



CLARECASTLE

National School

INTERNET & TECHNOLOGY USE AGREEMENT

Informed by students, teachers,
Board of Management & parents/guardians
of Clarecastle National School.
Compiled in conjunction with
Dr. Maureen Griffin, Forensic Psychologist,
Director MGMS Training Limited.



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 cyber-bullying, sending inappropriate pictures, exposure to age inappropriate content, have all come to light in Clarecastle National School. 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, CCNS 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 Clarecastle 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 CCNS agreement and gives useful resources and guidance for parents.



Responses from Questionnaire

Parents from Junior Infants to 6th Class (N=187) completed the questionnaire. Of those who responded, 49 parents had children in 1st Class, Junior Infants or Senior Infants; 39 had children in 2nd or 3rd Class, and the largest category 90, had children in 4th, 5th or 6th Class.

The majority of respondents were mothers (93.05%). The majority of parents/guardians (>90%) who completed the survey indicated it would be beneficial to their child and to them as parents/guardians if the Clarecastle National School Internet & Technology Use Agreement provided guidance on the following areas:

1. Screen Time (93.44%, N=171);
2. Gaming (90.61%, N=164);
3. Technology in the Home (95.03%, N=172);
4. Social Networking Sites & Chatting Apps (94.32%, N=166);
5. Age of First Device (94.83%, N=165);
6. Security (96.47%, N=164);
7. Reporting (96.49%, N=165).



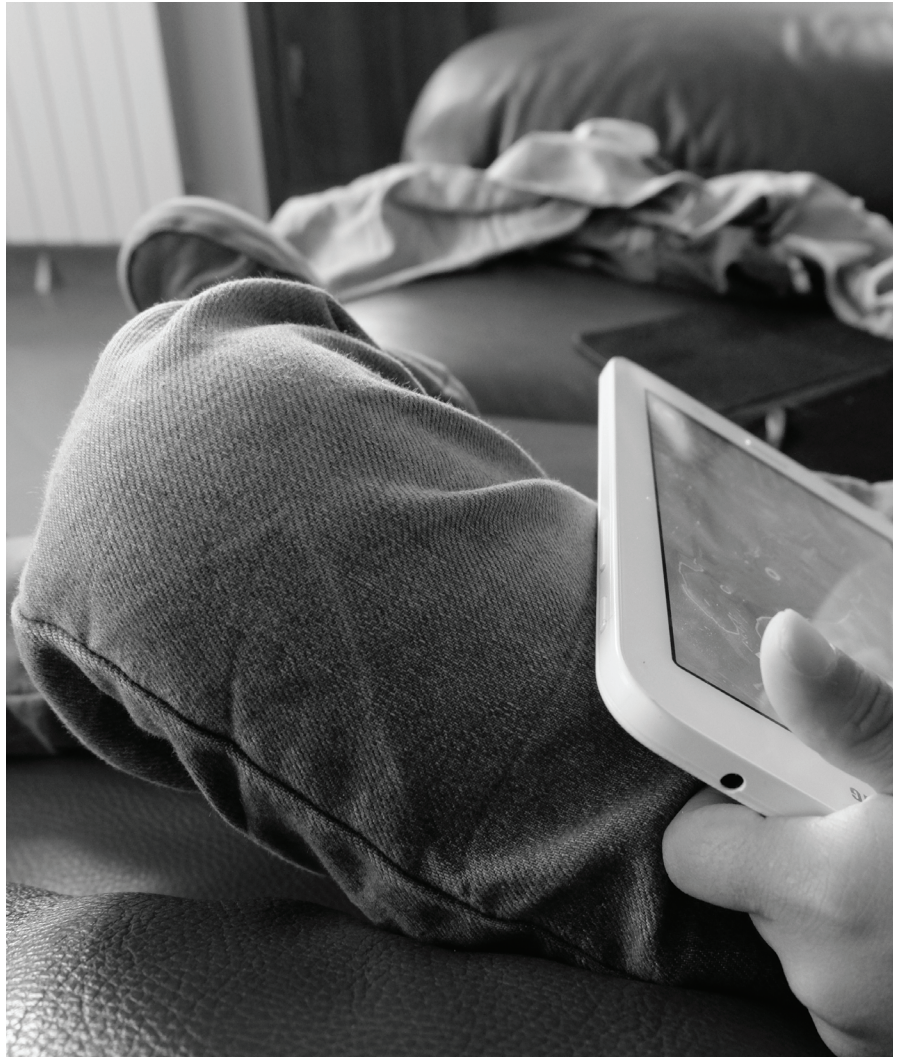
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Screen Time



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. Parents can access this resource from <http://healthychildren.org/MediaUsePlan>

Note: Not all screen time is equal, so WHAT your child is doing online is as important as HOW LONG they spend online. Organizations like Common Sense Media <https://www.commonsensemedia.org/> can help parents evaluate media content and make decisions about what is appropriate for their family

Agreement

As parent/s/guardians of a child in Clarecastle National School, we agree to the following:

1. To devise a Family Media Use plan;
2. To use the screen time calculator to limit screen time in line with my/our child's age, and ensure that screens do not take the place of adequate sleep, physical activity and other behaviours essential to health.



Resources

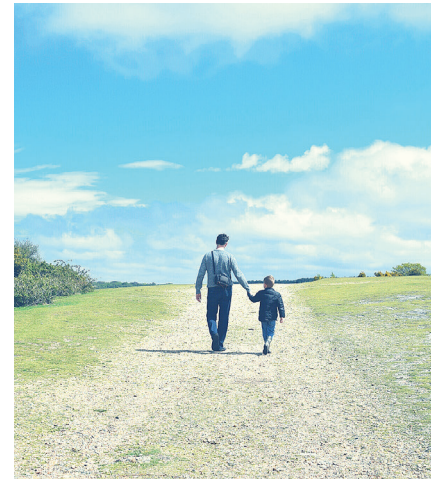
Apps to help monitor, block and limit screen time:

1. **Screen Time App:** <https://screentimelabs.com/>
2. **IKydz:** <https://www.ikydz.com/>
3. **Our Pact:** <https://ourpact.com/>

For alternatives to screen time, check out **Adventure Walks App**

<https://play.google.com/store/apps/details?id=com.applications4d.ennisspytour&hl=en>

<https://itunes.apple.com/ie/app/adventure-walks/id1182825813?mt=8>



Gaming



Best Practice

In order to safeguard your child while gaming online the following is recommended:

- Parents should check the age rating of games and activate parental controls on game consoles. When purchasing a game console, ask the seller about its online capabilities and get them to demonstrate parental controls.
- The game console should be kept in a family room, not in your child's bedroom, to allow for monitoring, supervision and family involvement.
- Parents should discuss the risks of gaming online, help their child activate their privacy settings and show their child how to block and report unwanted contact. Set rules about what is okay and not okay to share online. Encourage your child to come to you if anything happens in an online game that upsets them.
- If a child is gaming online, parents should go through their child's gaming friends, set restrictions regarding who the child can talk to/play with and make sure all gaming friends are known in real life. The majority of parents who completed the questionnaire indicated that a child should be 13-14 years before playing games online (50.84%, N=91).
- Parents should be actively involved. Take an interest in the games your child plays (as you would in real life) and keep the lines of communication open.

Agreement

As parents/guardians of a child in Clarecastle National School, we agree to the following:

1. To review the content of games my/our child plays and activate parental controls to prevent my/our child accessing age inappropriate content/games or purchasing.
2. To be mindful when other children visit our house and ensure that only age appropriate games are played;
3. To limit online contact for older children (who may be chatting online), to a 'friends list' of known and trusted friends in real life;
4. To discuss with my/our child, how to block players, how to report issues; and what is appropriate to say/do in an online game;
5. To keep the console in a family area, not in the bedroom;
6. To set restrictions on the amount of time my/our child is allowed for gaming (not exceeding screen time recommendations) and have game free days.

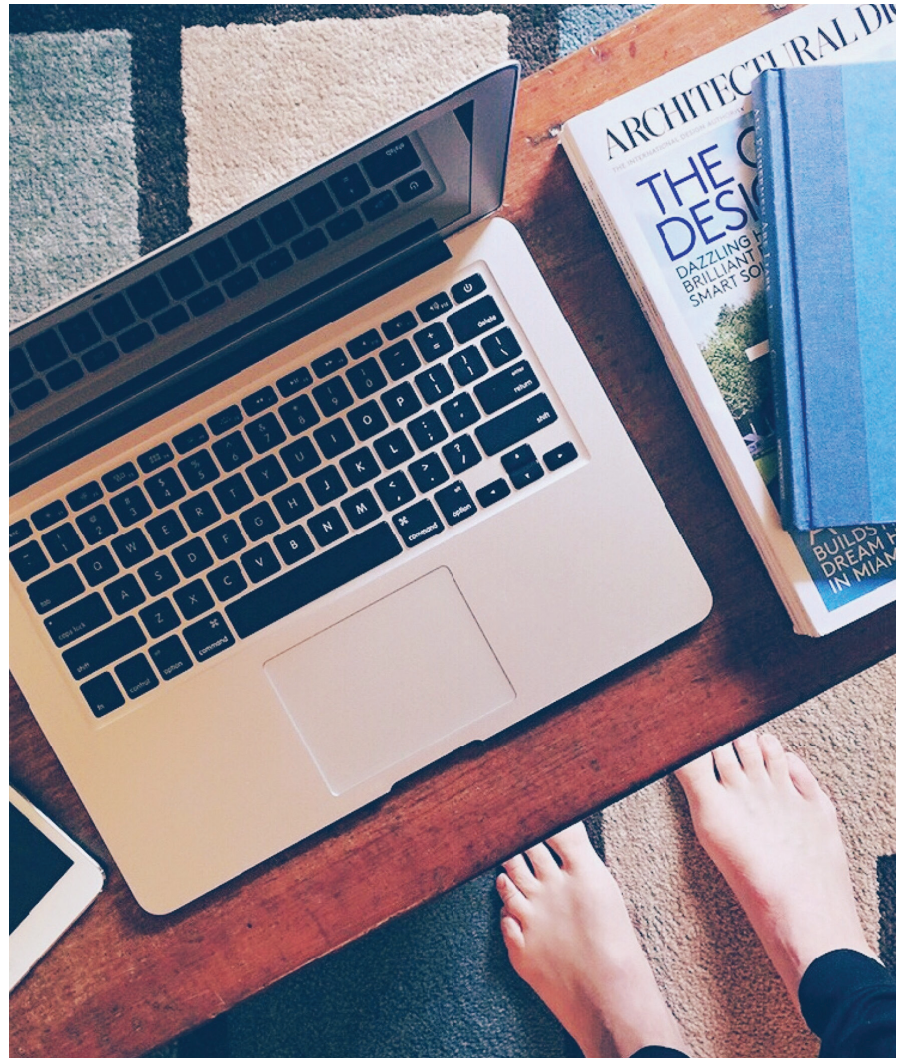


Resources

See Appendix 1 for resources such as PEGI Rating System, Common Sense Media and parental controls.



Technology in the Home



Best Practice

- Families should have designated screen-free times together. Examples may include meal time, when travelling short distances, when visitors arrive etc. Families should devise a Family Media Use Plan including designated screen-free times;
- Families should also have screen-free zones within the home. Bedrooms should be screen-free zones at night time, to provide a good sleep environment and promote good sleep practices. Research has demonstrated that using technology as a sleep aid and/or having technology in the bedroom impacts the quality of sleep, the duration of sleep and daytime alertness (See Resources). Families should devise a Family Media Use Plan including designated screen-free zones in the home;
- Parents should implement a device curfew –when all devices are handed in for the night;
- Parents should create good habits when it comes to technology use in the home, model good practices and have a wind-down routine for bedtime, that does not involve interactive screen-media. Parents should limit screen time in the period leading up to bedtime, ideally for 2 hours but at least for the last hour before bedtime.

Agreement

As parent/s/guardians of a child in Clarecastle National School, we agree to the following:

1. To create a Family Media Use Plan, including screen-free times and zones within the home;
2. To keep my/our child's bedroom screen-free to ensure adequate sleep;
3. To set a device curfew when all devices are handed in for the night;
4. To limit screen time in the period leading up to bedtime, at least for the last hour before bedtime.



Resources

National Sleep Foundation:

How much sleep do we really need
<https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

Study: Children sleep better when parents establish rules, limit technology and set a good example
<https://sleepfoundation.org/media-center/press-release/national-sleep-foundation-2014-sleep-america-poll-finds-children-sleep>

Device Free Dinner Campaign Advice & Tips:
<https://www.common sense media.org/device-free-dinner>

Supported by Will Ferrell –short clips available below
<https://www.common sense media.org/videos/devicerefreedinner-like>



Social Networking Sites & Chatting Apps



Best Practice

- Parents should have the password for all App downloads, so they can review and approve 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.

- Class groups are often created on chatting apps such as Snapchat, WhatsApp, Viber etc. If your child is part of a group, parents need to discuss what is okay and not okay to do in the group (e.g. copying homework, bullying others). Show your child how to leave and delete groups that are abusive or groups that contain members unknown to your child. As some children report receiving group messages until the early hours of the morning, parents should set a time, after which it is inappropriate to send group messages.



Agreement

As parent/s/guardians of a child in Clarecastle National School, we agree to the following:

1. To have the password for all App downloads on my/our child's device;
2. To check the age rating of Social Networking Sites & Chatting Apps my/our child uses, and make sure they are age appropriate;
3. To enable restricted mode on YouTube and/or use YouTube Kids for children under 13 years;
4. To go through my/our child's online friends and followers and remove anyone not known to my child personally;

5. To supervise my/our child's online activities, not allowing un-monitored or private internet access;
6. To regularly check privacy and location settings for all Social Networking Sites and Chatting Apps my/our child uses;
7. 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;
8. To ensure that my/our child is not sending group messages to other children attending Clarecastle National School after an agreed and appropriate time;
9. To regularly have discussions with my/our child regarding their use of Social Networking Sites and Chatting Apps, preparing them for situations they could face online and how to respond to same.

Resources

See Appendix 2 for Resources regarding Social Networking Sites & Chatting Apps.



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".

- Among parents who responded to the questionnaire, the majority indicated they felt a child should be 13 years old before getting a smartphone. (51.16%, N=88).

- 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.

- As the majority of parents who completed the questionnaire indicated that they feel pressure to purchase devices for their child (55.81%, N=96), setting an agreement in line with recommended best practice, will serve to help not only children but also parents.

Agreement

As parents/guardians of a child in Clarecastle National School, we agree to the following:

1. To restrict sole ownership of smartphones to those aged 14 years and over;
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 to those aged 14 years and over;
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

Set a minimum age for smart phone ownership in Ireland petition
<https://www.change.org/p/government-of-ireland-set-a-minimum-age-for-smartphone-ownership-in-ireland>

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.



Security



Best Practice

- Children should never share passwords with anyone (except parents). It is common for children to share passwords with friends/boyfriends/girlfriends. Parents need to discuss password protection with their child, ensuring they have strong passwords, different ones for each account and that they are changed regularly.
- Parents should enable two-factor authentication on Social Networking Sites and Chatting Apps their child uses (where available). This is an additional security measure, that requires a code to access the account, in addition to the password (See Resources to activate two factor authentication).
- Parents should enable 'safe search' options on browsers to block age-inappropriate and/or explicit content and/or use child friendly browsers such as Safe Search Kids <https://www.safesearchkids.com/>
- Parents should install anti-virus protection on all internet enabled devices in the home and update same regularly. There are free and paid for versions available, all offering different levels of protection. It is recommended that you research available products and/or talk to your local retailer and find a package that suits your family's needs.
- Parents should have regular discussions regarding online safety with their child.

Agreement

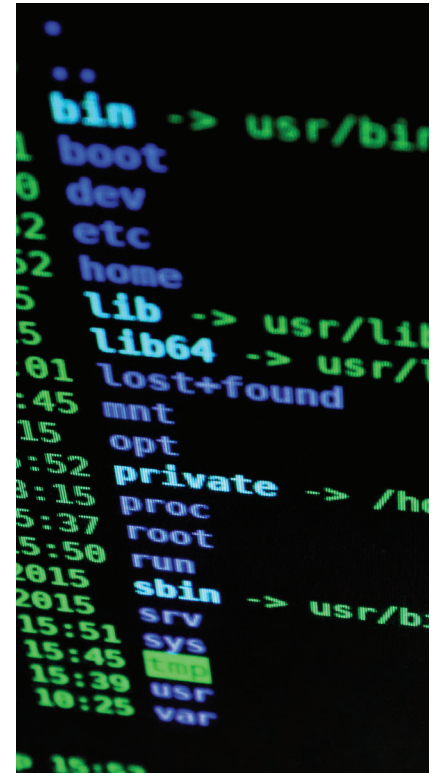
As parent/s/guardians of a child in Clarecastle National School, we agree to the following:

1. To know my/our child's password/s, discuss password protection and make sure they are not shared with friends and are changed regularly;
2. To enable two-factor authentication on Social Networking Sites and Chatting Apps which my/our child uses;
3. To enable safe search options on browsers and/or use safe search engines designed with child safety in mind such as Safe Search Kids;
4. To install Anti-virus protection on all internet enabled devices in the home;
5. To have regular discussions regarding online safety with my/our child.



Resources

See Appendix 3 for Resources on security.



Reporting



Best Practice

General reporting

- In order to make the internet safer for all, we need to report any issues that break community guidelines/terms of use of any online service. Parents should familiarize themselves with the community guidelines/terms of use and the reporting features on the sites/apps/games their child is using and talk to their child about how to report any issues (See Resources);
- The majority of parents who responded to the questionnaire indicated that if they were aware of a child who was putting themselves at risk online without parent's knowledge, they would tell those/that parent/s (85.38%, N=146). As some parents are more active than others online, in order to safeguard children, parents should have regular discussions with each other about how their child is getting on in their online life (as we would in real life), alerting parents to any concerns/issues that have arisen, particularly those involving their child.
- The majority of parents who responded to the questionnaire indicated that they would like to be informed if their child has an account online without their knowledge (98.83%, N=169). In line with this finding, parents should inform each other if they are aware of a child who has created an account online without parental knowledge or supervision.

Reporting Illegal Content

- If parents come across suspected illegal content on the internet (e.g. child abuse images) they should report to the Irish Internet Hotline <https://www.hotline.ie/>

Reporting: Bullying

- Bullying/abuse or any behaviour that breaks community guidelines/terms of use should be reported to the individual App/Site/Game (See Appendix 4 for reporting on popular social networking sites; social media sharing platforms; chatting apps and game consoles);
- Where the bully and target child are known to each other, parents should (where appropriate), contact the parents of the child involved.



Agreement

As parents/guardians of a child in Clarecastle National School, we agree to the following:

1. To familiarize ourselves with the community guidelines/terms of use and the reporting features on the Sites/Apps/Games my/our child is using;
2. To talk to my/our child about how to report any issues/concerns ensuring they are familiar with reporting features on the Sites/Apps/Games they are using. To inform my/our child of organisations they can talk to if anything happens online (or in real life) and they feel they cannot talk to us;
3. To talk to other parents regarding any online issues/concerns and alert them if I have knowledge that their child is at risk online or online without their knowledge/supervision;
4. To report cyber-bullying incidents to the Site/App/Game and to the parents of the child involved (where possible and appropriate).

Resources

See Appendix 4 for Reporting Resources

Appendix I:

Resources for parents: Gaming

Parental Controls

1. Parental Controls for Nintendo Switch
<https://www.nintendo.co.uk/Nintendo-Switch/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>
2. Parental Controls for Nintendo Wii
<https://www.nintendo.com/wiiu/parents>
3. Parental Controls for PlayStation (PS4)
<https://www.playstation.com/en-ie/get-help/help-library/my-account/parental-controls/ps4-parental-controls/>
4. Parental Controls for Xbox 360
https://support.xbox.com/en-IE/regional_variant_pages/Global/xbox-live/parental-controls/parental-control-info_non-us
5. Parental Controls for Xbox One
<https://support.xbox.com/en-IE/browse/xbox-one/security/Family%20settings>

Game Rating

1. Pan European Game Information (PEGI) Website
<https://pegi.info/>
2. Common Sense Media
<https://www.commonsensemedia.org/>

Parenting Guides

1. Webwise Play It Safe: An Introductory Guide to Online Gaming for Parents
<https://www.webwise.ie/parents/play-it-safe-an-introductory-guide-to-online-gaming-for-parents/>
2. Online Gaming Safety Advice from Internet Matters
<https://www.internetmatters.org/advice/online-gaming/>

Appendix 2:

Resources for parents: Social Networking Sites & Chatting Apps

Social Networking Sites

1. Facebook Privacy Settings & Help Centre
<https://www.facebook.com/help/325807937506242>
2. Instagram Privacy Settings & Information
<https://help.instagram.com/196883487377501>
3. Musical.ly Privacy Settings
<https://support.musical.ly/knowledge-base/setting-a-private-account/>

Media Sharing

1. YouTube Kids Parental Guide
<https://support.google.com/youtubekids/answer/6172308?hl=en>
2. YouTube Restricted Mode
<https://support.google.com/youtube/answer/174084?co=GENIE.Platform%3DDesktop&hl=en>

Chatting Apps

1. Snapchat Privacy Settings
<https://support.snapchat.com/en-US/a/privacy-settings>
2. Viber Privacy Settings (Android)
<https://support.viber.com/customer/en/portal/articles/1354554-personalize-your-viber-settings---android-phones>
3. Viber Privacy Settings (Apple)
<https://support.viber.com/customer/en/portal/articles/1517474-personalize-your-viber-settings---iphone>
4. WhatsApp Privacy Settings (Android)
<https://faq.whatsapp.com/en/android/23225461/?category=5245250>
5. WhatsApp Privacy Settings (Apple)
<https://faq.whatsapp.com/en/iphone/28041111/?category=5245250>
6. WhatsApp Security
<https://www.whatsapp.com/security/>

Appendix 4:

Resources for parents: Reporting

Reporting

1. Irish Internet Hotline
<https://www.hotline.ie/>
2. Report on Facebook
<https://www.facebook.com/help/263149623790594/>
3. Report on Instagram
<https://help.instagram.com/165828726894770>
4. Report on Snapchat
<https://support.snapchat.com/en-US/a/report-abuse-in-app>
5. Report on Musical.ly
<https://support.musical.ly/knowledge-base/report-inappropriate-content/>
6. Report on Viber
https://support.viber.com/customer/en/portal/articles/2002168-spam-messages-on-viber?b_id=3838
7. Report on WhatsApp
<https://faq.whatsapp.com/sv/general/21197244>

8. Report on Xbox
<https://www.xbox.com/en-US/live/abuse/>
9. Report on PlayStation
https://support.us.playstation.com/articles/en_US/KC_Article/Report-Inappropriate-or-Abusive-Users
10. Report on Nintendo
<https://www.nintendo.com/consumer/index.jsp>
11. Report on YouTube
<https://www.youtube.com/yt/about/policies/#community-guidelines>

Support for children

1. ISPC Child Line (for young children under 18 years)
<https://www.childline.ie/>
2. Barnardos Cyberbullying Support
<https://www.barnardos.ie/resources-advice/were-here-to-help/directory-of-services.html/#cyberbullying>

Information & Support for Parents

1. Office for Internet Safety
<http://www.internetsafety.ie/en/is/pages/home>
2. An Garda Síochána Cyber Crime Information
<https://www.garda.ie/en/Crime/Cyber-crime/>
3. National Parents Council Primary Helpline
<http://www.npc.ie/support.aspx?contentid=57>
4. Parent Line: Guiding Parents, Supporting Families
<http://www.parentline.ie>
5. Tackle Bullying Parents Forum:
<http://tacklebullying.ie/parents-forum/>

Additional Material for Parents

The TABLET Project:

Daily touchscreen use in infants and toddlers is associated with reduced sleep and delayed sleep onset
<https://www.nature.com/articles/srep46104>

Toddlers' Fine Motor Milestone achievement is associated with early touchscreen Scrolling
<https://www.frontiersin.org/articles/10.3389/fpsyg.2016.01108/full>

American Academy of Pediatrics:

Media and Young Minds
<http://pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-2591>

Media Use in school-Aged Children and Adolescents
<http://pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-2592>

Children and Adolescents and Digital Media
<http://pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-2593>

Research

Adolescent Sleep and the Impact of Technology Use before Sleep on Daytime Function
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5026973/>

Technology Trumping Sleep: Impact of Electronic Media and Sleep in Late Adolescent Students
<https://files.eric.ed.gov/fulltext/EJ1125237.pdf>

Appendix 3:

Resources for parents: Security

Two Factor Authentication

1. Google Two Factor Authentication
<https://support.google.com/accounts/answer/185839?hl=en>
2. Facebook Login alerts and Two Factor Authentication
https://www.facebook.com/help/90924316585369/?helpref=hc_fnav
3. Instagram Two Factor Authentication
<https://help.instagram.com/566810106808145>
4. Snapchat Two Factor Authentication
<https://support.snapchat.com/en-US/a/enable-login-verification>
5. Apple ID Two Factor Authentication
<https://support.apple.com/en-ie/HT204915>

Safe Search Options

1. Google Safe Search
<https://support.google.com/websearch/answer/510?co=GENIE.Platform%3DDesktop&hl=en>
2. Safe Search Kids
<https://www.safesearchkids.com/>

Safety Advice

1. Safety advice from Google
<https://www.google.com/safetycenter/tools/>
2. Safety advice from Webwise
<https://www.webwise.ie/category/parents/advice/>

Anti-Virus Protection

1. Avast Free Anti-Virus Protection
<https://support.avast.com/en-eu/article/Activate-Free-Antivirus>
2. AVG Free Anti-Virus Protection (Mac)
<https://www.avg.com/en-ww/homepage#mac>
3. AVG Free Anti-Virus Protection (PC)
<https://www.avg.com/en-ww/free-antivirus-download>
4. Norton Security (Paid)
<https://www.nortonsecurityonline.com/ns-ir/>

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 Clarecastle National School or MGMS Training Limited, of any of the products, services or opinions of the corporation/organisation/individual. Clarecastle National School & MGMS Training Limited bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links.

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M | G | M | S
TRAINING LIMITED



Clarecastle National School Internet & Technology Use Agreement

I/We (Parents/Guardians Print Name)

together with my/our child/children (Child Print Name & Class)

agree to the recommendations set out in the Clarecastle National School Internet & Technology Use Agreement,
and I/We will implement these recommendations in our use of technology at home.

Signed: Parents/Guardians



Signed: Child/Children



Please return this page, signed by parents/guardians and child/children to the School
Once received the School will return a stamped copy to Parents/Guardians

