



Preventing Child Abuse

PARENTS SURVIVAL GUIDE FOR SCREENS AND TEENS

HOW TO TEACH YOUR CHILDREN TO THINK AND TO BE A GOOD DIGITAL CITIZEN

Do you know the age limits for social media?

- Facebook, Instagram, Twitter; Tumblr, Reddit, Secret, Snapchat, Pinterest, Habbo, Google+ – AGE LIMIT 13 YEARS OLD
- Linked in – AGE LIMIT 14 YEARS OLD
- What's App – AGE LIMIT 16 YEARS OLD
- Vine – AGE LIMIT 17 YEARS OLD
- You tube, Wechat, Kik, Keek, Foursquare, Flickr - AGE LIMIT 18 YEARS OLD, but 13 to 17 years old with Parental permission.

50% of parents are unaware of the social media age limits and 1 in 5 parents did know there WERE any social media age limits (source 17th March 2017 NSPCC)

Statistics (source: Saturday telegraph – 23 September 2017)

- 72% of 12 to 15 year olds have a social media profile
- 9% of 11 to 15 year olds are communicating via social media at 10pm
- 42% of 8 to 11 years olds prefer watching You Tube to watching a TV set
- 51% of 12 to 15 year olds use SnapChat
- 32% of 8 to 11 year olds have a smart phone
- 17% of 12 to 15 year olds have deleted their browser history
- 34% of 12 to 15 year olds have encountered “hate speech” on online in last year
- 21% of 12 to 15 year olds play games with people they have never met
- 64% of 12 to 15 year olds have a good balance between screen time doing other things
- 41% of parents admit they find it hard to control their child’s screen use

Advice and damage limitation

- Create a rule book so you have a compass
- If YOUR name is on the phone contract YOU are legally responsible for the traffic of communication
- Limit screen time
- Try to keep screens in a public place
- If your child is becoming socially withdrawn and showing signs of anxiety - ACT !

- Agree no screens before school; at mealtimes; no screens at bedtime
- LESS time on screens means less absorption of inappropriate content, advertising messages, inane celebrity gossip; bullying and sexualisation
- Give your child a half hour warning IN ADVANCE of the curfew
- Be CONSISTENT explain you are NOT ruining their fun and DON'T BACK DOWN – TRY NOT TO LOSE YOUR TEMPER - walk away but stay to your rule
- If you see the tell-tale shaft of blue light from under the bedroom door that screen is ON
- “Catfishing” is the name used by offenders to lure young people into harm on social media and on line gaming
- Musical.ly – highly dangerous and greatly accessed by paedophiles in disguise wanting more videos of dancing
- Instagram now rated the worst app causing mental health issues
- Sexting is illegal. What may seem a private photo in your relationship can easily be turned into a hate speech and used against you for all to see when the relationship ends
- SnapChat earns your child STREAKS a darkly ingenious way to keep your child engaged. They gain points every time they communicate and lose them if they don't reply. SnapChat is highly pervasive into the child's psyche. SnapChat also reveals where your child is located, unless it is switched to “ghost mode”
- ON LINE GAMING is a real and present threat and easily becomes an addiction. MANY participants will not be known to your child. Gaming addiction is REAL and highly destructive
- Parents download GALLERY GUARDIAN if you are contracted to your child's phone it sends an alert of inappropriate images
- Parents download OUR PACT an app allowing you to switch off the apps on your child's phone, and to a schedule
- Parents access CIRCLE WITH DISNEY – just released and claims you can manage all devices in your home setting time limits and turning off individual apps.

Young people can download FOREST helping them to control their own screen time. They plant a seed and a forest grows in the app, the more time you spend on your phone less trees grow. Proving popular with young people to help focus during exam times.

Sleep DEPRIVATION: from the National Sleep Foundation and the NHS - Oct 2017

Requirements of sleep for good health –

New born 18 hours a day; Prepuberty 11 hours a day; Teenagers 10 hours a day

- 9 out of 10 young people are exposed to blue light just before bedtime
- 50% of teenagers are not getting enough sleep for good health and study

- 68% of young people using phones at night after going to bed negatively affects school work
- Under 25's on average are likely to check their mobile phone 32 times a day
- Young people need a digital blue screen detox 90 mins BEFORE going to sleep
- 48% of youngsters check their phones having gone to bed
- 10% of young people will check their phones 10 times during the night

Harm to health:

- Extremes of blue light is potentially hazardous to the back of the eye
- Short sleep causes – obesity; low cognitive function; lower immunity to colds etc; heart disease; diabetes

Text or Internet Codes:

These are used to send messages out quickly, hoping that most of them are not understood by supervising adults:

BUT do you know a cat's face image and a knife and fork image means – open invite for sex; thirsty means - desperate for sex ; rape shed means – somewhere to go to be raped

- **LMIRL**- let's meet in real life
- **IWSN** – I want sex now
- **8** - oral sex
- **IMEZRU** - I am easy, are you?
- **TDTM** - talk dirty to me
- **CU46** - see you for sex
- **MPFB**- my personal f**k buddy
- **SORG**- straight or gay
- **WYFM** - would you f**k me?
- **NIFOC** - nude in front of computer
- **KOTL** – kiss on the lips
- **182** – I hate you
- **WTTP** - want to trade pictures
- **MIA** – talking about Bulimia
- **KMS** – kill myself
- **420** - marijuana
- **XTC** - ecstasy
- **MOOS** - member of the opposite sex
- **AITR** - Adult in the room
- **MOS** - mom over shoulder
- **POS** - parent over shoulder
- **PIR** - parent in room
- **CD9, CODE9** - parents are nearby
- **KPC** - keeping parents clueless
- **P911** - parent alert

- **PAL** - parents are listening
- **PAW** - parents are watching
- **ASLP** - Age, sex, location, picture
- **A3** - Anytime, any place, anywhere
- **COBRAS** - Come on by right after school
- **9** - Parent watching
- **99** - Parent no longer watching
- **NP** - nosy parents or no problem
- **121** - One to one
- **143** - I love you
- **53X** - Sex
- **LOL** - Laugh out loud
- Shift workers have a far higher rate of sickness and time off work through illness cause by disrupted sleep routine

“ ONLINE SLANG WORDS “ - REGULARY CHECK ON GOOGLE FOR UPDATES

Logged in users can add new slang words and definitions to the dictionary. The newest definitions 2017 are for the following:

November Cold Piece – amazing or sneaky

12

November Thanks Dan bustdown – “you didn’t really get me you dumbass so THANKS DAN

9

November latro – a means of dismissal – see you latro

8

November get (one's) head out of (one's) *ss – take you head out you arse

7

November subsub –“ better shut up you bitch”

5

November croosh - crucial

4

November bullwinkle – get screwed, hammered or scammed

2

November pissa – awesome or rotten depending on voce inflection

1

October scud – unattractive female

31

October WTF – what the f***

27

October 26 schmooze – these 3 below speak for themselves
eye-opener
swag

October 25 WTF – as above
SYT – see you later
chicken - coward

October 21 bust a nutt – ejaculate

WE can't change the world of screens BUT we can help young people navigate a healthy path, and use the Internet for the excellent platform it is when used responsibly.

A quote from the first technology addiction centre at Nightingale Hospital London by Dr Richard Graham "It makes sense if the window is not open so wide, less dirt will fly in"

We hope this short document gives you some helpful pointers. Please contact www.ea-uk.org for further information or marilyn.hawes@ea-uk.org