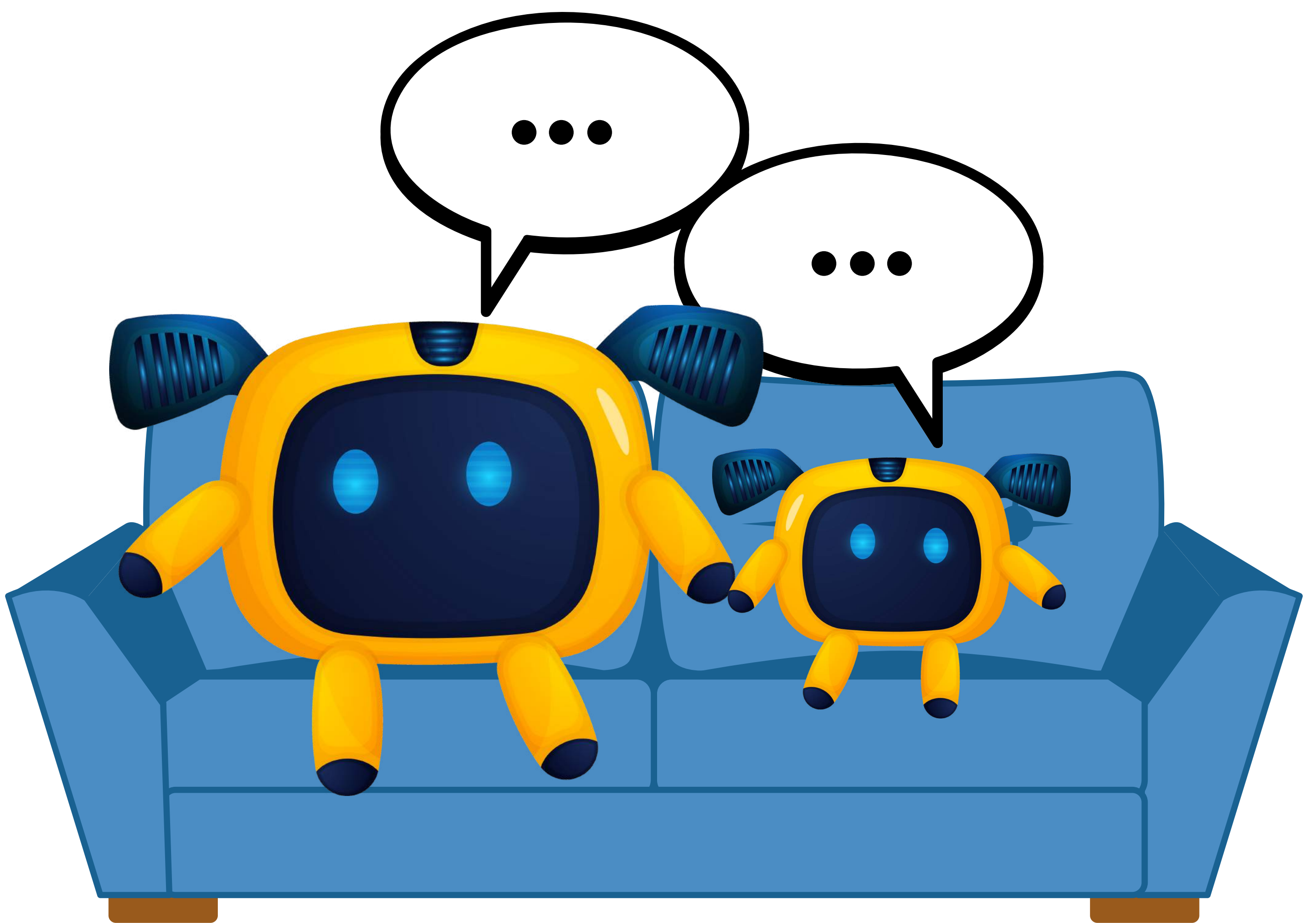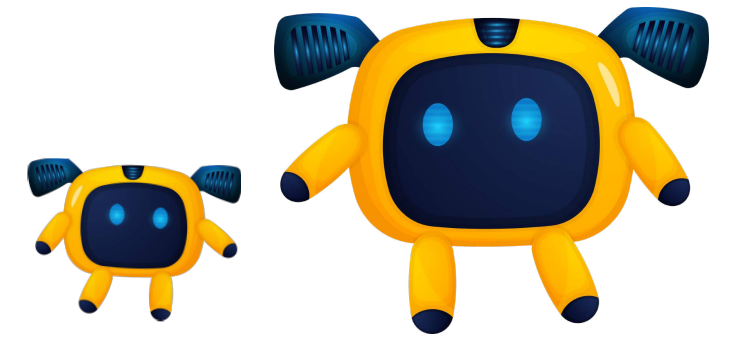# DIGITAL SAFETY AND WELLBEING

KŌRERO TOGETHER

Fostering conversations with younger children
about digital safety and the online world

Fostering Conversations

Finding an ideal time and place to discuss these critical topics with your child is crucial. Creating an unhurried, relaxed atmosphere will encourage open conversation. Your whānau are unique, and you know what will work best, but to help, below is a sampler of aspects to consider:

Ideal Time and Place - choosing what works for your whānau:
- Evening walks: Take leisurely walks in a safe, quiet neighbourhood where both you and your child can talk freely without distractions.
- Tech-free car rides: Use car rides when there are no screens to distract as an opportunity to talk. The confined space might make them feel more comfortable to open up.

Conversation Starters:
- Asking open-ended questions: "Have you ever come across something online that made you feel uncomfortable?"
- Sharing stories: "I read about an incident in the news regarding online safety. How do you feel about that? Have you or your friends experienced something similar?"
- Setting boundaries together: "What do you think are appropriate time limits for screen use during the week? How can we keep a healthy balance?"
- Helping them to learn: "I learned that sometimes, things can pop up online that aren't suitable for kids. Have you ever seen anything that made you feel confused or worried?"

Resources and Support:
- Use educational websites and Apps: Explore child-friendly resources that talk about online safety in an age-appropriate manner.
- Agencies and hotlines: Introduce them to the idea that there are organisations and people who can help if they encounter something upsetting online.
- Lead by example: Show your child how you navigate the online world responsibly, so your role-modelling is visible to them.

Reassurance and Support:
- Offer non-judgmental support: Regularly share with them that you're there to help and support them without judgment if they face anything challenging online.
- Building trust: Be explicit and share often with them that their safety and well-being are important, and you're here to help whenever they need it.

Remember, these conversations need to be ongoing, adapting as your child grows and their online experiences evolve. Establishing trust, creating an open environment, and consistently reinforcing these discussions will go a long way in helping your child navigate the online world safely and confidently.

KŌRERO TOGETHER
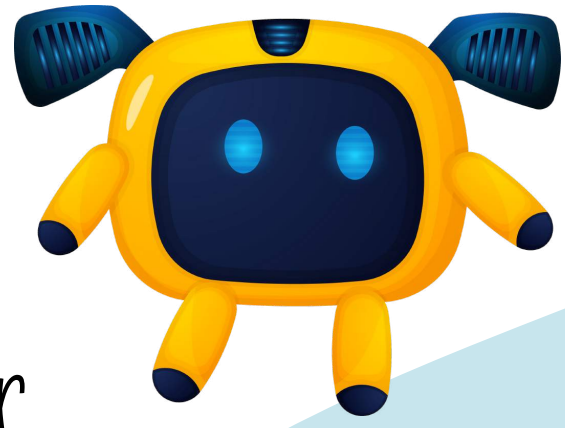
Conversation starter ideas to chat with your younger children about online safety, and using digital devices.

"WHAT ARE SOME WAYS WE CAN TAKE CARE OF OUR DIGITAL DEVICES ?" [IPAD, PHONE, TABLET, XBOX, COMPUTER...]
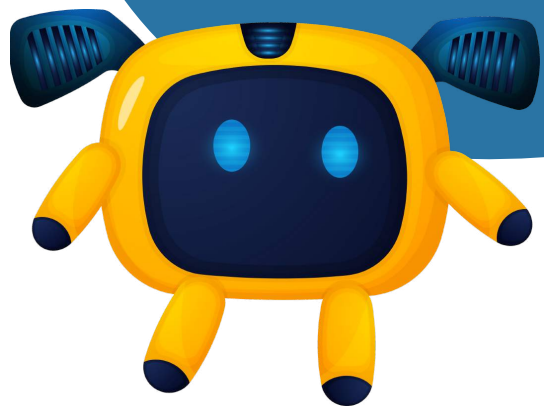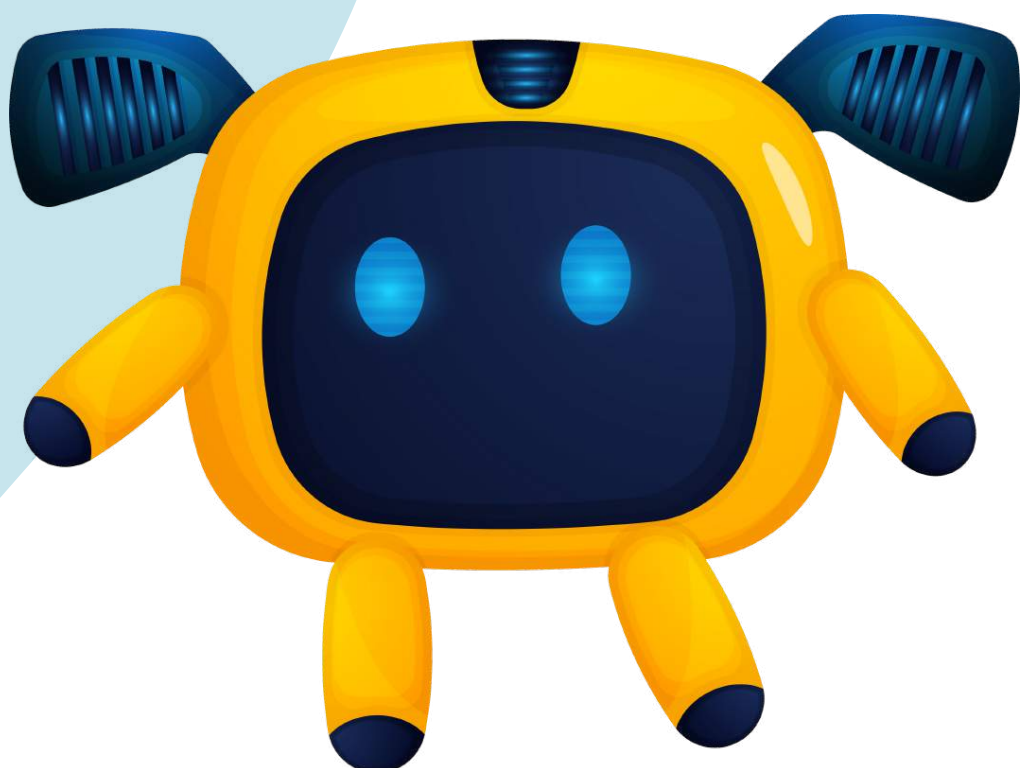
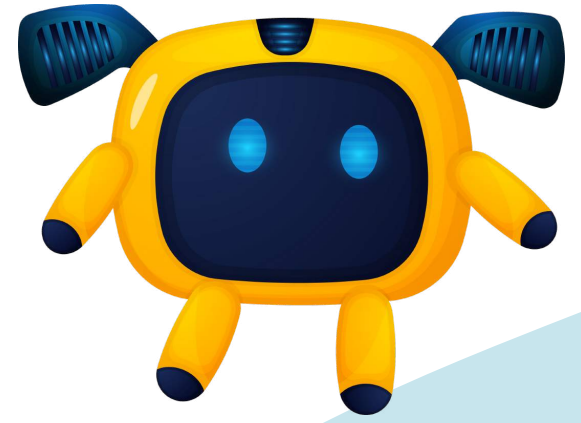"HOW DO YOU KNOW WHEN YOU'VE BEEN ON A DEVICE FOR LONG ENOUGH?"

"WHO WOULD YOU TELL IF SOMETHING HAPPENS ONLINE THAT'S NOT OKAY?"

"IF SOMETHING POPS UP ON YOUR SCREEN THAT'S YUKKY, OR SCARY, OR MAKES YOU FEEL WEIRD, WE WANT YOU TO KNOW YOU'VE DONE NOTHING WRONG. HAVE YOU HAD ANYTHING HAPPEN LIKE THIS?"

"WHAT'S YOUR FAVOURITE THINGS YOU LIKE TO DO ONLINE?"

KŌRERO TOGETHER

Conversation starter examples

"WHAT ARE SOME IDEAS THAT CAN HELP US TO MANAGE WHEN IT'S OKAY TO USE OUR DEVICES, AND WHEN IT'S TIME TO PUT THEM AWAY?

"IF SOMETHING THAT'S NOT OKAY HAPPENS ONLINE, EVEN IF YOU THINK YOU MIGHT HAVE CAUSED IT, WE'LL ALWAYS LISTEN AND HELP YOU OUT FIRST IF YOU TELL US. HOW DOES THAT MAKE YOU FEEL?"

NOT EVERYTHING IS REAL ONLINE. IT'S EASY TO MAKE THINGS LOOK OR SEEM REAL, AND PEOPLE SOMETIMES AREN'T WHO THEY SAY THEY ARE. DO YOU KNOW WHY THEY MIGHT DO THIS?

"TELL ME WHAT YOU THINK ARE 3 SUPER SMART TIPS FOR KEEPING SAFE ONLINE AND I'LL TELL YOU IF I DO THESE"

TOGETHER, YOU CAN CREATE AN 'AGREEMENT' ABOUT USING DIGITAL DEVICES AND WAYS TO HELP BALANCE TIME ONLINE, SETTING UP APPROPRIATE CONTENT, ESTABLISHING HELPFUL HABITS FOR GETTING OFF DEVICES, AND STORING THEM SAFELY.
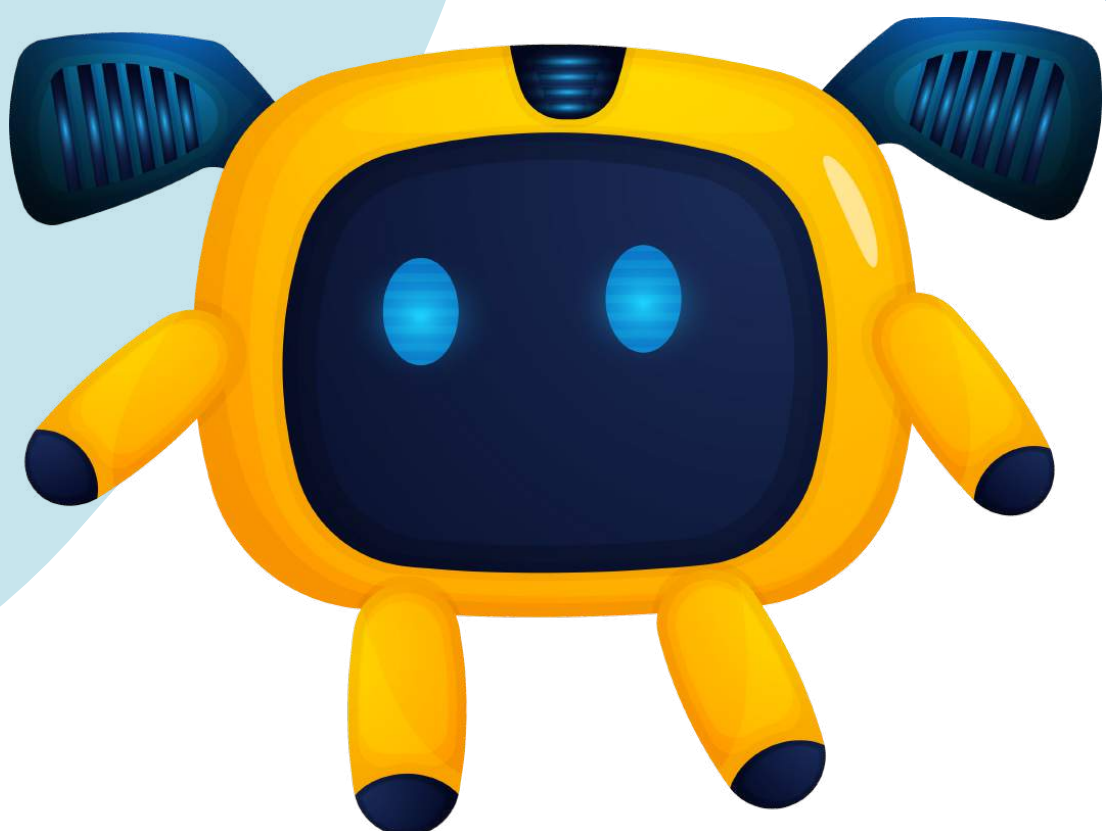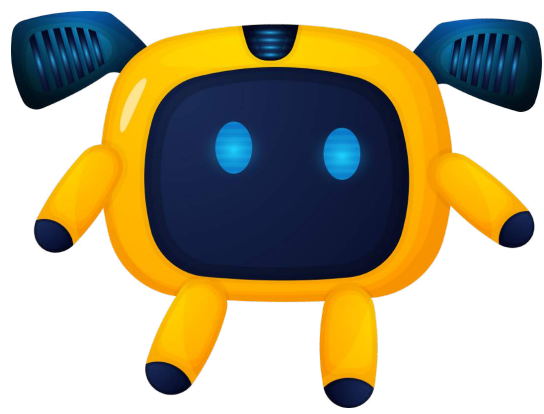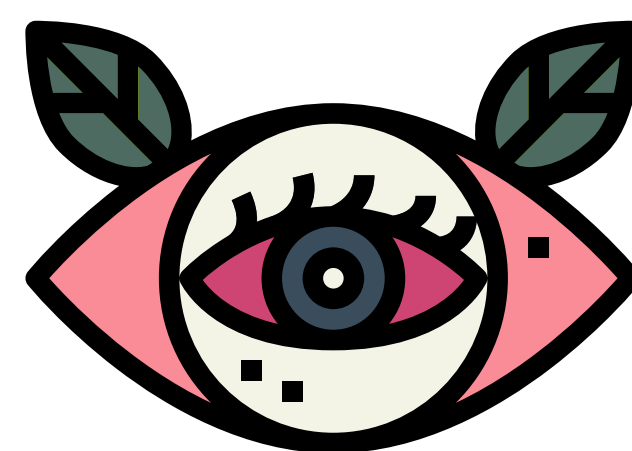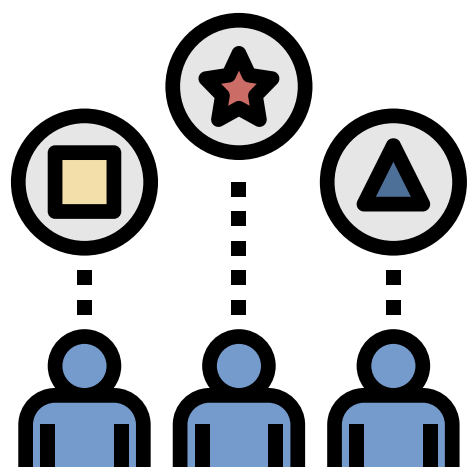
Digital Smarts
What children need to know

How I can use digital devices in safe and effective ways.

Understand ways I can take care of the digital devices I use.

The things I can do to look after myself and my body (e.g eye breaks, posture etc) when I use digital devices.
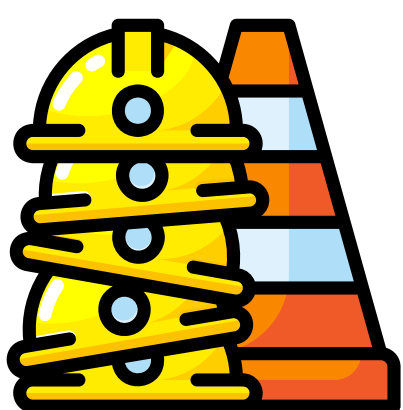
Understand that people make the tech. People break, remake, hack, and create the spaces I use online

How digital tech has/is positively impacting the world around me.

Understand that people are not always kind or safe online, and, I am responsible for my own behaviour online

The ways to keep myself safe when I'm online, including when I go on games or talk with friends online.

That it's important that I speak up if something online doesn't look right, feel right or someone does something that's not okay.

The steps I can take at school, home or wherever I might be, if something happens that's not okay online

Growing knowledge, skills, attitudes and values, resilience and wellbeing.

'On the same page' - OUR 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 <u>suggestions</u> about aspects you could chat about, along with a template for creating a family plan.
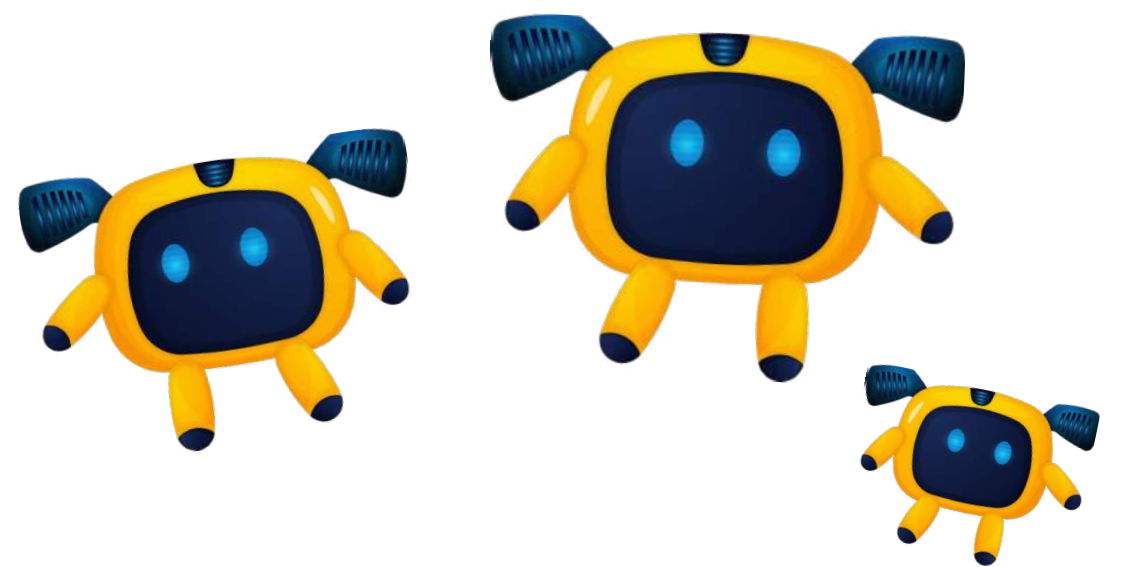
- **What sites, games, and apps are okay to use or watch.**
  Find out what ages are recommended for use at www.commonsensemedia.com

- **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)

- **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.**

'On the same page'
OUR PLAN

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
- 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
- Subscribe to updates using the following link:
www.cert.govt.nz/about/about-us/?subscribe/

Headstrong - 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
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
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
Resources for whānau and groups on online content including porn.

Keep It Real - www.keepitrealonline.govt.nz
Resources for teens, whānau and groups on harmful online content including online bullying,
porn, and extermist content.

Youthline – www.youthline.co.nz 0800 376 633, Free TXT 234
Youthline provides a free counselling service for young people.

Whatsup - www.whatsup.co.nz   0800 942 8787
Tamariki and rangatahi support - Free for 5-18 year olds. [Barnardos]

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