



Social media evening

Weds 15th May 2019

Why are we holding this evening?



- Far too much time is spent in school sorting out friendship/relationship/bullying issues that stem from social media usage
- Almost all the recent research suggests that prolonged and regular exposure to social media leads to mental health issues alongside reduced academic performance
- The use of social media by teenagers is often unpoliced at home because parents are either unaware of the issues or unable to police their children because of a limited understanding of technology

What we want you to leave this evening with...

- A better understanding of the technology and parental controls supporting this technology
- An understanding of some of the consequences of poor choices teenagers can make using technology
- An awareness that as a parent you should be supporting your children to manage their technology usage



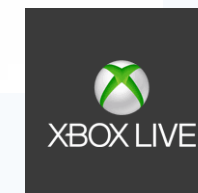
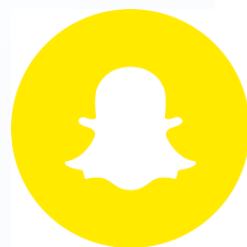


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The Digital World

- Computers
- Tablets
- Laptops
- Phones
- Watches
- Television





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Top sites

- Snapchat



- Instagram



- WhatsApp





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Addicted to technology?

- As our use of tech comes more into the spotlight should we now be asking *ourselves*, is our tech use healthy and just our way of staying connected?
- Are features like Snapchat 'streaks' actually harming our mental and physical health?
- Here are some things to think about when figuring out if you or your teen are addicted to tech, or simply getting the most out from your phone:



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#1: Reconsider your streaks

It's a cliché but Snapchat streaks really are evidence of a toxic culture online.

Do you or your child frantically try to find a friend who can take over Snapchat when you're out of Wi-Fi so that you won't lose your streaks?

Snapchat are stating that users are starting to file reports with them for 'streaks' to be reinstated after they've been lost!

If either of the above rings true then you may want to consider the investment in Snapchat! It's a wonderful platform for staying in touch with friends who live far and wide, but perhaps it's not a matter of life or death a couple of streaks are lost and have real-world conversations instead.





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Worry less about children's screen use, parents told

By Alex Therrien & Jane Wakefield
BBC News Online

🕒 4 January 2019 | 📄 445



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Report headline

- No medical problems as long as they aren't used in the hours before sleep



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Medical impact?

- There are clear patterns of brain wave activity, hormone production, cell regeneration and other biological activities linked to this daily cycle



Sleep disturbance

- When your [circadian rhythms](#) are out of whack, you think, feel, and perform below your best—and over time, your health can be put at risk.
- New research adds to this already large body of evidence of the power of [blue light to interfere with sleep](#). The study of healthy young adults found exposure to blue light from computer screens between the hours of 9-11 p.m.:

1. shortened their total sleep time
2. significantly suppressed melatonin production
3. diminished sleep quality, by increasing the frequency of night-time awakenings.



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Why do we need good quality sleep?

- The best sleep happens when

1. Our body temperature drops
2. We produce melatonin



Why do we need sleep?

- Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.
- Studies also show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behaviour, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behaviour.
- Children and teens who are sleep deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.



Physical Health

- Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes.
- Sleep also supports healthy growth and development. Deep sleep triggers the body to release the hormone that promotes normal growth in children and teens. This hormone also boosts muscle mass and helps repair cells and tissues in children, teens, and adults. Sleep also plays a role in puberty and fertility.
- Your immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.



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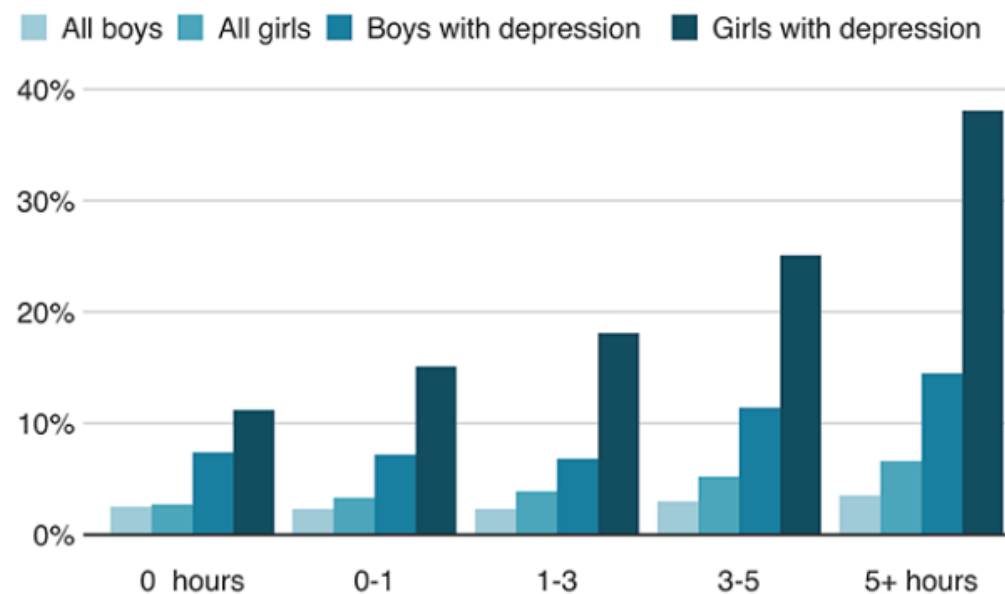
Self-esteem

Social media and young people

The study on social media use and young people was carried out by experts at University College London and **published in EClinicalMedicine**.

Children's use of social media and depression

Daily usage, UK 14-year-olds



Source: University College London

BBC



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#3: Look at how your teen works

Teenagers are doing work for important life-changing exams all of the time. Technology has generated some amazing tools to help them revise, but it can often be a hindrance as much as a help.

Did you know that when a phone is switched off and face down on the desk it still causes the users IQ to drop by 10 points?

As useful as technology is, maybe it's time to re-evaluate it in relation to effective study. That doesn't mean don't use it, but if your teenagers focus and concentration is low, try thinking about whether it's helpful for them to have their phone in their eyesight and how much study they could do from books instead of online for a break.



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#4: Think about friendships

Although we all have far more 'friends' than ever before online, these are not the deep connections that we form with our close friends in real life.

It's wonderful to be able to keep in contact with people across the world and meet new ones who share our interests, but that doesn't mean we should sacrifice face-to-face interaction for screen time.

If your teen struggles to talk to people in real life as opposed to online, they may be reaching a point at which their screen time is having an impact on their real world relationships.



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Are there risks?

- What are the risks associated with technology?
 - Grooming
 - Peer relationships
 - Inappropriate content
 - Unrealistic expectations (appearance, relationships)
 - Losing control over images
 - Digital foot print and future opportunities
 - Radicalisation



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The darker side of technology



GUIDANCE: Some upsetting scenes



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Breck Bednar



Breck Bednar, 14, was murdered by Lewis Daynes in Grays, Essex, in 2014.

Lewis Daynes, then 18, groomed Breck over 13 months before luring him to his flat where he fatally stabbed him.

Lewis Daynes pleaded guilty to murder and was sentenced to life with a minimum of 25 years in January 2015.



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How can I help?

- Talk to your teen and have a frequent dialogue about their use of technology.
- Help them to have a digital detox.
- Be their friend on social media.
- Technology to be used in communal area's.
- Spot checks!
- Know the law and share this with your teen.
- Consider not giving your teen a smart phone but a more basic model.



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Online safety tips

- **Fakers**: Tell your teens about fakers! Remind them that not everyone online is who they say they are- it's easy for someone to create a fake profile, pretend to know the same friends, or create a fake webcam feed.
- **Blocking**: Explore with your teen how to block another player.
- **Break it up**: Make sure your teen takes regular breaks. Every 45-60 minutes is recommended.



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Online safety tips

- **Meeting up**: Ensure your teen never meets up with someone they only know online without taking a trusted adult with them. Always meet in a busy public place.
- **Turn it off**: If your teen sees anything online that upsets them or makes them feel uncomfortable then they need to turn off the device and talk to a trusted adult.



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Parental Controls

Set controls on:

- Computers
 - Laptops
 - Tablets
 - Mobile devices
 - Games Consoles
 - ALL internet enabled devices
-
- Remember... they are not 100% accurate and not a substitute for open communication!



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Parental Controls

- **How can they help?**
- Block sites that are not age appropriate
- limit inappropriate and illegal material
- Set timings – automatic switch off at bedtime
- Monitor activity



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Sexting- Possible Consequences?

- ***‘Sexting is almost routine in the lives of many 14 year olds and it is something they address with their friends. They are highly unlikely to turn to an adult for fear of being judged.’***

Professor Andy Phippen

- Once taken and sent to others young people could lose control of the image. It could be seen by:
 - Family and friends
 - Future employers
 - A police officer
- Collected by:
 - Offenders
- The sharing of sexual imagery may make a child vulnerable to bullying and harassment.



The Law

What are the legal implications?

- *Those involved in 'sexting' may be committing a criminal offence. Specifically, crimes involving indecent photographs (including pseudo photographs) of a person under 18 years of age.*
- *These fall under Section 1 of the Protection of Children Act 1978 and Section 160 Criminal Justice Act 1988. Under this legislation it is a crime to:*
 - *take an indecent photograph or allow an indecent photograph to be taken;*
 - *to make an indecent photograph (and this includes downloading or opening an image that has been sent);*
 - *to distribute or show such an image;*
 - *to possess with the intention of distributing images;*
 - *to advertise;*
 - *to possess such images.*
- *children and young people who send or possess the images may be visited by police and on some occasions their media equipment could be removed.*
- *The real harm in relation to 'sexting' is that those in the photographs may become victims should the images be shown to others .*



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Report and Support

- **Report suspected online grooming** – this could sexual chat, a child being asked to do something that makes them feel uncomfortable or someone insisting on meeting up .

- www.ceop.police.uk



- **24 hour confidential helpline** for children and young people



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5 STEPS TO THE

5:2

Digital Diet

Research shows that concentration, sleep, focus and mood are ALL improved when your digital screen-time is reduced.



Family challenge!

- **Weekend digital diet**: Plan to do the 2 days of the 5:2 digital diet at the weekend. There are likely to be less interruptions and temptations. To remove any temptations to log-on, delete all email and social media apps from phones on Friday night and reinstall Sunday morning. Charge devices in another room.
- **Family meal times**: share a meal together with no phones or interruptions at least once a week.
- **Buy an alarm clock**: Removing phones from the bedroom is the **number one** way to ensure adherence to the digital diet. No phones by beds being used as an alarm clock! This means no temptation to look at it at night, or first thing in the morning.



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- **Camera**: The second highest reason people give for needing their smartphone with them is for its use as a camera. Make sure you have a camera on hand to step into that gap.
- **Move**: Moving through some form of mindful exercise helps you connect to your body instead of being 'in' your head. Incorporate some mindful exercise into your two days of digital diet to keep your mind away from your phone. Practice this as a family.
- **Nature**: Getting out in nature is proven to help with all sorts of ailments as well as being a great stress reliever. A walk in a green space is a great way of distracting you and your teen from the temptation technology.



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- **Text less- Talk more**: resolve to text less and talk more. Consciously pick up the phone for important conversations and do the same when text exchanges are taking the place of face-to-face conversations.



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NO TECH 4 BRECK

THANK YOU FOR SUPPORTING THE BRECK FOUNDATION

CHOOSE A DAY TO PUT YOUR TECHNOLOGY AWAY FOR A WHOLE 24 HOURS!

We hope you will enjoy your tech-free challenge and that it will remind you to always follow the rules to stay safe and [#playvirtuallivereal](#)

#PLAYVIRTUAL
LIVEREAL

Be Aware
Report
Educate
Communicate
Keep Safe

STRANGERS COME WITH DANGERS
THINK BEFORE YOU CLICK!