



**CYBER  
SAFE**  
IRELAND



# PROTECTING AND EMPOWERING CHILDREN IN THE ONLINE WORLD

*3<sup>RD</sup> NOVEMBER 2018*

*#STRONGER**SMARTER**SAFER*

# LET'S TALK ONLINE SAFETY



A high-angle, top-down photograph of several children's hands stacked in a circle. The children are wearing colorful clothing: a blue and white striped shirt, a white shirt, a blue and yellow striped shirt, a green and white striped shirt, and an orange and yellow striped shirt. The children's faces are partially visible around the perimeter of the hands, looking towards the center. The background is a bright, out-of-focus white.

# OUR MISSION:

TO EMPOWER CHILDREN, PARENTS AND TEACHERS  
TO NAVIGATE THE ONLINE WORLD IN A STRONGER,  
SMARTER AND SAFER WAY

## **THE RISKS**

Mother of teenager who killed himself appeals for kindness online

25% of teens admit to sexting others

Teens at risk of stalking as images used on porn sites

Most boys think online pornography is realistic, finds study

Paedophiles groom kids in 20 minutes

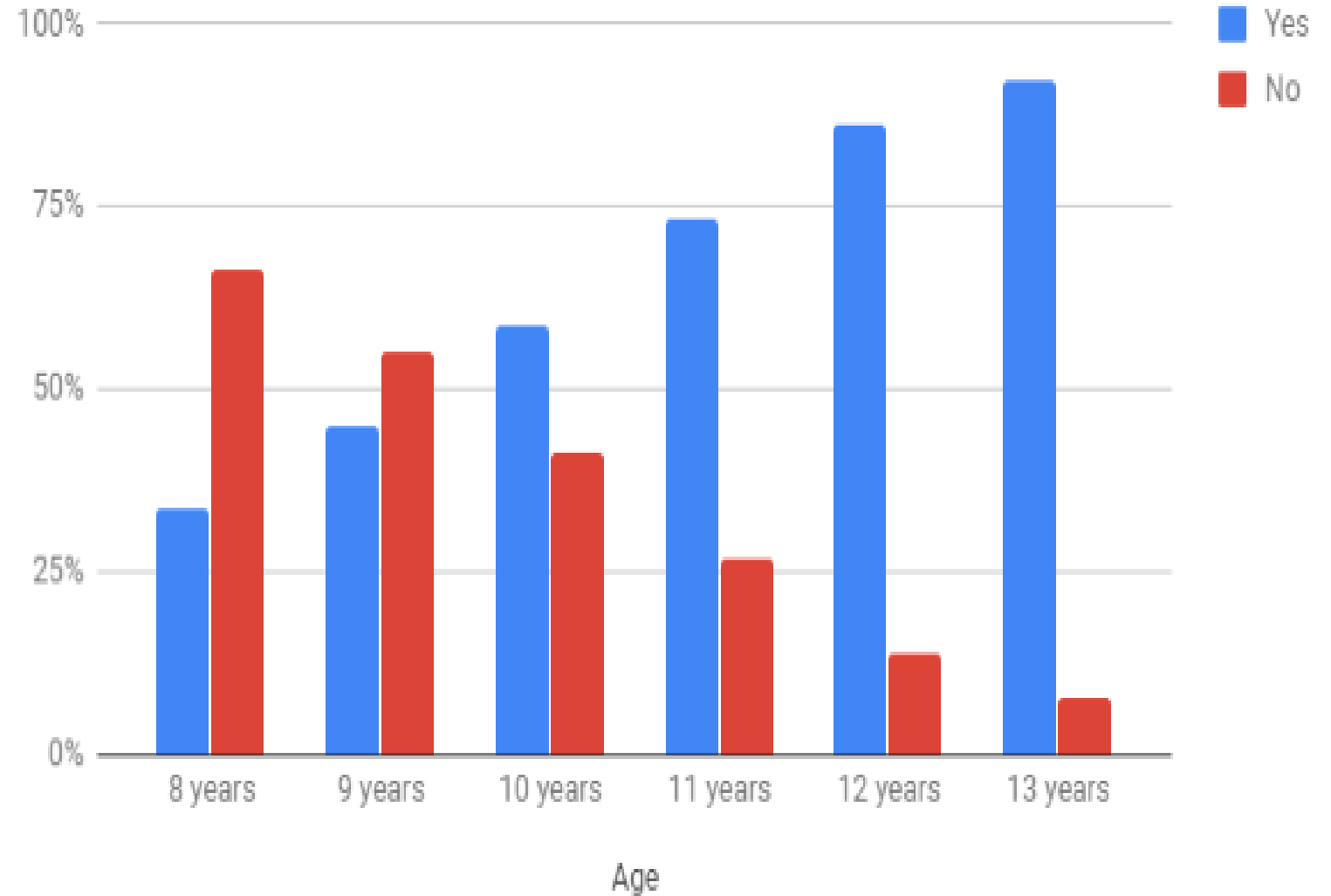
**Twelve-year-olds among first patients at NHS gaming addiction centre**

**Mental health risks to girls who spend more than an hour a day on social media**

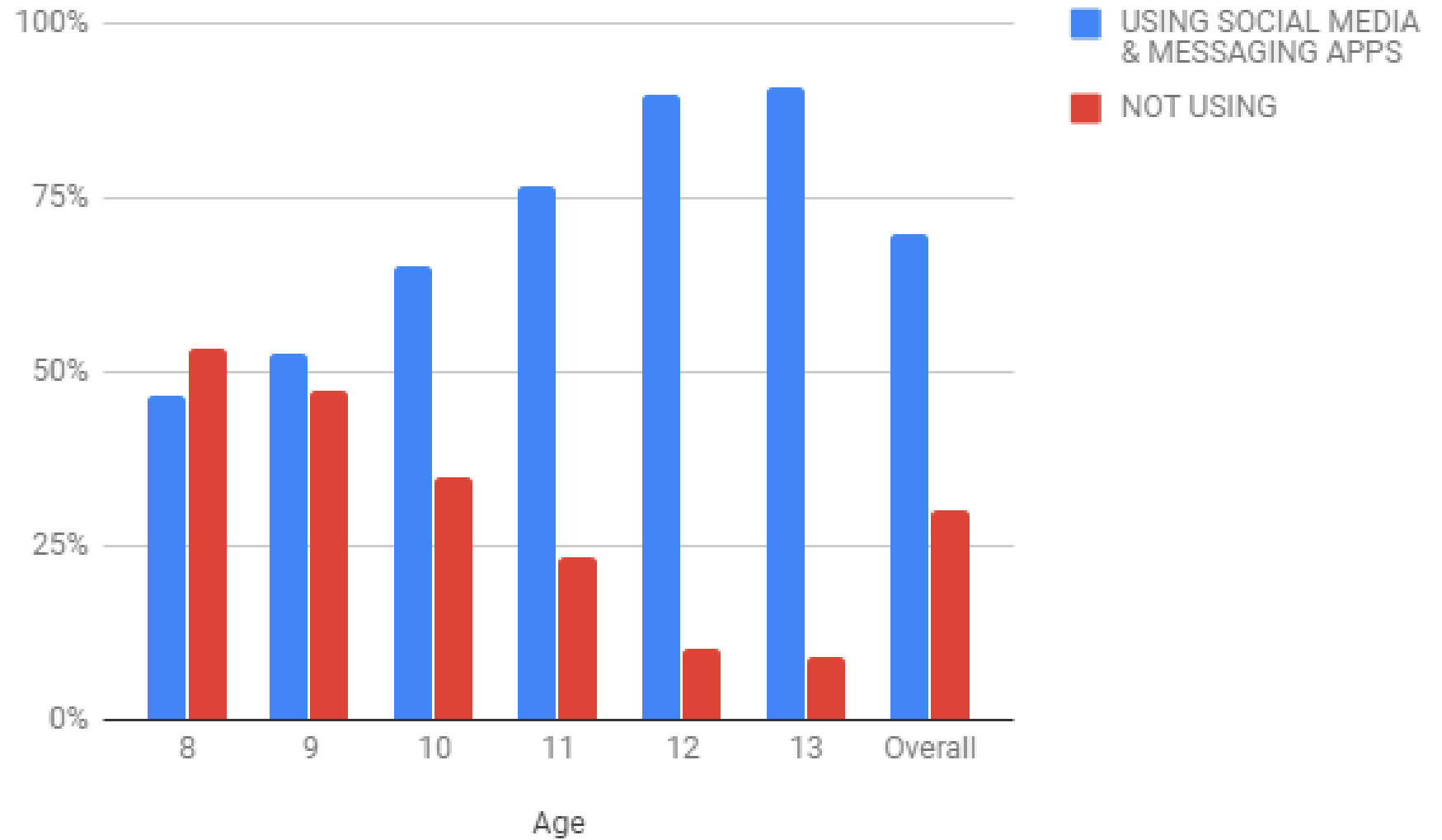
# TREND DATA FOR 2017 – 18

## Smartphone ownership

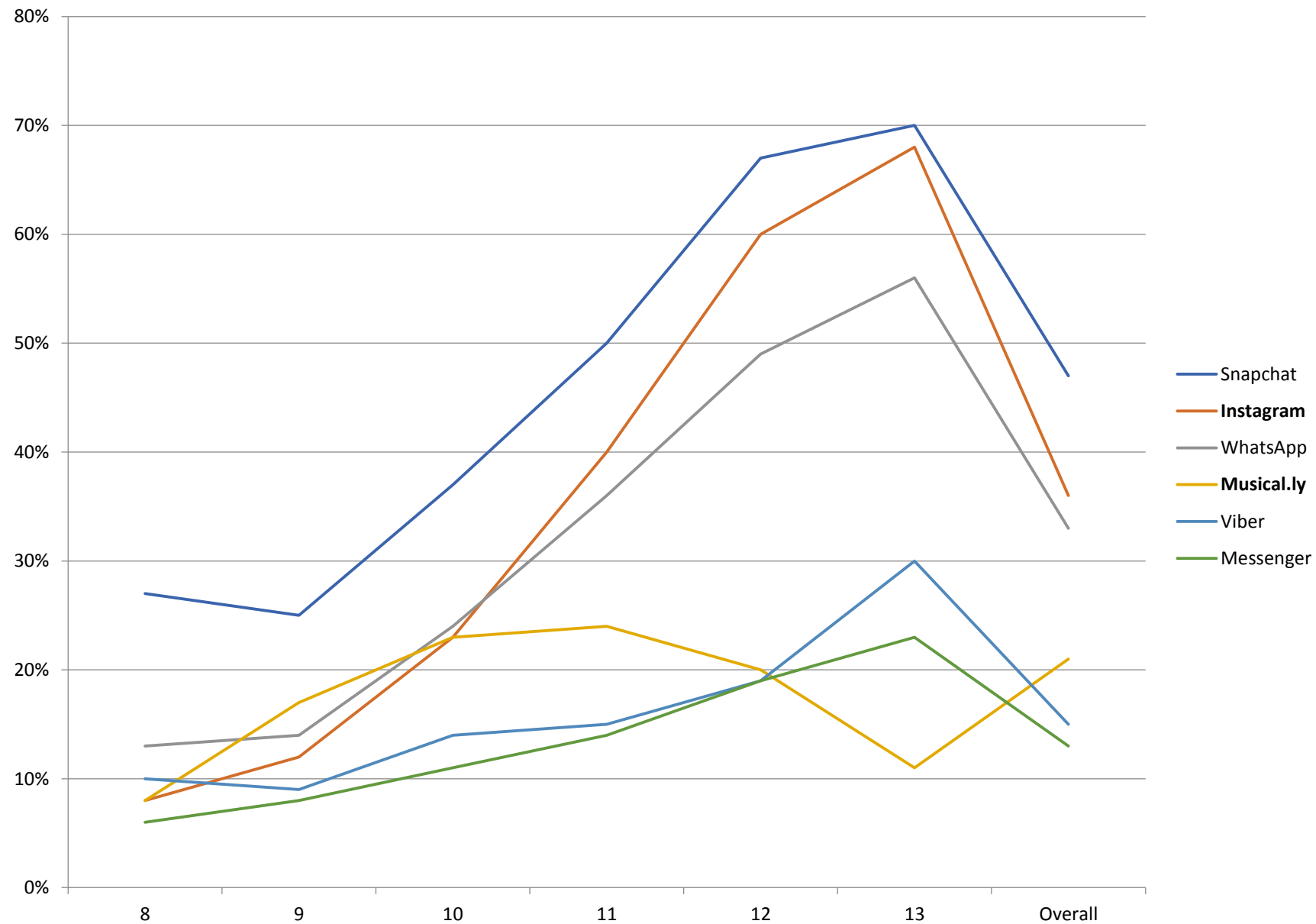
Do you own a smartphone by age



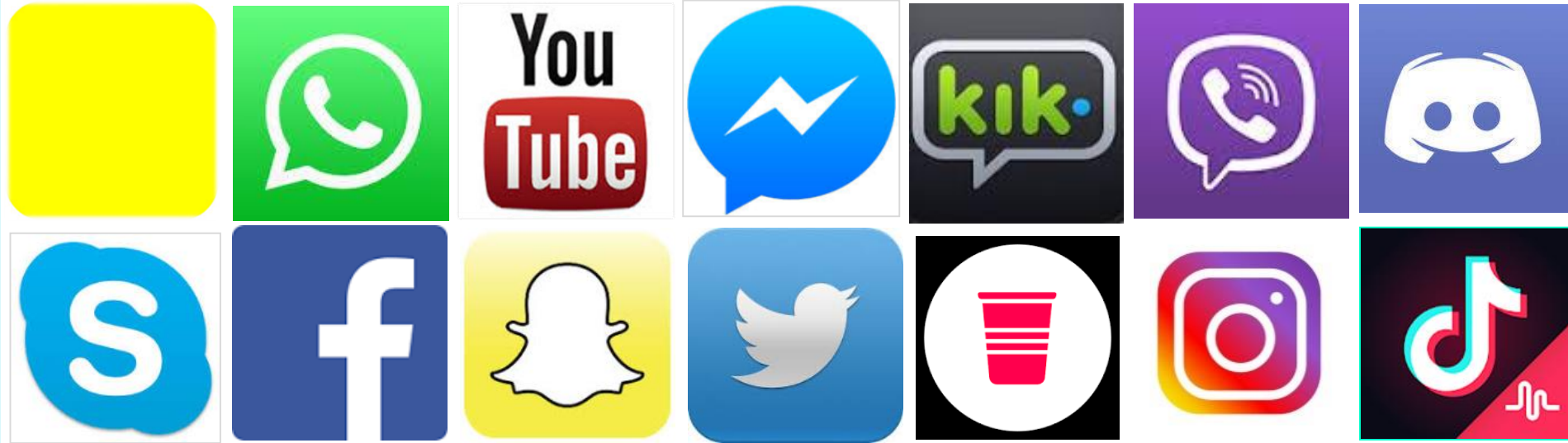
# USE OF SOCIAL MEDIA & MESSAGING APPS



# MOST POPULAR APPS 2017-2018



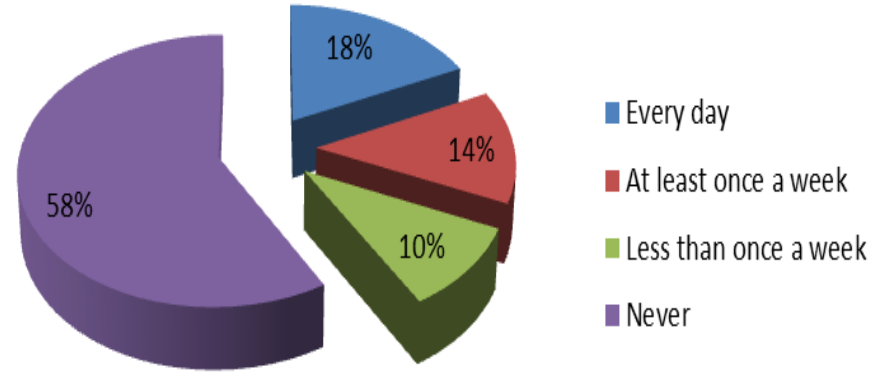
# SOCIAL MEDIA & MESSAGING APPS



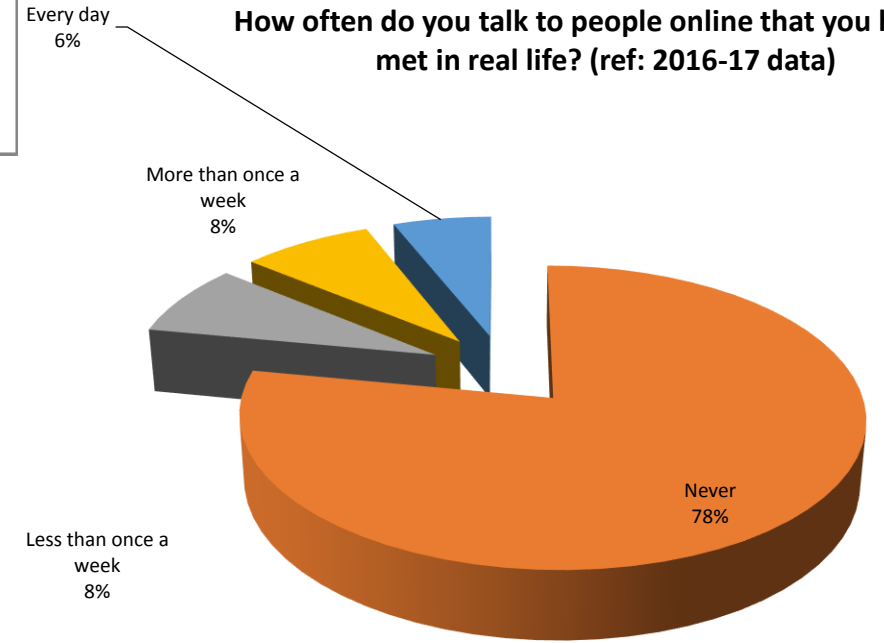


# TALKING TO STRANGERS

2017 – 2018 data

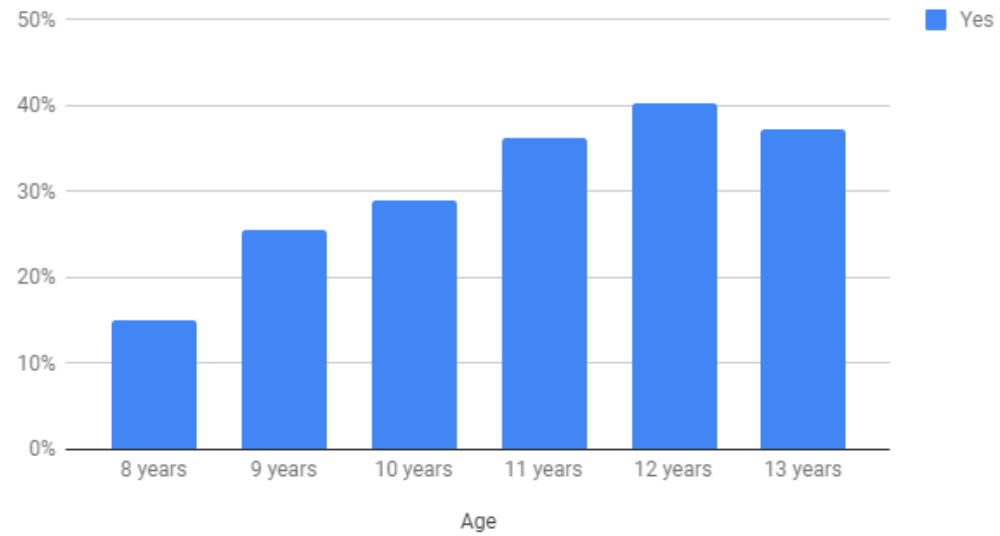


How often do you talk to people online that you haven't met in real life? (ref: 2016-17 data)

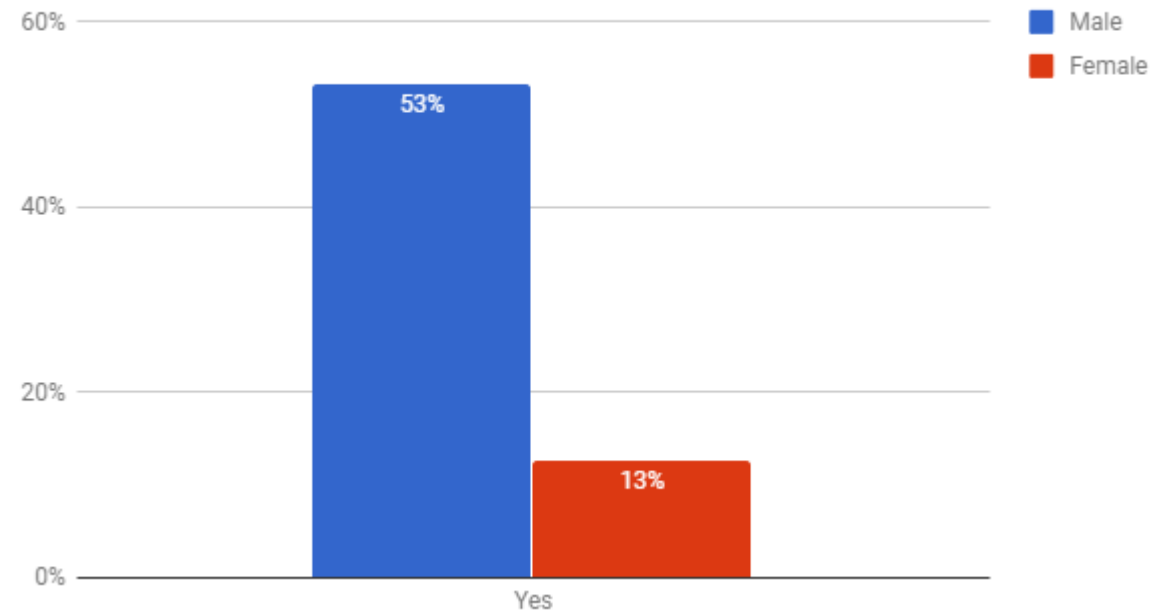


# PLAYING OVER-18s GAMES

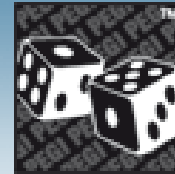
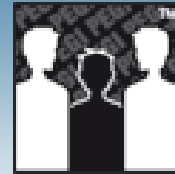
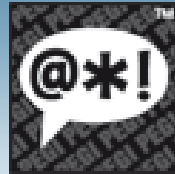
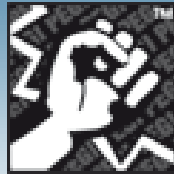
Have you ever played a game with an over 18's age rating?



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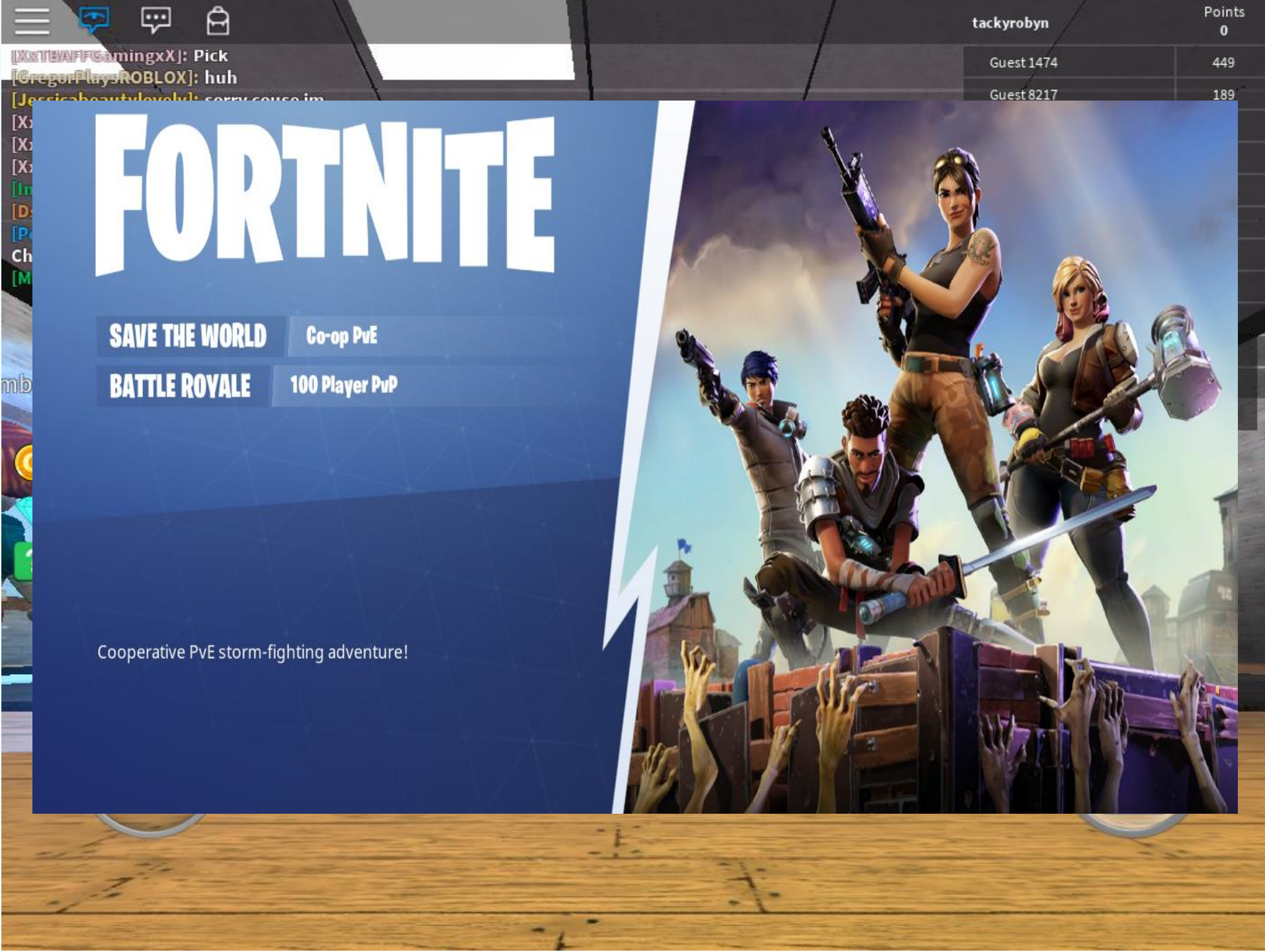


# GAMING



- **PEGI RATINGS** are used on movies and video games to indicate to parents whether they are age appropriate for their children
- There are different categories as above
- **PEGI 7** means suitable for age 7 or older. **PEGI 18** is for adults only

# GAMING ONLINE




The image shows a Roblox chat window overlaid on a Fortnite game scene. The chat window is at the top, displaying messages from users like [XORTWAFFGamingxX], [GregorPlaysROBLOX], and [JessicaBeautyLoveh]. To the right of the chat is a scoreboard for the player 'tackyrobyn' with 0 points, and two other players, 'Guest 1474' (449 points) and 'Guest 8217' (189 points).

# FORTNITE

**SAVE THE WORLD** Co-op PvE

**BATTLE ROYALE** 100 Player PvP

Cooperative PvE storm-fighting adventure!



The background image shows four Fortnite characters standing on a wooden structure. From left to right: a character with blue hair holding a pistol, a character with a sword, a female character with a rifle, and a character with a large hammer. In the foreground, several hands are reaching up from the ground.

# TOP TIPS FOR SOCIAL MEDIA & GAMING

## Social Media Apps & Gaming

- Be aware of **age restrictions / PEGI ratings**
- Do your research and check out apps/games
- Discuss your concerns, agree rules, and check out the **privacy/safety settings** together
- Keep an eye on what they are doing and saying online and know who they are playing with / talking to
- Have regular conversations, including about how words/actions can affect others, and talk about what to do if they are worried or upset about anything
- Agree time limits and technology free time

# CONCLUSIONS

- Do your research, figure out the risks and the safeguards and agree rules
- Frank and open communication is key
- Get stuck in – use these apps yourselves and play games with them
- Keep a close eye on everything they do
- Agree house rules including tech free time and model positive use of tech
- Focus on children engaging with technology in a positive way
- Above all... DON'T PANIC!

#StrongerSmarterSafer Kids Online

Be a Safe Cyber Surfer!

CyberSafeIreland  
Empowering kids to be Stronger Smarter Safer online

#Stronger Smarter Safer

**5 THINGS WE NEED TO TALK ABOUT AT HOME...**  
because being part of our children's online lives helps to keep them safe and happy.

- 1 KEEP IT PRIVATE**
  - Don't share personal information like your email address or date of birth.
  - Turn ON privacy settings to protect your stuff.
  - Don't add people you don't know.
  - Turn OFF location sharing.
  - If you wouldn't share with a stranger on the street, don't share it publicly online.
- 2 KEEP IT POSITIVE**
  - Think about how much information you are sharing online.
  - A comment that you leave on someone's page or what you post when out with friends, may not give the best impression of you.
- 3 KEEP IT REAL**
  - If you wouldn't say it to someone's face, don't say it online.
  - Be the same person online as you would be in real life.
  - Beware fake profiles. Other people may not be who they say they are.
- 4 KEEP IT HEALTHY**
  - Find a healthy balance with screen time. The Internet is designed to be addictive.
  - Avoid gaming or any screen time for at least an hour before bedtime.
  - The number of 'likes' you get does not define you as a person.
- 5 KEEP TALKING TO ME**
  - You can always talk to me. If you are worried or uncomfortable about anything online.
  - Tell me about what you like online, and what you don't like.
  - Sometimes you won't know the best thing to do.
  - Don't simply react – talk it over first with an adult you trust.

35% of children have never or rarely spoken to a parent about online safety.

www.cybersafeireland.org

CyberSafeIreland TUSLA CYPSC



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