing and mitigating any harm generated through other's harmful digital communications.

It provides victims of harmful digital communications with a quick and efficient means of redress.

## Q Who do we reach out to?

**Netsafe** is the approved agency to help anyone with questions or concerns about harmful digital comms directed at or affecting them, or someone else online.

Contact their experienced team through:

Phone 0508NETSAFE  
Text 'Netsafe' to 4282  
Email [help@netsafe.org.nz](mailto:help@netsafe.org.nz)  
[www.netsafe.org.nz](http://www.netsafe.org.nz)

## Q What else do we need to know?

The legislation is supported by 10 principles (see resource) and three thresholds ([find out more here](#)).

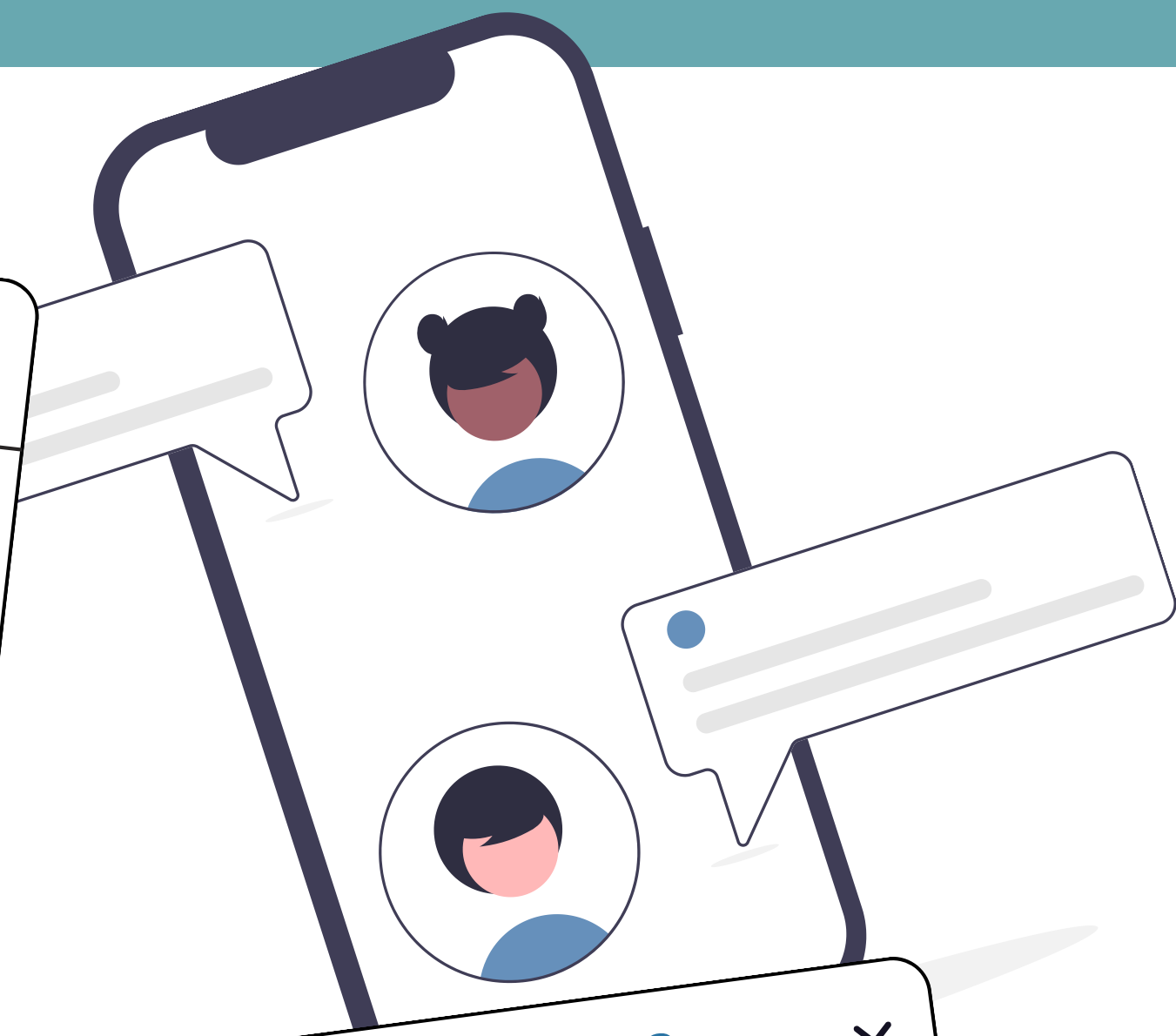
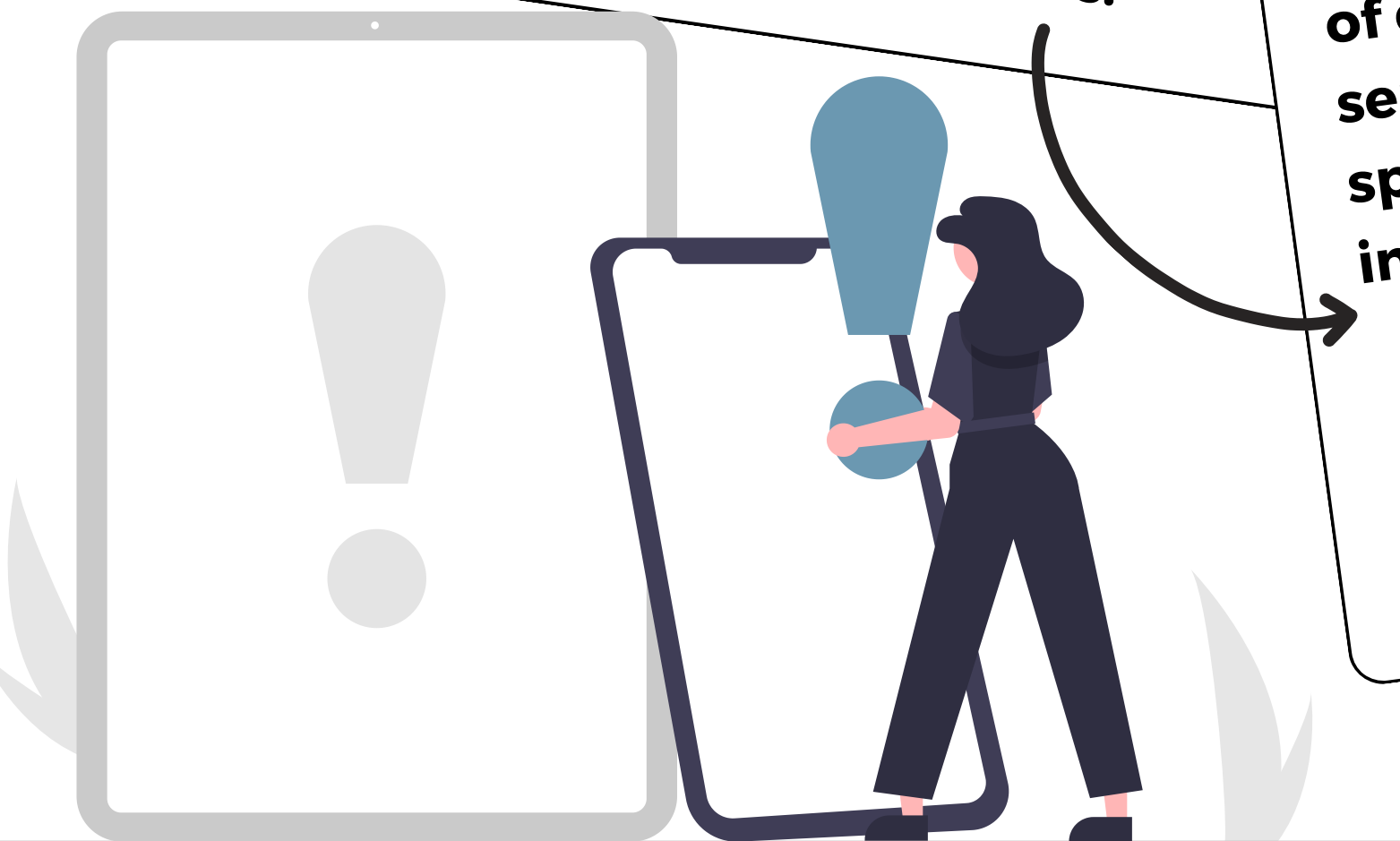
When you contact Netsafe, they will assist in a **number of ways**. They also need to see evidence of what's happening so they'll need a screenshot, or URL (web address).

They are not an enforcement agency so can't access private pages or accounts.

## Q Digital Communications

Digital communications are all forms of communications that are digitally sent, received, and stored in online spaces or on digital devices. These include:

- Voice messages, photos, videos, comments, documents, text messages, comments or content in private pages or groups online.





# THE HARMFUL DIGITAL COMMUNICATIONS ACT (2015)

## The Ten Principles (paraphrased)

**A digital communication shouldn't:**

**TWO**

Be threatening, intimidating or menacing.

**FOUR**

Be indecent or obscene.

**SIX**

Make a false allegation.

**EIGHT**

Incite or encourage anyone to send a message to an individual for the purpose of causing harm to that individual.

**TEN**

Denigrate an individual by reason of their colour, race, ethnic or national origins, religion, gender, sexual orientation or disability..

**ONE**

Disclose sensitive personal facts about an individual.

**THREE**

Be grossly offensive to a reasonable person, who is the affected individual.

**FIVE**

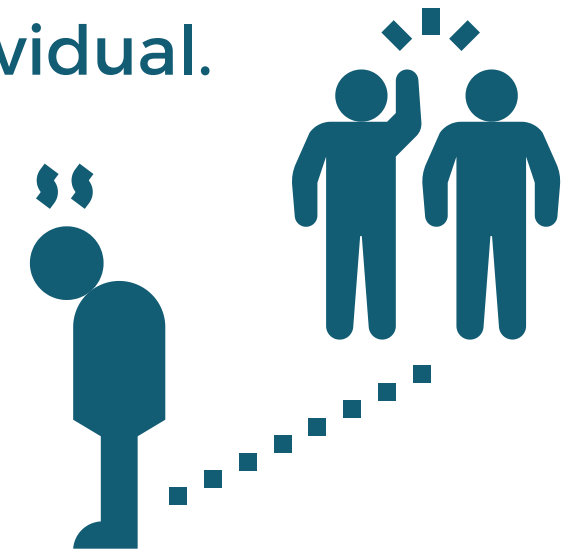
Be used to harass an individual.

**SEVEN**

Contain a matter that is published in breach of confidence.

**NINE**

Incite or encourage an individual to commit suicide.





# FIND OUT MORE - AGENCIES AND CONTACTS

## **Netsafe**

Sign up to Netsafe's monthly e-newsletter to stay up-to-date with latest online safety news.

Phone 0508 NETSAFE (0508 638 723)

- Email [help@netsafe.org.nz](mailto:help@netsafe.org.nz)
- Complete an online contact form
- Text 'Netsafe' to 4282



## **CERT NZ**

Scam and cyber-security Information, quiz, e-learning, resources.

Phone 0800 CERT NZ (0800 2378 69)

- Email [info@cert.govt.nz](mailto:info@cert.govt.nz)
- Subscribe to updates using the following link: [www.cert.govt.nz/about/about-us/?subscribe/](http://www.cert.govt.nz/about/about-us/?subscribe/)

**Headstrong** - [www.headstrong.org.nz](http://www.headstrong.org.nz)

A free app created for young people in Aotearoa to help strengthen their mental health.



**The Light Project** [www.thelightproject.co.nz](http://www.thelightproject.co.nz)

Aotearoa's comprehensive hub for whānau, educators, and young people to help young people navigate the complexities of the porn landscape.

**In The Know** [www.intheknow.co.nz](http://www.intheknow.co.nz)

Created by the team from The Light Project, this website is made for teens to help them understand and answer their questions about navigating the porn landscape.

**Classification Office** - [www.classificationoffice.govt.nz/resources/parents-whanau](http://www.classificationoffice.govt.nz/resources/parents-whanau)

Resources for whānau and groups on online content including porn.

**Keep It Real** - [www.keepitrealconline.govt.nz](http://www.keepitrealconline.govt.nz)

Resources for teens, whānau and groups on harmful online content including online bullying, porn, and extremist content.

**Youthline** - [www.youthline.co.nz](http://www.youthline.co.nz) 0800 376 633, Free TXT 234

Youthline provides a free counselling service for young people.

**Whatsup** - [www.whatsup.co.nz](http://www.whatsup.co.nz) 0800 942 8787

Tamariki and rangatahi support - Free for 5-18 year olds. [Barnardos]

**Skylight** - [www.skylight.org.nz](http://www.skylight.org.nz) 0800 299 100

Helping children, young people and their families and whānau through tough times of change, loss, trauma and grief.

**Commonsense Media [USA]**- [www.common sense media.org](http://www.common sense media.org)

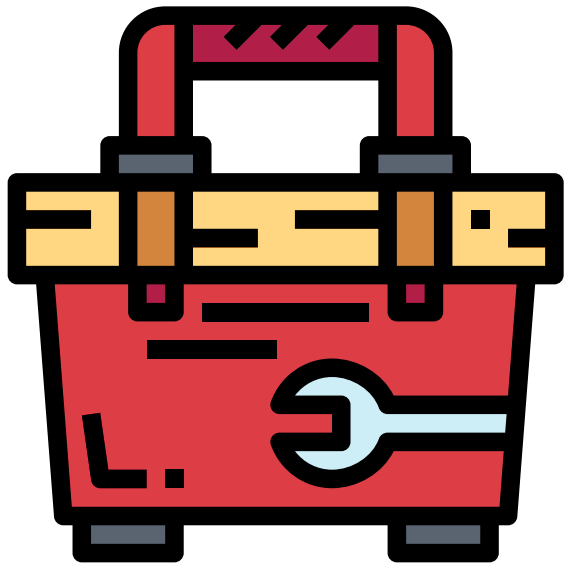
Parent tips for social media, gaming, reviews of games, apps, sites, movies, books and more.



# DIGITAL SMARTS

## "We need to know..."

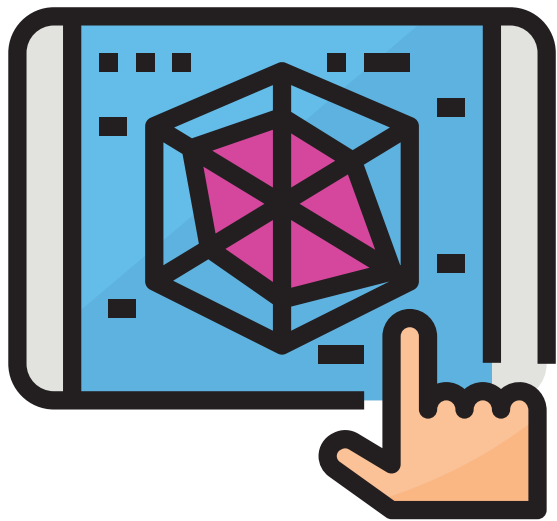
### Tweens



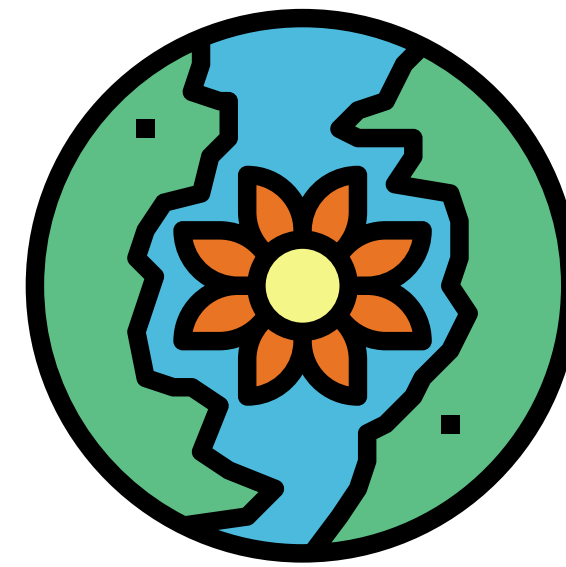
How we can learn, using different digital tools effectively and with confidence - and how we can keep ourselves safe, and our information secure online.



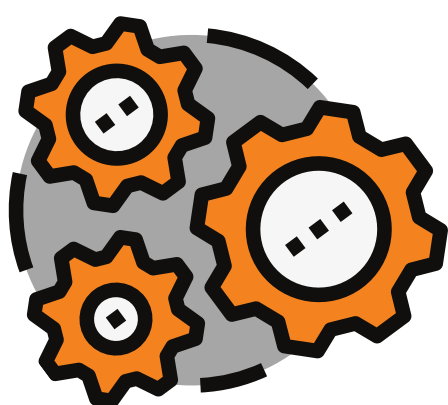
How we change as part of 'growing up' - how our brain develops and how it influences our physical body, emotions, perceptions, needs etc, and on the choices we make and how these might impact positively or less so on our lives now and into our future.



That it's people who design and make the tech we use, and people can break, re-make, hack, and create the spaces we use online in ways that can impact on us and others.



How digital technology has and is creating positive change in the lives of other people, their communities, and on the environment around the world.



That we need media literacy skills to help us be critical thinkers so we can quickly identify fake or misleading information, inappropriate or illegal content, scams, unsecured sites, etc, and to use privacy settings effectively and other helpful tools such as reporting, deleting, etc.



That we have rights and responsibilities online and can find out more through exploring the Harmful Digital Communications legislation, privacy rights, classification laws, copyright, and ways in which they can help us navigate what's legal and ethical.

Fostering knowledge, skills, attitudes and values, resilience and wellbeing



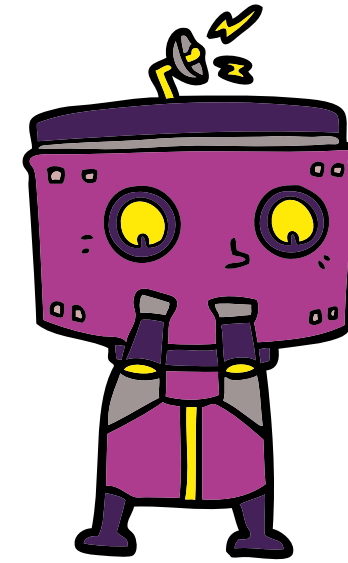
# DIGITAL SMARTS

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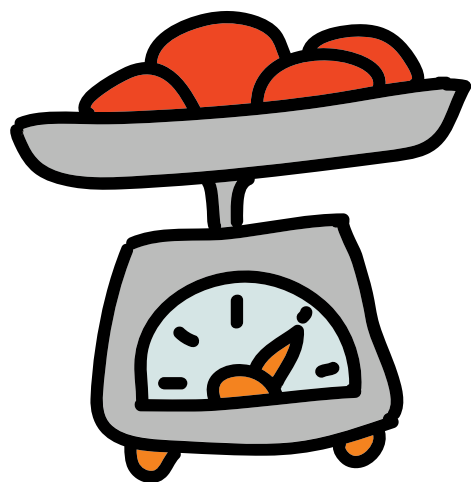
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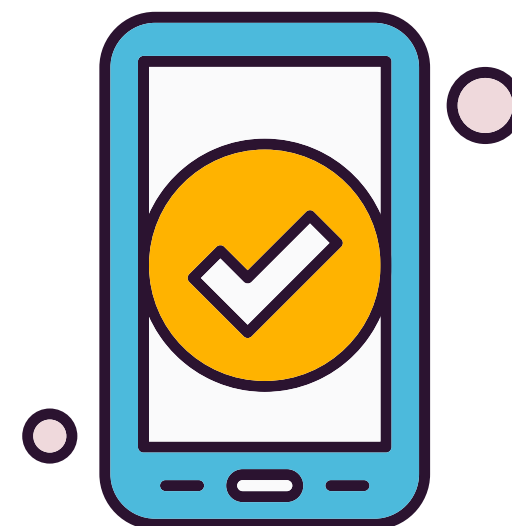
How our choices and actions online can have an impact (can be positively through to negatively impacting) on others, and can also impact on our own safety and wellbeing, and our digital footprint.



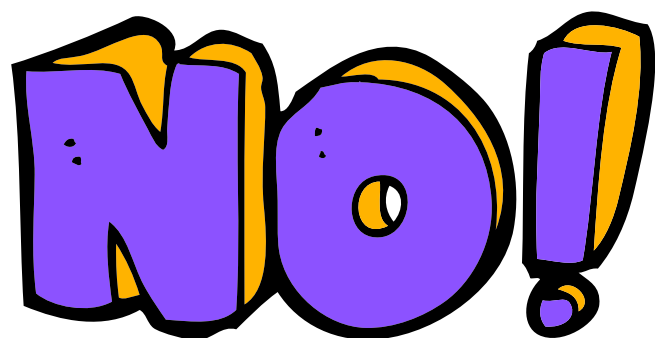
How some people do things online that can be unkind, cruel, upsetting, offensive, harmful, or illegal for different reasons, and that we can take a range of actions if we see this happening or experience it.



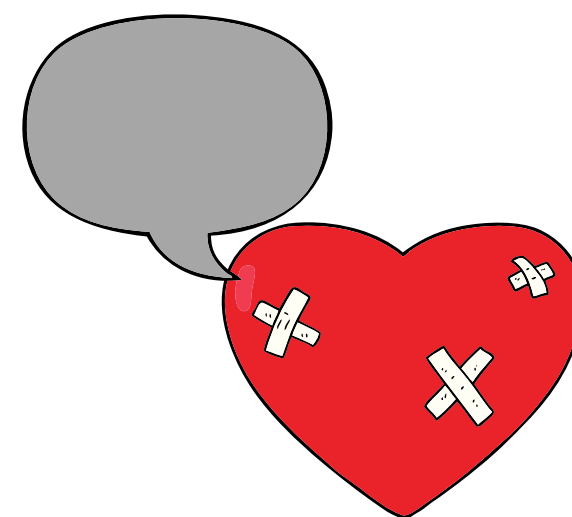
That power imbalances exist when someone or a group uses online spaces to repeatedly belittle, shame, coerce or intimidate with the intention of causing distress for another/others - that this (online bullying) is never okay.



What consent means in different contexts, and when it's okay and when it's not okay to share content online, on-share, access others' information and content, and what the rights of all involved are online.



That there are effective ways to respond to pressures online, coercion, manipulation, or unwanted contact from someone we know, or those we don't know in real life - and learn about different challenges we might face online and how our whānau, kaiako, and others can help us.



How to get help, what steps to take, when to get help, and who can help when things happening online are not okay with us or someone we know. If we speak up, we want to feel listened to, and know we won't be judged.

Fostering knowledge, skills, attitudes and values, resilience and wellbeing

# 'On the same page'

## CREATING A FAMILY PLAN



It's easy to think children are confident and know how to use the internet safely, but this isn't always so. It can be a challenging space for anyone, especially younger children. If families can come together and talk about ways to use digital devices responsibly and how to stay safe online, it helps create agreement around what's helpful and what's healthy.

It's important to consider the ages of your children and what's appropriate for their development of social and emotional skills, their need for good sleep, and setting time limits on device use.

Below are some suggestions about aspects you could chat about, along with a template for creating a family plan.

- **What sites, games, and apps are okay to use or watch.**  
Find out what ages are recommended for use at [www.commonsensemedia.com](http://www.commonsensemedia.com)
- **What times of the day/night or weekend are okay for spending time online.**  
Clear boundaries can help everyone to know expectations
- **How long online - screentime limits - during the school week / weekends.**  
Suggestions of around 1 hour on a week night for school-age children
- **Where devices are stored and what's expected- e.g. at bed-time? family 'no-device' times? playdates with mates?**
- **Rules around downloading apps, games, or other content - including those that ask for payment.**
- **Keeping passwords private and regularly check privacy settings on apps and sites.**
- **What types of personal information should not be shared or posted online.**
- **Rules around sharing photos or videos of yourself online, or photos or videos with others in them (without their permission).**
- **What actions to take if something happens online that's not okay - or you see something that's upsetting, scary, worrying, uncomfortable....**  
Who to talk to; how to block, report, take a screenshot, turn off device etc.  
(For advice or to report something serious contact Netsafe 0508 638 723 [www.netsafe.org.nz](http://www.netsafe.org.nz))
- **Positive online behaviour - what are your family values, and how could these be reflected when online and with others online. e.g. kindness, respect, honesty.**