

# OUR KIDS ONLINE

## ONLINE SAFETY INFORMATION EVENING FOLLOW UP

Thank you for joining us to learn about the potential online dangers our children face and how we can better protect them.

This interactive PDF contains a recap on the main points we covered and some of our tips and recommendations in relation to solutions. Please note further information/detail can be found by viewing our [documentary](#) and on our [website](#).

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**OUR KIDS ONLINE**

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# PORN RECAP

## ACCESSIBILITY

- Porn no longer behind the counter.
- Devices provide 24/7 access.
- Hand-me down Smartphones.
- No Age Verification on Porn Sites
- Can be accessed on Smartphones, Tablets, iPads, Gaming Consoles, Smart TVs.
- Can be accessed via Apps. including Social Media Apps.

## TAMARIKI EXPOSURE

- Accidental - typing in innocent words, pop-ups etc.
- Siblings/Friends - not bad kids, kids naturally show others things they find.
- Curiosity - natural for kids to be curious about sex.
- Curiosity - biggest threat to our kids online safety is the myth 'Not My Kid'.
- Pornhub stats show most popular viewing times as between 3pm & 5pm and 10pm & 1am.

## POTENTIAL FALLOUT OLDER TAMARIKI

- Objectification of each other.
- Possible Porn Induced Erectile Dysfunction.
- Vaginal & Anal Damage.
- Sexual Aggression in both males and females.
- Missing each other.
- Trauma/Anxiety/Depression
- Sexual Assault Charges

## COMPULSIVE VIEWING ('CV')

- Porn is a super-stimulus.
- CV linked to rewiring of brain.
- CV can create need for 'more but different' to satisfy dopamine hit levels, which leads to viewing of more hardcore/violent/degrading content.
- Porn industry rises to meet demand and readily available genres change.

## POTENTIAL FALLOUT YOUNGER TAMARIKI

- Trauma/Anxiety - a lot of very young children do not know what sex is and are unable to process an exposure.
- Tweens are in the highest age group of naked selfie sharing/sexting.
- Porn has been identified as having an influence on rises in child on child sexual assaults.
- Not all children will be negatively affected to these degrees, but, there is no way of telling which ones will be and which won't.

## PORN CULTURE IN SOCIETY

- Normalisation of porn culture has contributed to an increase in hyper sexualisation.
- Premature sexualisation in children before they are emotionally, mentally & physically ready.
- Porn can be found in social media apps.
- Social media apps are common ways for youth to share explicit photos and videos.
- #WAP controversy - lyrics and dance moves imitating sexual acts copied by 7/8 year old girls.

# PREDATOR RECAP

## GENERAL INFORMATION

- Predators are no longer just the 'man in the van with puppies and lollies'.
- There are predator manuals online to assist predators groom children.
- Over 40% of NZ children are engaging with strangers online.
- Predators can and do show children porn as part of the grooming process to desensitise them.
- Results in sextortion.
- When parents do not step in to educate & protect children can become stuck, unable to talk to anyone and break free from the predator.
- Can result in self-harm, suicidal ideation, death by suicide of victim.
- Images/videos can be traded online.

## DANCE VIDEO EXAMPLE

- Children uploading themselves posing or dancing may be exposed to predator posing as a pop star/talent scout.
- Tell the child they are a great dancer and may use them in the next dance video/talent video.
- Ask child to dance for them, possibly starting with "in a bikini" so that they can decide which outfit would be best.
- Child then gets asked to do more and more sexual acts.
- Child may not realise these are sexual acts.
- Requests escalate under the threat of telling parents.

## ONLINE GAMING EXAMPLE

- Predators can find out information about your child by observing times your child is online, what time they have to leave for dinner, when parents are around, what school they go to etc.
- Gaming credit is used as a persuasive tool by predators.
- Predators posing as attractive girls are also a tool used by predators to forge an online friendship/relationship.

## TWEENS/TEENS EXAMPLE

- Contact made by predator posing as a peer online.
- Create a friendship by providing empathy to/agreement with things victim may be annoyed/upset about.
- Escalates to online relationship.
- Naked selfie sharing/videos sharing.
- Ends up in sextortion scenario.
- Could escalate to meeting up in person.

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# GAMING RECAP

## GENERAL INFORMATION

- Any game (or app) that allows your child to talk to strangers, there will be predators on that game (or app).
- We have found orgy rooms on Roblox where characters can walk around having sex with others or rape others.
- Online games such as GTA, Call of Duty, The Witcher etc contain either first person point of view and/or allow children to engage in sexual acts, both random and targeted violence and killing.
- The graphics in these games are also extremely realistic, coupled with the levels of violence and sexual aggression.
- You can review some of these games yourself by searching on YouTube for 'sex/violence in popular video games'
- In his TED talk 'The Demise of Guys' esteemed psychologist, Philip Zimbardo said that by the time a boy reaches 21 years old, he would have played more than 10,000 hours of video games, mostly in isolation. That talk was ten years ago. It's worth noticing that this figure will no doubt have increased given the integration of online gaming into family life.

## POP UP ADS

- A fourth way children are being exposed to harmful content is through free gaming apps.
- These games frequently contain pop up ads, some of which lead to porn sites or other harmful content for children.
- If you have decided that a game is suitable for your child, we recommend that you pay for the subscription to get rid of the ads.

## POP UP ADS

- Be aware of the gamers your kids are watching online. PewDiePie, one of the biggest YouTubers who plays and reviews games online has 110 million followers.
- We have found video reviews of porn games on his channel. One was a game where the main player ran around with his penis out, punching and ejaculating on girls.
- If your child is watching YouTube gamers, we recommend you find out who they are, go to their page and have a look at their videos, also filter the view to see the most popular.

## SYNAPTIC PRUNING

- Throughout life our brains undergo synaptic pruning 'use or lose it'
- One of the biggest pruning stages takes place from the tween stage through to adolescence.
- It's imperative that we provide our kids with more offline time than online in order to grow healthy brains.
- This easy explainer video 'Use It or Lose It: The Adolescent Brain' is a great video for more context.

## UNDERSTANDING VIDEO GAME ADDICTION

- Escaping video game addiction: Cam Adair at TEDxBoulder
- "Kids need interaction, not entertainment"

# SOCIAL MEDIA RECAP

## TECHNOLOGY

- "Technology is not the enemy, it does however create tremendous complexities in the lives of our children." - Russ Tuttle - Stop Trafficking Project
- We need to help our children navigate the online space in a healthy way.
- Combination of both awesome content and extreme materials such as Christchurch massacre and live suicide can be found online.
- As adults we struggle with our own technology usage.
- Kids need us to be present, not attached to our phones.
- We need to reconnect with our kids.
- We need to model healthy behaviours.
- If we teach them through our behaviour that everything we do must be showcased online, this will become their narrative.
- DELAY, DELAY, DELAY personal - Give their brain a chance to develop correctly first.

## ONLINE IDENTITY

- Children are trying to find out their place in the world, who they are, how they fit, what it means to be human.
- Unlimited number of role models influencing our kids.
- Girls in particular taking "the perfect" selfies and then waiting for affirmation in the form of 'likes' and 'shares'.
- How are they coping when the filtered, false version of themselves are not deemed good enough?
- "Remember when we used to take pictures of other people? Today, we are turning our girls into narcissistic voyeurs of their own bodies." - Dr Gail Dines - Culture Reframed.

## SWITCHED ON EFFECT

- Ability to be switched on 24/7.
- Flight or fight system switches on - tired but wired.
- Lack of sleep causing issues with learning in school.
- Creating high anxiety.
- Kids are disconnected from the real world and those around them.
- Brains are not fully developed.
- Not properly wiring certain areas of the brain - empathy, body language, fine motor skills.
- Lack of resilience caused by constant distraction.
- Boredom is required to allow kids to learn how to better self-manage, for creative thinking and dreaming.

## FOOD FOR THOUGHT

- High number of boys collecting naked selfies from girls and sharing them with others.
- Various research studies have shown social media is having a negative effect on children with increases in anxiety, depression, suicidal ideation and suicide.
- Several major tech execs limit age at which their own kids have devices, limit time spent on devices, and some raise their kids tech-free.

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# CYBERBULLYING RECAP

## MOTIVATIONS TO BULLY

- Internal - Boredom (a lot of children are not being able to experience boredom which is an important part of their healthy development).
- Internal - Jealousy/Revenge.
- Internal - Redirected feelings - projection.
- Internal - Seeking approval from peers.
- External - Victim looks different.
- External - Vulnerability in victim.
- External - Perception of consequences is that there are none or very little due to disassociation.
- External - No need for face to face confrontation.

## UNDER-REPORTING

- Victim is too embarrassed.
- Bully feels too guilty to talk.
- Both victim & bully fear loss of technology.

## GENERAL INFORMATION

- Anyone can be a cyberbully - online world creates complexities in terms of boundary pushing.
- Victims can be exposed 24/7 & bullied by multiple people.
- Cyberbullying has increased in line with an increase in the use of social media by children & teens.

## POTENTIAL EFFECTS FOR VICTIMS

- Sadness.
- Shame.
- Unworthiness.
- Headaches.
- Abdominal pain.
- Disturbed sleep.
- Helplessness.
- Stress
- Anxiety.
- Depression.
- Suicidal ideation.
- Death by suicide.

## FORMS OF CYBERBULLYING

- Posts/Comments on posts.
- Rumours.
- Private information sharing.
- Photo sharing.
- Using fake accounts.
- Memes.
- Unwanted messages.
- Exclusion from groups chats.
- Making fun of someone in gaming.
- Screenshots of personal conversations.
- [Dolly's Dream - Are Your Words Doing Damage?](#)

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# RESOURCES, TIPS & RECOMMENDATIONS

## IDENTIFYING VULNERABILITY

- Be aware of your child's emotional developmental stages.
- Introverted children may spend more time online.
- Very curious kids need us to step in to answer questions as well as keep them safe practically.
- Empathic/easily influenced kids more at risk re predators.
- Autism/Asperger's/Special needs may be more at risk online.
- Changes social/family circumstances.
- Identification with the Rainbow Community

## GET EDUCATED

- Documentary - [Our Kids Online:](#)
- Documentary - [Childhood 2.0.](#)
- Documentary - [The Social Dilemma.](#)
- [Social Media Dangers Exposed by Mom Posing as 11-Year-Old](#)
- [The Big Reconnect - Online Parenting Course](#) - Learn how to keep your kids safe online
- [Bark Annual Report](#) - 2.1 billion messages analysed
- [Protect Young Eyes](#) - info on apps, parental controls, filters & monitoring apps
- [Planet Puberty](#) - Website for Parents of kids with Autism & Intellectually Disabilities
- [Common Sense Media](#) - recommendations on films, TV shows, games & apps
- [Sexual Behaviours chart](#)
- Recommended Filters  
<https://www.ourkidsonline.info/filters>

## DEALING WITH EXPOSURE

- Stay Calm.
- 'No Shame' Policy - affects your child's judgment on whether you are a safe space & how they feel about themselves in terms of their feelings around exposure.
- Get the Facts.
- Talk to their emotions - how did it make them feel etc.
- Know the reporting procedures for anything that needs the involvement of the authorities, such as [Netsafe](#) or the [NZ Police](#).
- Seek professional help if your child is struggling.

## CREATING CRITICAL THINKERS

- Privacy online & offline.
- Online Strangers.
- Use correct terminology for body parts.
- Unsafe secrets vs Surprises.
- Walk away is an option.
- How to help a friend.
- Saying it online vs face to face.
- Age appropriate sex education.
- Perpetuity of posts.
- Am I a role model?
- Brain development.
- The role of porn in the trafficking industry.
- Fake news & algorithms.
- Other ways to fill our emotional cups.

## BE INTENTIONAL

- The internet can be an amazing tool, we can do lots of cool stuff online. Let's use it wisely.
- RECONNECT with your kids.

# RESOURCES, TIPS & RECOMMENDATIONS

## FILTERS & MONITORING APPS

- No child should ever have unfiltered access to the internet
- Filters block adult content, allowing you to connect your children's device to the filter, while you as an adult still get to use the unfiltered WiFi.
- Nothing is 100% exposure proof, that is why education is so vital.
- [Spark Net Shield](#) - Filter your home Wifi
- [Slingshot Family Filter](#) - Filter your home Wifi
- [Netgear Router](#) with Parental Controls for all devices in the home
- [Qustodio](#) Software to protect children's devices that leave the home
- Lock down your Childs iPhone with Screen Time - link here for instructions [apple-ios-iphone-ipad-parental-controls](#)
- Lock down your Childs Android phone with Family link - link here for instructions [how-to-set-up-family-link-parental-controls](#)
- [The Big Reconnect - Online Parenting Course](#) A must for every family! Covering the Parents Cyber Safety Evening as well as videos to sit down and watch with your children to help start the conversation.

## APPROACHING YOUR SOCIAL CIRCLE

- Always approach with a 'no judgment policy' when having a conversation with someone whose house your child is going for a playdate/sleepover etc.
- Cues are helpful, such as recent articles in the news, or talking about a film you watched, information evening you attended etc.
- Ask if it would be okay for all devices to be kept out of bedroom, if devices use can be kept to a certain time limit or in the presence of an adult.
- Examples can be found in the film, [Our Kids Online: Porn, Predators & How to Keep Them Safe](#).

## TIPS

- **No devices in bedrooms & turn off WiFi overnight.**
- Add a [Youth Helpline number](#) to your child's contacts in their phone so they have an alternative 'safe space' if needed.
- Download apps that your kids have and use them in the mindset of a child their age.
- Set parental controls/know the recommended age for apps (we recommend adding a few years!).
- For teens, help them navigate the current landscape.
- **For younger children, put off sole device ownership as long as possible**
- Work with your school, they should not have to carry the burden of the fallout from personal device use.
- Join the [Parenting in a Tech World Facebook page](#) with over 280k families discussing tech and kids.



# CREATE AN ONLINE FAMILY PLAN

## THE PLAN

- Create a plan & help build resilience in the online world.
- Be intentional/willing to learn
- Think about limiting beliefs - am I feeling overwhelmed? etc.
- It is normal to feel uncomfortable in this space, but it does get easier.
- Don't feel guilty if you learn something that you wish had known a while ago. We are all new to this.
- For this generation of parents, there is no precedent. We are all just trying the best we can.
- Include your children when putting together the plan, stay firm but fair.
- Create and print out/draw/paint your agreed plan and put it somewhere it can be accessed by all. Give it a name - "The Smith Family Online Plan"
- Be positive 😊 Technology can be awesome.

## QUESTIONS TO CONSIDER

- What ages are my kids? - different rules for different ages.
- At what age do I want my child to have their own device? Which device?
- Will we download and use a digital citizen contract?
- Is there a communal device?
- Is there a space that can be used as a supervised communal area for technology?
- What screen time limits will we have?
- How will we balance screen time in terms of fun vs school work time?
- Am I being proactive in continued engagement with my child's online world and their education around online safety?
- Do my children know what to do in an exposure situation?

## CHECKLIST

- Watched 3 recommended films.
- Bought Filters/Monitoring apps for home and devices.
- The Big Reconnect - Online Parenting Course - A must for every family!
- Books and/or recommended interview/information videos.
- Know where to find reporting information if needed.
- Know where to find further information resources if needed.
- Prepared for and having discussions around sex - age appropriate.
- Read-a-long book(s) if required (various to select from ages 3+).
- Considering my intentional device use and ways to reconnect/connect with family.