

*Informed by children, parents, teachers
and B.O.M. of Broadford & Kilbane NS*



Broadford & Kilbane N.S.

INTERNET & TECHNOLOGY USE AGREEMENT

Compiled in conjunction with forensic psychologist Dr. Maureen Griffin

www.broadfordns.com

office@broadfordns.com



Background to Agreement

Over the last number of years, society has seen more and more children using technology from younger and younger ages. Issues such as cyberbullying, sending inappropriate pictures, exposure to age inappropriate content, have all come to light in Broadford & Kilbane N.S. As a school, we want to help ensure our students are happy and safe not only in real-life but also online. Parents face immense pressure when it comes to keeping abreast of social media and students face pressure from their peers to “be on” the latest site or app.

In an effort to help parents, pupils and the school as a whole, BKNS has developed an Internet and Technology Use Agreement for social media use at home. The Agreement has been informed by students, staff the Board of Management and the parents of Broadford & Kilbane National School. It is based on the results of a questionnaire which highlighted the challenges and concerns raised by parents and pupils in the school in managing pupils’ social media use. There was also significant input from staff and the Board of Management.

This Agreement gives information on recommended best practice in different areas of technology use, outlines the terms of the BKNS agreement and gives useful resources and guidance for parents.

Disclaimer

The information supplied in this document is intended as a guide, it does not replace the importance of parental involvement and supervision of their child’s online activities. Links to external sites are provided as a convenience and for informational purposes only. They do not constitute an endorsement or an approval by Broadford & Kilbane NS, of any of the products, services or opinions of the corporation / organisation /individual.

Broadford & Kilbane NS bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links.

© Copyright Broadford & Kilbane NS 2024

For permissions contact
office@broadfordns.com

Correct as of time of publication,
11th of September 2024

Contents

- Page 3
Questionnaire Responses
- Page 4 & 5
Age of 1st Device
- Page 6 & 7
Parental Involvement
- Page 8 & 9
Screen time
- Page 10 & 11
Appendix

Responses from Questionnaires



75% of parents feel children in national school should not own a smartphone.



74% of parents feel children in national school should not be allowed access to social media.



71% of parents are unsure of how or where to report issues that occur online.



84% of parents feel it would be beneficial to have an agreement around internet and technology use.



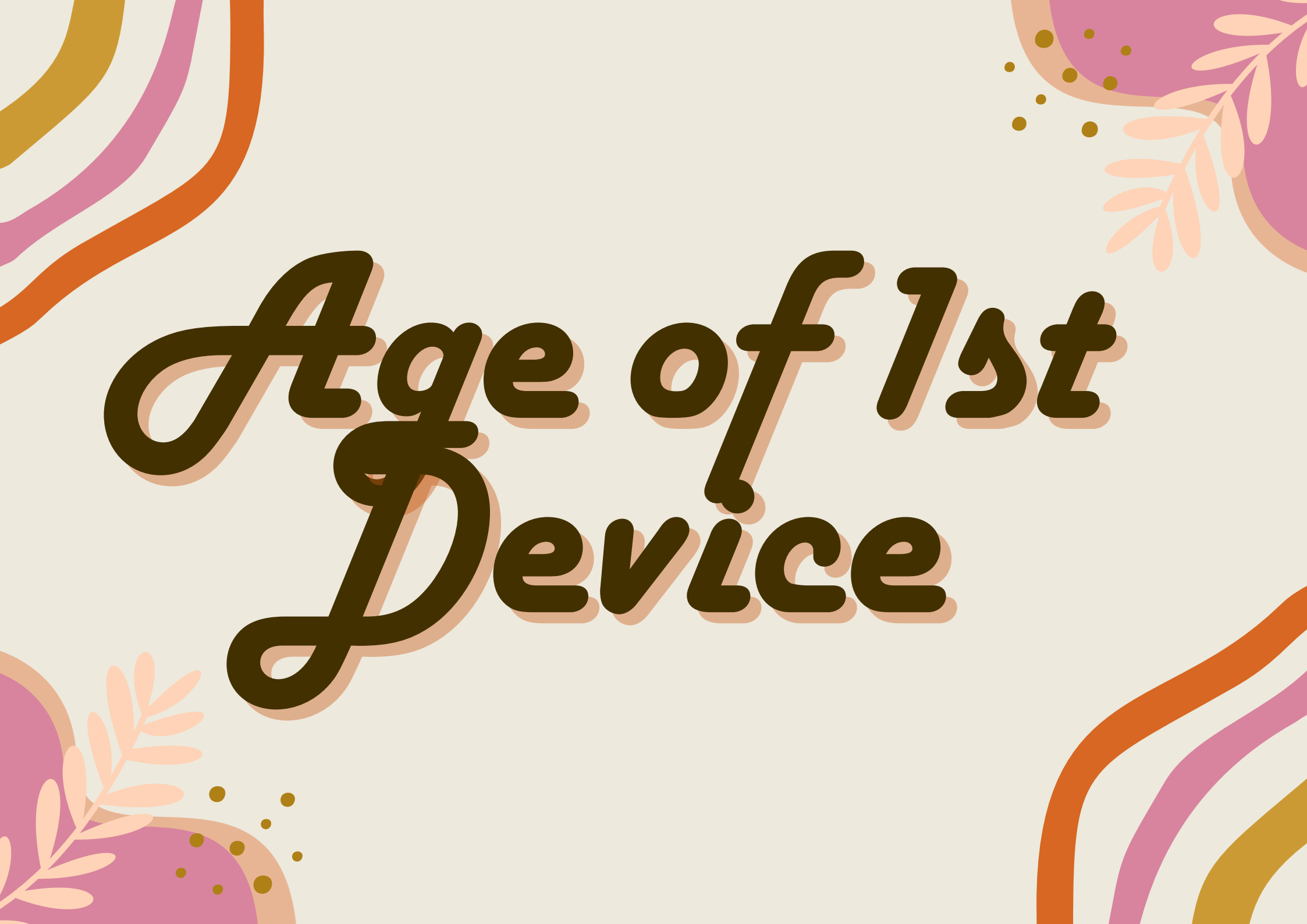
88% of staff feel that excessive use of devices is negatively affecting children's ability to concentrate in class.



73% of children in our school want limits on their internet use.



33% of children report that they either have 'no or minor rules' about their internet use at home.



Age of 1st Device

Best Practice

- **Dr. Mary Aiken, the world's leading cyber-psychologist states that no child under the age of 14 should own a smartphone, as it can "facilitate the remote, covert and deviant targeting and grooming of a child".**
- **In reality, children do not make a lot of calls, they want a portable device to use their Apps on. Tablets, iPod touches, game consoles all offer this, although they may be less portable. Therefore, we need to look, not just at smartphones, but all internet enabled devices which allow our children to use Chatting Apps/Social Networking Sites etc. For this reason, sole ownership of all internet enabled devices should be restricted to those aged 14 years and older. This is not to say they cannot use devices, there are amazing educational benefits of technology, but a child under 14 years should not have to deal with the pressures and risks of maintaining their own device.**

Agreement

- 1. To restrict sole ownership of smartphones while children attend Broadford & Kilbane N.S.**
- 2. To be mindful of all internet enabled devices my/our child uses, as they can allow the same functions as a smartphone. Sole ownership of internet enabled devices should be restricted while children attend Broadford & Kilbane N.S.**
- 3. To make sure that when allowing my/our child to use my own device, that parental controls are in place, including appropriate filtering and safe search restrictions.**

Resources


Kids For Now Alternatives to Smartphones & points to consider
<https://www.kidsfornow.org.uk/alternatives>

Wait till the 8th Smartphone Alternatives
<https://www.waituntil8th.org/devices>

Advice on whether or not your child is ready for a smartphone
<https://www.waituntil8th.org/blog/2018/3/28/is-my-child-ready-for-a-smartphone>

ISPCC 10 questions to consider before getting your child a smartphone
<https://www.ispcc.ie/10-questions-to-ask-your-child-before-getting-them-a-smartphone/>

Note: If your child requires a phone for security reasons, so they can contact you when they are away from home etc. an option is to provide a family phone which is not internet enabled This can be a communal phone used by each child when they are away from home, so they can call if needed.



Parental Involvement

INCLUDES GAMING & SOCIAL
NETWORKING APPS

Best Practice

- Parents should have the password for all App downloads so they can review Apps prior to use.
- Parents should check the age rating for Social Networking Sites and Chatting Apps prior to use. This information can typically be accessed in their privacy policy. You must be 13+ to use a range of social networking sites and chatting apps such as Snapchat and Instagram. The digital age of consent in Ireland is 16 years.
- YouTube is recommended for 13+. YouTube Kids has been designed for children under 13 years. Parents should enable restricted mode on YouTube for children 13+ Although filters can help remove age inappropriate content, they are not 100%. There is no substitute for parental supervision, therefore children at National School level, should NOT be allowed private, un-monitored internet access. Keeping technology in a more central area allows for greater parental involvement.
- Parents should know all of their child's online friends/followers and have regular discussions on what is okay/not okay to share with online friends. Show your child how to remove friends/followers and how to block any unwanted contact.
- Parents should regularly check privacy and location settings for all Social Networking Sites and Chatting Apps their child is using. Privacy settings can change after updating, so it is necessary to check on a regular basis.

Agreement

1. Devices to be co-owned by parents and used in open spaces in the home, where parents can supervise/monitor/observe.
2. Use the "one screen at one time" rule.
3. Parents should have passwords for all App downloads and devices in the home.
4. Parents should ensure all Apps/Games are age appropriate.
5. To enable restricted mode on YouTube and/or use YouTube Kids for children under 13 years;
6. To supervise my/our child's online activities, not allowing un-monitored or private internet access;
7. To regularly check privacy and location settings for all Social Networking Sites and Chatting Apps my/our child uses;
8. Parents should discuss friends online and go through their child's friends list regularly—does the child know them, do they know how to report/block people they do not know?
9. To discuss group chats with my/our child, explaining what is okay and not okay to do within a group, to read what my/our child is communicating to others and demonstrate how to leave and delete groups. It is the responsibility of the parent to ensure that these chats are age-appropriate, monitored and do not affect the wellbeing of other students in the school. Show your child how to leave and delete groups that are harmful to themselves or others. As some children report receiving group messages until the early hours of the morning, parents should agree a time, after which it is inappropriate to send group messages.

Resources

Parents Guide to a better Internet
<https://www.webwise.ie/guides-parents/>

Their Better Digital Parenting Guide can be accessed here

<https://www.cybersafekids.ie/wp-content/uploads/2024/01/CSK-Better-Digital-Parenting-v6.pdf>

Webwise Parent Hub

<https://www.webwise.ie/parents/>

Common Sense Media

<https://www.commonsensemedia.org/>

National Online Safety UK

<https://nationalcollege.com/categories/online-safety>

See Appendix for more resources...

The background is a soft, watercolor-style wash of warm colors, including shades of cream, light orange, and pale yellow. Two clusters of autumn leaves are visible: one in the top right corner and another in the bottom left corner. The leaves are rendered in various shades of orange and yellow, with some darker veins. Two small, dark, four-pointed stars are scattered on the background, one near the top center and one near the bottom center.

Screen Time

Best Practice

The American Academy of Pediatrics (AAP) recommend the following:

- For children younger than 18 months, avoid use of screen media other than video-chatting. Parents of children aged 18 to 24 months, who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they are viewing.
- For children aged 2 to 5 years, screen media should be limited to 1 hour per day, of high quality programmes.
- For children aged 6 years and older, the AAP recommends that consistent limits should be placed on the time spent using screens and the types of media, so as to ensure that screens do not take the place of adequate sleep, physical activity and other behaviours essential to health.
- The AAP recommend that families devise a Family Media Use Plan and have also developed a Screen Time Calculator to assist parents in determining the appropriate amount of screen time for their child, depending on their age and activities they may be engaged in.

Agreement

1. To activate parental controls for all devices your child uses so parents can limit screen time;
2. To limit screen time in line with recommendations so as to ensure screens do not take the place of adequate sleep, physical activity and other behaviours essential to health;
3. To think about the quality of time that is spent on devices –it is productive or passive? Aim for more productive use;
4. To have device free days in the week (Tech free Tuesday, Tech free Thursday etc.)
5. To create screen free zones in the home (e.g. bedrooms) and screen times during the day (e.g. mealtime);
6. To balance entertainment and carve out 'family time' each week.

Resources

Apple's Family Sharing

<https://www.apple.com/family-sharing/>

Google's Family Link

<https://families.google/familylink/>

YouTube Kids Parental Controls

https://www.youtube.com/intl/ALL_ie/kids/parent-resources/

YouTube Restricted Mode

<https://support.google.com/youtube/answer/7354993?hl=en>

Snapchat Family Centre

<https://help.snapchat.com/hc/en-us/articles/7121384944788-What-is-Family-Center>

See Appendix for more resources...

Appendix



Resources for Age of 1st Device

The Department of Education launched their "Keeping Childhood Smartphone Free Campaign"
<https://www.gov.ie/en/publication/ece25-keeping-childhood-smartphone-free/>

It Takes a Village Greystones
<https://www.ittakesavillagegreystones-delgany.com/>

Gen Free Campaign Waterford
<https://waterford-news.ie/2023/08/17/smart-move-as-waterford-primary-schools-set-to-become-mobile-free-zones/>

Smartphone Free Childhood UK
<https://smartphonefreechildhood.co.uk/>

Wait Till the 8th
<https://www.waituntil8th.org/>

Resources for Parental Involvement

Parental Controls for Nintendo Switch
<https://www.nintendo.com/switch/parental-controls/>

Pan European Game Information (PEGI) Website
<https://pegi.info/>

An Introductory Guide to Online Gaming for Parents
<https://www.webwise.ie/parents/play-it-safe-an-introductory-guide-to-online-gaming-for-parents/>

Online Gaming Safety Advice from Internet Matters
<https://www.internetmatters.org/resources/online-gaming-advice/>

PlayStation Network Parental Controls
<https://www.playstation.com/en-ie/support/account/psn-safety-parents-guide/>

Parental Controls for Xbox
<https://www.xbox.com/en-IE/community/for-everyone/responsible-gaming>

Parental Controls for Nintendo Wii
<https://www.nintendo.co.za/Support/Wii/Usage/Wii-Menus/Parental-Controls/Parental-Controls-242917.html>

Resources for Parental Involvement

TikTok Family Pairing and Restricted Mode
<https://support.tiktok.com/en/safety-hc/account-and-user-safety/user-safety>

TikTok Advice for Parents
<https://www.tiktok.com/safety/en-us/guardians-guide/>

TikTok Youth Portal
<https://www.tiktok.com/safety/youth-portal/keep-your-account-secure?lang=en>

WhatsApp Help Centre <https://faq.whatsapp.com/>
Instagram Help Centre <https://help.instagram.com/>

Discord Support Centre
<https://support.discord.com/hc/en-us>

BeReal Support Centre
<https://help.bereal.com/hc/en-us>

Making a Family Media Plan
<http://healthychildren.org/MediaUsePlan>

Common Sense Media—Can help parents evaluate media content and make decisions about what is appropriate for their family
<https://www.commonsensemedia.org/>