



# HELP!

My child is online





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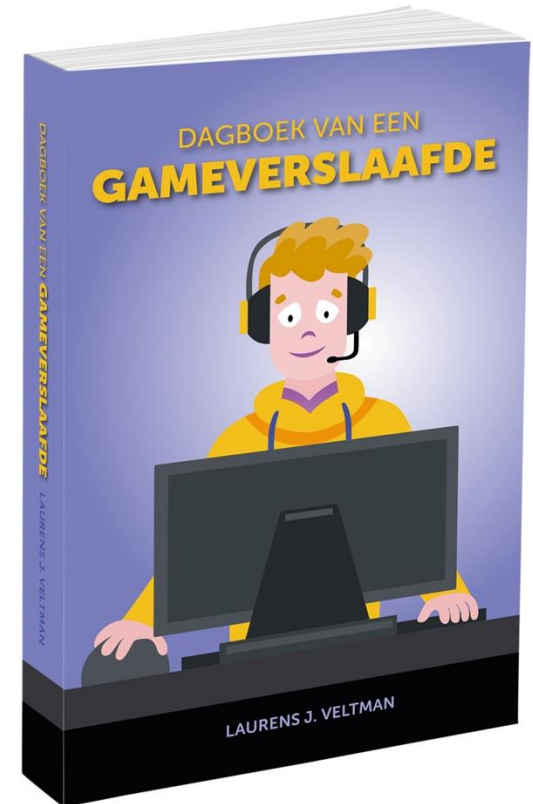




# My Story



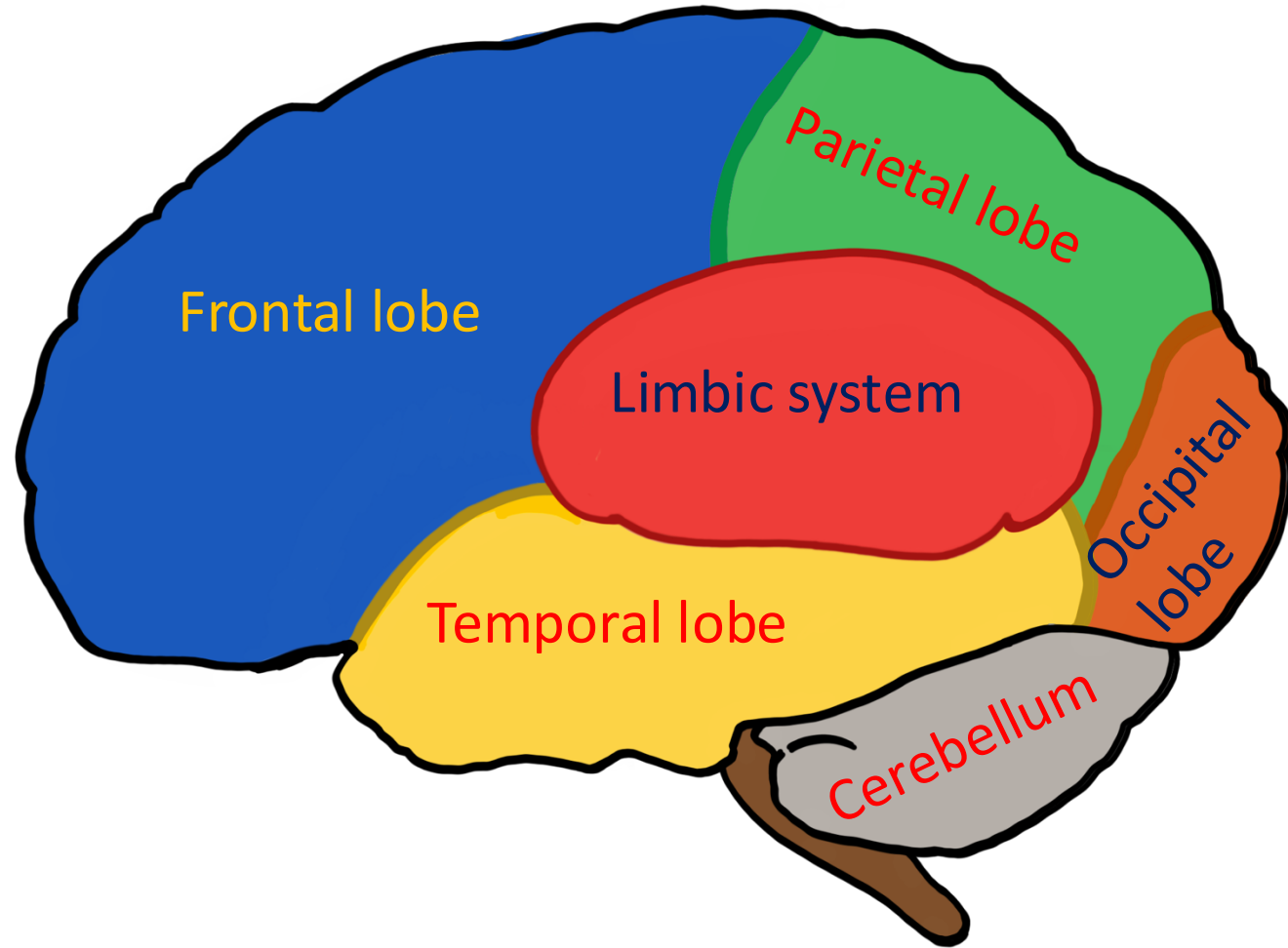
[www.digitalawareness.nl](http://www.digitalawareness.nl)



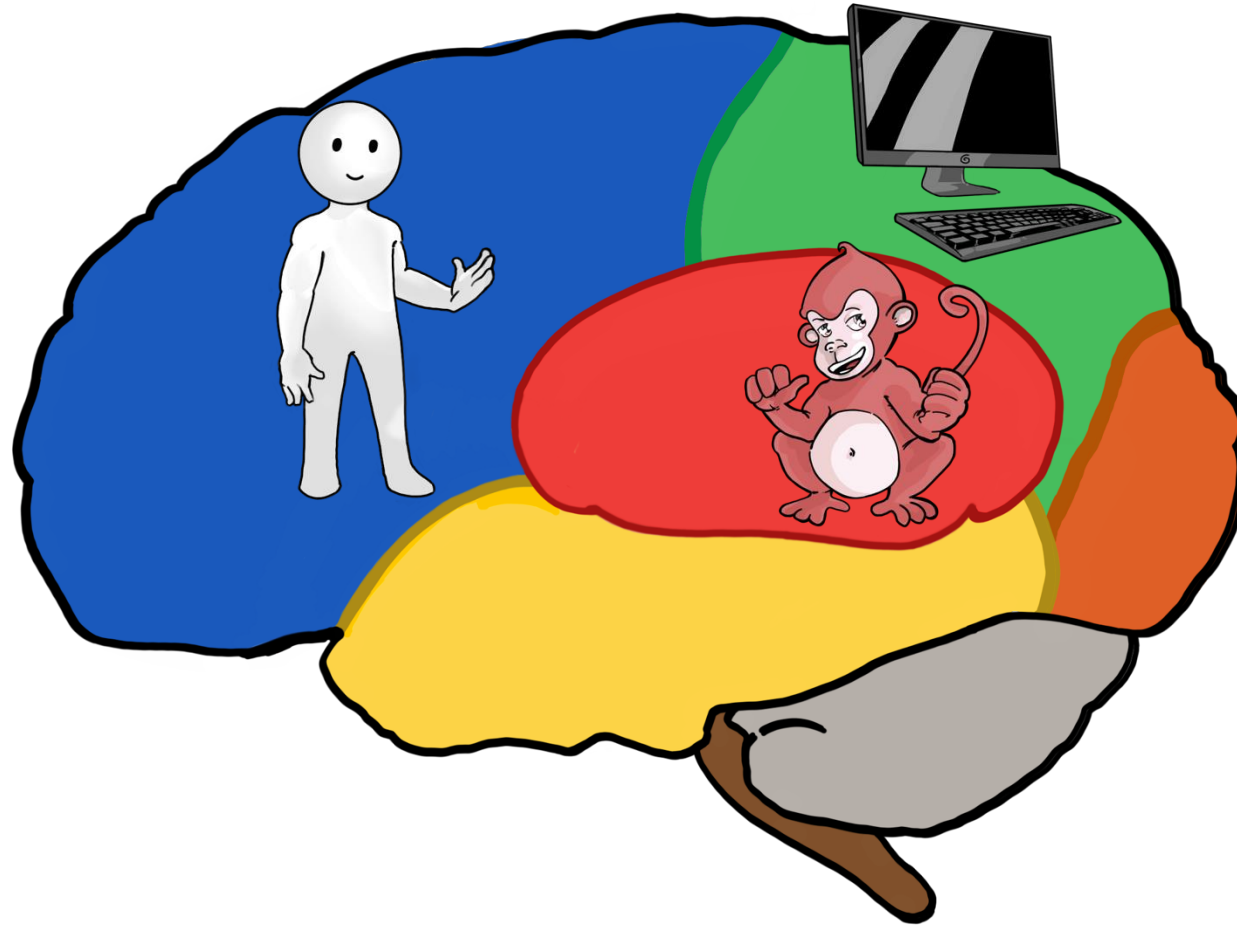
# The Human Brain



# The Human Brain

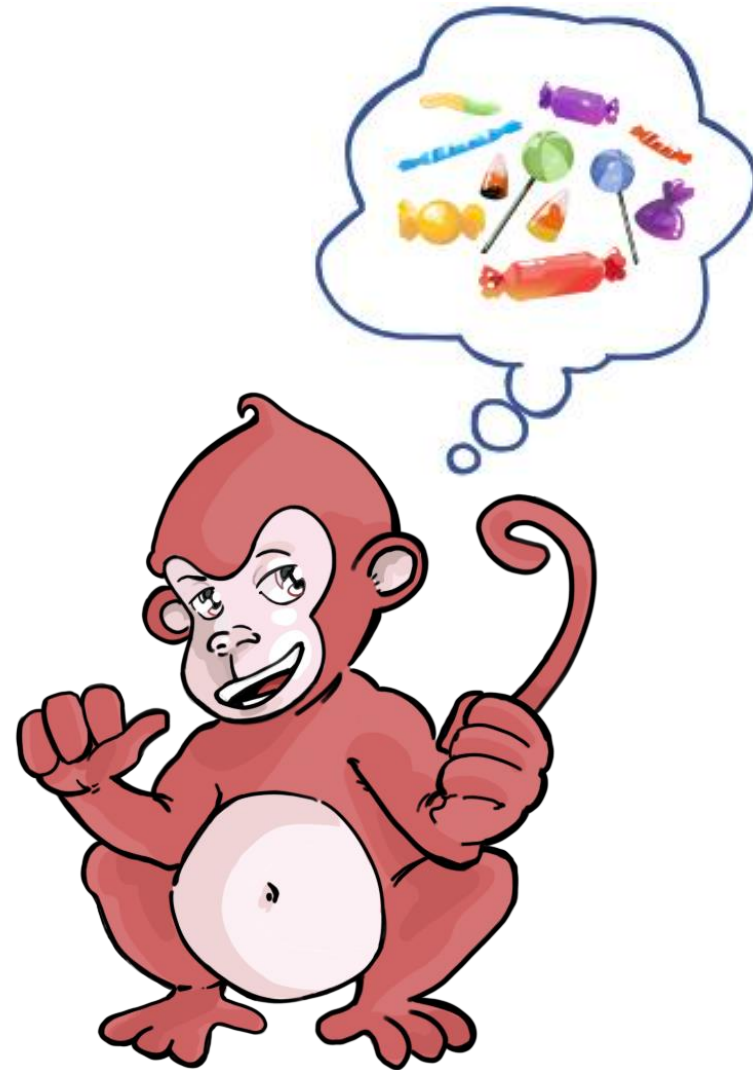
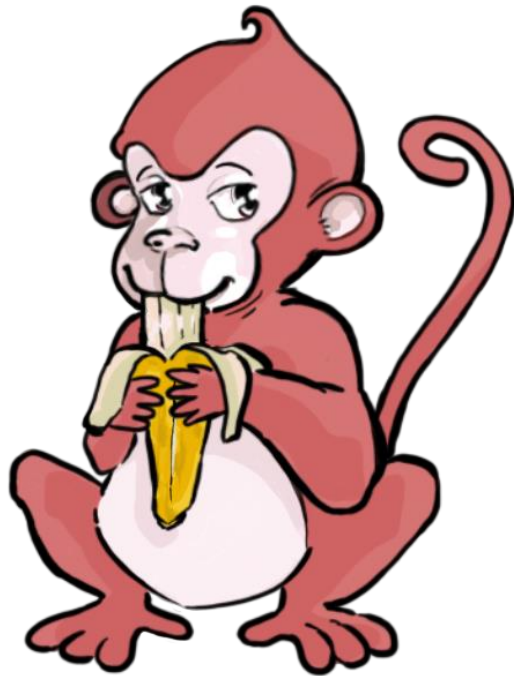


# The Human Brain

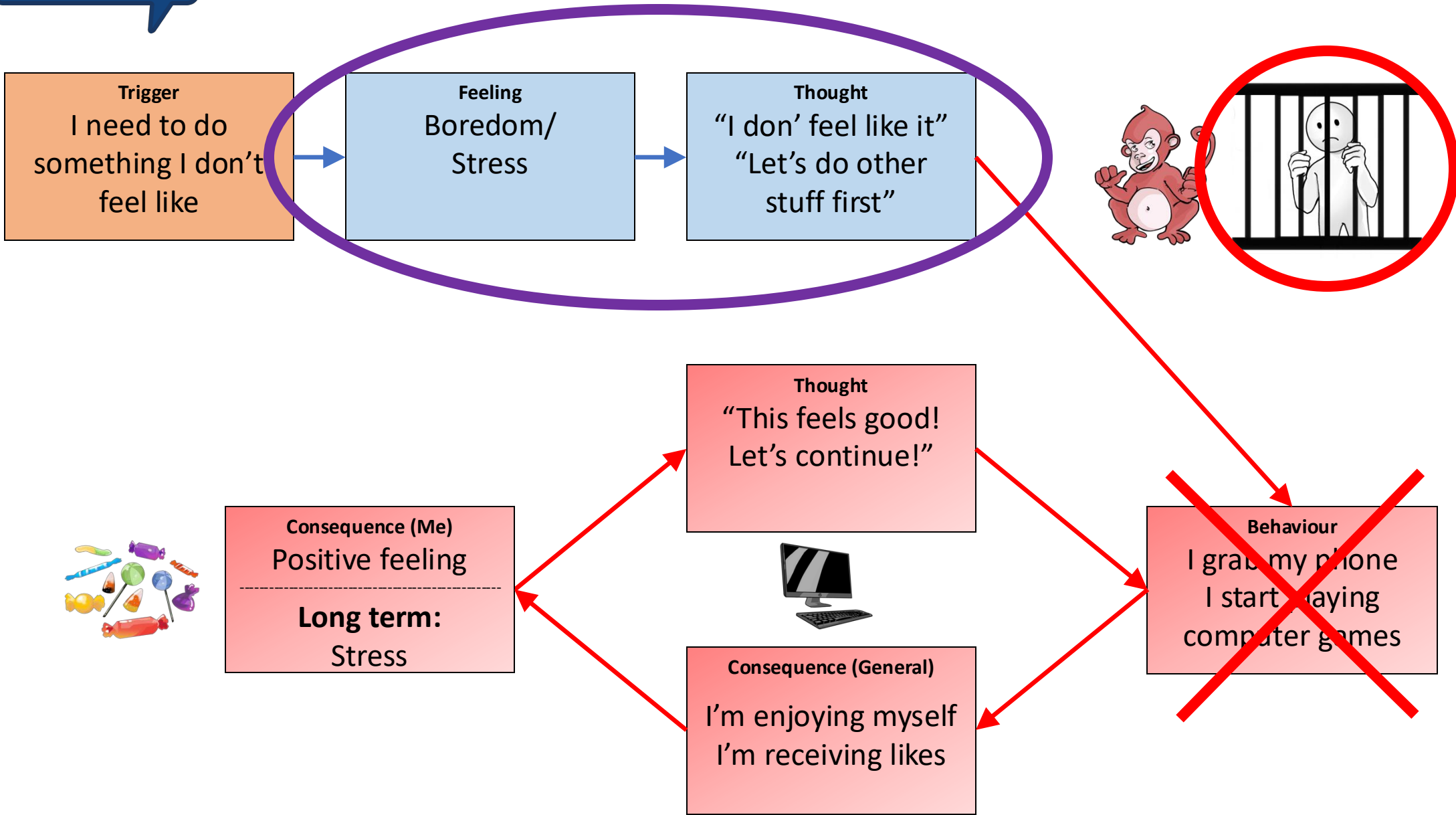


Peters, S. (2012). *The Chimp Paradox: The Mind Management Programme for Confidence, Success and Happiness*. London: Vermilion.

# The Human Brain



# Flight Pattern





# Practical guidance



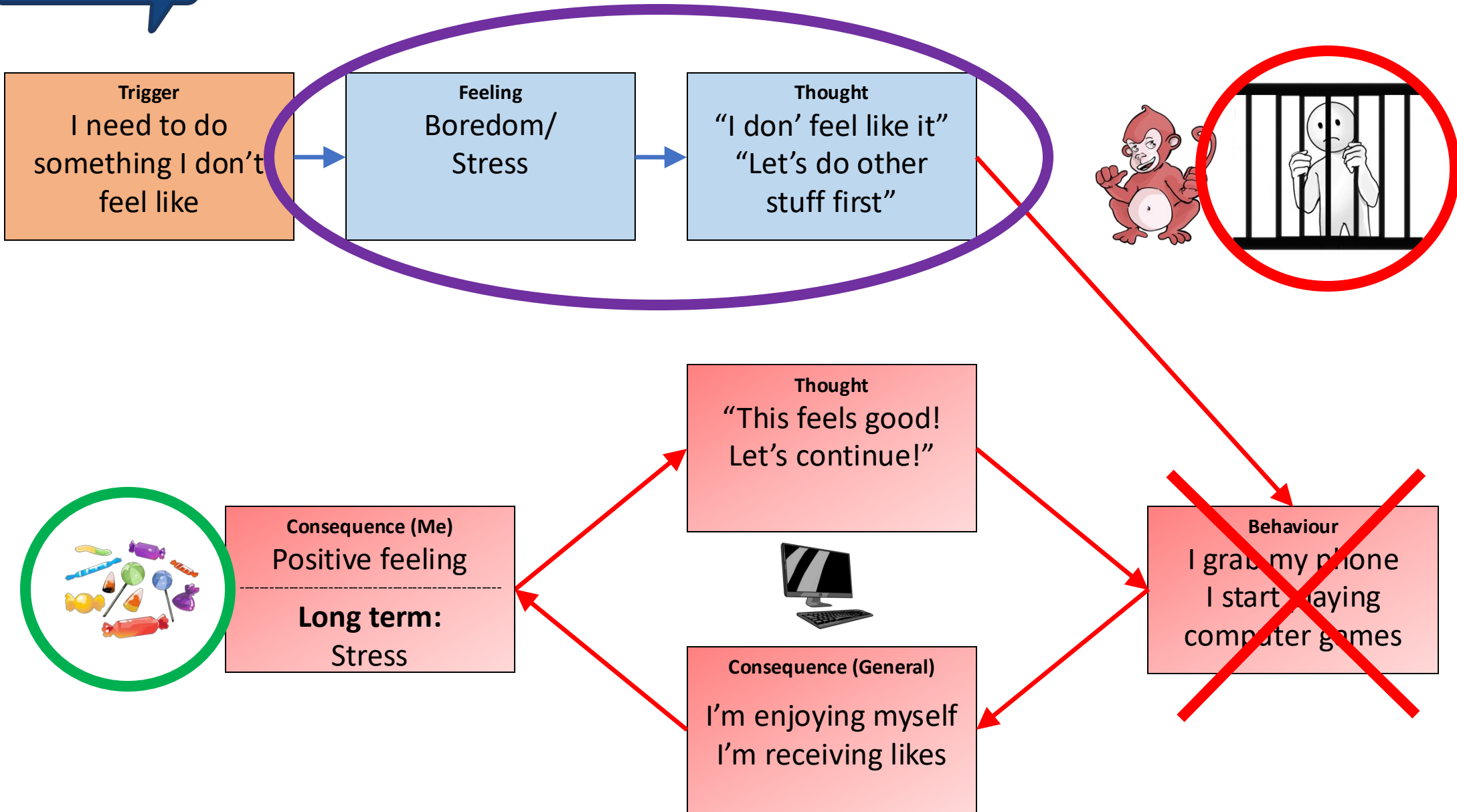
## Providing rules and guidance

- Structure: What, where, when, how long?
- Clear agreements, boundaries and consequences
- Be consequent in enforcing the rules
- Guide them through their offline resistance
- Screentime in blocks instead of switching

## Comments

- Align rules with their preferences (if possible)
- Focus on the process rather than the result
- 20:20:2-rule
- Guideline: <https://www.jggv.nl/wp-content/uploads/sites/9/2018/01/tipsheet-mediagebruik-6-12-jaar-voor-ouders.pdf>

# Flight Pattern

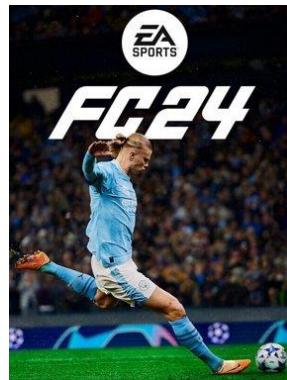
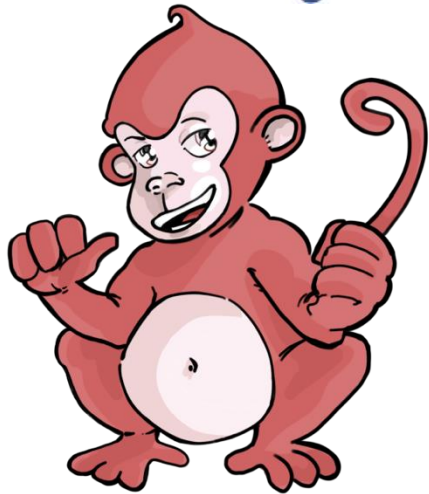




# Digital Distractions



# Digital Distractions





# Practical guidance



## ***Step-by-step plan***

- 1. Deepen your understanding of your son's/daughter's online world and the working of digital temptations*
- 2. Explore the digital world together and guide your son/daughter through the do's and don'ts*
- 3. If possible, connect with your son's/daughter's online world and especially the social context*
- 4. Work together to create a plan in which you, as a parent, set the boundaries of what is allowed/not allowed*



# Online world



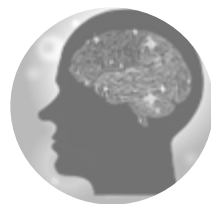
## Key points

- Deepen your understanding and explore together
- Accept that they will see some specific things
- Do not disapprove but offer trust
- Don't get lost solely in the negative side
- Awareness of being in and out of the circle

Parental guide (video) Roblox (English):

<https://www.youtube.com/watch?v=6W5056vcJkY>

# Social Influence and Dangers





# Social Influence and Dangers

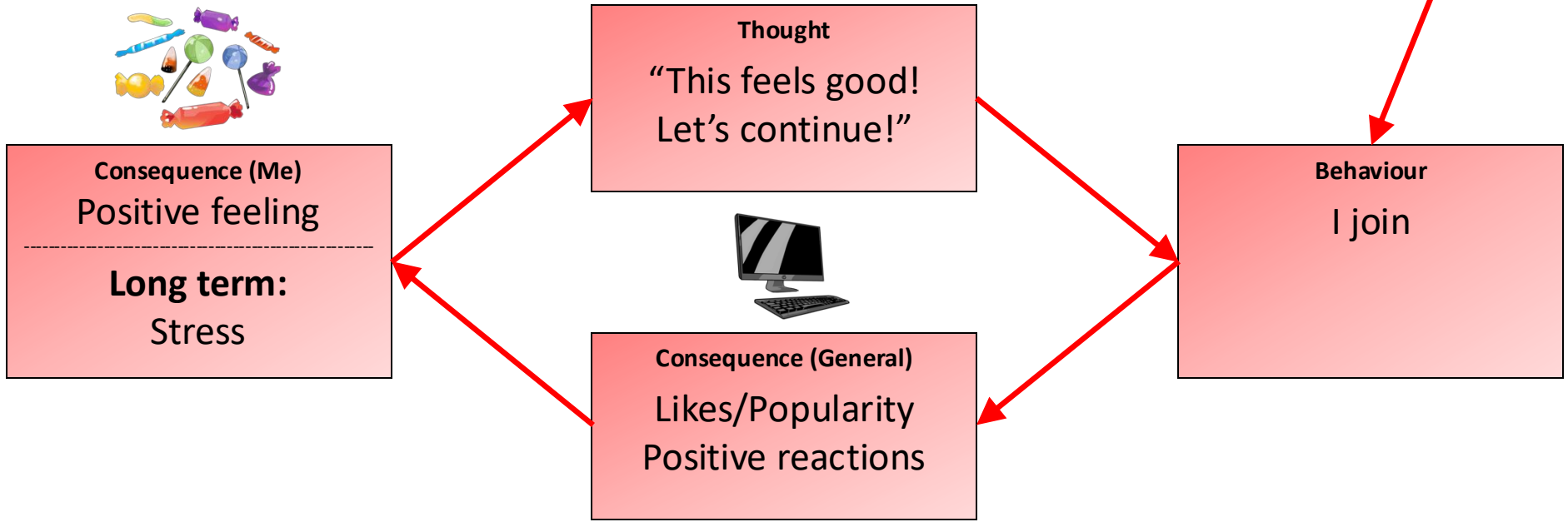
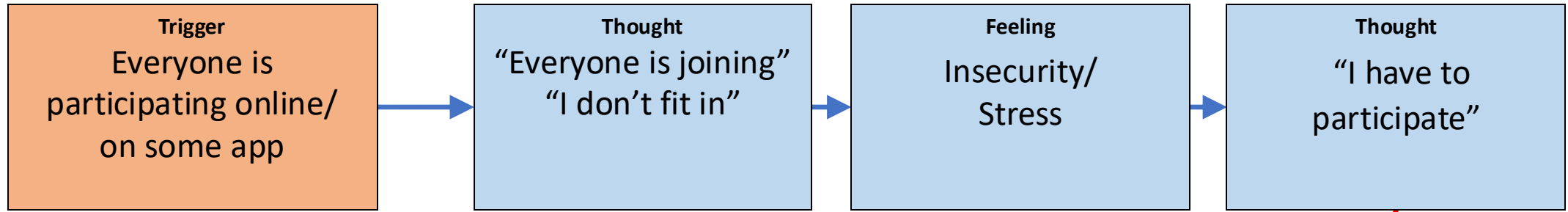
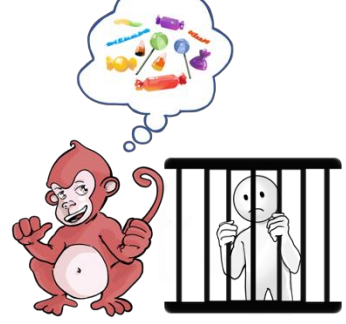
*Which dangers do you see and what concerns do you have about social media and games?*







# Social Influence



# Addiction

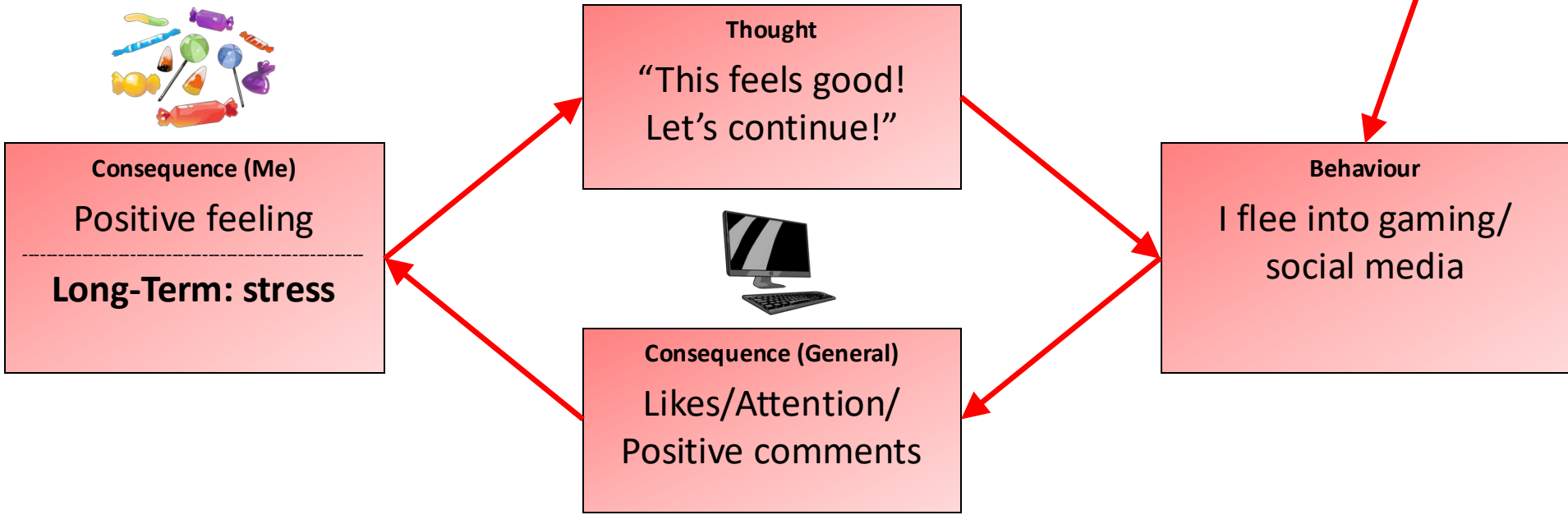
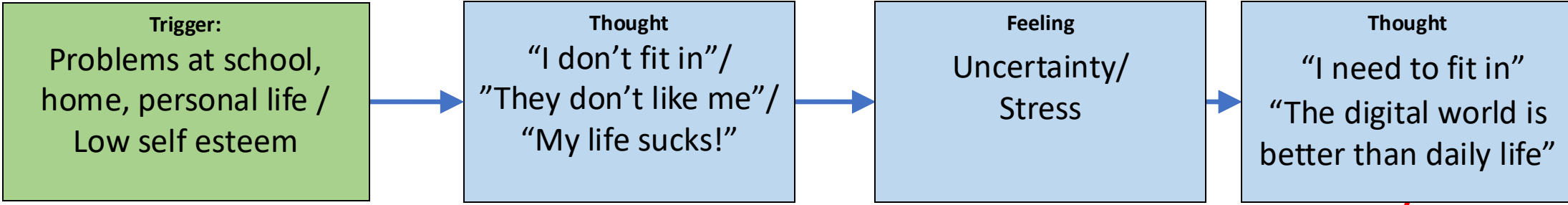
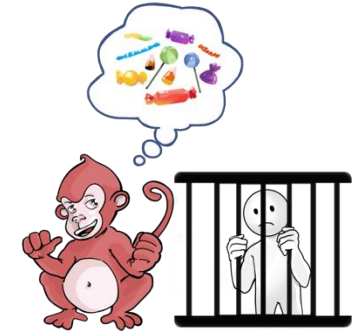


## ***Characteristics***

- *Impaired control over gaming*
- *Priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities*
- *Continuation or escalation of gaming despite the occurrence of negative consequences*

Source: [www.who.int](http://www.who.int)

# Addiction



# Privacy



## Privacy tips

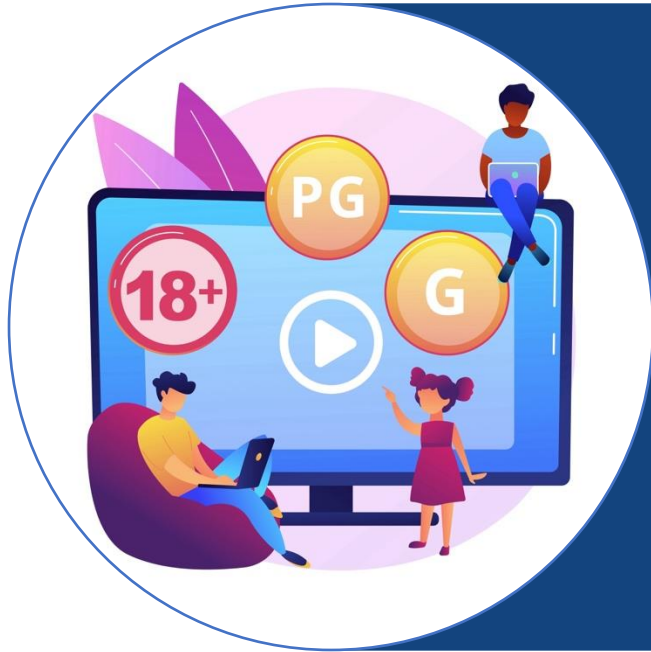
- Review privacy settings together
- Restricted mode/SafeSearch YouTube/Google
- ‘Friends’: 10-minute rule
- Turn off location access & Keep profiles private
- Check for possible changes every month

Parental guide TikTok (English):

<https://www.tiktok.com/safety/en/guardians-guide/>



# Parental Controls



## Parental Controls & Monitoring

- Guide and set limits
- Limitations & restrictions = protection
- Explore and set rules and settings together
- Don't let it undermine trust
- Online is public and permanent!

### Parental controls, Tools and Information about apps:

Parental apps: Google Family Link, Microsoft Family, Apple Schermtijd/Screentime (Family Sharing)

<https://www.internetmatters.org/nl/resources/monitoring-apps-parents-guide/>

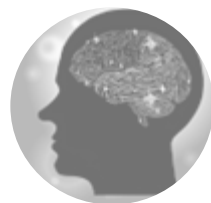
<https://www.vpngids.nl/veilig-internet/kind-en-jeugd/digitaal-ouderlijk-toezicht/>

<https://www.internetmatters.org/nl/resources/apps-guide/>

<https://cleanbrowsing.org/> (=Website for DNS Filtering)

*I'm no expert user so research yourself and see if something meets your needs and requirements!*

# Communication



# Communication

*I know what I'm doing. Stop worrying!*



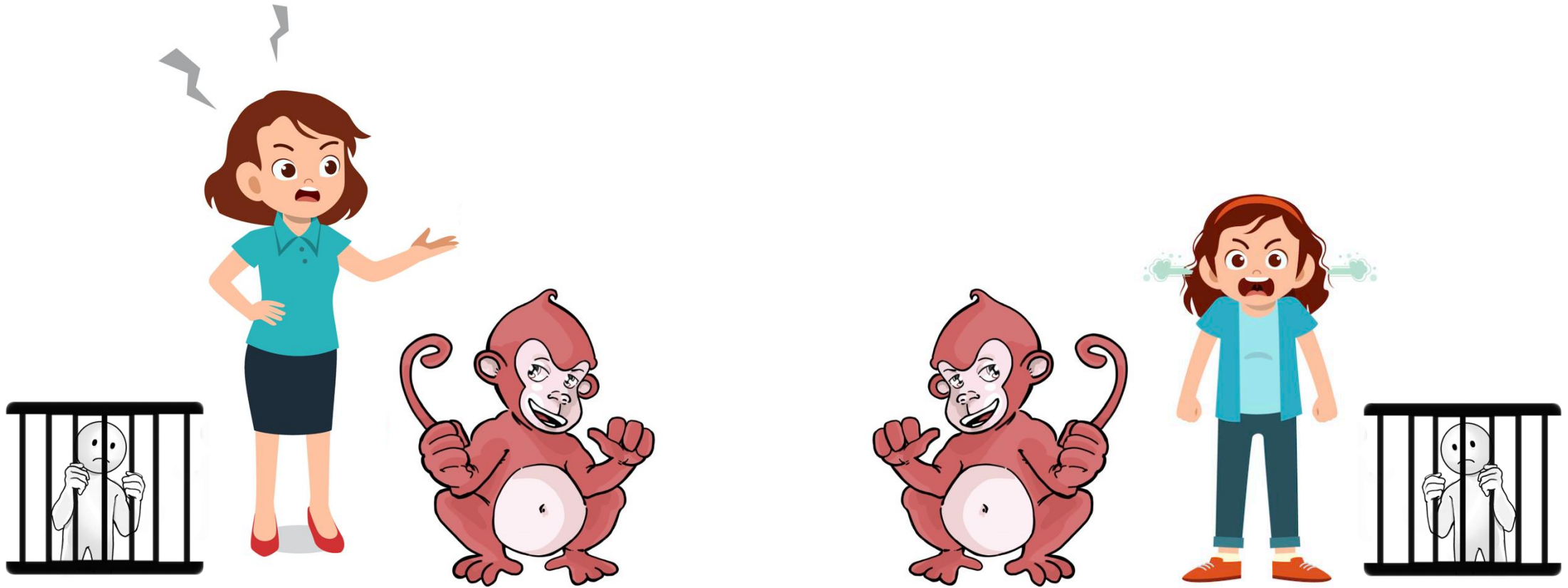
*I just like computer gaming, nothing wrong with that!*



*But all my friends are allowed to play this app/game!*

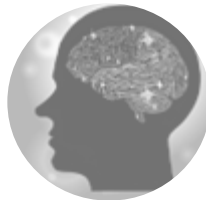


# Communication





# In Practice



# How to connect?



## Connect to their needs

- Show interest and relate to their experiences
- Acceptance, empathy and connection
- Look beyond the frustration to their needs
- Encourage them to talk and create openness
- Keep your own monkey under control!



## Comments

- Don't rush
- Avoid getting into power struggles
- Clarity can also come from connection

# Practical guidance



## Key points

- As they grow older, talk together more
- From communication to education
- Become your child's confidant
- Do's and don'ts online
- Lead by example

## Comments

- *Always try to approach with love!*



# More information

## Websites with more information (Dutch):



<https://www.vpngids.nl/>

<https://www.veiliginternetten.nl/>

<https://www.internetmatters.org/>

<https://www.nji.nl/nl/Kennis/Dossier/Mediaopvoeding/Toolbox-Mediaopvoeding-Media-Gewoon-opvoeden>

<https://www.mediaukkiedagen.nl/wegwijzer/>

[www.mediasmarties.nl](http://www.mediasmarties.nl)

[www.kennisnet.nl](http://www.kennisnet.nl)

[www.mediawijsheid.nl](http://www.mediawijsheid.nl)

[www.mediawijs.be/nl](http://www.mediawijs.be/nl)

[www.nji.nl/mediaopvoeding](http://www.nji.nl/mediaopvoeding)

[www.mediawijzer.net](http://www.mediawijzer.net)

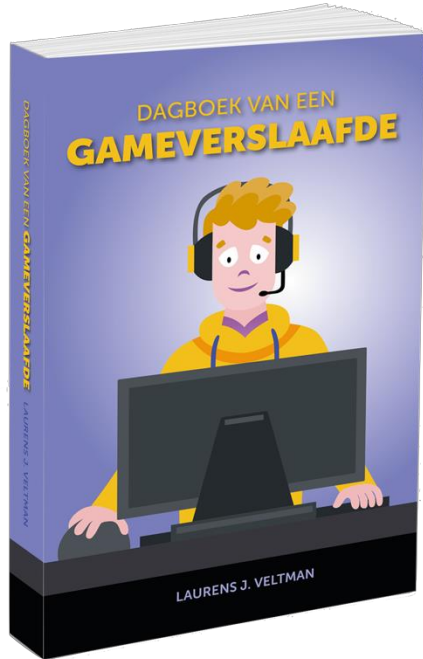


# Books (Dutch)

# Digital Awareness at work?

**Practical handbook for parents**

**Biography for parents and children (age 13 and older)**



**Today: € 15,-  
(Maestro, Tikkie or Cash)**

**Online: € 21,95 (incl. shipping)**

[www.digitalawareness.nl](http://www.digitalawareness.nl)