THE DANGERS OF UNMONITORED INTERNET ACCESS FOR CHILDREN

Presented by Foothill Family

Foothill Family
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Appropriate amount of screen time

- Kids and teens 5 to 18 years: Parents should place consistent limits on screen time, which includes TV, social media, and video games.

- It is important for parents to assist their children have limits if their child has not developed the impulse control to keep to it on their own.

- Media should not take the place of getting enough sleep and being physically active.

- Not all screen time is "created equal". It's up to parents to decide how (and how often) their teens use screens and whether screen time is positive or negative. For instance, time spent on homework or other educational activities might not need to be as restricted as time spent playing video games.

Appropriate amounts of screen time by age

Babies and toddlers up to 18 months old:	No screen time, with the exception of video-chatting with family and friends.
<u>Toddlers</u> **18 months to 24 months:**	Some screen time with a parent or caregiver.
Preschoolers:	No more than 1 hour a day of educational programming, together with a parent or other caregiver who can help them understand what they're seeing.
Kids and teens 5 to 18 years:	Parents must set limits consisting of screen time, which includes TV, social networks, and video games. They should have time to get enough sleep and be physically active.

Effects of too much screen time

- Brain Development

- Obesity

- Irregular sleep schedules and shorter duration of sleep

- Behavioral problems

- Loss of social skills

- Violence

- Less time for play

Reduce Screen Time

- Health experts say screen time at home should be limited to two hours or less per day.

- Parents or caregivers can set rules that limit computer time, TV watching, and use of video games to reduce how much time is spent in front of a screen.

- Make screen time a Reward, not a routine

- Studies suggest that when parents set rules for the amount of media usage, children's media use is almost three hours lower per day.

- What might be some other benefits of limiting screen time not mentioned ?

Cyberbullying

Cyberbullying	Cyberaggression
• Intent to harm • Greater intensity to harm • Occurs over time • Power/status differential • Similar behaviours offline	• One off acts • Equal power/status • Flaming • Trolling • Online disinhibition effect

https://resourcelinkbce.wordpress.com/2013/07/19/cybersafety-with-great-power-comes-great-responsibility/

Help prevent cyberbullying

- Talk to your kids about bullying; tell your kids they can't hide behind the words they type and the images they post.

- Hurtful messages not only make the target feel bad, but also makes the sender look bad.

- Recognize the signs of cyberbullying

https://study.com/academy/lesson/how-to-start-an-anti-bullying-campaign.html

Kids and virtual worlds

- Virtual worlds are computer-simulated online "places" where people use avatars- graphic characters- to represent themselves.

- Some virtual worlds are intended for children; there are built-in protections to keep their experience age appropriate.

- Others are designed for adults.

Photo from   http://www.raphkoster.com/2010/02/26/are-virtual-worlds-over/

Talk to your kids and stay engaged

- The anonymity that avatars provide can encourage people to "act out" behaviors that may be considered inappropriate.

- Visitors may find the online equivalent of a red-light with simulated sexual activity or violence.

Online Predators

- Many predators are hiding behind their computer screens; they can lure in children and vulnerable teens by posing as their peers.

- Predators are very cunning and maybe trying to find kids that they can convince to meet up with them.

- They may send them inappropriate content over the internet.

- They may also try to get personal information out of a child (like home address or social security number).

KEEP YOUR **KIDS** **SAFE** Online

Warning signs

- Becomes secretive about online activities

- Becomes obsessive about being online

- Gets angry when he or she can't get online

- Receives phone calls from people you do not know or makes calls to numbers that you do not recognize

- Receives gifts, mail, or packages from someone you do not know

- Withdraws from family and friends

- Changes screens or turns off computer when an adult enters a room

- Begins downloading/viewing pornography online

Who do traffickers target?

- Teens (both boys and girls) between the ages of 12-19 are victims, but some have been as young as 9.

- Teens from all different socioeconomic and ethnic backgrounds are targets

- Traffickers often seek out children online who appear vulnerable, depressed, seem emotionally isolated from family and friends, have low-esteem or appear to have a lot of unsupervised time.

- Runaway and homeless youth, as well as victims of domestic violence, sexual assault, war or conflict, or social discrimination are frequently targeted by traffickers.

http://floridapolitics.com/archives/230372-human-trafficking-cases-increase-50-percent-florida

How can I protect my child?

- Look for at-risk warning signs (staying out later than usual, change in friends, withdrawing from activities, spending time with suspicious individuals, unexplained possessions/access to money)

- Supervise them

- Know: their friends, where they are, when they are coming home, do a spot check

- Implement the guidelines contained in **Enough Is Enough**®'s "Rules 'N Tools" to protect Internet-enabled devices.

- To report a tip or get help, contact the National Human Trafficking Hotline at 1-888-373-7888. **In the event of an emergency, call 911.**

How to talk to your kids about internet predators

- **Parents need to:**

- Pay attention to what your kids are doing online, and ask your child non-threatening questions.

- Avoid over-reacting if your kids have been talking to people they don't know online or if they admit that they've come across a dangerous or tricky situation online.

- **Ask "Has an online stranger....**

- Tried to befriend you? If so, how do you know this person?"

- Talked to you about sex?"

- Asked you for personal information?"

- Asked you for pictures? Sent you pictures?"

- Said anything to make you feel uncomfortable?"

- Offered to send you gifts?"

Sharing Personal Information

- Identity theft; much of our personal information is now easily accessible on the web.

- Children can easily mistake a scam website for a legitimate one, and could end up disclosing personal information.

- Children should always ask an adult for permission before signing up for a website or downloading an app. program to the computer, tablet, or mobile device.

Talk to your kids

- Inappropriate conduct: The online world can feel anonymous. Communicating to children that they are still accountable for their actions.

- Inappropriate contact: Some people online have bad intentions, including bullies, predators, hackers, and scammers.

- Inappropriate content: concerns that your children could find pornography, violence, or hate speech online.

Talk early and often

- Start early: As soon as your child is using a computer, a cell phone, or any other mobile device, it's time to talk to them about online behaviors, safety, and security.

- Initiate conversation: Don't wait for them to start the conversation. Use everyday opportunities to talk to your kids about being online.

https://aecrm.wordpress.com/2018/04/18/living-life-to-the-fullest/

Create an honest, open environment

- Be supportive and positive

- Listening and talking their feelings into account helps keep conversation afloat.

- You may not have all the answers and being honest about that can go a long way.

- Communicate your values

- Be patient

Photo from   https://amormagazine.co.uk/development-in-a-relationship/

Where to self help: Cyber Tip Line

- **TO REPORT CHILD PORNOGRAPHY, OBSCENITY, OR TO REPORT A CYBERCRIME:** www.cybertipline.com
Or call: 1-800-THE-LOST (provided by the National Center for Missing and Exploited Children). The congressionally mandated CyberTipline is a reporting mechanism for cases of child sexual exploitation including child pornography, online enticement of children for sex acts, molestation of children outside the family, sex tourism of children, child victims of prostitution, and unsolicited obscene material sent to a child. Reports may be made 24 hours per day, 7 days per week.

Where can you get help?

- **211 LA County Information- DIAL 211**
- **Referral Services**
- www.healthycity.org
- **Foothill Family Service Intake**

    (626) 993-3000

Questions

Please fill out the survey and let us know your opinion

References

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