

Online Safety:

*Tips and Resources to Help
Keep Kids Safe Online*

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STAY SAFE



ONLINE

Why Online Safety Matters

- Kids today are spending more time online
- Important to protect children and youth from potential dangers
- Kids and youth who report connections to trusted adults at home and school fare better



New Westminster Youth Data



40% of children in Grades 6-8 report using social media two or more hours per day

YDi

By Grade 11, 48% of youth are spending three or more hours/day on social media



Nearly 60% of students report that their parents never/rarely or sometimes check online activity

I do this activity...

- ...in school
- ...outside of school

29% report hanging out with friends online or on the phone in school

83% report hanging out with friends online or on the phone outside of school

70% of grade 11 youth report playing computer and/or video games outside of school

EXTRACURRICULAR ACTIVITIES				
Youth indicated which extracurricular activities they participate in and out of school, as well as activities they <i>wish</i> they could partake in.				
Activity	I do this activity...		I wish I could do this activity...	
	...in school	...outside of school	...in school	...outside of school
Educational lessons or activities (e.g., tutoring, math, language school)	50%	19%	11%	11%
Playing music/music lessons	13%	29%	11%	21%
Art lessons (e.g., drawing, painting)	24%	15%	12%	12%
Individual sports with a coach or instructor (e.g., swimming, dance, gymnastics, ice skating, tennis)	14%	34%	8%	20%
Team sports with a coach or instructor (e.g., basketball, hockey, soccer, football)	21%	34%	10%	21%
Playing computer/video games	8%	70%	10%	10%
Hanging out with friends in-person	70%	84%	5%	8%
Hanging out with friends online or on the phone	29%	83%	3%	3%
Exercising (outside of individual/team sports)	21%	70%	4%	8%
Volunteering	22%	43%	12%	18%



Parental Monitoring

Students were asked how much they felt their parents monitored what they were doing in their free time and online in the past 30 days. Parents were more likely to know what students were doing with their free time than their time online.

How much students felt their parents knew what they were doing ...			
	Never/ rarely	Sometimes	Most of the time/ always
With their free time	16%	14%	70%
Online	41%	18%	41%

Recognizing Online Risks

- What are you aware of?
- What have you heard about?



Protecting Kids: Parent's and Caregivers Role

- Screen Time and Internet Use
- Consider Parental Controls
- Talk about Privacy and Not Sharing Personal Details
- Encourage Open Communication

SAMJI ET AL., 2024

THE IMPORTANCE OF CONNECTEDNESS & BELONGING

Positive childhood experiences (PCEs) include feeling safe, supported, and listened to at home; having a sense of school belonging and friend support; participating in community traditions; and having 2+ invested non-parental adults (Bethell et al., 2019).

6+ PCEs are associated with better mental health and well-being for youth with and without adverse childhood experiences

PCEs are associated with:

- ↓ fewer depressive symptoms
- ↑ greater overall mental well-being
- ↑ more life satisfaction

6+ PCEs means having positive social experiences:

- at home
- in school
- with peers
- in the community

SO WHAT CAN WE DO?

Increase social connection and support in a variety of settings

Collectively address social and systemic factors to promote PCEs and lessen the impact of adverse childhood experiences

Samji, H., Long, D., Herring, J., Correia, R., & Maloney, J., (2024). Positive childhood experiences serve as protective factors for mental health in pandemic-era youth with adverse childhood experiences. *Child Abuse & Neglect*. <https://doi-org.proxy.lib.sfu.ca/10.1016/j.chiabu.2024.106640>

Bethell, C., Jones, J., Gombojav, N., Linkenbach, J., & Sege, R. (2019). Positive childhood experiences and adult mental and relational health in a statewide sample: Associations across adverse childhood experiences levels. *JAMA Pediatrics*, 173(11), e193007. <https://doi.org/10.1001/jamapediatrics.2019.3007>

For more information, visit: chartab.ca

HEALTHY SCREEN USE

What is Recreational Screen Time?

Time spent with any screen, including television, computers, gaming or mobile devices that is not related to school (ie. completing school assignments) ^{1,2}

The 24-Hour Movement guidelines:²

24-Hour Movement guidelines recommend less than **2 hours** of recreational screen time for children ages 5-17.

Screen Time Benefits: Technology can teach children many things, and help them to connect with others.³

Screen Time Risks:

- Reduced the time spent doing activities that keep children healthy like physical activity, talking to friends, and sleeping.¹
- Possible increased risk of nearsightedness ⁴
- Exposure to negative or harmful content.³



SCREEN-FREE RESOURCES

Caring for Kids - Canadian Pediatric Society: <https://caringforkids.cps.ca>

Media Smarts Parent Resources:
mediasmarts.ca/resources-for-parents

Live 5-2-1-0: <http://live5210.ca/resources>

SCREEN-FREE ACTIVITIES



Get Active Outdoors! Explore a local park, make an obstacle course with items you have, or plan a scavenger hunt

Arts and Crafts! Paint, draw, use sidewalk chalk, or make friendship bracelets!



Practice an Instrument!
Borrow a Ukulele from the Fraser Valley Regional Libraries

Cook or Bake! Learn to measure, stir, or follow a recipe



Read a book! Or listen to an audio book or podcast

Screen Time

5-12 Years



Adapted from the Langley Tech Time Committee's "Screen Aware Langley" Resource



WHAT CAN PARENTS AND CAREGIVERS DO?

The Canadian Paediatric Society recommends that families follow the four M's:³

Manage screen time through plans, rules, and limits.

- Make a family media plan
- When possible, be present and engaged with your child during screen time
- Discourage multitasking (ie. during homework)
- Learn about parental controls and privacy settings
- Speak about acceptable online behaviours

Model healthy screen use. Your kids learn by watching you!

- Review your own media habits
- Plan time for hobbies and time outside
- Find time in the day for the whole family to be screen free.
- Avoid screens 1 hour before bedtime

Encourage **Meaningful** screen use.

- **Focus on quality:** choose content that encourages learning and participation.
- Make sure daily routines come first
- Help children choose age appropriate content
- Be part of your child's media lives

Monitor for signs of problematic screen use.

- Look out for signs that screens are interfering with offline activities like sleep, school, or socializing.
- Negative emotions after interacting online.

LEARN MORE

Learn more about healthy screen use and screen free activities here:



Flip for more resources!



What can higher quality screen time look like?

- Use websites to find inspiration for screen free activities
- Video calling a family member
- Educational apps and websites
- Drawing and painting apps
- Music-making applications
- Watching a movie as a family
- Games that encourage physical activity



References: 1. Live 5-2-1-0 Family Digital Literacy Resource: <https://live5210.ca/resources/> 2. 24-Hour Movement Guidelines: csepguidelines.ca 3. Canadian Paediatric Society: <https://doi.org/10.1093/pch/pxz095>
4. [https://doi.org/10.1016/S2589-7500\(21\)00135-7](https://doi.org/10.1016/S2589-7500(21)00135-7)

Fraser Health Screen Time 5-12 Resource

- [FH Screen Time Brochure 5-12 - Final - 28012025.pdf](#)



- [ProtectChildren.ca](https://www.protectchildren.ca)
- [KidsInTheKnow.ca](https://www.kidsintheknow.ca)
- [Amaze.org](https://www.amaze.org)

Kids in the Know lessons help children understand risks with sharing personal information and understanding high-risk behaviors. They also help children to identify the difference between healthy and unhealthy relationships.

Personal Safety



DIGITAL MEDIA:
WAYS TO
STAY HEALTHY



amaze



Online Safety: A Shared Responsibility

- Healthy relationships
- Connection to safe, trusted adults at home and school
- Ongoing conversations
- Work together to foster healthy relationship with technology



Parent and Caregiver Resources

A chalkboard with the words 'CYBER' and 'SAFETY' written in white chalk. To the right of the chalkboard is a portion of a laptop keyboard, showing keys for apostrophe/quotation marks, semicolon/underscore, and arrow keys.

CYBER
SAFETY

New
Westminster
Schools Digital
Well-being

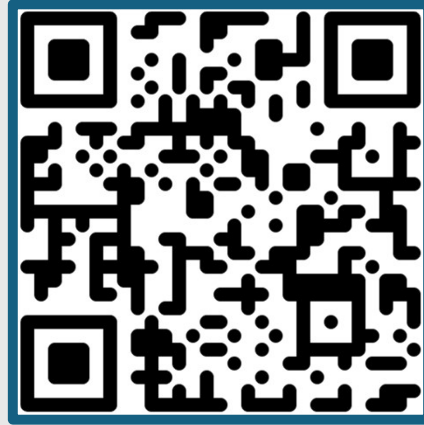
- [MediaSmarts.ca](https://www.media-smarts.ca)
- [ProtectKidsOnline.ca](https://www.protectkids.ca)
- [Cybertip.ca](https://www.cybertip.ca) – Reporting online sexual exploitation of children
- [GetCyberSafe.gc.ca](https://www.getcybersafe.gc.ca) – Government of Canada
- [NeedHelpNow.ca](https://www.needhelpnow.ca) – Reporting and getting support to deal with online sextortion



**Fraser Health
Screen Time For Children**



eraseBC Online Safety



erasereportit.gov.bc.ca



What Youth Want to Hear



**Fraser Health
Technology and Sexual Health**

PARENTS AND CAREGIVERS CAN PROMOTE SAFETY FOR STUDENTS

In fall 2024, 15 young people came together to analyze data from the 2023 BC Adolescent Health Survey (BC AHS) to promote safety and reducing experiences of violence among BC youth in Grades 7-12.

BC youth had a range of in-person and online victimization experiences in the past year. For example, 40% had experienced discrimination, 15% were cyberbullied, and 8% had been physically attacked.

Parents and other caregivers can play an important role in reducing

Based on our findings and discussions, we suggest that parents and other caregivers:



Check in regularly with the youth in their lives to see how they are doing.



Have conversations about online safety with young people from an early age and before they have a phone.



Develop a plan with youth to help them stay safe online.



Receive support to learn and stay up to date about social media and online safety.



Learn about the different video games their youth play, who they play with, and the features of the different games.

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To learn more about the BC AHS and read the full report from the Youth Research Slam, visit mcs.bc.ca/pdf/yrs_violence_prevention_safety_promotion.pdf. To request a youth-led presentation, email mccreary@mcs.bc.ca.



Link and QR Code for McCreary Society Infographic

- https://mcs.bc.ca/pdf/2024_yrs_caregiver_infographic.pdf



THANK YOU

