



## Fact Sheet

### Is it okay to spy on your kids?



#### GUESTS:

**Dr Justin Coulson** – In his late 20's, Justin left a flourishing radio career for a return to school. He himself says he felt inadequate as a parent of two young children, so sought out answers to his many questions. Four years later, Justin graduated the top of his class, with honours, and a degree in psychological science. Another four years of study ended with Justin now owning a PhD. Justin has written a book on parenting, presented workshops to thousands of parents and coached them in the hopes of them becoming better parents. Justin has also appeared on numerous television and radio programs including the TODAY Show, The Project, Southern Cross Austereo and Brisbane's 96.5 Family FM. He has numerous pieces of works published online in places such as Psychology Today and [www.kidspot.com.au](http://www.kidspot.com.au)

**Stacey Joyce** – Stacey is a nationally registered child and adolescent psychologist specialising in online safety. She works as part of the Government's Cybersmart program to develop resources to help parents keep their children safe online. Stacey has worked with hundreds of families, children and teachers across primary and secondary schools, kindergartens, childcare centres and in private practice. Stacey works with families, children and teachers across a spectrum of issues including anxiety, depression, resilience, disability, learning difficulties, intellectual disability, Autism, behavioural and parenting issues.

#### STATISTICS:

- Six in ten parents keep a close eye on their children's Internet and phone usage.
- One in ten has gone out of their way to discover their child's password.
- One in five say that they are shocked at the content that they have discovered.
- One in three parents were wracked with guilt after hacking their child's email.
- From a study of 2,000 parents of children aged 10-17, which showed 61% regularly snoop on their offspring.



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- One in five mothers and fathers are convinced their children lie about their age to gain access to social networking sites.
- More than one in ten parents have had to deal with their child being bullied online and 17% have had to intervene after their child was threatened. Twenty-three per cent of parents said their child didn't know the perpetrator.
- In a study by Internet and mobile security firm BullGuard it was revealed the average child doesn't actually know 40% of the people they befriend on Facebook.
- The study also found around 38% of parents believe they would lose their child's trust completely if they confessed to snooping. A more discreet 37% had brought up the issues they were concerned about but hadn't let on they had seen private content on their child's computer or phone. Researchers also found 30% of concerned parents admit that although they were aware they were invading their child's privacy they felt it was necessary in order to keep tabs on who they were talking to online.
- 67% of teenagers say they know how to hide what they do online from parents.
- Trust is important to children/teens. They want their space. Active conversation about dangers is a good starting point for parents. Have a mutual trust and respect for concerns of parents and privacy of children/teens.

### WHAT TO DO?

- Keep channels of communication open with your children, be actively asking
- Ask questions
- Ask about what they are doing online as opposed to spying behind their back
- If your child does something inappropriate don't lash out, talk to them about it as this will build trust

### USEFUL ADDITIONAL READING & RESOURCES:

- [www.cybersmart.gov.au](http://www.cybersmart.gov.au)
- [www.happyfamilies.com.au](http://www.happyfamilies.com.au)
- <http://www.kidspot.com.au/ever-ok-spy-kids/>
- <http://www.betterparenting.com/should-you-spy-on-your-child/>
- <http://www.dailymail.co.uk/news/article-2131441/Paedophiles-choosing-victims-minutes-online-chat-sexualised.html>

### BOOKS AUTHORED BY GUESTS

- Coulson J 2012; *What Your Child Needs From You*



## Fact Sheet

- Coulson J 2014; *Creating Confident Kids: Scientific Strategies that Build Self-Belief in our Children*
- Coulson J 2013; *Time Out Is Not Your Only Option: Positive Discipline for Every Child*

### REFERENCE:

- <http://www.dailymail.co.uk/femail/article-2509230/Do-duty-snoop-kids-Six-parents-snoop-childrens-texts-emails-Facebook-messages.html>
- <http://facebook-parental-controls-review.toptenreviews.com/30-statistics-about-teens-and-social-networking.html>
- <http://www.dailymail.co.uk/femail/article-2509230/Do-duty-snoop-kids-Six-parents-snoop-childrens-texts-emails-Facebook-messages.html>