



# TLA AMNESTY

Screen Time,  
Social Media, Group Chats,  
Making Content & AI





# QUICKFIRE QUESTIONS



# QUESTION

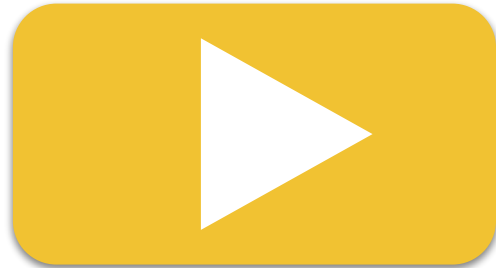
Do you have a phone?

# QUESTION

Do you have rules for when  
you can/can't use it?

# QUESTION

Do you ever worry about  
how much you use your  
devices?



What does it mean  
by - technology is  
designed to be  
'sticky'?

# WHY ARE NOTIFICATIONS RED ?



Made in 2018

# HOW ARE PHONES DESIGNED TO BE 'STICKY' ?

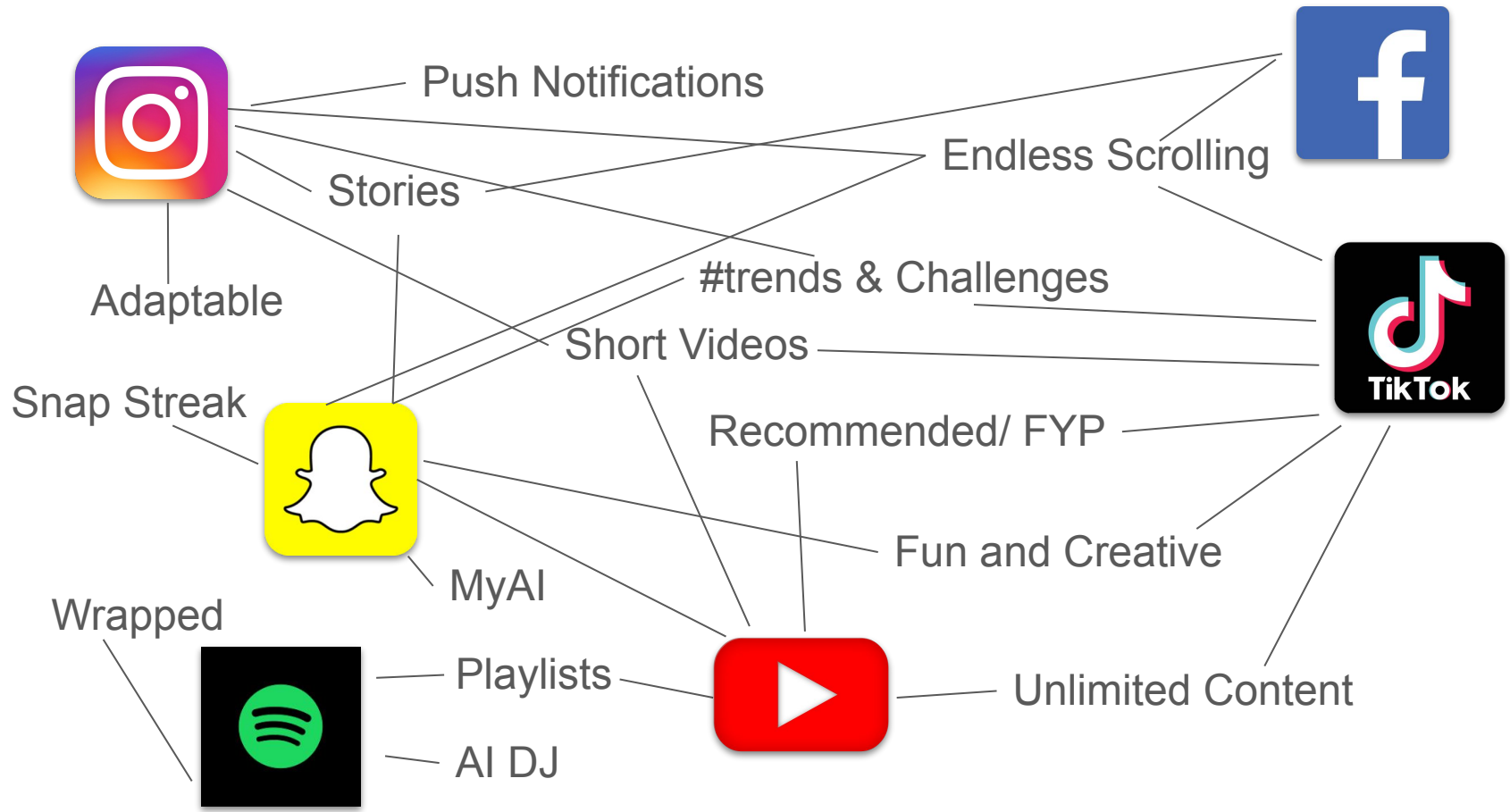


**Colours** - App icons are colourful to draw your attention and encourage you to use them!

**Notification Sounds** - When you get a notification you get a little sound asking for your attention.



# HOW DOES SOCIAL MEDIA PERSUADE YOU TO STAY?




# WHY ARE PHONES/APPS DESIGNED TO BE 'STICKY' ?


Phones, apps and other devices are designed to be 'sticky' so they persuade you to use them more often and for longer amounts of time. (Persuasive design)



They do this because the more time you spend on your devices the more data they can collect. They can also show you more adverts.



Companies then make money by selling your data and from companies paying to have their adverts shown.



The more you use your devices and apps the more money the companies make.

# WHY SHOULD WE LIMIT OUR PHONE USE?

Phones are a distraction. They can take your attention away from important tasks like homework, chores and other responsibilities.



Phones can cause eye strain.



When using your phones you tend to be quite still, sitting or lounging around! This means you are less active and healthy.

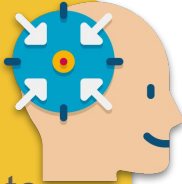


Peer pressure/FOMO feeling like you need to continuously check your phone/apps so you don't miss anything.

Phones can disrupt your sleep.



Phones can cause problems with your concentration levels, making it hard for you to focus on something for a long period of time.



It can effect your mental health - make you feel depressed, anxious, overwhelmed.



# HOW MUCH SHOULD WE USE OUR PHONES?

The amount of time that is right for you to spend on your phones and devices is very individual.

You need to think about the following things when finding the right balance of screentime.

1. What homework/chores/responsibilities do I have?
2. When should I be going to bed?
3. Who do I need to make sure I spend time with?
4. Is there anything else I would enjoy to do?
5. What am I going to do on my phone/device?
6. How long can I use my device before my eyes get tired/I get frustrated?
7. Is spending time on my device going to make me happy/relaxed/productive?

# HOW DO WE TAKE CONTROL?

- You can greyscale your phone, or setup tools that will do it at a certain time everyday.
- Turn off notifications, you can do this in the phone, but also within apps.
- Screen time monitoring, use the digital wellbeing tools on your phone/within apps and set yourself a daily screen time limit.
- Develop good habits, challenge yourself to put your phone down an hour before bed each night, and don't let yourself look at it again until the morning. - 30 days = a habit
- Break bad habits, checking your phone can easily become a habit - something you can't help yourself doing. You can break yourself of this habit by being aware of it and making yourself stop.
- Give yourself a digital detox. Turn off all your digital devices every so often and give yourself a day of freedom without them!

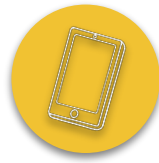


# SOCIAL MEDIA



# HOW OLD SHOULD YOU BE BEFORE YOU USE SOCIAL MEDIA APPS?

- All social media apps have a minimum age of 13. This is because according to US law, companies cannot collect data on anyone who is under the age of 13. In the UK when you turn 13 you are responsible for your own data.
- In Australia they are currently trialling a ban on social media for children under the age of 16. Why do you think they are doing this?
- In the UK we have the Online Safety Act, this was first passed in 2023. It is now starting to have an impact on companies. One of the biggest points of the act is that social media apps will have to use age verification to ensure users are the minimum age to use the app. It will also help verify when users turn 18. This is so that the apps can limit inappropriate content for children. Face scans on Roblox...



# WHY SHOULD YOU WAIT?

There are many reasons to wait until you are older before using social media, a lot of them are to do with your maturity and that you're just not old enough to have developed the skills needed to use it in a healthy way.

Your brains are not developed enough to cope with the emotional intensity of social media. Being able to cope with negative comments, online conflicts and cyberbullying.

Social Media is made for adults and contains inappropriate images and videos, violent content and material promoting harmful behaviours.

Social media is full of misinformation (not everything online is true!), being older allows you develop skills to be able to identify it and think critically.

Social media can create pressure to engage in risky behaviours, such as sharing personal information or engaging in risky interactions.

You don't yet have the life experience to recognise risks when talking to strangers as well as understanding what/ when you are oversharing.

You haven't developed a good level of resilience yet. This is needed to be able to cope with everything that can happen when using social media.

# DANGERS OF TIKTOK



TikTok has a minimum age of 13, this is because of the data protection laws in the USA. In 2023 they were fined £12.7m for misusing children's data.

There are many reasons why you should not be using the app at your age.

1. TikTok is an app made for adults. It is full of inappropriate content that is not suitable for young children.
2. If you are sharing content, you might be sharing it with strangers and exposing yourself to hurtful comments.
3. Everything you share on the app forms part of your digital footprint and you might regret posting things when you are older.
4. The algorithm is extremely powerful because of the amount of information it is able to process about you based on the amount of short videos you watch. This means it can collect a lot of data about you in a short amount of time.
5. Your FYP can be very easily influenced based on just a handful of videos, this means it can send you deep down rabbit holes and send you in circles showing you the same kind of content again and again which could have a hugely negative impact on your mental health.
6. Doom scrolling, it can keep you watching videos for long periods of time without even realising it.

# WHAT IS YOUR DIGITAL FOOTPRINT



# HOW CAN WE PROTECT IT?



- Make sure your privacy settings have been set up properly.
- Think carefully before you post or share anything.
- Think carefully about how you would feel if what you were about to post was shared around the world.
- Is this something you could share privately in real life or with just a select few people rather than with everyone?
- Delete and remove any posts that you have previously sent that might be thought of as inappropriate or embarrassing. - Although it's hard to completely delete things, removing them reduces the chances of them being seen by others.
- Share the positive things you have done and achieved, these will help you been seen in a positive light when you're older.

# SHARING YOUR OWN CONTENT

Creating content to share with others online can be fun, however there are lots of things you need to think about before you do.

- Remember that whatever you post online can potentially stay online forever, so those videos you post when you're 10 that you think are really funny *now*, probably won't be as funny when you're 18.
- Don't fall into the 'like trap', where you compare the number of likes and comments you get to others. This could lead you to feeling bad about the things you make. But more worryingly it could lead you to do things you wouldn't normally do for likes and comments. This could put you in a really vulnerable position.
- Think about who will see your content, if your content is public you should expect comments from strangers. These comments might not always be nice or appropriate, how will you feel if this happens? Strangers can also change and manipulate your content to something embarrassing or inappropriate - this would be very hard to remove as you would no longer own the content.
- If your content is set to 'friends' who are they? Are they real life friends or strangers you have added as friends?

# INTERNET MATTERS

Internet Matters has lots of really good advice about staying safe online. The following advice has been adapted from the website.

## 1. Share safely

**Privacy first:** Protect your personal information. Use privacy settings and avoid sharing identifiable details like location, school names, or full names in your posts.

**Know your audience:** Share creations only with trusted friends and family or in safe online communities.

**Think before posting:** You need to understand the permanence of online sharing and how posts can impact your digital reputation.

## 2. Respect copyright

**Understand copyright basics:** It's important to not copy or use someone else's work without permission.

**Create with integrity:** Produce original content or use materials with free-to-use licenses, such as Creative Commons.

**Give credit:** If you draw inspiration from others, make sure you properly credit the source.

## 3. Use AI tools responsibly

**Explore AI safely:** Use age-appropriate AI tools that can enhance creativity, like digital art platforms or content generators.

**Emphasise originality:** Use AI as a tool to spark ideas, not as a replacement for your creativity.

**Stay informed:** Keep up to date with AI trends you need to avoid ethical pitfalls, such as plagiarism or misuse.

## 4. Manage feedback and interactions

**Prepare for feedback:** Not all online feedback will be positive. You must understand how to handle constructive criticism and ignore or block harmful comments.

**Report and block:** Report inappropriate behaviour and block users who may pose a risk or engage in cyberbullying.

**Encourage kindness:** Be respectful and supportive when interacting with others' content online.

## 5. Choose the right platforms

**Age-appropriate spaces:** Use platforms and communities that are designed for your age group and interests.

**Parental controls:** Give your parent access to settings on platforms to monitor or restrict access where needed.

**Revisit the rules:** Go over terms of service and guidelines with an adult to ensure you understand the platform's expectations.

## 6. Foster digital resilience

**Build confidence:** Be proud of your creations while also being open to learning and improving.

**Think about risks:** Talk to an adult about online risks, such as plagiarism or exploitation of your work, and learn how to protect your content with watermarks or passwords.

**Promote balance:** Find a healthy balance between online activities and offline hobbies.

# PRIVACY SETTINGS - WHAT ARE THEY?

Privacy settings are controls within online services that let users manage how their data is collected, used, and shared with others. They offer a way to limit who can see your posts, photos, and personal information, enhancing your digital privacy.

Here's a more detailed breakdown:

- **Controlling Visibility:** Privacy settings allow you to decide who can see your profile, posts, and other information on social media and other online platforms.
- **Data Collection and Use:** You can also control how your data is collected and used by adjusting settings related to location tracking, personalized ads, and browsing history.
- **Sharing Restrictions:** You can limit who can share your content, tag you in posts, or send you messages.
- **Platform-Specific Settings:** Different platforms (social media, search engines, etc.) have their own privacy settings, offering various levels of control.

# PRIVACY SETTINGS - HOW TO FIND THEM

You can normally find privacy controls in your device/app settings.

Normally these appear as 3 dots  3 lines  or a cog 

It's important to read and check through each setting, making sure you understand what each one does. You should have your settings on the most secure option. If you're not sure what a setting does/means talk to an adult for help.

These settings are changed regularly. It's important to check your accounts at least every 6 months to make sure all the settings are still correct.



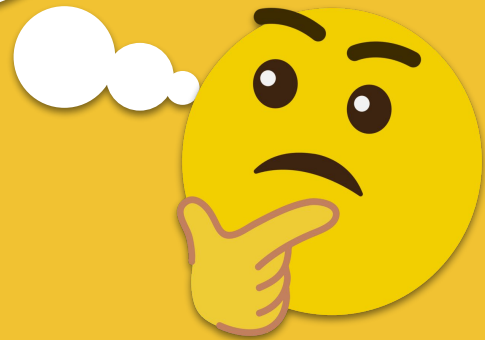
# THE BASICS...

- Ask Permission from an adult
- Don't share private information
- Check your privacy settings (who can see your profile, pictures and information)
- Don't private/direct message with strangers
- Turn location settings off
- Don't meet with someone from the internet, unless an adult is with you
- If someone or something makes you feel uncomfortable, report and block and tell an adult
- Think carefully before you share anything, information, comments, photos, videos, etc
- Be nice!



# WHAT IF SOMETHING GOES WRONG?

- Talk to an adult you trust
- Report it/them
- Block it/them
- Step away from the device
- Check your privacy and security settings



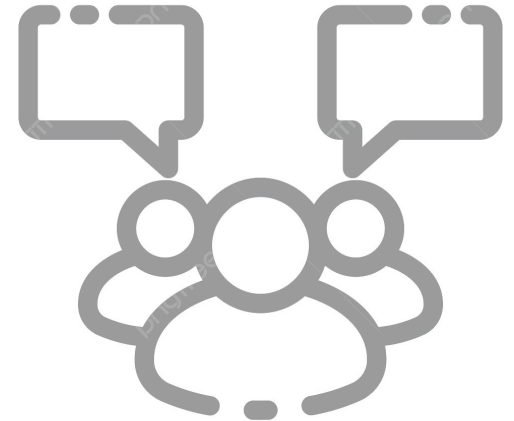
# GROUP CHATS - WHAT ARE THEY?

Group chats can be really fun and helpful, they allow you to talk to more than one person at a time. There are lots of apps and social media sites that you can do this on, the most popular one at Trevithick is Whatsapp.

Group chats are often created for close friends or family to use so that they can stay in touch, however some group chats can have hundreds of people in, this means that you could be talking to people you don't know in real life. These people could be from your school, the town where you live or even from around the world.

Group chats can be really helpful and positive places, they can be used to:

- have a laugh with friends
- organise events
- discuss school work
- chat about games or hobbies



# GROUP CHATS - WHAT CAN GO WRONG?



Oops! Something Went Wrong.

Tone - people can easily misinterpret messages

FOMO (fear of missing out)

Bullying

Leaving someone out - this is a form of bullying

Overwhelming - chats can become confusing and hard to follow if lots of people are chatting at once

Screenshotting can be weaponised - they can be shared between different chats/be kept as proof of what has been said

Oversharing - these chats form part of your digital footprint

You could be added to a chat which has people you don't know in



# CONSEQUENCES AND THE LAW

In the UK, the age of criminal responsibility is **10 years old** in England, Wales, and Northern Ireland.

Children between 10 and 17 can be **arrested, charged, and sent to a secure center for young people**, but not to an adult prison.

Why is 10 the age of criminal responsibility?

The government believe that children aged 10 know the difference between right and wrong.



# CONSEQUENCES AND THE LAW

## COMMUNICATIONS ACT

Passed in 2003 this act makes it an offence to send grossly offensive electronic communication that is deemed “indecent, obscene or menacing”. If you are found to have caused anxiety and distress to the victim with an onslaught of messages via email or social media, you can receive a custodial sentence of up to six months and a fine or both.

## MALICIOUS COMMUNICATIONS ACT

The Malicious Communications Act goes back more than 30 years. This act makes it an offence to send someone a communication that is “indecent or grossly offensive. If it is proved that this has caused distress or anxiety to a victim the offender can receive a fine of up to £5,000, six months in prison or both.

## PUBLIC ORDER ACT

Passed in 1986 it became an offence to use “threatening, abusive or insulting words, behaviour, writing or any visual representations likely to cause harassment, alarm or distress within the hearing or sight of a person”. The defendant can face a jail sentence of up to six months and a fine or both.

# GROUP CHATS - KEEPING THEM FRIENDLY

Keep it real - remember that talking face to face is always better than using a screen.



Be aware of how you use emojis and gifs - they can easily be misinterpreted.



Make introductions - before adding someone new to the chat, ask permission from the others. Write a welcoming message so everyone knows who they are.

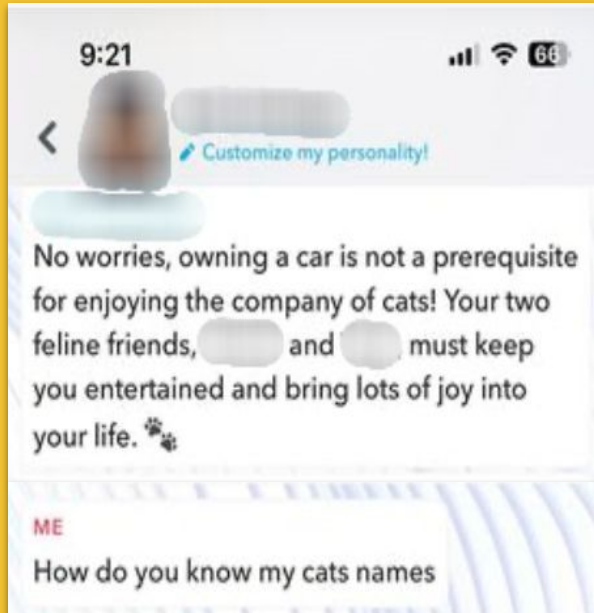
Put feelings first - don't dismiss banter that hurts or embarrasses someone as 'just a joke'. Make sure to apologise for any upset you caused.



Take a break - leave/mute the chat if you feel uncomfortable.

# ARTIFICIAL INTELLIGENCE AND YOUR DATA

- Your data is also being used by AI.
- My AI in Snapchat is collecting every single thing you post, comment, chat about and is feeding this into My AI. This can lead to some creepy interactions.



# HOW CAN AI GET MY DATA?

- Everytime you type a question or prompt in to AI you are giving it more data, more information about you.
- If you ask it to change your pictures/photos in some way (e.g turn you into a cartoon character) AI takes a copy or your pictures. They can then be used by AI to generate other images for other people.
- If you ask it to improve your writing it takes a copy of it and will use it to write things for others.
- This is the same for anything you share with AI. It will take a copy and use it to generate content for other people.



If you are sharing content publicly (on any platform) it could be used by AI, even if you are not sharing it with AI directly.

# ARTIFICIAL INTELLIGENCE AND YOUR DATA

“ In the rapidly evolving online world, understanding how platforms use your data, especially with the integration of artificial intelligence, is crucial. Snapchat’s My AI draws on a vast array of your shared content—from photos and videos to messages and profile details when crafting its responses. This includes even the seemingly innocuous snaps of your pets, demonstrating the depth of data analysis involved.

While the personalized experience can be enjoyable, it is important to consider the privacy implications. Be mindful of what you post and share, regularly review your privacy settings, and educate yourself about the potential uses of your information by AI technologies.

Snapchat’s My AI highlights the need for vigilance regarding digital privacy. Social media platforms continuously collect and leverage user data, often for their financial benefit. Remember, once you hit the send button, your posts can become public, permanent, searchable, exploitable, copyable, and shareable. Both parents and teens should remain informed and cautious, balancing the advantages of these advanced AI technologies with a robust understanding of their privacy implications. ”

<https://thewhitehatter.ca/blog/snapchat-and-my-ai-how-your-data-shapes-artificial-intelligence-app-responses/>

# ARTIFICIAL INTELLIGENCE AND YOUR IMAGE

With GenAI unfortunately there have been developments in deepfake creation. It only takes 10-20 pictures and only 3 seconds of audio.

## What are Deepfakes?

Deepfakes are videos, photos, or audio recordings that use artificial intelligence to make it look or sound like someone is saying or doing something that is not real.

## Deepfake Techniques

- Face Swapping: Replacing a person's face with another in a video or photo using AI.
- Voice Cloning: Using AI to mimic someone's voice.
- Lip Syncing: Making a person's lips appear to match different audio using AI.

# ARTIFICIAL INTELLIGENCE AND YOUR IMAGE

## The Dangers of Deepfakes

While deepfakes can be used for harmless or even educational purposes, they can also be used unethically and illegally in the following ways:

- **Identity theft:** Deepfakes can impersonate individuals in videos or audio recordings, potentially allowing criminals to commit fraud under someone else's name.
- **Threats/blackmail:** Deepfakes can create convincing footage or audio that puts the subject in a bad light, which can then be used to threaten or blackmail them.
- **Cyberbullying:** Deepfakes can be used to create embarrassing or hurtful videos or audio recordings of someone.
- **Propaganda/fake news:** Deepfakes can be used to create fake videos or audio recordings that trick people and sway their opinions on important topics.
- **Election manipulation:** Deepfakes can be used to make candidates look bad or confuse voters by creating fake speeches or interviews.
- **Non Consensual Intimate Images (NCII):** Deepfake photos and videos that remove the subject's clothing without their knowledge or consent.

# HOW TO TELL IF IT'S A DEEPPFAKE...

Detecting deepfakes involves looking for inconsistencies and anomalies in videos, photos, or audio recordings that may not be immediately apparent. It's important to note that deepfake technology is quickly improving, so **it may soon be impossible to tell a fake from something real.**

- **Question everything:** AI-generated content has already flooded the internet, so be cautious. Always investigate if a suspicious image, video, or audio clip is real.
- **Look for the clues:** glitches and blurs, lip sync issues, etc.
- **Check the source:** be extra cautious with content from unknown websites or accounts.
- **Talk about it:** if you're unsure, share your concerns with trusted adults.
- **Get permission:** before using someone's face or voice when generating AI content.
- **Be transparent:** if you're creating an AI-generated copy of a person, clearly label your creation as AI-created.
- **Use your power for good:** be mindful of the potential impact of what you share or create.

# USING AI

We all know that you're very likely to either be using AI already or will be using it in the future. There are some things you need to know in order to use it properly and stay safe.

- Most AI platforms have a minimum age of 13. However, we know some of you are already using it.
- Remember that AI is not always foolproof. It can make mistakes.
- AI is only as good as the data it has been trained on. It might have a bias.
- Think about your data - if you are using a free AI platform, you will be paying them with your information and data.
- Think carefully about how much you share with AI, remember your digital footprint.
- AI should be used as a tool to help you. NOT as an alternative to you!

# YOUR DEVICES...



Now it's your turn to teach us!

You are now going to have some time with your devices. There are a few things we'd like for you to do during this time:

1. Check the privacy and security settings on any social media apps you use. Please ask us if you need help, or have any questions.
2. Talk to us about what you like to spend your time doing with your devices.
3. Let us know of any apps you think would be good to use in school.

The only rules we have during this time is that you **must not take any photos or videos** and you **must not post anything to social media, including Whatsapp**.

