

# SAFT media project

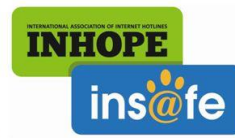
## Children's online safety and what parents can do

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**Heimili og skóli**  
Landssamtök foreldra



# Home and School

- Non Governmental Organization – national organization for parents, parent associations and schools on all levels are members.
- Service center in Reykjavík – organize nation wide campaigns, publish educational material, helpline for parents.
- Funded by member's fees, grants from various funds and a we have a contract with the Ministry of Education, Science and Culture providing various services funded by the ministry.



Heimili og skóli  
Landssamtök foreldra

S A F T

# Safer Internet Centre

- SAFT, which stands for Community, Family and Technology is a part of the European Insafe network.
- Promotes positive and safe internet use among children and teenagers and informs parents of dangers and opportunities.
- Better Internet for Kids is the goal.
- Awareness centre (Home and School), helpline (Red Cross) and hotline (Save the Children and the National Police).
- Educational material, lectures and more.



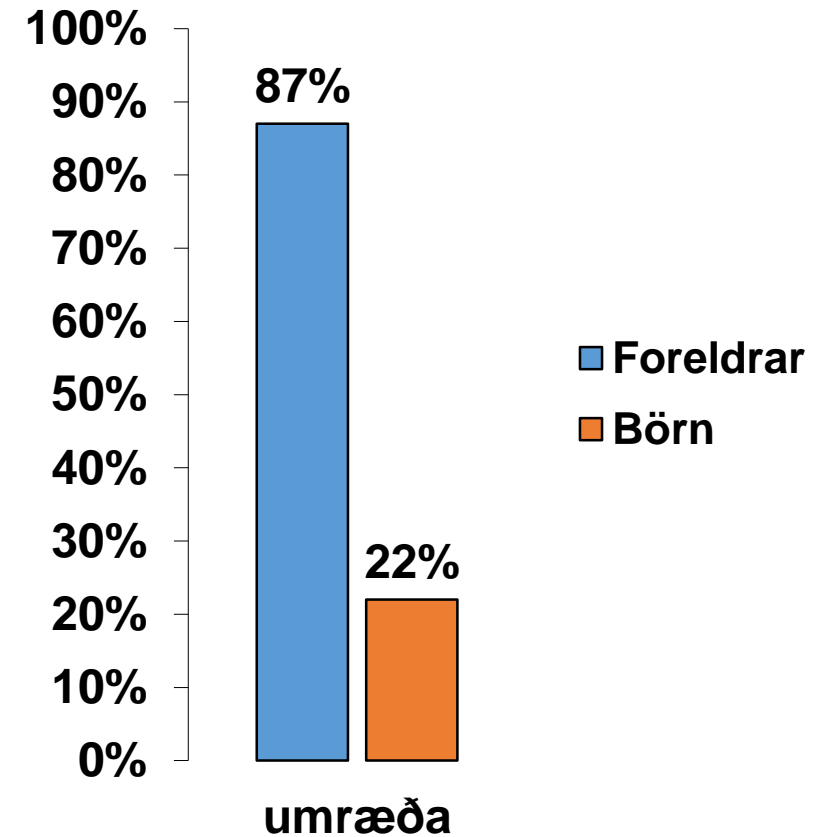
# Do you know what your kids are doing online?



**S A F E T Y**

# SAFT survey

- Parents are supervising less than they think when it come to their kids Internet use.
- 2 of every 10 children have been online withour their parents knowledge.
- Around 90% of parents think they know a lot about their children's online behaviour and Internet use – but what do the kids say?



Do you have any rules?

**S A F T**



# Online risks



**S A F E T**



# Being social online

- Number of likes and friends are the social currency online.
- People do all sorts of things to get their likes and these communications are characterized by speed.
- Trends – e.g. different from school to school.
- “I only need to collect 100 friends to become famous!”



# Cyberbullying

- Mostly on social media.
- Hurtful or degrading comments or photos. Often sexual references.
- Exclusion, e.g. from chat groups etc.
- Abuse of ID.
- Anonymity.



# Online predators

- “Mr. John Doe has added all the kids on Instagram and nobody knows who he is!”
- Online predators try to get close to kids and youngsters through social media and/or online gaming.
- They make them feel special, important and loved.
- When they have established a relationship they use gifts or threats to try to have their way.
- Often they ask for bold pictures or videos or they want to meet up.
- We have to give our kids the tools to fend off such predators and develop trust.

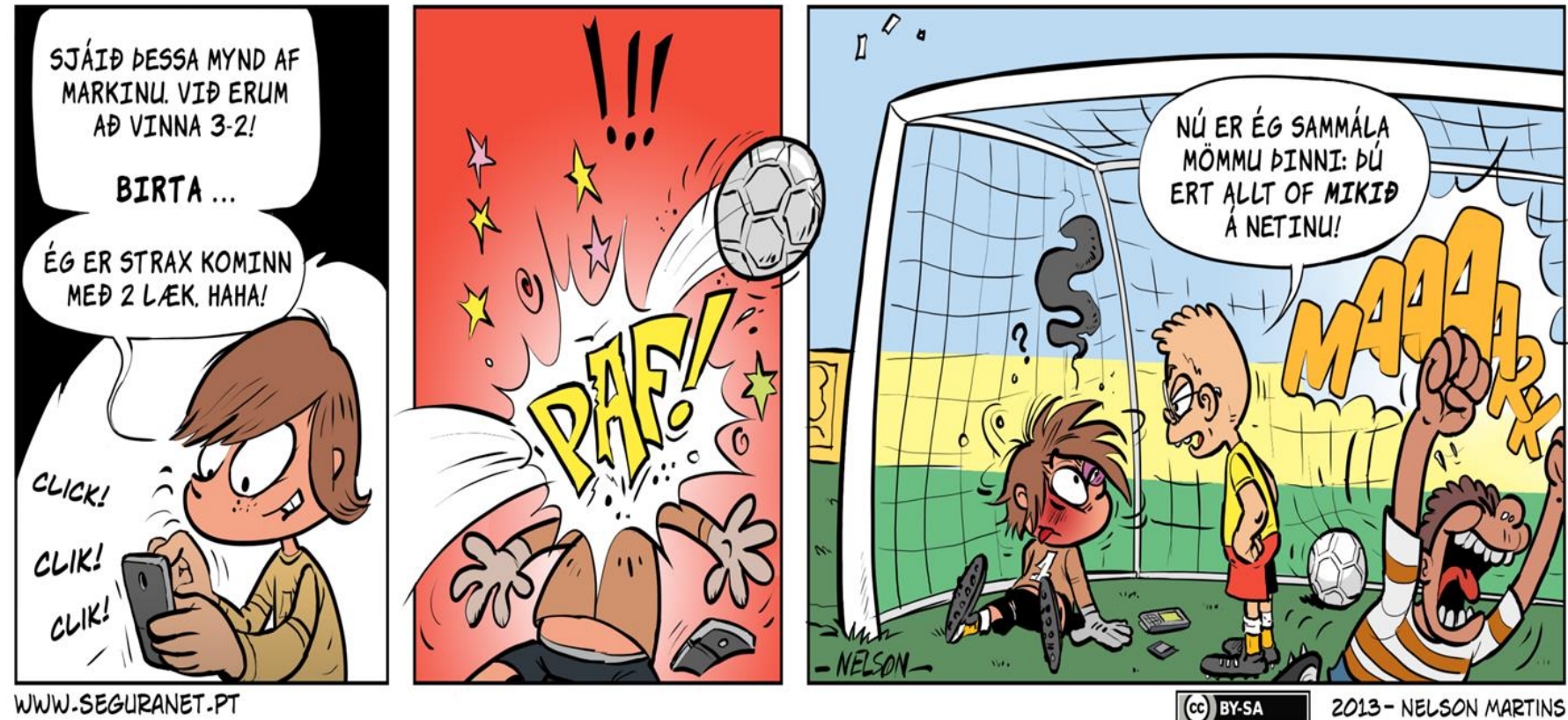
# Sexting

- Nudes or videos
- Flirt, boast, show commitment in a relationship, joke
- Social pressure
- „Sexting has become a part of Icelandic dating culture“



# Excessive use?

## Of mikil netnotkun



S A F T

# Signs of excessive use


- Influences daily life.
- They neglect friends, interests or homework.
- They don't get enough sleep.
- They get annoyed when they spend too much time in front of the screen.
- They hide how much time they spend on the computer or with their mobile device.

# Kids and parents need to know how to react



Hjálparsíminn - alltaf opin!



 Rauði kross Íslands

**S A F T**



# We need to talk to kids

## Persónuupplýsingar



WWW.SEGURANET.PT



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S A F T



# What can we do?

- In order to be able to help you have to know something about your child's Internet use. To begin with it's simply important to be there.
- Try to talk about your day online as well as your day at school.
- Show interest and try to promote positive Internet use and online behaviour.
- Speak openly about dangers online.
- Make rules.
- And...

Expect the unexpected



# Rules of conduct

- It's important to make rules and follow them. The sooner the better. We have to dare!
- Parents are models. How is your use of mobile devices?
- What we do is even more important than what we say.



# Age Restrictions for Social Media Platforms

(Ages specified in terms as of 2014)

Twitter  
Facebook  
Instagram  
Pinterest  
Google+  
Tumblr  
Reddit  
Snapchat  
Secret



YouTube  
Keek  
Foursquare  
WeChat  
Kik  
Flickr

# PEGI age restrictions – [www.pegi.info](http://www.pegi.info)



# Schools are doing better

- Technology is a part of education.
- Schools are using technology more.
- Allowing students to have a say when rules are made e.g. about mobile devices.
- Parents need to know the school's rules and discuss them with their children.
- Media and information literacy – National Curriculum.

# Positive use and better Internet

- Technology is here to stay
- Endless opportunities, positive opportunities
- Promote positive use
- See to interests
- Educate



**S A F T**



# Parent Agreement

- It's a tool for parents to discuss parental guidelines and values.
- Parents in one class meet up and sign the agreement.
- In it you find 11 discussion points and some of them concern Internet use.





# Parent Agreement



- Discuss online communications with the child and agree on rules on appropriate behavior.
- Time limits.
- Age appropriate games.
- Bullying.

# Configure for your kids

- Useful tips for configuring your devices before your kids do.



# SIC in the Nordic countries

- Denmark: Medierådet
- Finland: KAVI
- Iceland: SAFT Safer Internet Centre
- Sweden: Statens Medieråd
- Norway: Medietilsynet
  
- And helplines/hotlines

Takk fyrir!

