

Online life is real life

... AND ONLINE EDUCATION IS REAL LIFE EDUCATION



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Save the Children

6+1 INSTRUCTIONS FOR PARENTS

- ▶ Be positive. Become involved in your child's online routines, for instance concerning hobbies or what's happening at school. Look together at all the fun things that you can do online or with your mobile phone. Listen, discuss, learn!
- ▶ Provide guidance on responsible internet and mobile phone use. Talk about good conduct and manners. Check with your child the service providers' instructions.
- ▶ Teach yourself how to navigate the internet responsibly and safely. Think about what you publish about yourself and your family. Remember to be responsible in what you write online, and be careful with online shopping.
- ▶ Remember that a mobile phone may be even more than a computer. Discuss the ground rules for using it. Find out how such things as paid services operate and how to block access to them when needed.



An adult's caring presence and experience of life cannot be replaced by technical knowhow! You are needed!

- ▶ Give guidance on things outside online life. Exercise, getting enough sleep and friendships offline are all important!
- ▶ Be present. Listen and give support. If your child runs into problems, take the matter seriously.
- ▶ + I Trust your instincts.

BE AWARE OF CHILDREN'S EVERYDAY ONLINE AND MOBILE PHONE USE!

The same things happen online as in real life. Online life is for enjoyment, spending time and being with friends. The internet can assist with studying and is a good channel for children to exercise an influence in various ways. Children increasingly use mobile devices like mobile phones and game consoles for accessing the internet. When using the internet on mobile devices, it must be remembered that the same security issues apply as when we go online in other respects.

The internet and mobile devices are a part of children's everyday lives, and it is important to ask children about everyday matters. Using the internet and mobile devices can also be associated with unpleasant experiences, such as bullying, which children may not necessarily talk about with adults. They may fear that doing so will result in them not being allowed to use the internet or their mobile phone.



Children are no strangers to technology – they use its applications unreservedly and diversely.

What if a child runs into trouble?

Children may run into problems when using the internet or mobile phones, and they are not always able to do anything about it. It's therefore important not to blame a child in such a situation. If a child tells you about such a problem, listen calmly. Children are entitled to be protected.

MOBILE PHONE IS IMPORTANT FOR A CHILD

Children use their mobile phones in a variety of ways: for chatting, texting, taking photos and videos, sound recording, playing games and many other things. Mobile phones are good devices for keeping in touch and they create a sense of security. It is important that the people who matter in a child's life can be easily reached, for instance after school.

CHILDREN HAVE THEIR RIGHTS!

CHILDREN ARE ENTITLED TO EXPRESS THEMSELVES OPENLY

Children are entitled to express themselves in many ways: by texting and using photos, sounds and gestures – in any way they wish. The important thing is that they do not violate others' rights or harm themselves. The bottom line is to treat others the way you want them to treat you – and this includes when you are online. When taking pictures on a mobile phone it is important to think about what is permissible to photograph and where. Be present in your child's life online and in mobile phone use, and discuss internet issues the same way you do other matters.

CHILDREN ARE ENTITLED TO SEEK INFORMATION

The internet is a vast source of information. Everyone can also produce online content for others to source. It is sometimes difficult to distinguish between correct and wrong information. So it is important to find out if what you come across is factual, someone's opinion, or perhaps advertising.

CHILDREN ARE ENTITLED TO THEIR OWN WORKS

Children hold the copyright to what they write, to the photos they take and the music they make. No one has permission to use them as they wish. However, online material is available to anyone, and unfortunately such material can end up being misused. A child should be reminded that although they have the rights to their photos, publishing them online entails a responsibility to ensure that it does not hurt those who are in the photos or result in harm to the child.

CHILDREN ARE ENTITLED TO PRIVACY

Everyone must respect children's right to private communications and privacy. Emails, text and photo messages and other digital messaging are private matters that others may not open and or read without a child's permission. Remind children that it is best not to be too outspoken about themselves online. It is not a good idea to share things about their lives unreservedly with everyone, but rather to protect their profiles, for instance in online communities, and to use discretion when it comes to accepting new online friends. If

a child wants to meet a friend they have got to know online, remember that he/she must not do so alone. You can accompany the child yourself.

CHILDREN ARE ENTITLED TO PROTECTION

Children may be exposed to material via the mass media that is harmful in terms of their age and level of development. They may also be the targets of activity that can harm them. Protect children according to their age level. Encourage children to tell if something frightens or distresses them. Listen, support and help.

CHILDREN ARE ENTITLED TO REST AND PLAY

It is fun to play around and play games online and on mobiles. Children can make up ring tones on mobiles with their friends or record fun sounds. But then it is important to set aside everyday internet and mobile phone use at the latest when it is time to do your homework, eat, sleep and rest.

CHILDREN ARE ENTITLED TO RECEIVE HELP

Instruct children what to do if they run into problems when



Teach children that they can say no to online friends. No one is allowed to pressurise children or demand that they do anything that is dubious or which seems odd.

using the internet or mobile phones. Remind them about how to get help by mobile phone and who to call in any given situation.

CHILDREN ARE ENTITLED TO GROW UP IN PEACE

It is always a matter of serious concern if an adult, or someone who is clearly older than a child, shows a sexual interest in a minor. Adults have no right to initiate conversation of a sexual nature with a child, or to ask a child for intimate photo or video material. Any kind of sexual approaches by adults online or in real life must be divulged immediately and reported to the relevant authorities! Talking about it also helps safeguard other children.

A child may not always find the right words to describe a particular situation. If a child says that he/she has received bullying or other disturbing messages, be present and listen to what the child has to say – and stay calm. Save the messages, contact the authorities and the service provider. Support your child.

BULLYING HURTS!

The internet and mobile phones can be used for bullying. Children may face problems in everyday situations for many different reasons, and they are not always able to do anything about it. This is why it is important not to blame a child in such a situation.

There are various sorts of online bullying, including posting offensive photos and messages online, being excluded from online communities, and misuse of passwords or misuse of another person's name. Online bullying is hurtful particularly because of the publicity and extent of the bullying it entails. Information that is put on the web is often impossible to remove.

Mobile phone bullying includes ridicule, threats or intimidating messages, as well as hoax calls. Sometimes children are blackmailed into making mobile phone purchases, including from vending machines. Mobiles can also be used in bullying for taking and storing images for publication online.



Teach kids to say NO!

When investigating bullying it is good to bear in mind that the child and the bully often know one another. Such bullying may also be associated with bullying at school. Intervene to stop bullying!

If a child is bullied, do the following:

- ▶ Find out what has happened and where it has happened
- ▶ Save nasty messages, photos etc for possible further investigation
- ▶ Contact the service provider, school, authorities – depending on the situation
- ▶ Support the child and seek help for the child if necessary.

Agree on some ground rules together with the child. It is important that children are instructed on what to do if they face bullying or receive nasty communications.

FIND OUT HOW TO USE...

THE PIN CODE AND SECURITY CODE

As soon as you start to use a mobile phone you should protect it using the PIN code. The PIN code option is usually found on the phone's menu of settings/tools -> general -> locks/security. You can also set a security code so that your phone only works with its own SIM card.



Large phone bills may be generated accidentally and without realising it! It's easy for a child to click on the screen – and the instructions may be in a foreign language...

DATA CONNECTIONS

With a smart phone you can surf the internet. Before doing so you should check the pricing criteria of the service provider's data connection. If you use your phone as a modem or to surf the web a lot, you should get a data packet. Using

the web can be costly with fixed or time-based billing. For example, even free applications can be so large that downloading them can turn out really expensive unless you use a data packet.

DOWNLOADING PHOTOS OR VIDEOS FROM PHONE TO INTERNET

Smart phones can be used to take good, even DVD quality video images. Photos and videos can be uploaded directly to internet services, such as video or photo galleries. Discuss with your child about what kinds of photos or videos can be put on the web and in what sorts of situations. Remember that before uploading material it is always to take a moment to think about it! It is also important to check the user rules of online services.

BLUETOOTH?

... is a wireless data transfer technology found on most mobile devices, such as mobile phones. Using Bluetooth you can transfer data and have an internet connection to your computer.

Sharing music files among friends using Bluetooth is fairly usual. But when sharing various kinds of content it is good to bear in mind copyright issues and not to illegally share what belongs to someone else! With Bluetooth it is important to remember a few points of safety: on mobile phone settings there is the 'phone's visibility' option and to switch Bluetooth on or off. Viruses or disturbing messages and material from an unknown person can be sent to your mobile phone through an open Bluetooth connection. Viruses sent this way are not automatically downloaded but can anyway cause damage if they are accepted by accident.

APPS?

Apps, or applications, for mobile phone download are highly popular among children. This includes games, ring tones, wallpaper images etc. Check the age classification, if it is mentioned, the same as with games and films! Some free applications are based on advertising: it is good to know that the content of applications can open advertising banners that are inappropriate and harmful to children. Clicking on advertising banners may entail surprise costs for opening an internet connection. Demo versions of games are usually free, but additional features or new levels are charged.

LOCATION-BASED SERVICES...

...help out anywhere, at any time so you can read the map to where your friends are moving. The services use the mobile phone internet browser, often via a social media network. Talk to your child about how openly they should share details of where they are, say on social media, concerning for instance their journey to school or the way they take to their activity event.

DO YOU KNOW HOW...

- ▶ You can make back-up copies of data on a mobile phone?
- ▶ What to do if you lose your mobile phone? How to avoid getting messages from people you don't want them from?
- ▶ How to change the privacy settings on open forums?
- ▶ How to clear your browsing history, so that others cannot see what sites you have visited?
- ▶ How to bookmark websites?

- ▶ How to avoid getting unwanted junk mail and advertising messages and how to adjust your screening settings?
- ▶ How to avoid and report bullies and other nuisances?
- ▶ How to get help if you encounter problems?



Learn these and teach them to your children!

SO, DO YOU KNOW...

- ▶ To update the anti-virus and fire wall programmes?
- ▶ To update your operating system and web browser up-to-date?
- ▶ To use email safely?
- ▶ Protect your wireless network?



Adults – be responsible for these!

DO YOU KNOW HOW TO PROTECT YOUR OWN AND YOUR FAMILY'S PRIVACY?

The work carried out by Save the Children is based on the practical promotion of carrying out the UN Convention on the Rights of the Child. Our vision is a world in which every child's right to life, protection, development and participation is realised. Our job is to improve things in the way children are treated and to achieve direct and permanent changes to children's lives.

In terms of media skills and Internet safety, Save the Children Finland is active in online safety awareness raising and strengthening positive, equal and participative ICT and media skills among all children.

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