

Tackling Technology Meeting: 21 November



It was great to see so many parents and students at our 8 a.m. meeting. Liz from Attitude shared her perspectives of some online knowledge and experience. These are just some of the things she shared.

- Trolling is like sunburn – no one else necessarily sees the pain, but when you slap it, it really hurts
- 76% of young people spend more time communicating online than face to face
- Of 7 hours, 10 are spent online (use of multiple devices allows this) and parents often model this
- Young people are not addicted to their devices, but to the connections they provide
- Digital footprints last forever – think about what you post
- Technology is still relatively new and the safety features are still in the development phase

Tips for parents

- Facebook, Instagram and Snapchat are all R.13. All have various settings and features. Parents should download the apps and familiarise themselves with these.
- You should know how many accounts your children have
- Explore filtering software, filtered internet and parental controls
- When giving advice to your children it can be powerful to state, “If you chose to do this, you are doing so without my approval”
- If you chose to remove your child’s device be sure to replace it with another connection. Family outings and quality time are ideal
- You can get timers on your modem – but these don’t help with data plan devices
- “our pact” is a great app to explore <http://ourpact.com/>
- “digi-parenting” <https://digi-parenting.co.nz/>
- The “V of love” is a great watch <https://www.youtube.com/watch?v=8rKz3EDplv0>

Tips for students

- Before you post anything, ask yourself these 3 questions - a couple of moments here can save you months of regret
 - Am I going to get into trouble?
 - Am I going to hurt someone?
 - What would my Mum / Dad / Grandma say?
- Anything you post on snapchat belongs to snapchat and can be re-used
- Do not message or send back to anyone you don't know – way too risky
- Turn off location features
- “ghost mode” is a safety feature
- Everyone deserves to feel safe
- Vodafone has a “black list” – use it for unwanted communication
- Don't reply to any unwanted communication – don't allow it to become a conversation

Cyber Bullying

- Digital devices make bullying something that can happen anywhere: at school, on the bus, at home
- If you make someone else's life harder, then we feel sorry for you as this means you must be hurting and you don't know how to deal with your own hurt
- Bullying says more about the bully than the victim
- Do not reply – don't let it become a conversation
- Take your phone to an adult who can help
- It is ok to struggle but it is not ok to struggle alone

Summary

- Young people's biggest tool is the parental brain
- The frontal cortex is not fully developed until mid-20s, and controls
 - Risk assessment
 - Memory
 - Impulse control
 - Planning
 - Reasoning
- Rules are a way of showing love and keeping your child safe

Positive online behaviour: Be friendly, be positive, be yourself.