



**CYBER  
SAFE**  
IRELAND

## HOW TECHNOLOGY HAS CHANGED THE DYNAMIC OF IRISH FAMILIES

Implications for parents, practitioners and society as a whole



*#STRONGER***SMARTER***SAFER*

A group of children are shown from a high-angle perspective, looking down at their hands which are stacked in a circle in the center. The children are wearing various colorful clothing, including a blue and white striped shirt, a white shirt, a blue and yellow striped shirt, an orange shirt, and a green and white striped shirt. The background is bright and out of focus.

# OUR MISSION:

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

# OPPORTUNITY



How To Draw A Tiger - YouTube

# RISK



Those hipbones 😏

#anathinspos #anathin #anathinspirationpost  
#anathings #anorexiatips #mia #ana #ed  
#thinspo #suicide #suicidal #fat #fatgirl #sad  
#depressed #thin #skinny

wow

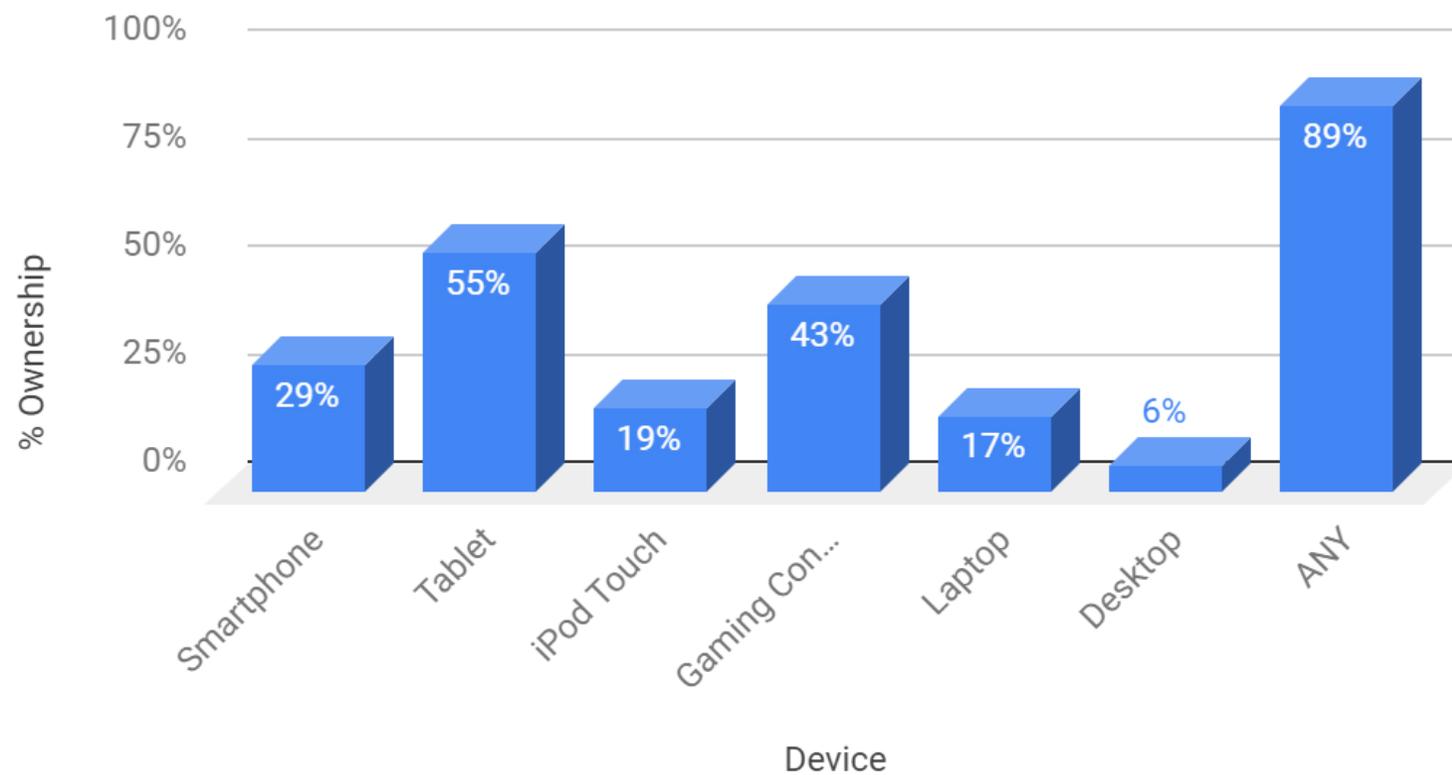


12 likes

Number of cases of mumps reported so far  
this year passes 1,000

# SMART DEVICE OWNERSHIP

Ownership of smart devices by 8 - 10 year old children

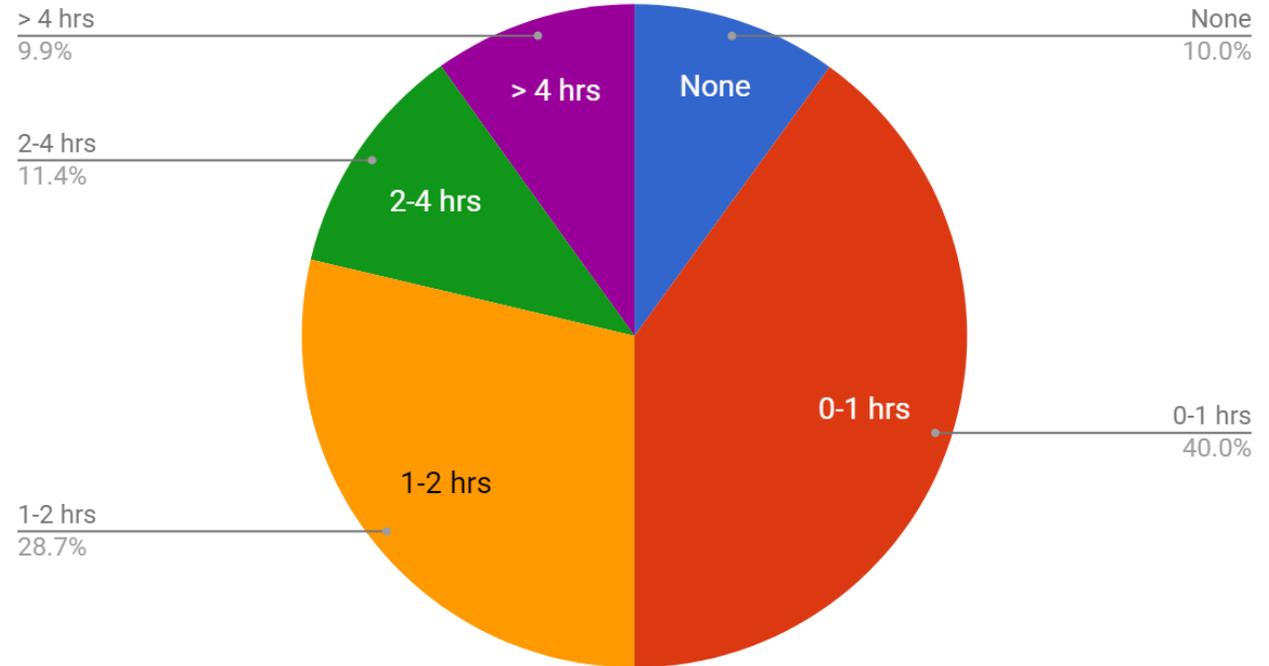


*Figures released by CyberSafeIreland for Safer Internet Day, February 2019*

# TIME SPENT ONLINE

(8 – 10 year olds)

Number of Hours Spent Online Daily



Figures released by CyberSafeIreland for Safer Internet Day, February 2019

# **RULES AROUND SCREEN TIME**

*"My Internet goes off at 10 but I just watch stuff on Netflix that I've downloaded"*

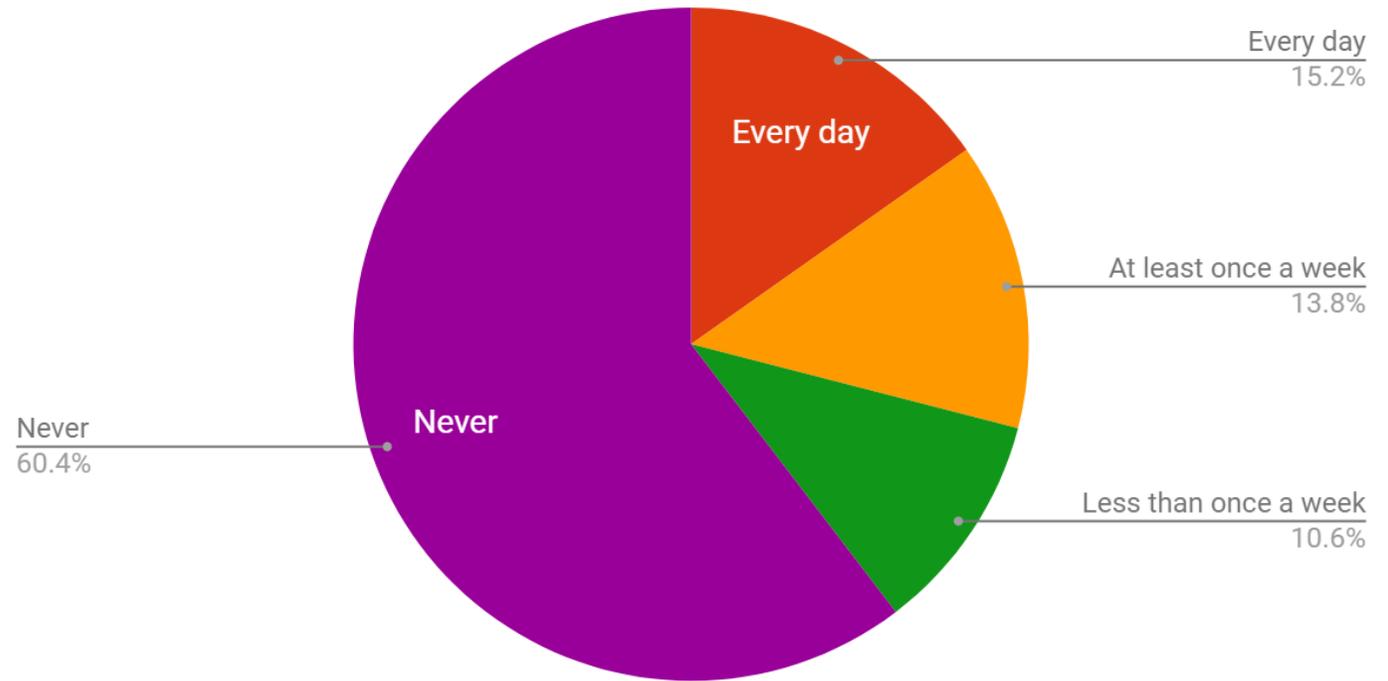
Male, age 11

*"I'm allowed to watch stuff to go to sleep"*

Male, age 10

# TALKING TO STRANGERS ONLINE

How often 8-10 year olds chat to someone online that they have never met in real life



*Figures released by CyberSafeIreland for Safer Internet Day, February 2019*

# TALKING TO STRANGERS ONLINE

*"I don't mind sharing stuff online because you can delete it and edit and do whatever you want whereas it would feel weird giving it to someone in real life"*

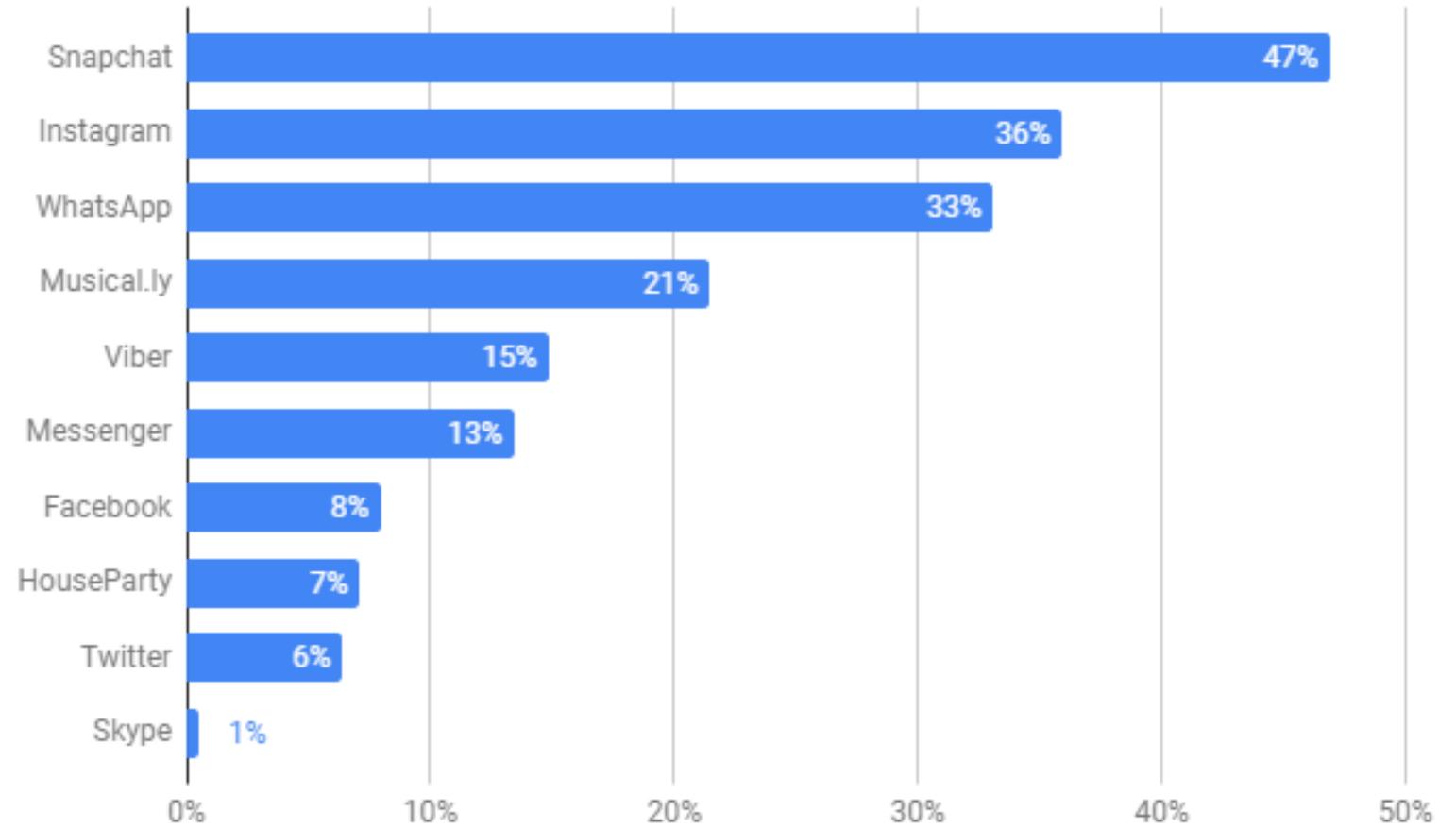
Male, age 9

*"If you give it to them in person then they've got it forever"*

Female, age 10

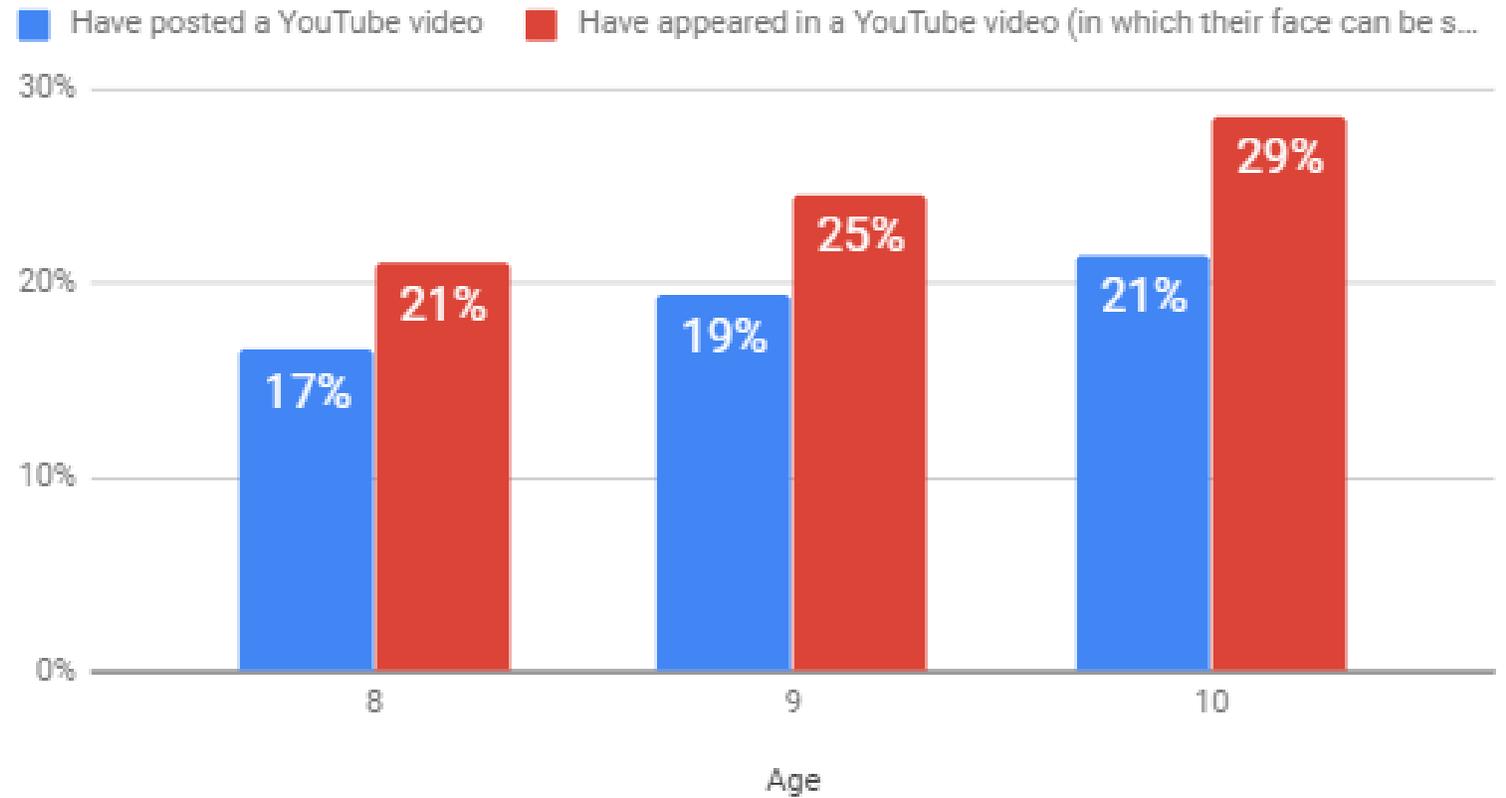
*Focus Group Discussion, CyberSafeIreland Research for Vodafone Foundation, 2019*

# MOST POPULAR APPS FOR KIDS AGE 8-13



# YOUTUBERS

## YouTubers



Figures released by CyberSafeIreland for Safer Internet Day, February 2019

# GAMING

# FORTNITE

SAVE THE WORLD

Co-op PvE

BATTLE ROYALE

100 Player PvP

Cooperative PvE storm-fighting adventure!

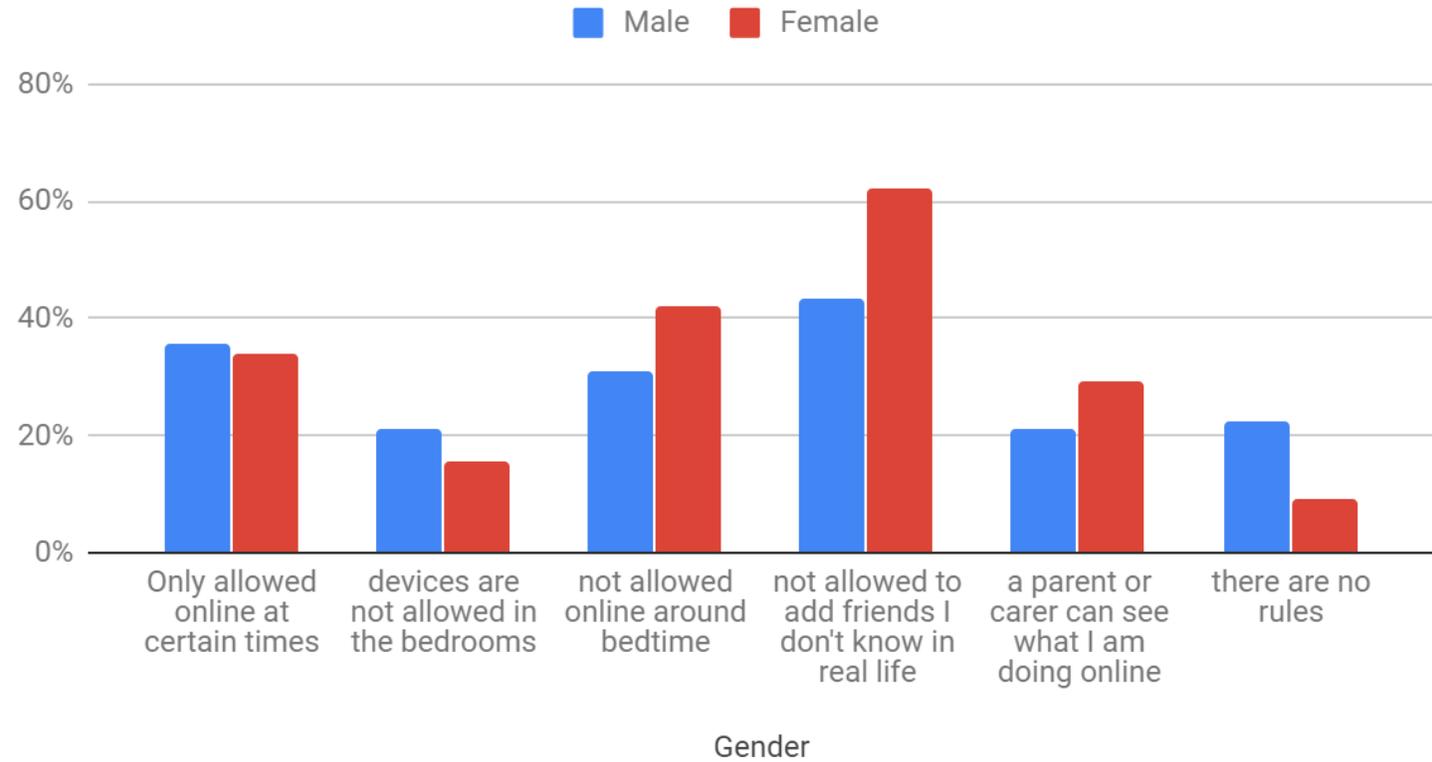


# PARENTAL ENGAGEMENT

30% of 8-13 year olds have rarely or never spoken to a parent or carer about online safety

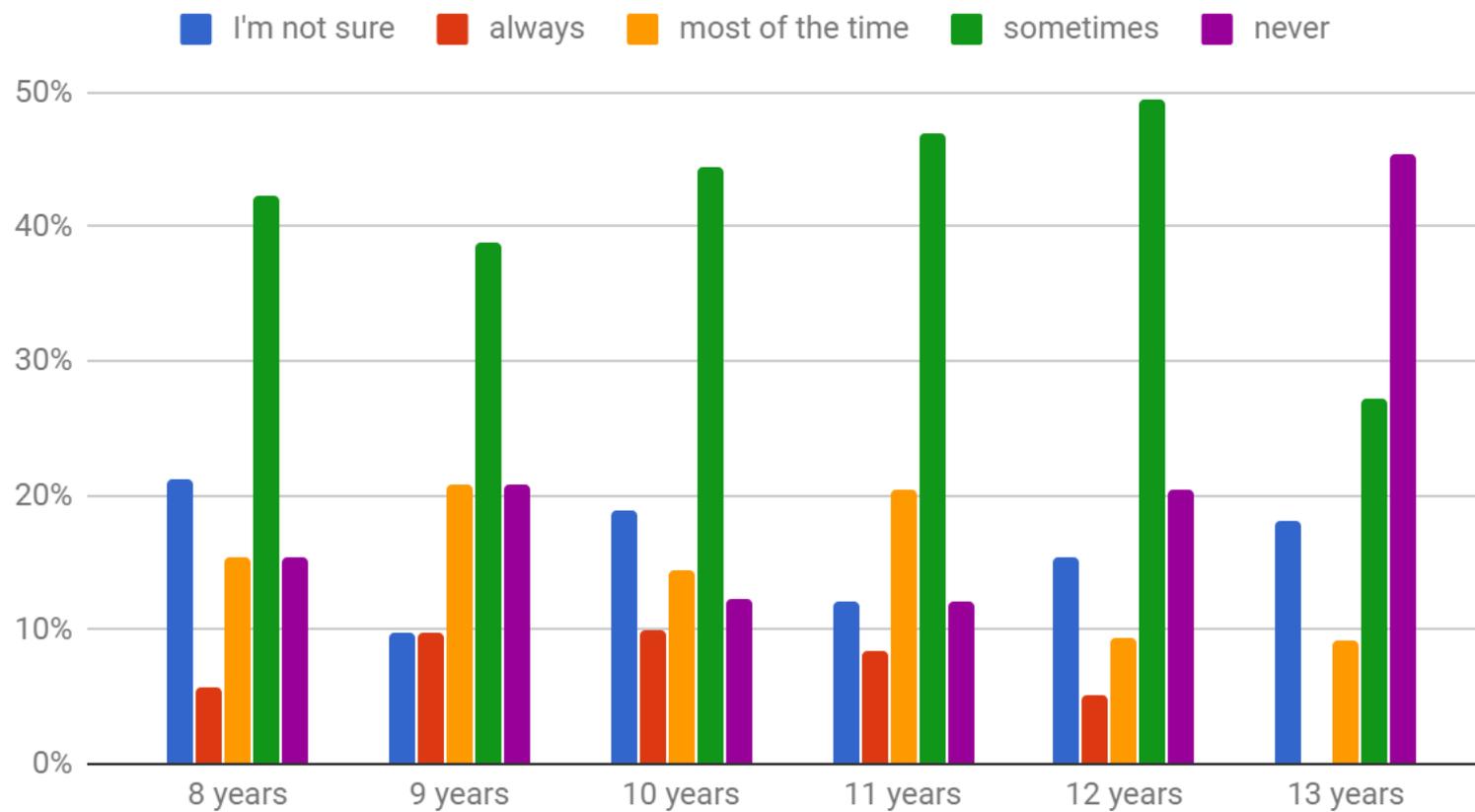
# SETTING BOUNDARIES

Are there any rules at home for going online?



# PARENTAL SUPERVISION

How often do your parents/carers watch what you are doing online?



# OUR RESPONSE AS A SOCIETY

What is the Momo challenge? Sick WhatsApp 'suicide' game targeting young kids

Momo challenge hacking into children's YouTube and games including Fornite and Peppa Pig

Momo challenge: 5yo forced into pixie cut after taking part

Facebook says no reports about Momo challenge in Ireland

Calls made to establish 'Digital Safety Commissioner' as Dublin children are traumatised by sick Momo challenge

Viral 'Momo challenge' is a malicious hoax, say charities

Bruton announces major new online safety plans



# HOW SHOULD WE BE HANDLING THIS?

- **Digital Literacy Education** – all children, all ages
- **National awareness campaign** for parents
- **Digital champions** in all schools
- **Online Safety Commissioner** and adequate support services
- **Examine our own relationship with technology**, should it be based on what we want or what we need?
- **Demand better** from the government and from the technology platforms

# WHAT CAN PARENTS DO?

- Be informed, be engaged
- Have regular conversations
- Introduce technology slowly = more time for you to catch up!
- Set rules for good use of technology and keep a watchful eye on their online activity
- Find opportunities to co-use technology
- Model good behaviour yourself

# HEALTHY USE OF TECH

The screenshot shows the website interface for cybersafeireland.org/healthy. At the top, there is a dark navigation bar with a search icon and the text "Search". Below this is a light blue navigation bar with links for "Home", "Talks", "Schools", "Parents", "News", "About us", and "Topics", along with a "Get in touch" button. The main content area features three FAQ cards with questions and "See Answer" links. Below these is a section titled "Parenting Articles" with three article cards, each featuring an image and a title. At the bottom, there are two dark buttons labeled "Blogs relevant to healthy use of technology" and "Resources".

https://cybersafeireland.org/healthy

90%

Search

Home Talks Schools Parents News About us Topics Get in touch

Are there tools or settings to help me manage my child's screen time?  
See Answer

How do I introduce technology gradually for my child?  
See Answer

When should I first let my child have a smartphone / smart device?  
See Answer

Parenting Articles

  
Fun and educational ways to use technology with young kids

  
Advice for parents on managing screen time as a family

  
A mum's perspective on working out tech use for her family

Blogs relevant to healthy use of technology

Resources



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