



NAVIGATING DIGITAL SAFE SPACES

For contact between children in or adopted
from care and their birth families

Practice webinar

Thursday September 9th, 2021

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SYDNEY



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We acknowledge the tradition of custodianship and law
of the Country on which the University of Sydney
campuses stand. We pay our respects to those who have
cared and continue to care for Country.

Tree of Knowledge - pokerwork on kangaroo skin, Lynette Riley, 2010
<http://Sydney.edu.au/kinship-module>



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Overview and aims

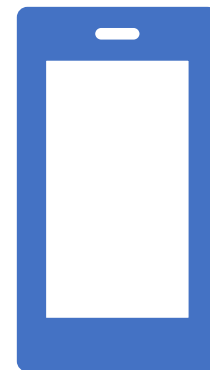
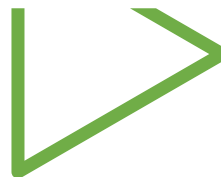
- How to make family time work in digital world
- Challenge language - 'virtual' and 'indirect'?
- Challenge focus on risks and safety
- Offer practical tools and ideas



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Interactive survey

- During the webinar you will be invited to take part in an interactive survey - this is optional.
- You will be able to answer questions through Mentimeter – click on the link in the chat or enter the code given at the top of the slide
- Your survey responses will be anonymous – we won't know who has responded and who hasn't
- We will all see the results together at the same time.
- You can stay online for a focus group discussion after the webinar (more details at the end)



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- Do you use digital technology to facilitate for Family Time between children and birth relatives?

- Often
- Sometimes
- Never



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Please share up to 3 of your preferred social media platforms by typing as single word responses.

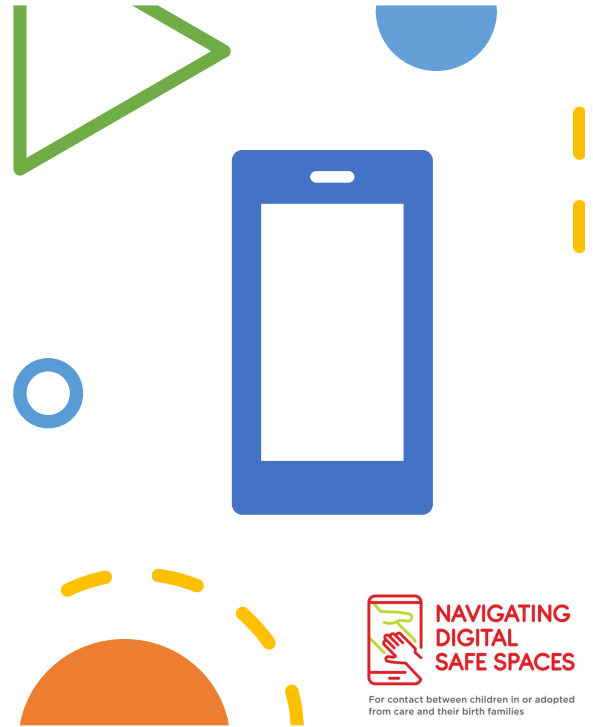
These will appear as a word cloud.



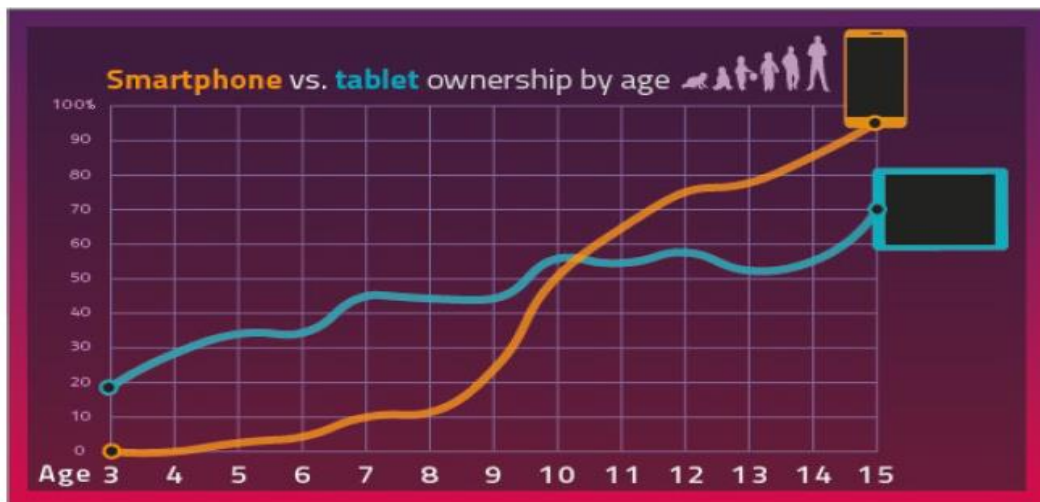
6

- Please rate yourself on a scale from 'non-existent' to 'excellent' with:

- Digital knowledge
- Digital skills
- Digital confidence
- Videoconference apps
- Internet connection

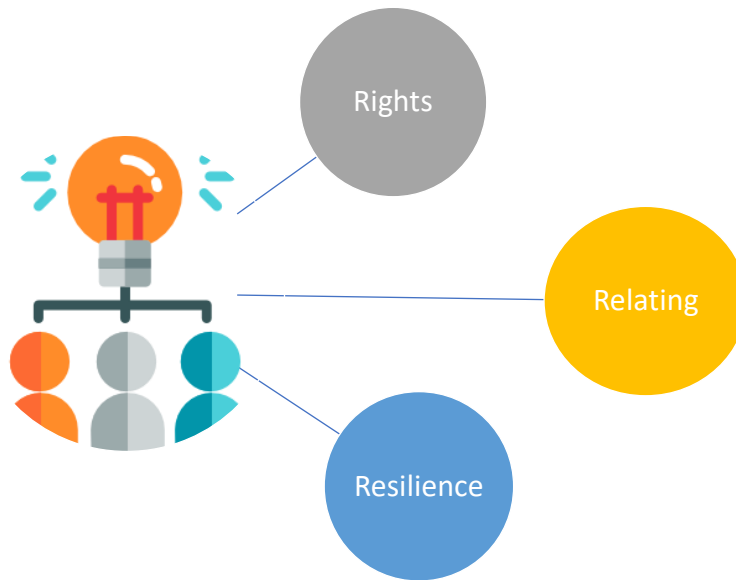


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Ofcom (2020) Children and Parents: Media use and attitudes report 2019

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1. Rights

United Nations Committee
on the Rights of the Child
General Comment No. 25
– March 2021

- Children's rights apply in the digital world
- Governments should protect children's rights online.
- Parents should be supported in understanding the digital world.
- Digital services should be accessible to all children.
- Digital world must take children's ages into account when providing for their needs.



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Sharenting

- Sharing information or images – often without child's consent
- Implications for privacy and safety if identifiable
- Extended reach of tagging and reposting
- Children lose control of their digital footprint and online narrative
- Parents are guardians of their child's information
- Online sharing can be used positively to promote connectedness and a helpful narrative



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Boundaries

- Integrates children's birth family into their home (pros and cons)
- Allows birth relatives to participate in children's everyday activities
- Dissolve barriers between carers and birth parents
- Enhance children's control (pros and cons)



• Please rank these aspects of digital family time in order from greatest to least challenging:

- Privacy
- Technology
- Rapport
- Personal boundaries
- Communication



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Please type a few words about the challenges of digital family time in terms of:

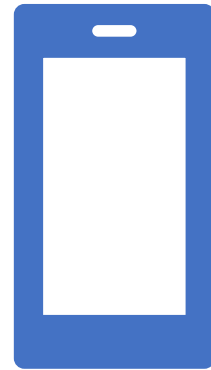
- Privacy
- Technology
- Rapport
- Boundaries
- Communication



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Please share any other challenges by typing up to 3 single word responses.

These will appear as a word cloud



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2.Relating

- Digital communication is common
- 'digital natives'
- Available anytime, any age
- Expands social networks



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2. Online relating pros/cons

- A less intense way of staying in touch
- Can feel more normal than in person
- 'Asynchronous' can mean being 'Always on'
- Emotional literacy skills (e.g., emojis)



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3. Resilience

- 89% of 12-15s and 86% of adults say they have concerns about going online (Ofcom, 2020)
- Agency, skills and healthy attitudes towards digital devices and the internet
- Whole of family approach



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Online resilience pros/cons

- Able to differentiate content
- Apply critical thinking skills
- Active/passive coping styles
- Vulnerabilities & 'warm experts'



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Resilience building

- Active vs restrictive mediation
- Skilled adults build digital literacy
- Foster healthy digital participation
- Mastery comes from guided exposure



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Digital capabilities

- Young children – usage patterns
- Devices/apps not designed for young children
- Risks with shared devices & co-use
- Build digital skills in early childhood
- Family time with younger children (tip sheet)



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many video chat apps, such as Facetime, Skype and Zoom are free to use and easy to download to smartphones.

Tips for supporting children

- Choose the best time**
 - Find a time when your child is most likely to be free and able to focus on the screen.
 - Don't pick times when they are hungry or tired.
- Include sensory prompts**
 - Help your child to engage their senses – sight, hearing, taste, smell, touch.
 - Repeat what you have said and use things they can see on the screen.
- Match time to attention span**
 - Take your child's age into account.
 - Start with a brief chat and increase time if you find your child can talk for longer without getting tired.
 - If not, stick to shorter and more often.
 - Be open with family as you all work out what your child can handle so no one is upset or disappointed.
- Be prepared**
 - Help your child prepare by thinking about what they can show or talk about with family.
 - Ideas include showing school projects, craft hobbies, artworks, reading a storybook or playing a musical instrument.
 - Make sure everything your child needs is within reach.

Tips for adults

- Look at the camera**
 - Eye contact keeps a conversational feel.
 - Locate the camera on your screen or computer and look directly at it as much as possible.
- Avoid background distraction**
 - Sit in a quiet spot with little noise to help your child focus on you.
 - Have your mobile phone on silent and turn the TV down before you start.
 - You can mute your computer microphone if whenever it gets noisy in the background.
- Promote mobility**
 - Where possible, use a smartphone, tablet or laptop so you and your child can move around and do a 'show and tell'. This makes video chats more real and interactive.
- Use hand gestures**
 - You may need to exaggerate hand and other non-verbal ways of expressing yourself.
 - Use hand gestures like waving and thumbs up.
 - Make sure your hand signals are visible on the screen.
- Be consistent**
 - Young children who do not talk well yet rely on sight and sound to recognise people.
 - Use consistent greetings and tone to give them cues that it is you on a video chat.

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• Please rank in order from greatest to least benefits of digital family time:

- Flexibility
- Convenience
- Fun
- Engagement
- Child-led
- Less intense



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Please type a few words about the benefits of digital family time in terms of :

- Flexibility
- Convenience
- Fun
- Engagement
- Child-led
- Less intense



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Please share any other benefits by typing up to 3 single word responses.

These will appear as a word cloud



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End of the webinar

- You are now invited to stay online for a group discussion to further explore the issues.
- It will take about one hour
- You can leave at any time without reason.
- The discussion will be audio recorded and only the research team will have sole access.
- We will keep your name and information private in reporting.
- Please remember to maintain client confidentiality during the focus group
- It's your choice whether you want to turn on your camera.



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