

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 in their online worlds. In this time we have delivered the program to 100s of parents, carers, children and teachers. Here's what we've learned...

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 tech 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 you Children go online – they have left the house

- 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 and when not it is allowed in bedrooms?
- People make mistakes, if we have mistakes in the use of technology in our families have we considered agreed consequences? Young people are more likely to talk to parents if they know the consequence.
- Our bodies struggle to produce the chemicals needed to sleep (melatonin) when exposed to light, great argument for time off devices leading up to bedtime?
- 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?
- If you didn't think you could speak to us, can you name people in your life you would feel ok to talk to?
- Most importantly how do we create a space for conversations when you are worried or concerned about something that has happened online...some conversation starters.