DIGITAL TATTOO

BECAUSE I LOVE YOU……CONVERSATIONS TO HAVE BEFORE YOUR CHILDREN LOG ON

BATForce has been delivering Digital Tattoo since 2008. Technology is a rapidly changing world, however one thing remains constant and is more important than ever and that is the conversations families need to have as their children grow and interact with their online worlds . What we have learnt along the way..

Young people tell us there are 3 main reasons they avoid seeking help in regards to online issues:

- Fear of having their devices taken away
- Fear of their families judging their friends
- Fear of their families judging them, or thinking they brought the behaviour on themselves

Our Families raise concerns such as:

- I worry about how much time they spend online
- It ends in conflict when we ask them to put technology away
- Their mood changes when they are online
- I want to know they are safe

www.familyzone.com.au
www.reachout.com
www.esafety.gov.au
www.itstimewetalked.com.au

Our schools raise concerns such as:

- Students are exhausted and not ready to learn because of the time they spend on screens at night
- Issues that happen online outside school hours take up a lot of time in school hours and impact on relationships or belonging at school as well as having an effect on learning
- Concerns regarding the number of students using games that are not age appropriate and contain high levels of violence and anti-social content at a critical time when young brains are developing
- Students using devices to 'self sooth' when anxious means they are not practicing other strategies

As a Family… *remember that when your Children go online – they have left the house*

- Can your Child demonstrate a plan?A plan that demonstrates they understand how to use security settings, a plan for how they are intending to use technology and a plan for what happens when things go wrong.
- As Parents and Carers think about how we role model the use of technology
- When we are using technology .Do we have agreement on time limits ,when it is and isn't allowed in bedrooms?
- Creating conversations about how your Family will deal react to concerns that happen online . Young people are more likely to talk to parents if they know the consequence.
- Can we have a discussion about what information we are comfortable in sharing online?
- Are the games we are using age appropriate for everyone in the family?
- Do we have a shared understanding of what public shaming or humiliation looks like online?
- What does consent mean and when does it come in to play online? Can they demonstrate the ability to sit with no?
- Can our Children name 5 people they would go to for support or information other than Parents and Carers and do they know how to contact them? Importantly do our Children have permission to speak to others?
- Most importantly how do we create a space for conversations when there is worry or concern about something that has happened online...have we got set conversation starters.