



PRESENTATION POINTS

INTRODUCTION

Western Australia Police – 20 Years : Technology Crime Investigation Unit – 2009 to 2014 : Surf Online Safe – 2012 to present.

SOCIAL NETWORKING - RISE IN USE

The number of current users on the Top 10 Apps, by age demographic compared to those in 2014.

Number of people on 1 or more of the Top 10 Social Networking Apps:

56% of children aged 9 to 10 - Compared to 17% in 2014

72% of children aged 11 to 12 - Compared to 27% in 2014

92% of children aged 13 to 17 - Compared to 67% in 2014

80% of Adults aged 18 to 30 – Compared to 68% in 2014

64% of Adults aged 31 to 55 - Compared to 33% in 2014

Discussion Points

- Where most users are falling down is the lack of risk assessment for the use of such networks.
- Many also do not realise the capabilities and “other” aspects of the Apps they are using.
- Juveniles are being targeted by network creators.

SHIFTING THE CULTURE

I discuss putting rules in place to help build a culture of appropriate use.

1. **Mobile Phone Contract**
2. **Social Media Contract**
3. **Set-up Guidelines**

Having a contract in place which outlines specific rules and permissions will help continue discussions and offer response and reward systems based on how the device is used. Such guidelines are a great way to push the onus of appropriate use to the child and build levels of trust.

THE TOP 4 MOST POPULAR APPS FOR TEENS DISPLAYED AND THE NUMBER OF UNIQUE VISITORS PER DAY IN AUSTRALIA.

Also displayed is the average number of WA students using each App.

1. **Snapchat**

42% (Primary) to 87% (Secondary) of students are using Snapchat.

Discussion Points

- A high percentage of juvenile users are accepting 'friend' requests from strangers - 'Randoms'.
- Users can display their location when posting or using the App on the 'SnapMap' section. As such, if not in private mode, others can identify the location of another user. Turning off the ability to be seen on the SnapMap is called 'Ghost Mode'.
- SnapChat is the primary app used by teens to send inappropriate images or bullying content.
- SnapChat is a primary app being used by scamming syndicate to target teens with crimes of sextortion.
- SnapChat has recently introduced parental control options via their "Family Centre".

2. **Instagram**

27% (Primary) to 64% (Secondary) of students are using Instagram.

Discussion Points

- The use of Instagram by Australian teens and pre-teens has dropped significantly over the past 2 years.
- Increased advertising and forced interactivity is a key factor.
- Children are being exposed to adult content in significant numbers because they have previously used older dates of birth to join the network when they were much younger. As such, when they reach the age of 14 or 15, the App thinks they are 19 or 20.

3. **TikTok** (formerly Musical.ly)

52% (Primary) to 78% (Secondary) of students are using TikTok.

Discussion Points

- Mainly being used by kids to post fun and interactive content, such as dance vids and commical content.
- Many predators will trawl the network to interact with young girls. These girls will have non-private accounts because most users hope to become 'TikTok Famous' by gaining massive followers, thus accepting contact from 'randoms'.
- TikTok is the only app which offers a dedicated Parental Control section and option.
- TikTok is the second highest rising app for teens in Australia.

PRESENTATION POINTS

Social Networking continued

4. Youtube

36% of students will have their own 'Channel', whereas 98% of students will visit or use Youtube daily or regularly without an account, just on an open visit.

Discussion Points

- How to monitor or block Youtube.
- Restricted Youtube channel options and Youtube Kidds.

NETWORKS WHICH ARE ON THE RISE AND THE NUMBER OF UNIQUE VISITORS PER DAY IN AUSTRALIA.

Also displayed is the average number of WA students using each App.

1. Discord

30% (Primary) to 45% (Secondary) of students are using Discord.

Discussion Points

- 90% of users are boys and they are mainly 'Gamers' using the App to interact with their peers whilst they are playing online games.
- Users create their own 'server' and share that link with their peers, inviting them to join the page where they can chat.
- Discord is not moderated, as such there is a massive amount of language and content which is inappropriate. This is not a factor though if a user is confined to their own 'page' and does not interact outside of that environment.
- We discuss the pros and cons of using Discord.

2. Telegram

Unknown% (Primary - Have not seen it yet) to 30% (Secondary) of students are using Telegram.

- Anonymous messaging network. Is being used by older kids to communicate privately amongst their peers. Similar to SnapChat in it's deletion capabilities. Telegram is also used by adults to buy and sell illegal content such as drugs and vapes etc.

Intimate Image Abuse & Sextortion

Omegle was a video chat service which a number of WA kids are using. Since Omegle has recently closed down, many other Cam to Cam video chat sites are being used by our teens to interact with randoms (strangers). These include Bazoocam and Chat Roulette.

With the onset of COVID19, a very large number of students are using such sites as a chat option with their mates. However, the site is not what many expect it to be.

Discussion Points

- Cam to Cam sites are used by a large number of people seeking sexual contact with other cam users.
- Bazoocam is one of the most popular sites being used by:
 1. Online predators – Most offenders are male, but there are many predators using their female partners to entice young males to take their clothes off on the camera.
 2. Scammers – Offenders can be male or female. Many are international and will entice adults and juveniles to engage in a sexual way on cam. They will record the interaction and then threaten to share it publicly unless money is paid or more content is provided.

The 6 Stages of Grooming

I discuss the main ways predators will approach children online and how they are infiltrating their lives.

1. Targeting a Victim - Ease of access and common interest is the main ways children are approached.
2. Gaining Trust - Flattery and offering regular attention and presenting with similar interests.
3. Fulfilling a need - They offer a listening ear as someone who cares and understands. Building trust and rapport.
4. Isolating a victim - Pushing toward secrecy and privacy, by drawing them away from their normal trusted support network.
5. Their ultimate goal - Emphasising the relationship and calling on the trust they have built : asking for nudes or sexual interaction.
6. Maintaining control - Demanding they keep things a secret, otherwise they are in big trouble.

Reporting Options

- Esafety Commission website - Civil reporting option and request for removal of content (Bullying and Intimate images).
www.esafety.gov.au
- CYBER website - Police reporting option for any criminal matters : Australian Crime Online Reporting Network
www.cyber.gov.au
- TAKE IT DOWN website - Assistance in removing intimate image and abuse content
www.ncmec.org

PRESENTATION POINTS

TIPS for Parents

We discuss software and hardware based control and monitoring options for families within the home or on childrens mobile devices outside of school.

RESTRICTIONS ON APPLE DEVICES

- Parental Controls and Time Restrictions option on IOS 12/13.
- Family Sharing options can be set up at home.

RESTRICTIONS ON GOOGLE DEVICES

- Parental Controls and Time Restrictions option on IOS 12/13.
- Family Link options can be set up at home.

GET TO KNOW HOW YOU CONNECT TO THE INTERNET

Parental Control options through the home internet connection and Modem.

The vast majority of all modern modems offer parental control options. A user will need to identify the "IP Address" of their modem and enter that into an internet browser address bar. Entering that address into the address bar will open your modem via a simple interface on your computer. The user will then be prompted to enter a username and password in order to access the modem settings. The password and username can be located on the base of the modem, or via the modem manufacturer website.

Once access is made, users can make alteration to control which devices can access the home internet via;

- Access Control
- Web Filtering
- Time Schedules

Further information on how to access your modem can be acquired via your modem manufacturer or supplier (Telco).

OTHER SOFTWARE AND HARDWARE OPTIONS

Parental Control options through the home internet connection and Modem.

- Qustodio
- Our Pact
- The Circle
- The Family Zone
- Family Time
- Bark

Beacon Cyber Safety App - Free app from the Telethon Kids Institute. A great resource for parents.

All statistics provided have been gathered by Paul Litherland. From 2014 to 2022 (inclusive), Paul has surveyed 18,000 students in Western Australia between the ages of 13 to 17 years.

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My Kids First Phone

There are a lot of things that I'd like to share, but these are the most important ones. With a phone or tablet comes responsibility. The more that we can do to help our kids navigate it safely, the better. But it is extremely important to introduce guidelines and rules and to stick to them.

Quite often parents will hand over a phone with rules in place but lower those restrictions because the interactions or requests from their child become too frequent, so they give up out of annoyance.

By sticking to strict guidelines;

1. Your child will build a culture of appropriate use much earlier and will be less likely to make large scale errors as they get older.
2. The implementation of a reward system from a parent perspective will be much easier, because the child is doing what is asked. This will allow gradual restriction minimisation, because the child is building trust.

The following points are a must when introducing a child to their first personal mobile device.

1. Privilege v Right.

The first conversation must be around a simple fact; "This is not YOUR phone, this is A FAMILY phone, which we are allowing you to use.

Conversation should be about the phone being provided as a tool to assist you as parents, whilst giving your child a chance to develop their use of technology appropriately. Let the child know rules and modifications are not being put in place because of a lack of trust, but simply because the risks of the online world are difficult to avoid without them.

It is also important to emphasise, such rules and controls will not last forever, and they will always remain dependant on your responsible use of the device and adherence to the rules. As time goes by and you reflect an appropriate culture of use, the rules will be lifted.

2. Google Family Link or Apple Family Sharing

This is going to be your key to managing and monitoring use. Depending on whether you purchase an iPhone or Android, both control networks are good and will offer tools to help control use of apps and keeping tabs on their screen time.

When your child wants an app, you get the notification, asking you to approve or deny. It gives you an age suggestion and reviews for apps, so you can make the best decision.

Might I also suggest you download and refer to the following environments for comprehensive advice on apps;

The eSafety Commission website – www.esafety.gov.au

Beacon Cyber Safety App from The Telethon Kids Institute – <https://beacon.telethonkids.org.au>

Beacon offers a coalface approach to the most popular environments for kids, but also outlines the risks involved as well as other trends being experienced by your child's age demographic. I have been working directly with TKI over the past 4 years to help develop Beacon, which is free.

In addition to device manufacturer control options, you can also download other paid services which will assist in blocking and monitoring;

- The Family Zone
- Qustodio
- OurPact
- The Circle
- Family Time
- Bark

are all doing some good work in this field.

3. Downloading Apps & Reasoning

It is important to be as informed as possible. Remember, this world is normal to our kids and the use of apps (within reason) can assist them in building developmental skills, knowledge and experience. As such, it is important to consider the request for each app on its merits and with an open mind.

The response from a child "But all my friends are on it!" Must not be their sole argument. It is important to have a clear discussion surrounding why they want it and what benefits they might gain from its use.

Key factors which must be taken into consideration;

1. The age limit on the app.

This should always be a line in the sand. If your child is not old enough under T's & C's to use the app, then it must be clear you will not allow them to have it.

2. What does the child like about the app and what benefits will it provide?

This conversation is important as it allows the child to offer their side of the story, as well as them hearing yours.

- Get them to explain the app to you and show you what it is.
- Navigate the settings with them and ensure both of you are aware of what the settings provide in terms of safety – Only 33% of children under the age of 14 will actively investigate and alter settings. The rest will only make alteration after something goes wrong or if they have had a bad experience.
- Outline that every app will be on a trial basis for the first month. As parents you will be checking regularly and if the app is being used inappropriately, outside of permitted times or for too long (time restrictions), then the app will be removed, or the child will lose phone privileges.

4. Setting Content Restrictions and Limitations

I would not suggest a child under the age of 13 have access to Social Networking Services (SNS). This of course is your choice, but I would try avoiding it where possible. If a child wishes to navigate an SNS, then this can be done a parent's device under strict conditions.

In the past, most SNS's could only be accessed via their app, however most of them are also using browser-based access. As such, your child can access, Instagram, Snapchat and others by using Google or Firefox browsers.

Blocking apps, sites and general access rules can be done via screen time and parental controls on Family Sharing or Family Link and via the paid services above.

It is important you do not share the restriction pass code with the child. It is also important not to let your child watch you as you enter the passcode. It is amazing how quickly kids can follow a finger on a keypad. It is also important to change the passcode as regularly as possible, just in case they have spied it without you knowing.

If your child is using Google Chrome to search, you should set up Google Safe Search on the browser;

<https://support.google.com/websearch/answer/510?hl=en&co=GENIE.Platform%3DDesktop>

This can be done on an Android and Apple device.

5. Checking History and Activity Reports

Google does a good job of showing you how much time is being spent on the phone, on apps, or the type of sites visited all in their activity reports. This is a fantastic way to introduce your child to the world of technology and make healthy decisions about what they do on their device.

You should go over their history together, so if you see something that you do not approve, you can discuss it immediately. You should offer a clear explanation why that website isn't age-

appropriate and allow the child to offer their explanation without too harsh of judgement.

6. Setting a Phone Schedule and Contract

Family Link and Family Sharing both offer options to set a time schedule on the device and on apps. It is important to set strict schedules for use and adhere to them. If your child does not adhere to schedules or is being deceptive regarding use, then phone privileges should be removed.

It is very important to remember that when we discuss punishment or removal of privileges, we must also offer reward for appropriate behaviour and use. This is something so many cyber educators neglect to mention. Quite often I am discussing this with the creators of parental control apps. They are all about stopping this and stopping that, but they overlook a reward feature in their designs.

So, if the child is doing well and adhering to the rules, rewards should be offered where possible. Eg, an extra hour on an app. A new app or purchase or the lifting of a certain restriction for a trial period.

It is also a great idea to sit down with the child before handing over the phone and getting them to sign a contract. This sets a line in the sand regarding use and provides a discussion point when they make an error or breach a rule; "Hold on, you signed the contract remember!"

I have attached a sample contract for you.

7. Set a Charging Place

The charging place should be in a high traffic area which is always visible. When the phone is in the charging place, the child is not allowed to use or view it.

It is also a great opportunity to offer learned behaviour experiences for the child, especially if they are young. What I mean by that is if you are charging your own phone. Don't go near it! Keep it in the charging place and ignore it.

If you get a message then you can cheat a little 😊 by sending the child to do a quick errand in the house or making sure they are not around, while you check it. The overall goal is to give the child an understanding that a phone is not part of every day life and that it can be put down and ignored.

Addiction is one of the hardest things you will deal with as parents regarding a mobile device, so offering these simple non-physical chances at learning will help significantly into the future as your child starts to develop their own phone mobile identity and culture of use.

8. Finally – Have Conversations

As often as you can, sit down and discuss current trends and what is happening. The online world is ever evolving, so it is important to stay on top of it as often as you can. Our kids are an amazing resource for learning because they are often on top of current trends before their parents. It is important to schedule discussion times as often as possible.



SOCIAL MEDIA CONTRACT

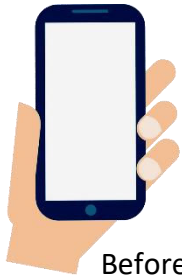
1. Social media can be really positive. It's fun to share with friends, it's a good place for making plans and it's nice to keep in touch with people I meet. I will enjoy it, but never make it important. There are so many more important things in my life. Five more important things are:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
2. I will always remember that on social media I am looking at the very best bits of other people's lives. They are not better than me, or happier than me, or worth more than me.
3. I will think carefully about what I say on social media. I will be kind and respectful. I will talk about events and ideas, not people. I will not be involved in arguments. If I have an issue with someone, I will resolve it face to face, not online.
4. I will think very carefully about the images I post of myself. Taking photographs of body parts and posing in a sexual way is not allowed. I cannot guarantee who will see those photos or where they will end up, even if my security settings are on. My emerging sexuality is perfectly normal and to be celebrated, but not shared on social media.
5. I will not use social media during family time. Family is important. They will love me and support me for years after all the social media platforms and online friends have been forgotten.
6. I will not use social media in my bedroom. I would not invite hundreds of people into my very private space in real life, so I will not do it online.
7. I will turn off all technology an hour before bed because sleep is important. My brain is growing and it needs rest. I will be a happier and more resilient person if I am not interrupted by technology throughout the night. All technology will be left in a shared family area overnight for charging.
8. I will take breaks from social media when my parents think it's time. I understand that I might be upset about it, but I will also feel better after a bit of time disconnected. Sometimes it is nice to not know what the rest of the world is doing.
9. I will only 'friend' people I have met in real life. Yes, I may get a friend request from someone my age who is friends with all my friends, but that doesn't mean they know him either! I understand that people with bad intentions create profiles to groom people like me.
10. I will never be involved in bullying online. Ever. If I witness bullying, or someone bullies me, I will save evidence and show it to an adult.

SOCIAL MEDIA CONTRACT

11. My privacy settings will always be set on high. People can use clues from photographs, and the things I say, to work out the details of my life. What I post on social media is for friends and family only, not the whole world.
12. I will have all location services turned off. I understand that people can use these features to work out where I live, go to school and spend my spare time. It's none of their business and it's unsafe.
13. I will never give my social media passwords to my friends. Although I love and trust my friends, boundaries are important. There are some details that shouldn't be shared with anyone, like bank details and definitely not passwords.
14. At some stage I will probably come across pornographic images, even if it is completely by mistake. I will close the page. I understand that pornography is not the same as sex in a respectful relationship.
15. If I feel uncomfortable about anything while I am on social media, gaming or communicating online, I will log off and talk to one of these 5 adults:

1. _____
2. _____
3. _____
4. _____
5. _____

Signature



THE DIGITAL CONTRACT

The New Phone

Congratulations!



Before this phone becomes YOURS completely, you will need to agree to some ground-rules. At this stage, this phone will be considered 'on-loan' as part of this Digital Contract.

If you continue to abide by this Contract, it may be adjusted to allow more privileges and include less rules. If you fail to follow the Contract as required, such privileges or device access may be removed or restricted.

THE DEVICE ITSELF

You agree you WILL;

- Provide your parents with the PIN for the phone and access details for all apps, games and content on the device.
- Answer the phone if your family calls or call back as soon as possible if a call is missed.
- Reply to messages sent by your family or respond as soon as possible if a message is missed.
- Turn the phone off and leave it in a designated place where required and when requested;
 - by a parent, grandparent or other adult family member, or
 - by a school staff member and where required by school rules or policies, or
 - by The Rules or any other agreement in this Contract.
- Keep the phone safe and in good condition.
- Return the phone to a parent if requested.
- Always remain transparent and honest regarding the use of this device.

APPROPRIATE CULTURE OF USE

You agree you WILL NOT;

- Message or post anything which goes against the values of our family or your school.
- Take, share or post any inappropriate images or videos of yourself or anyone else.
- Use the device in breach of rules imposed at school.
- Use the device outside of the hours agreed upon by your parents under The Rules.
- Purchase or download ANY additional Apps, games or content to the phone without consent from your parents.
- Change, adjust or disable settings applied by your parents or remove apps installed by your parents

OUR ROLE AS PARENTS

As your parents, we promise that we will;

- Use this Contract and set The Rules with consideration for you and with your best interests in mind.
- Continue to respect and understand your perspective, as we are still learning in the digital space ourselves.
- Look out for you and monitor what you do online and on your devices. It's our job as parents to protect you and we will do whatever it takes to keep you safe and happy.
- Be fair when we discipline you if you make an error of judgement or go against The Rules or this Contract.
- Reward you if you are abiding by this Contract and building an appropriate culture of use for the device.

Your Signature

Date / /

Parent Signature/s

Date / /

THE RULES

THE DEVICE IN THE HOUSE;

- Device Hours and Times at home;
 - The device will not be used;
 - After ???PM at night or before ???AM in the morning.
- The “Phone Zone” is the place where the device will be left when not being used or when turned off as per the Contract.
 - Our Phone Zone will be - *The Kitchen Bench??*
 - When the device is in the Phone Zone it cannot be accessed or used without permission from a parent.
 - The device will go in the Phone Zone when;
 - It is charging.
 - We are having meals.
 - When you are doing homework.
 - When you are doing chores and other designated activities.
 - When you are sleeping.
 - When you are in the bathroom or toilet.
 - During hours agreed upon as part of the Contract.
- Times and places where the device must not be used;
 - The device will never be used;
 - In any bathroom, changing area or toilet space.
 - In a bedroom / or in a bedroom where the door is closed.
 - In a school environment where device use is not permitted or where use of the device goes against school rules or guidelines.

THE DEVICE AT SCHOOL;

- Device Hours and Times at School;
 - The device will not be used during school hours, except;
 - In an emergency,
 - If you need to speak with a parent because of a personal or private matter,
 - With permission from a school staff member

THE DEVICE – GENERAL USE and RESPONSIBILITIES;

- Matters relating to the general use of the device;
 - You will advise your parents if you see anything on the device which makes you feel uncomfortable, upset or concerned.
 - You will advise a parent if a stranger has made contact with you via any method on the device.
 - You will advise a parent if any matters regarding the device have occurred relating to;
 - Downloaded Updates.
 - Damage or Loss.
 - Unpermitted access by any other person.
 - Viruses, Scams or other suspicious activity or behaviours.
 - Anything related to the conditions of the Contract.

Parents Note – These rules are specific to your household and child. Each household and child can be quite different regarding their approach, so feel free to make adjustments or additions where you see fit. I have added a few rules as a guide or starting point.

Punishment is also quite varying and specific to a household. As such, I have not included punishment options. When setting punishments for breaching the Contract it is important to not be too harsh or to remove the device completely and utterly. Try to be reasonable! I would even sit down and discuss possible punishment options with the child, they can be very agreeable when they are looking at getting a new phone. This discussion will give you an option to find middle ground.