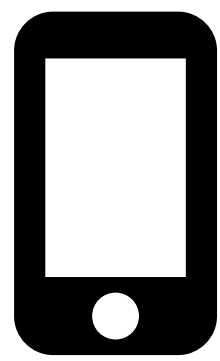




TECHNOLOGY IN THE CARE ENVIRONMENT PT.1

Continuum Consulting Australia PTY. LTD.

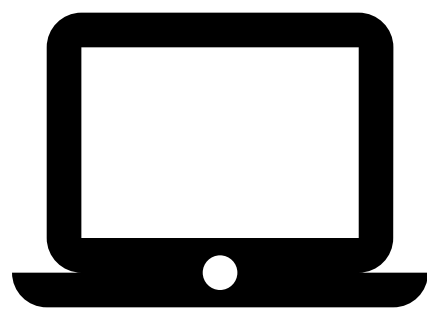
WHERE CHILDREN ACCESS THE INTERNET



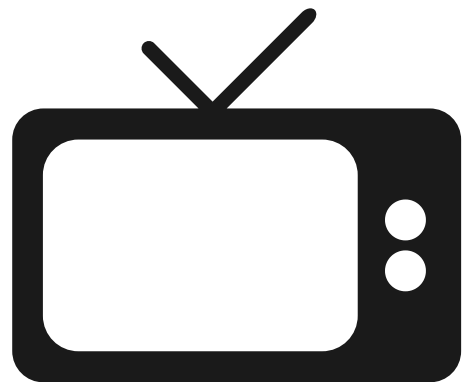
Phones



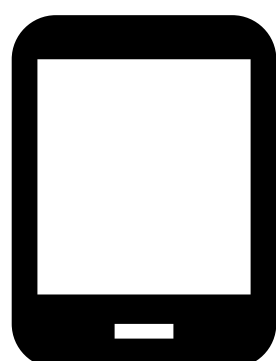
Smart watches



Laptops



Smart Tv



Tablets/iPad's

AGE OF ACCESSING THE INTERNET

Knowing the right age for a child to be accessing the internet depends on their level of maturity.

Questions to consider:

- Does my child have a good sense of responsibility?
- Are they able to stick to rules?
- Do they show good understanding of actions and consequences?
- Do they come to me or another adult when they are distressed or encounter problems?

For those who are not yet ready for a smart device, a mobile phone without internet access may be a better option, introducing a smart phone when they demonstrate an appropriate level of maturity.

SETTING RULES FOR INTERNET USE

Establish rules for the use of the internet and devices within the home, with clear expectations and consequences.

Rules could include:

- No phones after a certain time except in emergencies.
- Have limits to daily screen time (e.g. 1 hour per school night).
- Family time is a no-phone zone (e.g. dinner).
- Have areas in the house where these devices cannot be used (e.g. bedrooms) to allow supervision.
- Do not share your real name (or full name), your age, address when posting, or interact with strangers or on sites where anyone can see.
- Be kind to people - treating people the same as you would face-to-face.
- Do not take or share photos of others (including friends) without their permission.
- Have adequate privacy settings.
- Do not purchase or download an app or game without talking to parent or carer first, especially as these have minimum age requirements.

TIME ONLINE

There is no exact number on how much screen time is the right amount, this is dependent on factors such as:

- The child's age.
- The child's level of maturity.
- The type of content they are consuming.
- The learning needs of the child.
- The family's routine.

It is important to maintain balance within screen time and other activities such as sports, school, and face-to-face interaction with family and friends.

ONLINE GAMING

Many online games can improve your child's coordination, problem-solving skills and multi-tasking, as well as help build social skills through online activity with other players.

However, there are risks associated with online gaming, such as:

- Spending too much time gaming, which can have negative impacts on your child's health, ability to study, and social and emotional wellbeing.
- Bullying and grooming through online or in-game chat.
- Games with gambling-like elements can normalise gambling for young people.
- Cost of in-game spending.

UNWANTED CONTACT AND GROOMING

Unwanted contact is any type of communication that your child finds unpleasant or confronting, or that leads them into a situation where they might do something they regret. This can happen even if they initially welcomed the contact. It can come from strangers, online 'friends' your child has not met face-to-face, or from someone they actually know.

To avoid unwanted contact:

- Make their accounts private.
- Monitor accounts.
- Delete contacts they don't talk to.
- Report and block.
- Delete requests from strangers.

Grooming involves building a relationship with a child in order to take advantage of them. This can happen in a physical meeting, but increasingly occurs online when young people are tricked or persuaded into activity on webcams or sending sexual images.



SIGNS TECHNOLOGY IS BECOMING A PROBLEM

- Less interest in social activities like meeting friends or playing sports.
- Not doing so well at school.
- Tiredness, sleep disturbance, headaches, eye strain.
- Changes in eating patterns.
- Reduced personal hygiene.
- Obsession with particular games or websites.
- Extreme anger when being asked to take a break.
- Becoming withdrawn from friends.

WHAT CAN I DO?

- Stay engaged and encourage balance.
- Build good habits.
- Be involved.
- Create a plan together.
- Use the available security technologies.
- Negotiate key rules together and agree ahead of time.
- Set device free zones at home.
- Lead by example.
- Encourage good sense of self.
- Teach your child to be alert of signs of inappropriate contact.
- Establish safety guidelines for meeting online friends face-to-face.
- Be vigilant.
- Keep your child connected to family and friends.
- Establish a plan for if something goes wrong.