



Digital media education

Taking responsibility as parents

Dear parents, dear readers,

Andreas Wiebe

*Chairman of the Board and Founder
of Swisscows AG*



Digital media are indispensable and yet pose a threat and challenge to the not yet formed perceptions of children and adolescents. Even parents and schools are not prepared for it.

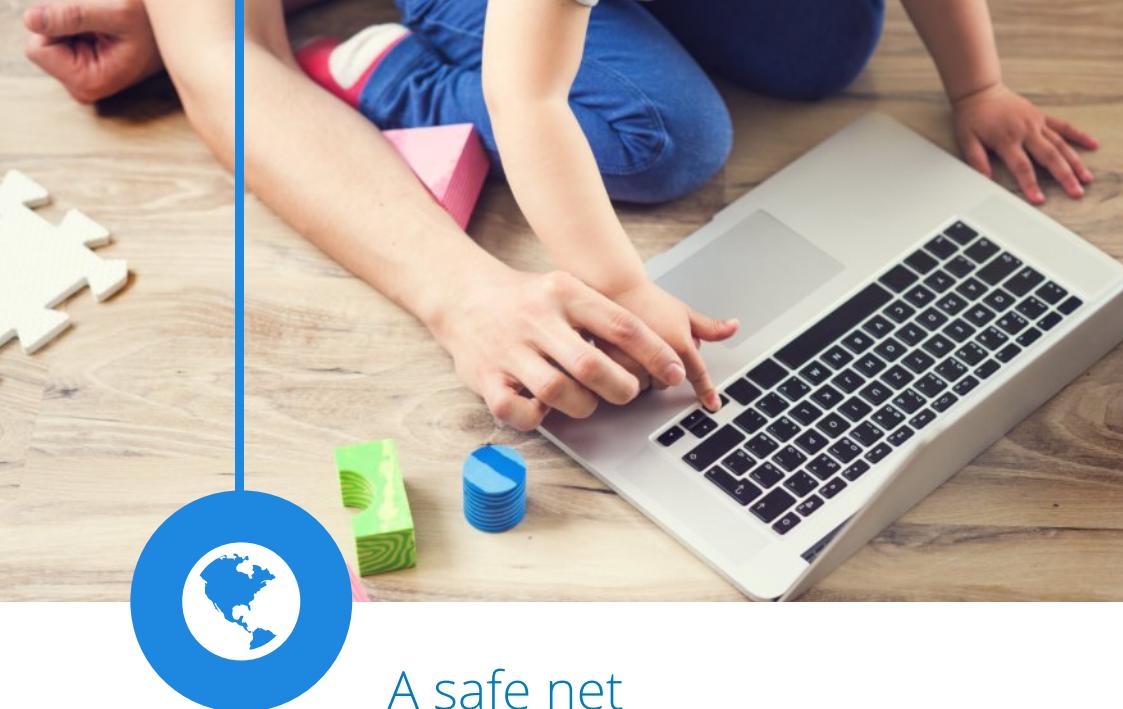
Our children grow up in a digital environment that has many benefits, but also many dangers.

It is the responsibility of parents and guardians to engage with this topic intensively. The digital transformation has not only arrived swiftly, but is also driving forward at a rapid pace. Parents should definitely continue their own education and not hand over the responsibility to the schools. Unfortunately, parents do not recognize the digital world - because it is very virtual - as a danger from which children need to be protected.

The challenge has also arrived in the schools. However, (many) teachers are incompetent because schools do not consider continuing education in this area as necessary. Media education is already miles away from the current competence and educational methods. It is therefore very important that schools meet this challenge and receive further education.

As an entrepreneur and competent IT service provider, but also as the father of three children, I would like to give you our brochure as an aid including some concrete examples. We are also happy to offer our help free of charge if you need our advice as a school or other institution. I wish you an open heart and insight in the analysis of our brochure.

A handwritten signature in blue ink, appearing to read "Andreas Wiebe".



A safe net for our children

Digital media are an integral part of our modern everyday life. The world of the media exerts a great fascination, especially for children and adolescents. More often and at an increasingly early age they use the great diversity offered by the media: television, games, the Internet, social networks, mobile phones, etc. Media offer numerous opportunities to acquire knowledge quickly, to exchange ideas with other people, to express one's own opinion and to become active in a creative way.

Not to be neglected, however, are the many risks that lurk in the net: to disclose sensitive data, to fall into cost traps or to come across content harmful to minors. That's why it's imperative that parents accompany their children growing up with digital media right from the start.



Discovering the media world together

It is important that parents discover and enjoy the world of the media together with their children rather than forbidding the use of digital media altogether. At the same time, parents remain the contact persons in the media use of their children.

For parents, educating children regarding media means opening up the education and participation opportunities offered by digital media while protecting them from risks. It is important that adults and children jointly practice safe use of digital media: taking special care when handling personal data, not getting lost in information chaos, not falling for advertising, respecting copyrights and much more.



Preschool media 3-6 years

First steps in the digital world

In preschool age, television is the leading medium, alongside other "classic" media such as children's books, CDs and radio. Television often has a firm place in family life, television becomes a shared experience and provides the opportunity for subsequent discussions. Children of this age definitely do not need their own TV.

Watching TV is a learned skill!

Children first have to understand the medium, just as they learn how to deal with letters and numbers. They can hardly distinguish advertising from the rest of the program and should have little contact with it. Therefore, short films and ad-free broadcasters, which offer short films or children's series especially for preschool children, are suitable for this age group. Parents are role models in their use of television: What do they choose? When and how often do they watch TV? How do they use other media? Children take their parents and older siblings as role models for their media use. Be a good role model!



Tips!

- Note age ratings and look closely to judge for yourself whether the offer is right for your child.
- Learn to turn it off! The TV fun at this age should be limited to about half an hour a day. This leaves enough time for the exciting discovery of the "real" world.
- Talk to your child about what they were watching on TV. Then they can process the experience by painting or playing and let off steam on the playground.
- Take the time to play together and choose child-friendly offers, intuitively structured, ad-free and with a learning effect.
- Children who are not yet able to read and write properly should not use the Internet without supervision. For preschool children there are special offers such as www.kikaninchen.de.
- Use the security settings and regulate the Internet access by setting up a secure search engine like Swisscows.com.

Important: At this age the total media usage should not exceed 30 minutes per day.



Primary school media 7-10 years

Fascination mobile phone

In elementary school, children learn to read and write, and thus learn to use the Internet and mobile phones independently. This is where we encounter their growing desire to have their own mobile phone. Before buying a mobile phone, parents should consider together with their children, which functions the mobile phone should have. With a prepaid card or a monthly cost limit you keep the expenses under control

Playing in digital worlds

Whether on the tablet, PC, or the game console - in this age group games are among the favorite activities of the children. Not only video consoles, but also online games are still the current trend. Even though the games are usually free at the beginning, costs often lurk later. Particular caution is required when entering personal information for registration. In addition, children can quickly forget the time, as they are constantly given new incentives with new levels or evolving characters.

Clear rules

A compromise can be to let children play until the end of a level, or let them schedule a specific time budget themselves. Parents should make sure that agreements are met and praise their children if they comply with them.

Sometimes a quarrel may arise when the computer is to be turned off. BEAR WITH IT. Stay calm and explain your position to your child.



Tips!

- Get a healthy picture of what makes your child fascinated by games.
- Let your child show you the games and play together from time to time.
- Create a folder with bookmarks or favorites for your child.
- Pay attention to the age codes of the entertainment software self regulation (USK).
- Use youth protection software and pay attention to privacy.

Important: At this age the total media usage should not exceed 45 minutes per day.



Acquiring media skills

Kids enjoy surfing the Internet, chatting, and presenting themselves in networks. They can easily come across contents that are not suitable for them: cyber bullying, sexual harassment, pornography and violent content. To protect your children from the greatest dangers, parents are required to take a closer look and talk to their children about what they are watching online.

Children should practice dealing with special children's communities, e.g. at tivitreff.de, mein-kika.de, kidsville.de or helles-kopfchen.de.



Arrange rules

We love our children and respect them as people with their own minds and hearts, but parents also have to say "no" and justify and insist on it. This will lead to some conflicts. Offers such as YouTube, online games and social networks hold a strong attraction. It is therefore all the more important to teach children the correct behavior in the net through rules.

Be a role model

In the morning, the smartphone serves as an alarm clock, during lunch it sits right next to the plate and in the evening it is being charged in the bedroom. We wonder why our children's smartphones are ever present - always and everywhere.

But we often forget that our behavior is strictly observed and then imitated. This applies to the whole everyday life: how we solve conflicts, deal with friends, what value we give to books, TV and the web. If you want to be undisturbed while eating together as a family, introduce rituals to protect those values: wash your hands, put away the phone. This applies to all ages.



Show interest

Children experience everything for the first time. For adults, this is a chance to rediscover the world through the eyes of children. Just as we ask if they like a certain movie, it should be the same for computers and the Internet. You do not have to be interested in video games or Facebook yourself, but in your own children and their worlds of experience. Show interest, so trust is built - the basis for staying in good contact with Internet topics as well.

Teaching privacy

We want to prepare our children for the "real" life. They have to find a good way for themselves and learn to treat each other fairly. Proximity and exchange on the one hand require delimitation and space for one's own on the other. On the Internet, this balance is particularly difficult to maintain. Because online, private things quickly become public. We help our children by teaching them the value of privacy: what they want to reveal about themselves and what is nobody else's business. And to accept this privacy also with others.



Assisting

"When something happens by mistake"

How our kids deal with media is admirable. They quickly learn tricks and functions, but things can also go wrong quickly. It is important that you stand by your children, trust them, but also to discuss solutions, if something worries them. Chain letters, for example, lose their threat if we assure our children that nothing bad will happen if they do not forward the message. Or we recommend basic things to our children, such as never to resolve disputes online, but always directly. With this we are helping our children to classify difficult things and to take away their fears. So they learn and grow in solving conflicts themselves.



Personal data

Personal data are i.e. the full name, date of birth, e-mail address or address, hobbies, photos and videos. Internet users are often asked specifically for this type of data during raffles, chatting or setting up online profiles on social networks.

ATTENTION: Once on the Internet, you have no control over whether your own data is stored by others, falsified or otherwise abused. What seems funny and harmless today may be embarrassing or even degrading tomorrow. The fun can be over quickly when the party photo that was only intended for the girlfriend, is seen by the whole schoolyard still weeks later on the Internet.



Make sure that your children protect their personal information and do not reveal too much of themselves.

- Do not provide any personal information on the Internet.
- Never post your own photos on the Internet.
- Never meet new "friends" from the Internet without parents being present.

Talk to your children about the dangers in the web and explain why protecting this information is important.

The Internet does not forget anything! Once in the net posts are very difficult to delete. If your child uses social networks, make sure that their personal information is protected.



Speaking freely

Adults with sexual interests can pretend to be peers online and use the information to build a bond of trust. Your child should best not reveal anything about himself, immediately block unpleasant users and get help if they suspect something.

Caution with mobile use

Location services also allow strangers to locate your child's whereabouts. It's better to switch them off. Apps offer little protection and setting options and parental supervision is hardly possible with mobile use.



Caution with pictures

Pictures can be copied online and distributed endlessly. There is no control over who has seen or is still seeing the pictures. Parents should consider together with the child if they want to take the risk. Never upload photos of friends without their consent. It is best not to give consent yourself. Parents should not post photos of their children.

Cyber bullying

This is targeted offending, insulting or exposing by SMS, e-mail, chat or social networks. Humiliating videos are recorded and sent around.

The sad thing: the audience is unmanageably large, the contents spread very fast. The terror continues after school in the children's rooms. The children are also humiliated at home via the computer and mobile phone.



Watch for signs of whether your child is a victim of cyber bullying or is engaged in bullying others: Children often think that this is harmless fun.

Explain to your child how much it hurts others with it.



Final tips

- Surf together from time to time. Let your child show you what it is watching on the Internet!
- Install a child-friendly start page and protection software that will allow your child to access age-appropriate websites only.
- Help your child with registrations on the Internet. Think of an e-mail address and a username together. This should not be the real name.
- If you come across offers on the Internet that you consider illegal or harmful to minors, please send a note to the hotline of www.jugendschutz.net. This institution monitors compliance with child protection regulations on the Internet.
- Arrange surfing times with your children. Make sure they stick to the agreement!
- Make sure that your children post only on registered member pages and use chats that are accompanied by adult moderators.
- Arrange that your child asks you before it downloads anything. Many downloads are chargeable!
- Give your child the certainty that it can come to you if it experiences something unusual or unpleasant on the Internet.

Guest article

Markus Wortmann
Criminologist and Police Scientist,
Diploma in Public Administration (FH)



Digital media have become part of our lives today. Digital media have become indispensable in the daily lives of children, adolescents, parents and guardians and the 55+ generation.

98 percent of adolescents and adults are online, and already 86 percent of the children (DIVSI, U25- study, Hamburg, February 2014, page 11).

The new network generations are divided into three segments:

Digital natives have fully integrated the Internet into their everyday lives and are moving with great sovereignty and naturalness in the digital world. The spheres online and offline are increasingly merging in this segment.

Digital immigrants are regular but selective on the Internet, they are skeptical of many developments, especially when it comes to security and privacy.

Digital outsiders are completely or very insecure when dealing with the Internet and therefore almost never use it.

But with all its benefits, the Internet also brings dangers, because it is abused. The spectrum of possible (criminal) acts ranges from copyright infringement and fraud to the spying of data to sexual harassment, acquisition, possession and distribution of child pornography, cyber bullying and stalking.

A dimension of data and information that is difficult to grasp, but gives us an idea of what we are dealing with. The Internet knows no national borders and data once entered is probably stored in the data network for a lifetime and visible for everyone. That is why it is all the more important to think about privacy and data security as well as the disclosure of personal data. The key to more network security lies in personal knowledge of the benefits and dangers of the cyberworld. The more enlightened and competent users are, the better the risks (in this case image damage and/or financial damage) can be estimated and minimized. Teaching about Internet security and the acquisition of media literacy represent a task for society as a whole. Together we ALL do our part.

In terms of privacy, the search engine Swisscows.com does not store any private data. In addition, great importance is attached to protecting the privacy of children. Using a filter, sex-related words are turned off. We need to seriously think about alternatives that take data protection and data security seriously before using common search engines, Wortmann notes.

Together for a secure Internet! Prevention can only work in a self-reinforcing network. Instead of talking about each other, let's talk together and act in the spirit of the cause. This ultimately benefits ALL people and possibly prevents us from becoming victims and/or consciously or unconsciously becoming perpetrators, says Wortmann.

Personal details:

Markus Wortmann M.A. is criminologist and police scientist, has a Diploma in Public Administration (FH), is a Business-Coach and certified specialist consultant for victim support. As a detective, he worked in various criminal areas within the Criminal Investigation Department. Since 2010, he has been responsible for the area of Internet prevention at the Police Headquarters Southeast Hessen as a consultant. His personal focus lies in the active prevention of crime, especially in the fight against child pornography on the Internet as well as the topics of spying on data, social networks, data security, fraud, stalking and cyber bullying. The topic of his master thesis was: pedophilia in the data network - manifestations and selected preventive measures in Germany. In the secondary office he worked at the Hessian College of Police and Administration in the Department of Mühlheim am Main as a lecturer for the study of criminology. Currently he lectures at the International Police Association

IPA - Gimborn. Markus Wortmann is Managing Director of the Managing Board of SICHERES NETZ HILFT e.V.

SICHERES NETZ HILFT

The organization "SICHERES NETZ HILFT" has set itself the task of strengthening parents and legal guardians, children and adolescents as well as the 60+ generation in their media literacy, especially in dealing with the digital media.

For more information, see:

www.sicheres-netz-hilft.de.



The trap pornography

Hans Wölk is a psychotherapeutic counselor and works as a divisional director for counseling in GRZ Krelingen.



Pornography is a perfect trap in the search for life and love; more and more people stumble into it and find it difficult to free themselves from it. Particularly in today's digital media world, access has become easily possible.

"No human yearning is more powerful and harder to control than sexual desire. Sex is so powerful that it can burn conscience, promises, family responsibilities, beliefs, and anything else that gets in the way." This is a quote from P. Yancey and aptly describes the challenge posed by yearning for a fulfilling sexuality.

The porn industry takes advantage of just this vulnerability of humans and makes a tremendous turnover with it. But just as no drug trafficker cares about the real impact and destruction of the client, so the porn industry does not care about presenting the consumer with reality, but instead they present a distorted, twisted and destructive version of sexual gratification.

Quote from a producer: "I would never look at the sh ... I produce, but there are enough people willing to pay a lot of money for it. It's just a business for me." Even performers report in interviews that they do not reflect the reality of their feelings, passions and abilities, but are adjusted by the producer to the fantasies of the customers. That is, the images and films do not have much to do

with reality and a real well-functioning and fulfilling sexuality that values the partner, but everyone takes from the other what he needs. The distorted sexuality designed for one's own needs makes a surrendered and perceptual sexuality impossible.

Women report that they quickly notice the behavior of men when they are influenced by pornography, because they have certain expectations and notions about sex and push their women into techniques that they find unpleasant, disgusting and unkind. Men report that they can no longer see the sex with women realistically, but have the ideas and expectations that they knew from the movies. Even the assessment of one's own potency no longer corresponded to reality.

The more a person is sexually aroused or focused on sexuality, the less they can use their conscience and reason. In protected, appreciative and honest conditions, this is definitely a helpful and satisfying feature. Being able to forget everything, to let oneself go and to enjoy love in the highest passion is the purpose of the sexual encounter of two people. But this is where pornography deceives and destroys every consumer and makes them a problem for their spouses.

Pornography deceives anyone who is exposed to it and makes them a slave to a destructive fantasy. Instead of experiencing a happy and fulfilling sexuality, they are reaping loneliness, coldness, dulling, and broken relationships. The man believes for a long time that his wife does not notice his consumption. She on the other hand no longer feels loved as a person, but feels only used and eventually withdraws. Both are lonely and the relationship is coming to an end.

Pornography - consumption and a fulfilling partnership are mutually exclusive. The faster people understand this and protect themselves and others from it, the more injuries in partnerships and families can be avoided.

Is that just a problem for adults or does it affect children as well? If yes, what does it mean for children and adolescents?

Young people, children and adolescents born in the digital age, usually have more skill than their parents when navigating and surfing through the media world. On the internet you can find more than 150 million pages under the keyword "porn". Every day about 200 sex-related websites are added. It is regulated by law that the access and sale of pornographic products is only allowed to people over 18 years of age. But there's no controlling who presses the corresponding keys on the computer. The responsibility for the children is clearly with the parents. It is estimated that children have the first contact with pornography at the age of 11 years. Many even earlier. Studies show that 90% of 8 to 16 year olds have been looking for porn sites, often while completing their homework. According to a Scandinavian study, 96% of 14-18 year-olds claim to have viewed pornographic content on the WWW.

48% of all 12 to 19 year olds watch porn sites at least once a year. More than 500,000 websites can be found under the term child pornography. Almost all pedophile offenders contact the children they want to abuse via the Internet and for fear of being discovered, they often kill them as well.

Unfortunately, in sex education curricula, pornography is considered neutral or even helpful, and in some cases even used as a "teaching tool". From here, no real help can be expected. The ideology of the curriculum also does not intend to help with this topic. On the contrary, children are "enlightened" and are introduced to the subject without any values. Children research terms on the Internet that are not clear to them from class or out of curiosity or even by chance and end up on corresponding pages.

Pornography has a particularly catastrophic effect on children and

adolescents. They can't properly classify the offer and are directed in a completely wrong way. It violates their innocence and gives them a disturbing picture of male and female sexuality and affects their own behavior. A child experiencing pornography usually experiences a mixture of fun, pain, disgust, shame, and curiosity. To understand this better and because it can not discuss this with an adult, the child looks again. Secretly.

What is conveyed:

Pornography conveys sexuality as a pure means of consumption. Instead of experiencing how the maturation of sexuality leads to personal love, man is presented as an object of arousal and satisfaction. Instead of taking responsibility for the partner and his feelings, he is only compulsively used. In particular, the role of the woman is perverted and degraded because she only gets the role of a sex object.

It is presented as if she also wants to be a sex object. Moreover, one's own value and the value of the other are judged only by their sexual attractions. Accordingly, children and adolescents rate and behave. Everyone compares themselves with everyone. With girls, it can lead to a reduction in self-esteem, eating disorders and depression. Especially if she can't match the illusion of a beauty ideal or even just thinks that she can't. The willingness to become sexually active increases, because only in this way can one learn whether one's own body is desirable or rejected.

Boys blunt, brutalize and can no longer perceive a girl holistically. They quickly become besetting and ruthless and incapable of relationships at a social and personal level. They feel like hunters of a prey, for which they neither want to bring care nor appreciation. Through consumption, boys destroy their own dreams of life even before they even realize those dreams. Terms such as: loyalty, acceptance, discipline, selflessness, unconditional love, ... give way to lust, fun, desire, instinctuality, selfishness and

superficiality. In this way, lasting, successful partnerships are no longer possible.

Affected children in turn seduce other children to do the same, to share the fascination or to become sexually active too early. An increase in child abuse through children can also be observed. An addiction is caused by reactions and biological processes in the body, a dependency on pornography, which in turn demands an increase in consumption and also has withdrawal symptoms, if one wants to stop it. These are typical addiction symptoms.

These clues are just the tip of the "iceberg" that threatens and destroys the people through the sexualization of society and especially of children. We are not on a collision course, we are already damaged! Looking away means to allow the sinking! Although the legislator understands that pornography has a great destructive effect on children and adolescents, it shows itself powerless and unable to protect children from this destructive power. The whole system is built on the sense of responsibility of parents and guardians. Parents are responsible for their children! Parents need to look at what their children are doing! Parents are the only salvation for their children!

The internet is indispensable and general prohibitions do not create any real protection. Prohibitions are bypassed very creatively. But through appropriate protection programs, secure search engines and, above all, through open discussions and relationships, as well as through conscious and exemplified conveyance of values from parents to children, much can be avoided and destructive things can be kept away.

The GRZ Krelingen is affiliated to the Diakonisches Werk of the Evangelical Lutheran Church of Hanover and a member of the Disabled Aid Association in Lower Saxony.

The facility includes, among others:

- The guest and conference center
- Social therapy as a stationary institution for participation in life in the community
- The advice and support for people who live independently in personal and health matters – outpatient assisted living
- The establishment of vocational training recognized by the Federal Employment Agency and certified according to AZAV and DIN ISO 9001 for young people with mental illness / disability and people with an addiction background for which an impairment of participation in working life exists or threatens to arise
- Outpatient life counseling
- A theological study center

More information at www.grz-krelingen.de or www.wwl.world

Hans Wölk works as division manager for counselors in GRZ Krelingen. He advises and accompanies people seeking help in life crises and emotional needs. For many years he led a boarding school for people with mental and social disorders. Mr. Wölk is married for 31 years and father of two sons.



Further information / Useful internet sites

Safe search engines

www.swisscows.com

Counseling services for parents

www.schau-hin.info

www.kinderserver-info.de

Good online games

www.spielbar.de

www.internet-abc.de/kinder

www.blindekuh.de/spiele

Good children sites

www.meine-startseite.de

www.fragfinn.de

Children communities

www.seitenstark.de/chat

www.tivitreff.de



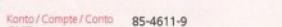
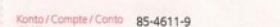
Support us with your donation

Swisscows is the anonymous search engine that does not monitor, does not provide violence or pornographic content. In order to advance the development and continue to make an anonymous search on the net possible, we need your financial support. If you too want to promote our idea, please help us with a donation.

With your help we can pay our Data Center and our employees
We sincerely thank you for your support!

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WWW.SWISSCOWS.COM: Family friendly search engine

- No monitoring
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Place for your notes



www.swisscows.com



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