

#DITTO

STAY SAFE ● HAVE FUN ● REPEAT

SUMMER 2017 SPECIAL EDITION

Summer Holidays Special

In this edition

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- # TRANSITION TO HIGH SCHOOL
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www.esafety-adviser.com



Foreword from **Alan Mackenzie**

Welcome to the summer special edition.

Hi there, I'm Alan Mackenzie. I'm an independent consultant specialising in online safety, specifically within education to children, young people, schools and other organizations, and parents.

I'm a strong believer that technology, for the most part, is neutral; behaviour is key. To understand behaviour, we have to be a part of childrens lives in order to understand what they're doing with technology and why.

The intention was that the magazine in June was going to be the final one before the summer break. A few schools asked if I was putting out a summer special and I originally said no as I didn't think I would have the time, but unusually I had a couple of spare days so thought a Summer Special edition might be nice.

It just covers some interesting information that I hope you'll find useful.

If you're a new subscriber to the magazine (thank you and welcome) this is a cut-down version of what the magazine normally is.

I hope you have a wonderful summer break, I know I will. See you on the other side.

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A Request

I'm 'considering' offering a magazine version for children and young people (DITTO Junior). As with this magazine it will be totally free, but it would only be possible if children and young people were able to contribute. Do you have any aspiring writers? Do you have a child (at home or in school) that would like to share their online experiences? Perhaps even someone that would like to feature a regular column?

I would like to make this about the opportunities and the risks, so contributions could be about what they are doing creatively online or something they experienced and what they did about it. It could be work they have done in school or at home in e-safety such as a poster design, a blog, a video. It could be talking about the latest game or app or advice they would like to give to others. The opportunities are endless.

I think DITTO Junior would probably come out at the same time as this mag, perhaps as an addendum and any contribution would have to be sent to me by the parent or the school rather than the child.

Would you email me your thoughts? I don't want to put a lot of work into something that may be a waste of time.

Alan Mackenzie
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Digital clear-out

#DITTO

I've just finished throwing away what seems like half my house into a skip; things I never use, old cardboard boxes that have accumulated and just general junk. I do this about once a year, but that clear-out always feels good.

Similarly, the summer holidays is a time when I have a really good digital clear-out.

Dependent on the amount of time you spend online, what online services you use, what you post etc. and on what devices, I would hazard a guess that you and your children accumulate a large amount of digital junk.

The long summer holiday is an ideal time to have a really good clear-out and tidy-up of all the things we use.

Devices

Get a list together of all the devices you and your family use. This would include things like PC's, laptops, mobile phones, tablets, gaming stations (e.g. Playstation, Wii, XBox)

Are you aware of all the parental settings on these devices, e.g. preventing age-inappropriate games being downloaded? Are they set up correctly? It's worth double-checking.

Games

Are you aware of the games your children are playing?

Are they age appropriate?

If they're playing online, is there a chat/private chat function? Are you happy with this?

Go through their devices with them and check those games on the Common Sense Media website to satisfy yourself that you are happy with them.

Social Media

Check which social networks are being used. Any old ones that aren't used anymore? If so get them deleted. If you're not sure how to delete them just go to Google and put, for example, "how to delete Instagram account" in the search bar. They're all quite easy to do.

Go through old posts and have a good clear-out. Do you still want everybody to see those old photos, videos or comments?

Check for any age restrictions (commonly 13).

Check privacy settings. Again, these are really easy in most apps but if you're not sure use Google or have a look on Internet Matters (website in useful links).



Other Apps and Passwords

Particularly on mobile devices such as phones and tablets, there may be apps that you aren't aware of.

Have a look through and make sure you recognize them all, what they do etc. If you're not sure have a look on the Common Sense Media website.

Changing passwords can be a real pain but changing regularly is always a good idea due to hacking/fraud etc. Also enter your details into the website <https://haveibeenpwned.com> to see if any of your accounts may have been compromised in the past.



Google/YouTube

Depending on the age of your child, consider enabling Restricted mode on YouTube and SafeSearch on Google. Have a look through the history, searched items and watch later items to satisfy yourself that the videos/channels your children are watching are appropriate for their age.

For younger children (7 and under) consider using the YouTube Kids app.

Google search yourself and your children

It may sound like a little over the top, but it has proven useful in the past (I use it quite often).

For both yourself and your children, Google search on your name and any usernames you use in games/apps/social media. This is a good one to go through with children to teach them about their 'digital footprint'. In other words, what information is online about you/them? There may be nothing at all, but you never know.

Don't just look at the first page of the results, look at a lot of pages and also look at the image results too.



Useful Links

CEOP
www.ceop.police.uk

Common Sense Media
www.commonsensemedia.org

Internet Matters
www.internetmatters.org

My YouTube Channel
<http://bit.ly/esafetyyoutube>

Transition to High School

Guest Post

Lynn Findlay is a senior social worker and trainer for The Foster Care Cooperative, as well as undertaking a Counselling Diploma at The Academy SPACE in Sheffield.

She is also a school governor with responsibility for e-safety.

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Transition to High School

We know that keeping our children safe online, and keeping up to date with changes in technology, apps and even online language, is an ongoing task for parents, carers, teachers and all those who work with children and young people.

At work I write a monthly blog for the Foster Care Cooperative on Understanding Your Child's Digital World and this year have covered fake news, Wikis and the new computing curriculum, children's use of voice search assistants and the importance of young people having a positive online presence.

How children are using and interacting with digital media is fast evolving and this is particularly notable at key transition points in their lives.

One significant time, if not THE most influential time, is during the transition to high school. As a parent my youngest is making the transition this summer, and I have reflected on this process with regards to a child's online and offline world. For most

10 and 11 year olds moving from Y6 to Y7 is a move to a new school, often a distance away, and taking new steps with their independence and freedom offline.

In their offline world, at this age many children:

- Start to walk/travel to school on their own or with friends.
- Often use public transport on their own for the first time.
- Are allowed home alone after school (for short periods of time).
- Have a key to their house.
- Play out unsupervised.
- Attend leisure activities, such as swimming or cinema, without a parent.

Although these examples may not apply to all children, and there may be many other ones as well, children are generally given more freedom, responsibility and accountability for themselves and their behaviour.

So, what about their online world? Whilst schools are supporting young people during transition days to high school and parents are buying new uniform and kit, it is



worth thinking about whether family or organisational e-safety advice needs revisiting during this transitional time.

A change in school is often accompanied by a change in friendship groups, new technologies and ways of using this technology, as well as changes to accessibility, responsibility and a child's relationship with this technology. This is coupled with the natural anxieties and emotions present at this time (in both children and parents).

According to the Children and Parents Media Use and Attitudes report 2016:

- Between the ages of 10 and 11 the number of social media profiles doubles from 23% to 43% and rises again from 50% to 74% from 12 to 13 years.
- By the age of 12 children spend more time online than watching TV.
- Between the ages of 11 and 12 smartphone ownership rises from 32% to 79%.
- By the age of 11 the mobile phone is the device children miss the most.

If you are involved in supporting a child making the transition this summer, as a parent, teacher, carer or youth worker, bear in mind

changes to online and offline freedoms, responsibilities and behaviour that happen at this time. Spend some time in class, at home or at summer holiday clubs, revisiting e-safety messages and advice in the context of 'new', being mindful of the interfaces with their offline world.

For example, a child may be allowed to play out for the first time or get the bus somewhere; only if they take their phone? A new school may have a portal system the child needs to access for preparation information? Use circle time to find out what children do when managing less direct supervision; is social media a bigger pull? For children who may not be attending the same high school as their friends, what is the role of social media in sustaining existing friendships?

These are simply some thoughts to stimulate debate and hopefully help everyone manage this transitional time in our digital world.

Lynn Findlay

Senior social worker,
The Foster Care Cooperative

What are: decoy apps?

They can go by different names: vault apps, safe apps, secret apps, ghost apps, decoy apps. In essence they're a way to keep things private and hidden such as photos, videos, voice recordings etc. using a piece of software (app) on your

smart device such as a phone or tablet.

As with anything like this, the intention of the software is usually legitimate, but

not always. For example securing passwords, locking away private or sensitive information in case your device is lost or stolen, gives an extra layer of security if you want it, but they can (and some are specifically targeted to) store explicit or inappropriate photos, texts, videos etc. so it's something that we all need to be aware of.

Are they new?

No, they aren't new, for example you may know about the more traditional vault apps such as password lockers. All of us have numerous passwords for various services, some of which are pretty ridiculous in their complexity and

there's no absolute sure-fire way of

keeping them safe. So people are turning to password lockers which will store all the passwords inside an app (a secure vault) which has one single very secure password.

The difference with decoy apps is that they hide the data covertly, in other words the app presents itself as one thing while it actually does something else, for example a calculator.

What to do?

There are plenty of these apps out there so listing them would be impossible (I have put a few examples at the end), but the advice I give in every single training session I do is to be curious, as this is one of the best strategies we have in order to protect and support our children.

For parents this means being curious about the apps they are using, and having an open dialogue about the apps they are using, what they do and why they are using them. If you're looking through their device every now and again (and for parents of younger (primary aged) children I would advise you to do this)



you will quickly recognise which are new apps and which are old. Equally, on some devices you can prevent children downloading apps.

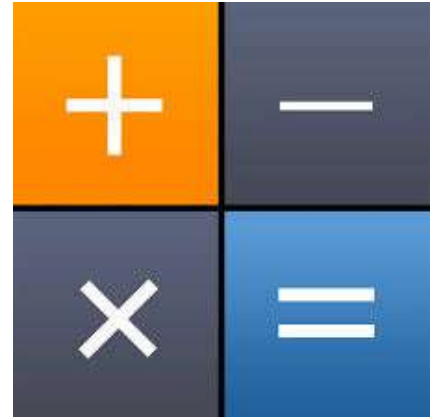
For school staff the curiosity is mainly about knowing what the current trends and risks are so that staff can keep a good listening ear open

Specifically for parents of younger children, I would always advise you to use parental controls on the devices that your children are using.

For example on Apple and Android devices you can set parental controls where you are notified if your child tries to download an app, meaning that you have to give permission or you just disallow downloading apps so that your child needs to come and ask you.

This advice is always given dependent

on the age of the child, the most important aspect being that you talk with your child, let them know what you are doing and why. Give them the opportunity to ask questions.



I am not, never have been and never will be a fan of 'spying' on the online activities of children, but under certain circumstances there will be good reason for 'monitoring' their activities. There is a difference. Spying is doing it covertly, monitoring is doing it openly, letting your children know why.

Alan



Examples of decoy apps:

Best Secret Folder
Decoy
Hide It Pro
Secret Calculator
Hi-Calculator

Take a look at an example video I made of me using the HiCalc decoy app:



<http://bit.ly/decoyapp>



THE WHITE HATTER

Guest Post

Darren Laur is known as 'The White Hatter'.

Living in British Columbia Canada along with his wife Beth and son Brandon, he has dedicated his life to public safety. A recently retired and well-respected Staff Sergeant with the Victoria City Police Department he has a strong background in online and social media investigations.

Darren has very kindly allowed me to share this recent blog; you can see more great blogs full of tips and advice on his site:

www.thewhitehatter.ca



Is My Child Ready For A Phone

As a social media safety expert, advocate, and coach who presents to thousands of parents throughout Canada and the United States, one question I am usually confronted with is, "at what age do you think a child should own a cell phone?"

I believe this question, although well meaning, really misses the point because it's not about the age of a child, it's about does your child's social and emotional maturity and impulse control, allow them to own and operate a phone without direct parental supervision? If the answer to this question is no, then it doesn't matter if the child is 6 years old or 16, they don't have the right to own a cell phone, especially, if they struggle with conflict, have poor impulse control, and can't honour boundaries. In Canada, to own a cellphone, you need to be 18 unless a parent or adult signs the cell providers Terms of Service (contract). Parents, by signing the Terms of Service for your child, you legally own these phones and not your kids. Cell phones are not a right to have, they are a privilege to have when it comes to children, tweens, and teens.

Although I have personally seen children in grade one with smartphones, which is ridiculous in my

opinion, according to the marketing agency Influence Central, the average age of a youth owning their first cell phone in Canada is 10 years.

According to the Canadian digital literacy group MediaSmart, 24% of students in the fourth grade own their own phone and 85% of students in the 11th grade. It has been my experience that a child's first cell phone is often not a new device, but rather a hand-me-down phone from a parent, who has upgraded to a new smartphone.

I also believe it is important to know that our kids aren't using their phones as phones. Here's a breakdown of what our kids are doing:

- Texting 88%
- Instant messaging 79%
- Accessing Social Media 72%
- Emailing 64%
- Video Chatting 59%
- Video Gaming 52%
- Messaging Apps 42%



When you as a parent decide that your child is ready for a phone, it is very important that as a parent you put in place clear expectations as to how the phone will be used in and outside of the home.

We have created a “Family Collective Agreement” that can help you with this important mission, which can be downloaded here:

<https://www.thewhitehatter.ca/family-agreement>

One of the most important rules; the phone will not be used in private in a bedroom or bathroom at younger ages. As a retired police officer, when police became involved in less than desirable on-line behaviour, here’s what it always looked like: youth with a phone, in their bedroom or bathroom, internet access, without any kind of parental supervision. Setting usage goal posts early on are extremely important, and again our Family Collective Agreement is a good way to start talking about digital expectations prior to the child getting their first phone.

When first learning how to ride a bike, do we buy our children the best and most expensive bike on the market ? NO! Why? Because we expect that during the learning process, they are going to drop the bike and have some minor accidents along the way, resulting in the bike becoming scraped and banged up.

The same analogy goes with phones. Often I will ask parents why do you want your grade 3, 4, or 5

child to own a phone; the number one answer, “In an emergency they can call me or I can immediately call them.” If this is the main reason, then don’t buy them a smart phone, buy them a basic flip phone that can call, text and take/send pictures. A model that I recommend to parents as a child’s first cell phone, the Kyocera DuraXE. This is a durable flip phone that can take the physical punishment of a grade school student.

As your child starts to show good judgement and consistent social and emotional maturity with their flip phone, then you can upgrade them to a basic smartphone such as the Samsung Galaxy J3. I always recommend a basic Android phone over an iPhone in the younger years because of price; Android phones are usually much cheaper, and Android phones have a greater ability to place third party parental supervision apps on the phone than the iPhone does.

Once your child does show you good judgement, consistent social and emotional maturity combined with good digital literacy, then they are now ready to move into a higher-end Android smartphone or iPhone.

Parents need to understand that smartphones are the keys to the digital highway, that allow your child to have access to the the Internet, both good and bad, much like any desktop or laptop. Given this fact, I also believe that we should also outfit our kids with digital seat belts, or what I like to call parental monitoring software solutions.



Our kids have no right to privacy from us as parents! Having said this, our kids can earn their right to privacy by showing us parents good consistent digital citizenship overtime. Once our kids can do this, then I recommend that monitoring software be removed because



the kids have earned that right.

I also recommend that parents DO NOT use monitoring software covertly and in isolation. If a parent is going to install monitoring/filtering software, let the child know. Also explain to the child that they can earn the right to have this software removed as mentioned above, but that you also have the right to place it back on their phone if they breach any clause in the Family Collective Agreement.

When it comes to monitoring a child's online activity at home via cellphone, laptop or desktop I recommend KidsWifi. This product is simple to use and very effective.

When the child leaves the home with a device, where KidsWiFi doesn't work, then I recommend either the filtering App NetSanity: <https://netsanity.net> and/or the monitoring Bark App. I love both products, but Bark is a new class of monitoring that uses what is called machine learning.

Here's a great blog post on machine learning from my good friend Dr Sameer Hinduja <http://cyberbullying.org/machine-learning-can-help-us-combat-online-abuse-primer>.

What is cool about Bark is that it has found a balance between child privacy, and a parent's ability to monitor for undesirable online behaviour. I have spoken directly to Bark and have been testing their product, and I am liking what I see so far. What is also exciting about both of these products is that they can co-exist with KidsWifi, and can be used on both the Android and iPhone operating systems.

Depending upon the child, you may want to install KidsWifi with Bark (low risk), but there may be times where you want to combine KidsWifi with Bark and NetSanity (high risk). What is neat about these products, you can pick and choose which ones you want to use based upon risks and needs.

The other advantage to this monitoring and filtering software, it allows the child to have a reasonable excuse, should a friend ask them to do something with their phone that would be a breach of one of the terms located in the Family Collective Agreement.

Peer pressure can often cause the most well behaved child to do things they normally would not do. By having this software on their phone, it gives the child the ability to say to their friends, "my parents are going to see this and I will lose my phone."

In other words monitoring software can help them to "Save Face" in-front of their friends. This is also something you should teach them to say, if placed in a difficult situation by a peer(s) to do something with their phone that they shouldn't.



THE
WHITE HATTER



THE WHITE HATTER

I also want to mention one more product I have located that is available in the US market, BUT not up here in Canada (or UK) yet. The product is called UnGlue - www.unglue.com

Like Bark, UnGlue takes an asymmetrical approach to teaching digital literacy through the process of what I call "time management."

UnGlue is not a monitoring or filtering App, it is an App that teaches kids the digital literacy skill of time management. It sets specific times limits for Apps being used that are agreed upon between parent and child. What is really cool about this App is that kids can earn extra time to stay on-line by completing chores. This creates the skill of ownership and responsibility rather than entitlement.

The other cool thing about this app is that it can be used on cellphones, laptops, desktops and yes.... even gaming consoles. I have reached out and spoken with the CEO of UnGlue and have asked him to expand his product into Canada, and I am excited to share that the company is now moving to make this happen, so lets keep our fingers crossed.

For those of you who follow us in the United States, I would strongly recommend you head over to their site and have a look. Like myself, I am sure you will agree that Unglue will be another awesome option in creating good mobile digital literacy.

Remember that both the Android and iPhone also have their own native parental controls. that should be put in place as well. To help parents put the settings into play I offer this YouTube video for the iPhone:

<http://bit.ly/parentsiphone>

For the Android phone I offer this YouTube video:

<http://bit.ly/parentsandroid>

Remember that hardware and software are not replacements for good parenting. It is all about parental education, supervision and participation with our kids, combined with hardware and software solutions where reasonable to do so. Remember we need to be our child's best parent and not their best friend when it comes to keeping our kids emotionally, psychologically and physically safer, in how they are accessing the digital world until such time as they are free to go it alone.

Cyber Food For Thought

Darren

The White Hatter



Snippets

On these 2 pages you will find recent articles and blogs that may be of interest.

You Tube

As well as planning my school talks for the new school year over the summer break I will also be creating new videos for my You-Tube channel. This channel is for schools and parents.

If you haven't seen it yet have a look here - <http://bit.ly/esafetyyoutube>

Feel free to subscribe so that you're notified of new videos.

If you have any requests for videos let me know.

Childnet International are a charity based in the UK and form part of the UK Safer Internet Centre (UKSIC). On their site they have a range of great information for parents and schools. Here's a small selection of the advice available:



Key things to remember when setting up a child's user profile:

Setting up a profile on a new site or game can seem like a daunting task. Profiles are needed for a variety of sites, from gaming websites and social networking sites to the sites children use for school work. There is plenty to consider, such as choosing the perfect profile picture, creating a memorable password and coming up with a username. All of this may seem even harder when trying to make a safe profile for your child.

So what is important to keep in mind when helping your child to create their first online account?

See here for more information: <http://bit.ly/childnet1>

Childnet film competition

Childnet invited all schools and youth organisations across the UK to show how they can 'be the change' for a better and safer internet. See the link for the six finalists of the 2017 competition.

bit.ly/2sBsfw6

Snippets

The impact of online pornography on children and young people.

The highlight looks at research commissioned by the NSPCC and Children's Commissioner (OCC) for England and explores the feelings and experiences of children and young people aged 11-16 relating to online pornography.

The research looked at who had seen online pornography, how seeing this content had made them feel, and the relation this has to their opinions towards relationships and sexting.

<http://bit.ly/research114>



How social media helps teens cope with anxiety, depression and self harm.

<http://bit.ly/teenscope>



Violent video games don't cause later aggression in kids, according to new longitudinal study.

<http://bit.ly/vvgames>

HUFFPOST



Limiting time online won't protect children.

<http://bit.ly/limitingtime>

BBC NEWS



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