

# Digital opportunities and challenges for families in the time of COVID-19

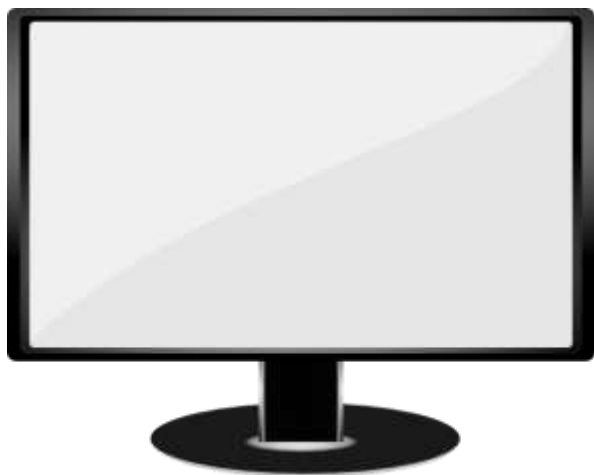
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# REMEMBER THE BENEFITS OUTWEIGH THE RISKS!

- Learning
- communicating with people
- developing new skills – coding, creativity, etc.



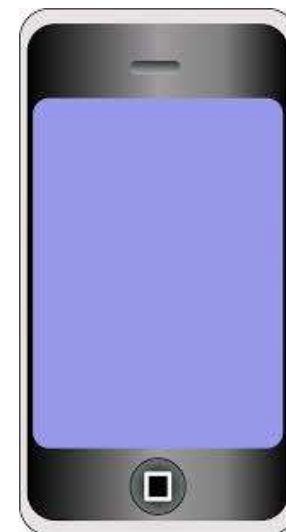
# SCREEN TIME



**How much is too much?**



**Agree limits**



**Walk the talk**



# Warning Signs:

- Losing sleep due to web use
- Poor performance in school
- Feeling anxious or depressed while away from a smartphone or computer
- Irritability or mood changes
- Withdraw from social situations or daily activities that before Internet use gave satisfaction to the child (e.g. going out with friends, hobbies etc)
- Using Internet use and gaming as an Escape. The maladaptive use of the virtual world results in a psychological escape from the player's current reality. This results in the player's avoidance of real-life problems and offers a way to escape from and avoid stressful and unpleasant situations.

# Basic Guidelines

- Negotiate the hours online. A daily schedule (including school hours, study time, Internet time, play time) will help.
- Set the home computer up in a central location, outside of your child's room.
- Install Apps for Age-Appropriate Content. They'll ensure that the sites your child visits are age-appropriate.
- Children need outside play. This will help to find the balance between real and Internet life.

# ACTIVITY: SOCIAL NETWORKING

Before the child starts using social media, there are a few things we should talk with them about.



# Basic tips: Privacy

- We recommend to read the term and conditions and a 'friends only' option for online profiles.



# Basic Tips: “strong” passwords

- ✓ different password for each account
- ✓ remember to change it at regular intervals





# Basic tips: Think before you post



**THINK** before you Post!

f t in g+ YouTube W

**T** = Is your post TRUE?  
**H** = Is your post HELPFUL?  
**I** = Is your post INSPIRING?  
**N** = Is your post NECESSARY?  
**K** = Is your post KIND?

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- ✓ Whatever we upload even if we erase it, it has escaped our control, since it can stay on the web **forever** and characterize us.
- ✓ If our publication relates to or discloses information about someone else, we first ask for their consent before we post it.

THINK  
before you POST

- ✓ Tell children to think before proceeding with any publication
- ✓ The digital footprint he creates will follow him throughout his life



# Basic tips: We do not trust strangers

We never get to meet someone we do not know in real life, and we do not exchange information or provocative photos or videos online



# Violent/inappropriate Content

Whether on a video game or encountered on social media or a video site, the child may encounter violent or inappropriate content online. It is important that they understand if they do, they should come and talk to you about it.



# Unreliable Information

Children should be aware that not all information found online is correct, accurate or relevant. Critical thinking is a priority nowadays. Unreliable information can include content like:

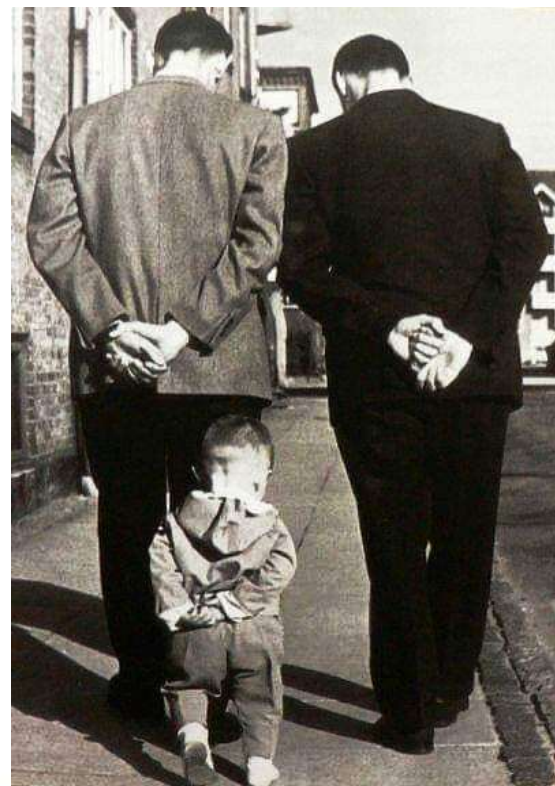
- clickbait,
- sponsored posts from bloggers/influencers,
- fake news,
- online scams.



# Cyberbullying: What advice can I give to young people?

- ✓ *Don't reply*: most of the time the bully is looking for a reaction when they're teasing or calling someone nasty names. Remind children not to reply, if they do they're giving the bully exactly what they want.
- ✓ *Save the evidence*: encourage children to save the evidence of any emails or messages they receive. This is so they have something to show when they do report the cyberbullying.
- ✓ *Tell someone*: encourage children to tell a trusted adult if they are being cyberbullied or they have seen someone else being cyberbullied, and to tell them as soon as they can in order to minimize their own upset or worry.

# We don't forget that...



We are models for our children and our behavior must be in line with the limits and rules we set for them! They follow our example and not our advice!

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