Digital Kids Wise Adult

Tracey Pitts

Educational Specialist

TRACEY PITTS
EDTECH SPECIALIST

About me

Tracey Pitts

- Google Certified Trainer: Expert in leveraging Google tools to enhance education.
- Educational Innovator & Strategist: Over two decades of experience integrating technology into learning strategies.
- Tools I Teach: Proficient in training educators on a wide array of EdTech, including Google Workspace, AI-powered learning tools, and other emerging educational technologies.
- Versatile Educator: Experience teaching across all levels, from primary school to university.
- Learning Facilitator: Committed to enhancing accessibility and helping educators effectively harness new tools
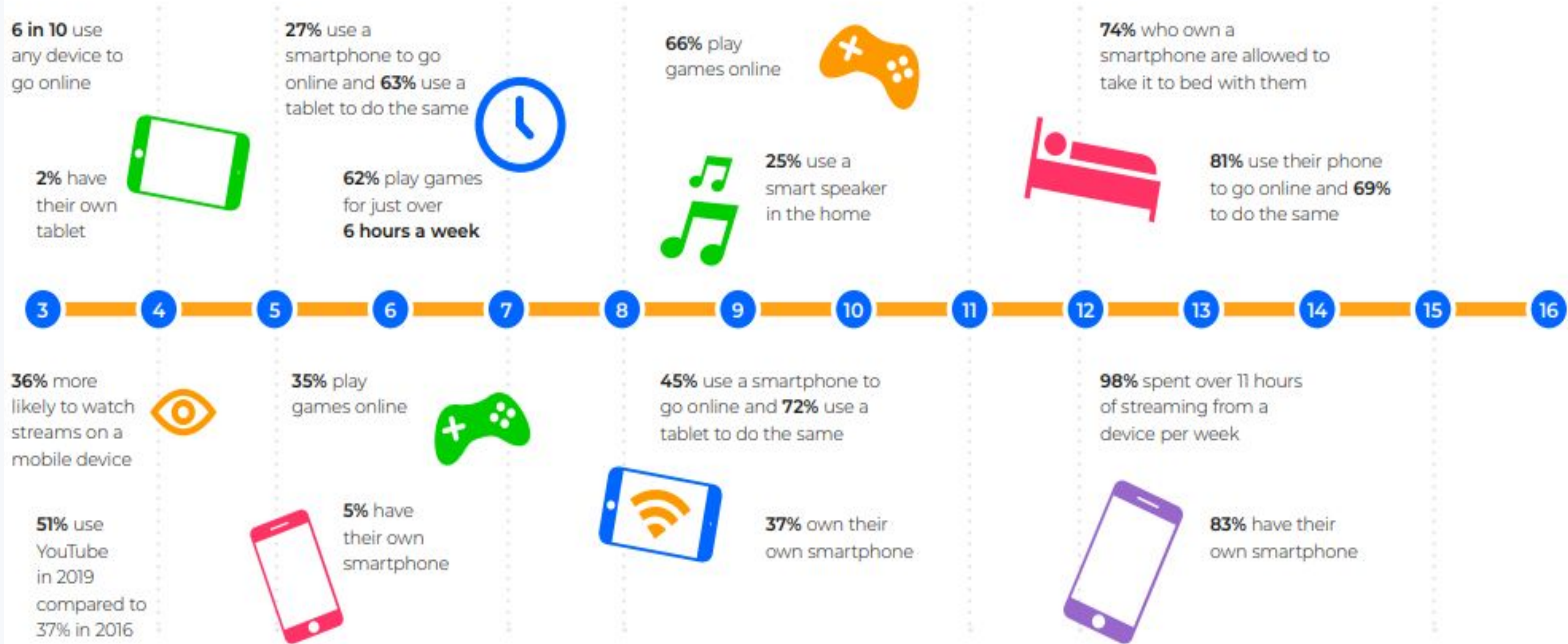
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https://youtu.be/YgJybAu5TJE

"My kids know more about the internet than I do..."

Media usage by age

6 in 10 use any device to go online

2% have their own tablet

27% use a smartphone to go online and **63%** use a tablet to do the same

62% play games for just over **6 hours a week**

66% play games online

25% use a smart speaker in the home

74% who own a smartphone are allowed to take it to bed with them

81% use their phone to go online and **69%** to do the same

3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 — 11 — 12 — 13 — 14 — 15 — 16

36% more likely to watch streams on a mobile device

51% use YouTube in 2019 compared to 37% in 2016

35% play games online

5% have their own smartphone

45% use a smartphone to go online and **72%** use a tablet to do the same

37% own their own smartphone

98% spent over 11 hours of streaming from a device per week
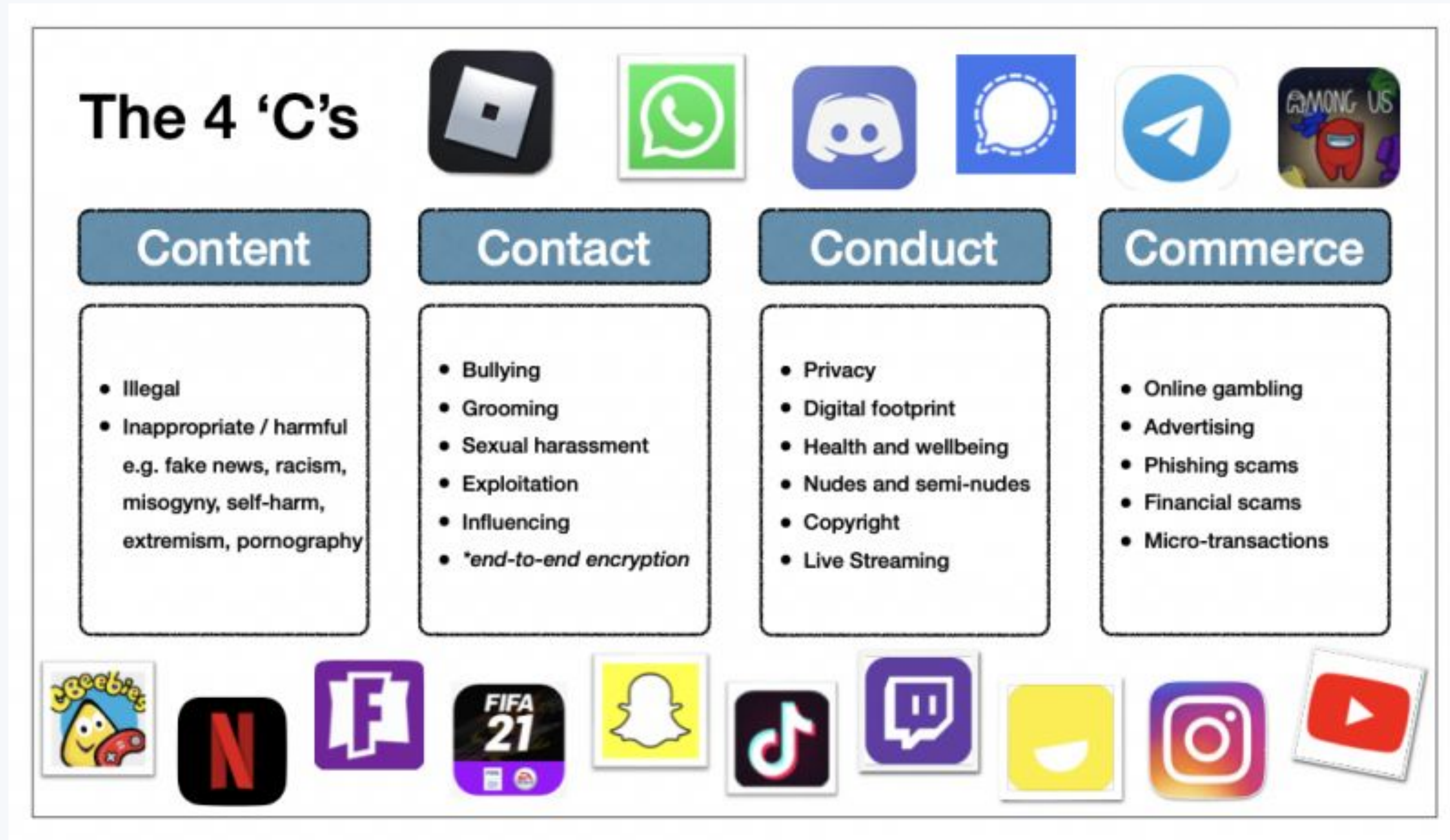
83% have their own smartphone

WHAT ARE YOUR CONCERNS ABOUT YOUR CHILD'S ONLINE SAFETY?

Benefits of Technology

- Boosts Learning: Access to educational apps and games.
- Connects Kids: Enables communication with family and friends.
- Teaches Responsibility: Fosters digital literacy and safe online habits.
- Sparks Creativity: Tools for artistic expression and exploration.
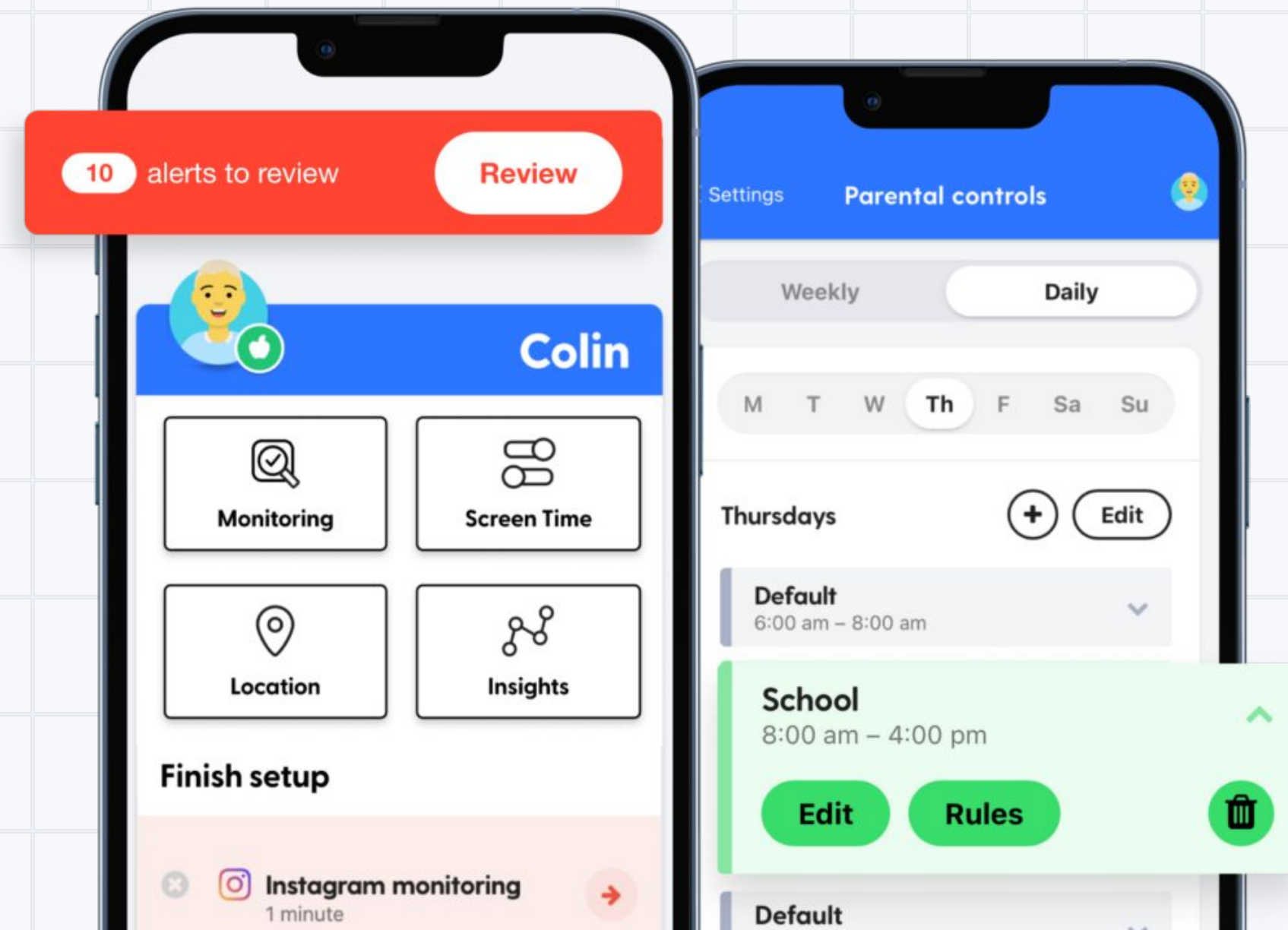- Accessibility and specialised support.

The 4 C's

The 4 'C's

Content	Contact	Conduct	Commerce
• Illegal • Inappropriate / harmful e.g. fake news, racism, misogyny, self-harm, extremism, pornography	• Bullying • Grooming • Sexual harassment • Exploitation • Influencing • *end-to-end encryption	• Privacy • Digital footprint • Health and wellbeing • Nudes and semi-nudes • Copyright • Live Streaming	• Online gambling • Advertising • Phishing scams • Financial scams • Micro-transactions

Built-in Parental Controls on Devices

Both Android and iOS have built-in parental control features utilizing tools such as Google's Family Link or a Shared Account on iOS.

App Function: A few clicks using the Parson app on a parent's phone enables:

Time lock
Time Lock can be used to prevent your child from using their device by blocking access to things like apps, games, and web browsers.

App lock
Apps Lock feature allows parents to manage apps according to SHOW / HIDE the apps.

Schedule
Free Time Allowance is a default feature letting you set a daily free time limit for your children to manage independently, during permitted times. OnceAllowance time expires, the device will default into a blocked state.

Web Block
"Parental Control Service Web Block" blocks harmful or inappropriate sites

Location
Parental Control Locator allows you to view your children's device locations anytime, anywhere.

Control
Parental Control gives you the right to turn ON / OFF the target device's features.

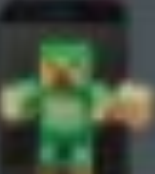# Guides for Parental Controls

[Internet Matters - Parental Controls](#)

How many of these age restriction did you know?

AGES RESRICTION

WHATSAPP 16+	f facebook 13+
Instagram 13+	TikTok 13+
SNAPCHAT 13+	YouTube 13+
13 FORTNITE 13+	FIFA MOBILE 12+
ROBLOX 12+	MINECRAFT 7+ 10+

Roblox: Social Gaming and Safety Features

12 +

Roblox offers users the ability to socialize and play experiences with others. Parents can set up controls to limit chat and access to certain games.

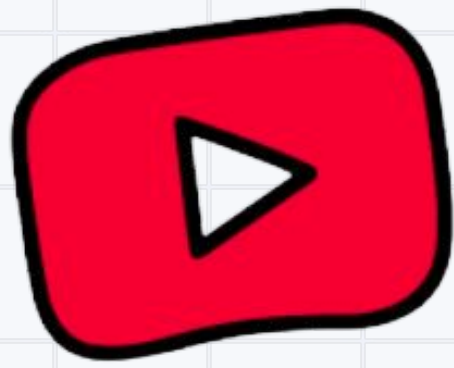# **Minecraft**: Creative Play and Safety Precautions

7+

10 +

Minecraft can be incredibly creative and educational. However, playing on public online servers can expose children to inappropriate content or interactions.

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YouTube: Navigating Content Safely

You Tube Kids

- Age-Appropriate Content: Curated videos filtered for different age groups (4 & under, 5-8, 9-12).
- Strong Parental Controls:Set screen time limits.
- Approve/block specific content or channels.
- Control search function.
- Reduced risks from comments/messaging.
- Wide library of learning shows, music, and creative content.
- Limited Advertising

[Meta](#) Family Center Tools

13+

Meta Family Centre tools help families connect safely and manage online interactions across various Meta technologies.

Whats App, Facebook, Instagram,Threads, Instagram Messenger

Snapchat *Family Centre Features*

13+

Snapchat's Family Centre provides parental supervision features, allowing parents to see their teen's friends and manage content visibility.
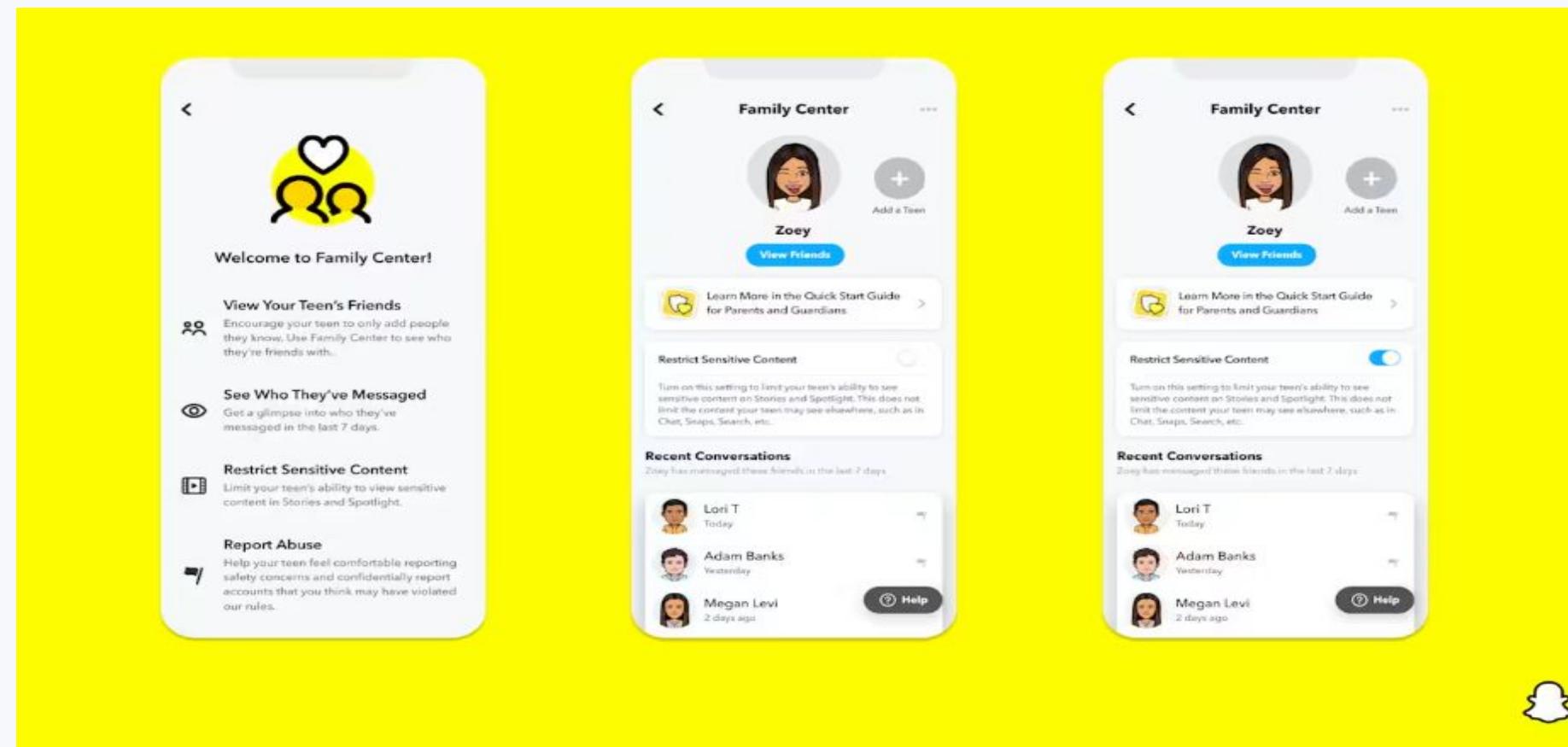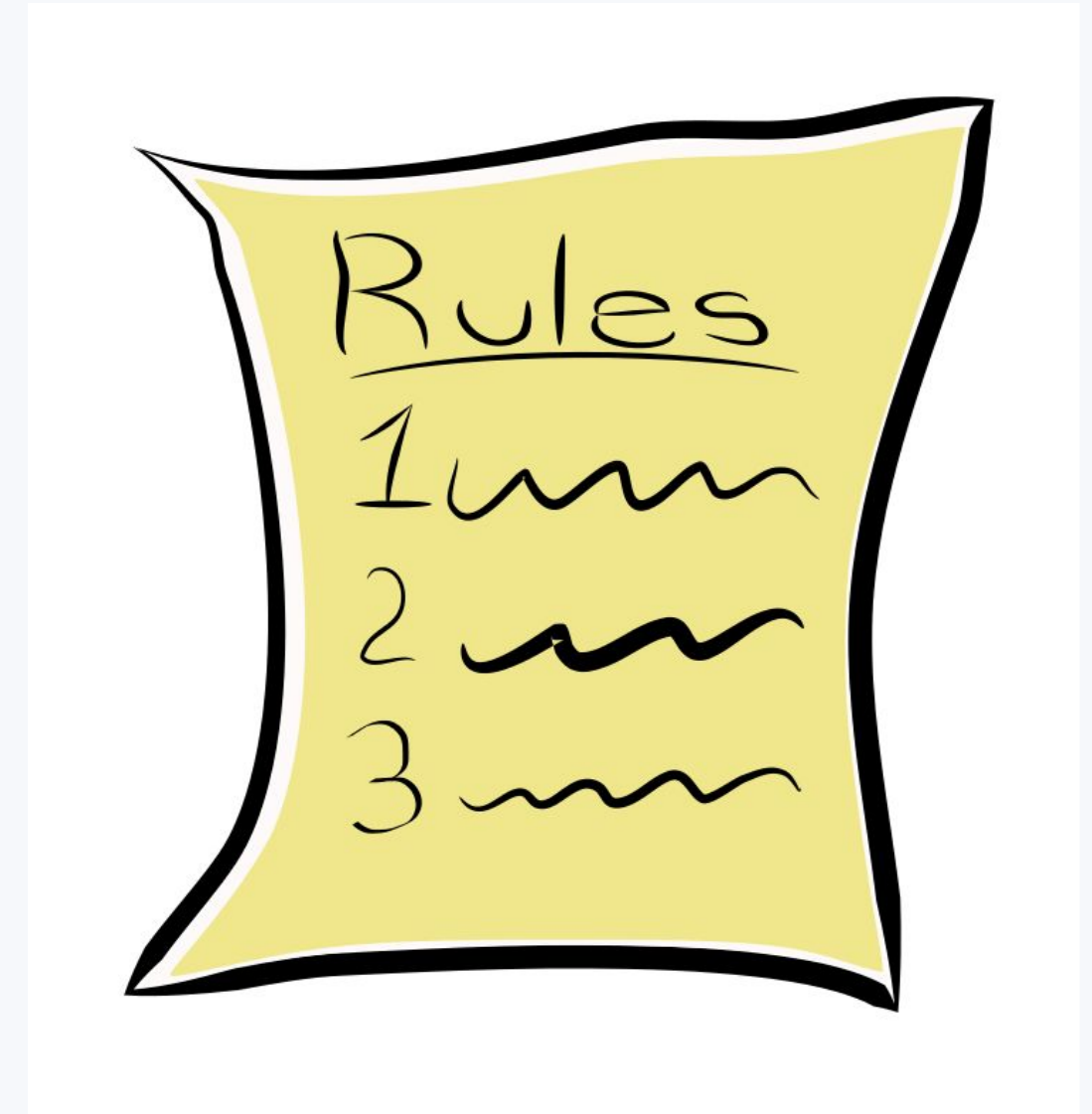
Setting Rules and Boundaries

Setting clear rules and boundaries is essential.

- Guidelines:
  - This might include time limits, tech-free zones in the house, and discussions about what information is safe to share online.
  - Involve your child in setting these rules where appropriate.
  - Be consistent in enforcing them.

Importance of Ongoing Communication

Technology is constantly evolving, so ongoing communication is crucial.

Key Points:

- Talk about how to be safe online and make sure children are aware of why and how. Don't share personal information, don't randomly click or open attachments, how to close pop ups.
- Make sure your child knows they can come to you with any concerns, no matter how small.
- Have regular conversations about their online activities. Ask open-ended questions, and most importantly, listen without judgment.

When Should I Talk To Them?

There is no right time, to talk about online safety, it should be an ongoing conversation

- **After school**
- **Bathtime**
- **Car journeys –** this can be a great time to talk, and your child will have plenty of **time to as** questions if they need.
- **Reading**
- **Playing A Game/Watching a video** -
- **Swimming –** a great time to say that what's covered by swimwear is private.
- **Watching TV together** - when something comes up.

Adapted from NSPCC Resource

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Relate to Real Safety Issues

Would you give your key to ....
Relate the situation to sharing passwords and privacy.

Use images to aid discussion?

Use Acronyms

What are the PANTS rules?

PANTS

Privates are private ⊕

Always remember your body belongs to you ⊕

No means no ⊕

Talk about secrets that upset you ⊕

Speak up, someone can help ⊕

[NSPCC Resource Parent and Child Resources](#)

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What Should my Children Know about Online Safety

[Google Resource Be an Internet Legend](#)

Online safety activities for the whole family

The Be Internet Legends programme is designed to teach your child the skills they need to stay safe and have a positive time online.

The fun family activities in this booklet are based around the Internet Legends code:

Think Before you Share	Knowing what's OK to share on the internet and what's not
Check it's For Real	Spotting the clues for what's real, fake, misleading or a scam online
Protect Your Stuff	Learning how to keep information secure online and create strong passwords
Respect Each Other	Understanding what it means to be kind online and respect other people's privacy
When in Doubt, Discuss	Asking for help from a parent or trusted adult with tricky situations online

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Balancing Screen Time

It's not just about online safety; it's also about the amount of time children spend online, both in your presence and alone.

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Moderation in Screen Time

There's **no single 'right' amount of screen time** , but moderation is key. Use built-in tools on smartphones to track and limit screen time.

Healthy Screen time recommentations

Children aged 2-4 years

Limit non-interactive screen time **1 hour**

interactive screen time
Under an hour per day **1 hour**

Children aged 5 NHS
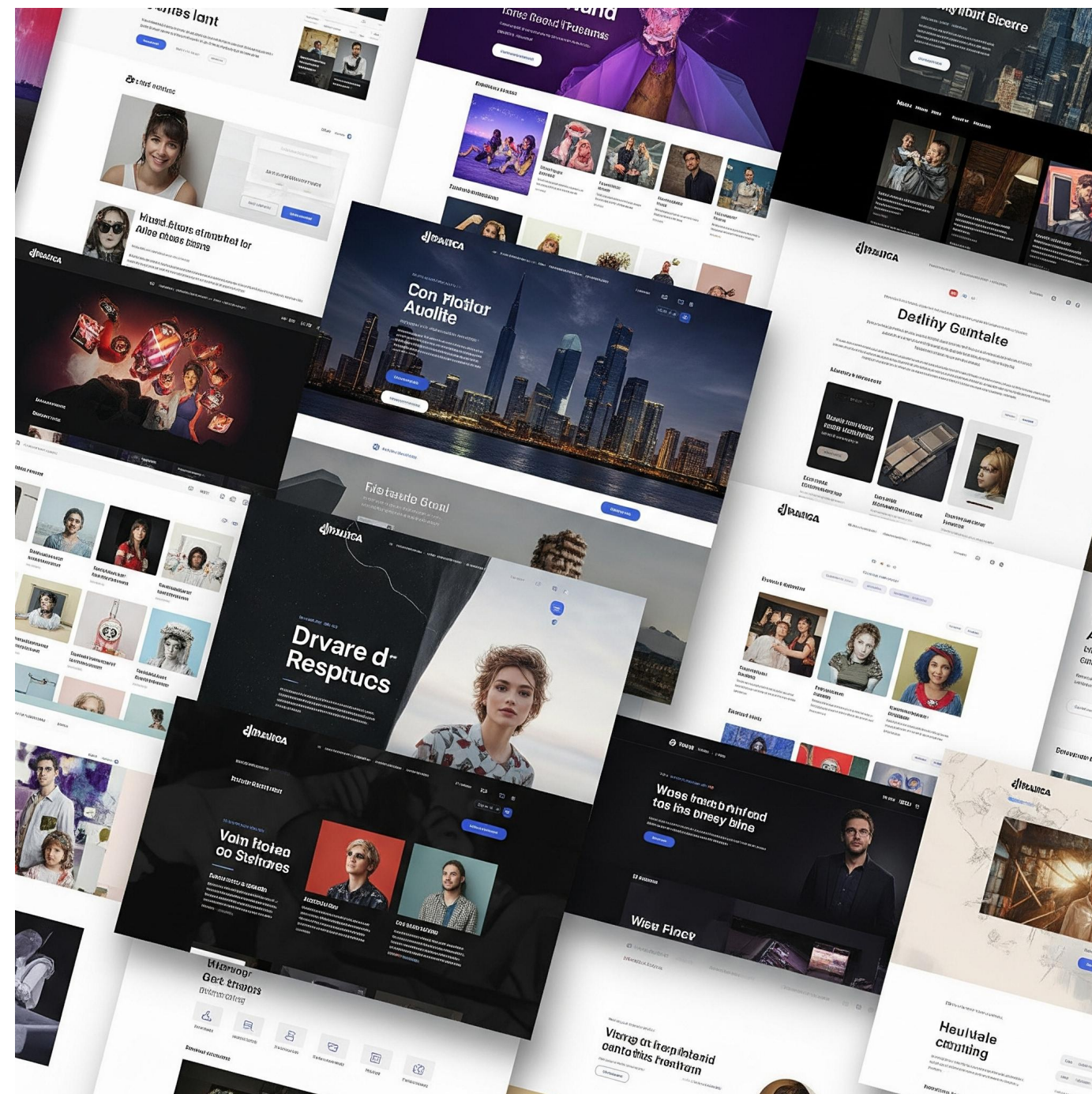No more than 2 hours of screen time each day

Avoid screens 30-60 minutes before bedtime

Any Questions?

Let's look at some of the resources available to you for free.

Resources for Online Safety

There are many excellent resources available to help you navigate online safety.

Recommended Resources:

- Internet Matters - Parental Controls - All devices a great starting place.
- Common Sense Media - Rates and suggest age appropriateness films and games.
- NSPCC - Full of advice from talking with children to information for parents and children.
- UK Safer Internet - Full of resources and guides as well as advice for grandparents and a hotline for anyone to report concerns.
- Thinkuknow - A program for 4 - 18 year olds that teaches them age appropriate online safety.
- Google's Be Internet Legends - Game that teaches basics of staying safe online

Resources for Online Safety Cont....

There are many excellent resources available to help you navigate online safety.

Recommended Resources:

- Age Appropriate App Guide 5 -10 years old - Don't forget to change age filters.

- Roblox Parental Guide

- Minecraft Parental Guide

- YouTube Kids Parental Controls

- Meta Family Center

- SnapChat Family Center

- NSPCC FAQ to help parents

- UK Safer Internet links to online books and resources for children

- CEOP Resources 4-7 years - Age appropriate resources and parental guidance

Contact

Let's work together

📱 07873 339 783

in linkedin.com/in/traceypittsedu

🦋 @traceypittsedu.bsky.social

✉ tracey@traceypitts.org

🌐 www.traceypitts.org

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Thank
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