



CARLUCCI AMERICAN INTERNATIONAL SCHOOL OF LISBON

Help! My Child Wants a Cell Phone

CAISL is a student-centered educational community in which we challenge ourselves and each other to do our best and to make positive contributions to our diverse and ever-changing world.



Imagine if...





Here's a Smartphone – The world awaits!



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And danger lurks around every corner...

- Online challenges/dares
- Stranger Danger
- Online games
- Social media

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Online Challenges & Dares

Online challenges are frequently issued and can be at best silly and at worst harmful. Examples include:

- The cinnamon challenge
- The Charlie Charlie challenge
- The Kylie Jenner challenge
- The Choking Challenge
- The latest high-profile worry is “MOMO”

Source - <https://parentinfo.org/article/viral-internet-trends-a-parents-guide>

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Momo - the killer suicide game

Momo is a disturbing 'suicide' game that has spread through social media platforms such as WhatsApp and Facebook.

The sick game Momo begins with an avatar - a haunting image of a woman with bulging eyes and long hair.

She sends violent images victims and then threatens the player if

they refuse to follow the game's orders.

A 12-year-old girl and 16-year-old boy are said to have killed themselves after playing the Momo game on WhatsApp in Colombia last year.

The Momo image itself was originally a sculpture created by a Japanese special effects company called Link Factory and displayed in a Tokyo fetish museum in 2016. ■



Momo is said to have been spliced into Peppa Pig videos on YouTube



Stranger Danger

Children can “meet” strangers on gaming sites, fan forums and via social media.

Despite the advice “Don’t talk to strangers”, according to a recent study called “EU Kids Online”:

- Over half of children between 9-17 ignore this advice.
- 44% of students age 9-17 have actually met up with strangers they first met online

https://www.publico.pt/2019/02/23/sociedade/noticia/metade-miudos-ignora-regra-nao-falar-estranhos-1863078?utm_term=O+que+fazem+os+miudos+na+Net+e+o+que+fez+Arnaldo+Matos&utm_campaign=Lista+Newsletters+Editoriais&utm_source=e-goi&utm_medium=email#gs.l8KPRn2b

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Online Gaming

- Many games are available to play via cellphone apps.
- Huge numbers of these apps also enable playing with other connected gamers, which could be friends or strangers.
- Popular games include Fortnite, Minecraft, Pokemon, Angry Birds
- Centers for Disease Control and Prevention (CDC) reports that children ages 8 to 10 spend an average of 6 hours per day in front of a screen, and children age 11-14 an average of 9 hours (2015 study)
- Addiction to gaming is a very real threat.

<https://thriveglobal.com/stories/screen-time-guidelines-for-kids-of-all-ages/>

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Social Media

- Twitter, Facebook, Messenger, WhatsApp, Instagram, Skype...
- The age limit for these accounts is 13 (16 for WhatsApp)
- Once they connect with friends online, they have yet another excuse to spend more time looking at a screen.
- 37% have seen sexually explicit images online in the last year
- 25% of 9-11 year olds have been bullied online
- 50% of those bullied online have never reported it to a parent

<https://www.childnet.com/blog/age-restrictions-on-social-media-services>

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Other dangers of too much screen time

- Vision problems
- Sleep disturbance
- Obesity
- Attention difficulties
- Desensitization to violence

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Under Pressure



“ I promise I will take it out for walks...EVERY DAY”



“ I promise I will clean the cage EVERY DAY”



“ I promise I will only use it to make calls”

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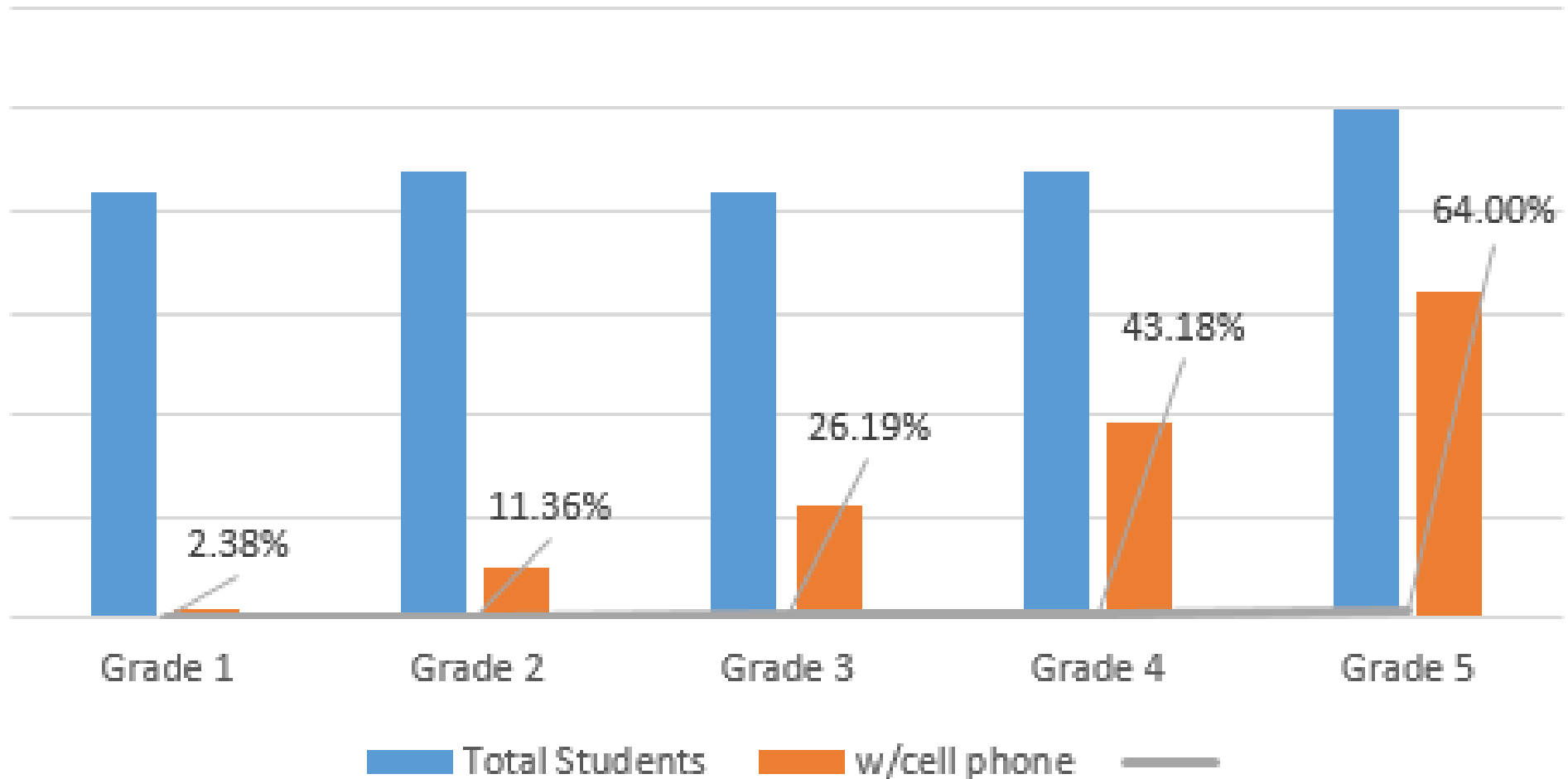


“You’re SO unfair!
All my friends
have one!”

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Cell Phones by Grade at CAISL



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This is a phone!

- Old fashioned cell phones are still available and reasonably priced.
- Enabled for calls and text messages this phone is adequate for students who need one.
- (Listed locally, 65euros)

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Setting Guidelines

- No phones in the bedroom
- No phones at mealtimes
- Use social media under parental supervision
- Set strict time limits
- Digital citizenship
- Talk to your children about what they are doing online
- Be the example!
- Monitor your child's phone use with an app

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Digital Citizenship Classes

In Grades 1-5 students have digital citizenship classes each month on the following themes:

- Password safety
- Digital footprint
- Personal information
- Cyberbullying
- Netiquette

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Parental Controls

<https://www.toptenreviews.com/software/privacy/best-cell-phone-parental-control-software/>

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Info Sources and Further Resources

- <https://thriveglobal.com/stories/screen-time-guidelines-for-kids-of-all-ages/>
- <https://www.childnet.com/blog/age-restrictions-on-social-media-services>
- <https://pplware.sapo.pt/internet/momo-challenge-desafio-whatsapp-youtube/>
- https://www.smartparenting.com.ph/tag/Momo-challenge?ref=article_tag
- <https://www.screenagersmovie.com/tech-talk-tuesdays/teen-sexting-what-are-the-laws>
- <https://nyti.ms/2NnwRgz?smid=nytcore-ios-share>
- https://www.publico.pt/2019/02/23/sociedade/noticia/metade-miudos-ignora-regra-nao-falar-estranhos-1863078?utm_term=O+que+fazem+os+miudos+na+Net+e+o+que+fez+Arnald+o+Matos&utm_campaign=Lista+Newsletters+Editoriais&utm_source=e-goi&utm_medium=email#gs.l8KPRn2b

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