Introduction

What did we do?

• **Meetings:**
  • Initially core group – 3 meetings
  • Explored with new youth panel members over 2 recruitment days
  • Session at NYP Residential
  • Session at Full Youth Panel Meeting
  • Schools webinar (21\text{st} June)

• **Source material:**
  • 115 young people (members for the NICCY Youth Panel)
  • UK’s Information Commissioner’s Office: Age appropriate design: a code of practice for online services (2019 consultation document)
  • English Children’s Commissioner’s Digital citizenship: Young peoples’ rights on social media & Digital 5 A Day framework (2017)
  • OFCOM’s Media use and Attitudes Report (2019)
  • The 5Rights Youth Commission’s Final Report to the Scottish Government: Our Digital Rights (2017)
  • Council of Europe recommendations on the rights of the child in the digital environment (2108)
  • …and all our friends and classmates
What we found....

- Found positives & negatives

- **Key issues:**
  - Data Security
  - Body Image / Peer pressure
  - Term and Conditions of Social Media Platforms
  - Digital detox or Social Media Sacrifice.
Data Security

Discussion points:

- Listening in / accessing to your conversations / browsing history
- Loss of control about who has information about you
- Some schools use fingerprints – what happens to these; can I get my fingerprints back?
- Old phones / old info – what happens to this?
- Your information being passed to 3rd Parties
- Using data for grooming
- Schools apps – are pupils permissions sought? Should schools be reporting directly to parents?
- Snapchat / GPS info
Body Image: Kacey’s Video

Mental Health Awareness Week 2019 – ‘Body Image - the Big Problem’

Northern Ireland Commissioner for Children and Young People
Body Image

Discussion points:

• How social media can impact people’s body image
• How young people are portrayed in the media, especially on TV, Netflix, etc..
• Actors who are in their mid-twenties, portraying teenagers on TV, movies, etc.
• How celebrities use social media as a platform, using Photoshop to create unrealistic standards and the mental health impact this can have on some.
Discussion points:
• Too much legal language
• Simple terminology and clear information
• Lack of awareness surrounding our rights online
• It’s not about what’s illegal, it’s about what hurts you

Would you click ‘OK’ to the following?
• We will use your name, profile pictures, information about what you ‘like’ and anything you post to make money and we don’t have to pay you for that.

• Although officially you own any original images and videos you post, but we can use them however we want to and we don’t have to pay you any money for that.

• We can collect information about including the pages you view, how long you spend and who you talk to; what and who is in your address book; your card details, address and what you’ve bought and where you are.
Digital Detox

- Madeleine’s Story
- NYP Support
- Commissioner’s Challenge

<table>
<thead>
<tr>
<th>Positives</th>
<th>Negatives</th>
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<tbody>
<tr>
<td>Less stress</td>
<td>Unable to keep in contact with friends</td>
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<tr>
<td>More time to do other things</td>
<td>Missed out on context to jokes that others were making</td>
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<tr>
<td>Better concentration on schoolwork</td>
<td>Fell behind on hearing about current events</td>
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<tr>
<td>Able to sleep better</td>
<td>Had to work harder to keep in touch</td>
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<tr>
<td>Family relationships</td>
<td>Less informed</td>
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<td>Feeling refreshed in the morning</td>
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Recommendations

• To aid parental action and give parents the help they need to decide how they manage their children’s digital usage, there should be health guidelines linked to social media platforms, gaming sites etc. (similar to the 5 a day healthy eating guidance);

• There needs to be greater understanding of the effects of excess use of screentime / social media;

• Terms and Conditions should be concise, simple to read and understand

• There needs to be clarity about children and young people’s rights while using social media - Terms and Conditions should have a child rights framework. Inform parents and young people on what rights they have in a succinct, understandable way.

• For some of the more exploitative T&Cs, a double click process should be applied.

• Registration for Instagram / Snapchat/Facebook to take the same child protection controls as TV Apps, e.g., age limits on certain shows on ITV/BBC/YouTube

• Use algorithms to monitor watching especially for shows targeted at under 13 yrs. of age, i.e., after a period of time, block shows or enable a pop-up to ask if watching should be continued.

• For younger watchers of YouTube, and to ensure YouTube video don’t automatically move on to unregulated programmes, enable a parental guidance button so that consent is given for each YouTube video.

• Enforce legislation to make companies like Facebook, YouTube, etc., have child protection protocols like age limits on video, damaging content, e.g., Self-harm, etc.

• In raising awareness of the issues associated with using social media, many young people say that the delivery methods used to date, i.e., school assemblies, class assemblies are not engaging. Peer engagement would provide a more engaging and worthwhile experience for children and young people.
Thank You