

TECH HACKS

with attitude

The internet is like a city

There are heaps of fun things to do. You can meet up with friends or make new ones. Visit the arcade or the park. Go shopping. Outrun trains... okay maybe only online.

But like any city there are dodgy parts too. Like dark alleyways, sketchy shops and suspicious people.

This is your tour guide of how to enjoy living in this online world. You want to be able to explore and have a great time. But you want to avoid the dodgy parts of town. Here are 4 'do's and don'ts' when journeying through the online metropolis

Happy Exploring!

Don't troll

Do be positive

If you wouldn't say it to their face don't send it. Instead choose to be positive! You wouldn't run around the street yelling mean stuff at people. So don't do it online.

Don't explore by yourself

Do ask for tech support.

We all need help from time to time from online experts like Netsafe. But the best experts are people who know you the best. Like your family.

Don't get trapped in the vortex

Do disconnect sometimes

Too much of a good thing isn't a good thing. Give yourself a break. Disconnect from the screen and connect with the world. Sometimes a couple of days away from the city gives you the break you need.

"I found out there was a group chat that my friends were in who were roasting people at my school... even me! I was super gutted so I asked my mate about it and they were pretty embarrassed and stuck up for me after that. I think that talking to people instead of about people is always the best way to go." - Judah, Year 8

THINK BEFORE YOU POST

3 pātai to ask yourself before posting anything

1. What if a stranger sees it?



2. What if my friends see it?



3. What if my whanau sees it?



Did you know?
Online harrasment is illegal in NZ due to the Harmful Digital Communications Act 2015

INTERNET SURVIVAL FOR PARENTS

You are the first generation of parents having to ask questions like should my child have a Discord? Is it okay for them to keep their phone in their room overnight? What are V-Bucks and why does my kid want to buy them?

Maybe you feel overwhelmed by this. But we'd like you to remember something. You have a more advanced device than any laptop, tablet or phone... your brain! Even though AI is bordering on post-apocalyptic sci-fi levels, you still have more wisdom than Google. Even though the algorithms are gathering data on your child to deliver them tailored content, **you still know your child far better than the internet will.**

DID YOU KNOW? - The number one reason that young people don't tell their parents about bullying or seeing disturbing content online is that they are scared of losing their online privileges.

What is your Digital Parenting Style?

THE FIREWALL PARENT:

Lots of rules. Children either grow up without knowing what YouTube is (very unlikely) or they access technology without the parents knowing. They bypass the firewall. Strict parents tend to make sneaky children.

THE OPEN SOURCE PARENT:

No rules. No boundaries. Go for it. Oh you want an iPhone? Here have mine. You maxed out my credit card buying Robux? Here's your own one.

THE BLUETOOTH PARENT:

You are connected to your child. No matter what you always stay connected to them. You give them a little bit of freedom in some areas but have strong boundaries as well. Bluetooth works when two devices are close.

DID YOU KNOW? - 71% of NZ young people who have seen porn were not seeking it out when they first saw it

What does it even mean?

'We On' - Sounds good

'CAP' - lies/untrue

'L' - loss or defeat

'MMITB' - My Mum Is The Best

Hot Tips:

PARENTAL CONTROLS:

Internet, that you pay for, should be a privilege for everybody else in the house. A privilege that can be earned by cleaning their room, walking the dog or clearing up the dinner dishes. Another way to take control of the home wifi is to purchase a parental control wifi router. You can also use apps that give parental controls over device use. Simply Google "parental controls"

GET INVOLVED.

Embrace technology and step into your child's world. Install the apps your child spends most of their time on. With your adult brain you will see the potential risks and it may alleviate your fears. Let them be the expert and they'll get excited and before they know it they've disclosed all of their secrets *villainous chuckle*

TEACH THEM TO SWIM.

Don't chuck them in the deep end and assume they'll figure it out. Start shallow end. With social media and internet use you can be your child's coach. Introduce them to social media before their friends do.

MAKE A CONTRACT.

Parents love contracts. Kids love contracts too because then they feel like they had some say in the rules. They can also agree on what the consequences may be if they break the contract. Let your child know that if they talk to you about anything they've seen online that you won't overreact immediately. In fact, you could agree that your first instinct will not be to take away or limit their device use.

DID YOU KNOW? - 71% of NZ young people think there should be MORE restrictions for them

Who is Attitude?

These friendly faces make up the Attitude team which has been delivering programmes in schools for over 25 years. We are known for our presentations which are engaging, inclusive, informative and inspiring. We deliver these to over 175,000 students annually across NZ.

www.attitude.org.nz

