

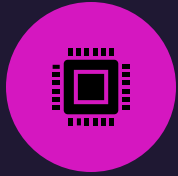


E-Safety:

How Can Online
Activities Affect
Children's Mental
Health?

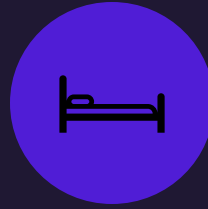


Being Online Can Affect Children's Mental Health in many ways...



Negative influence:

The realistic nature of some online content can be so immersive that it affects young minds, blurring the lines between fiction and reality, making them perceive it as reality.



Sleep Disruption:

Excessive screen time, especially before bed, disrupts sleep patterns



Cyberbullying:

Can lead to anxiety, depression, and low self-esteem.



Exposure to harmful content:

Viewing inappropriate or distressing material can affect mental well-being.



Addiction:

Overuse can lead to dependency and social withdrawal



Comparison Culture:

Unrealistic portrayals on the internet /social media can harm self-image and confidence



Creepypasta

- A term used to refer to **short horror stories** that are shared widely across the internet and through apps.
- They are usually accompanied by **unsettling images or videos**.
- The term '**creepypasta**' is a combination of '**creepy**' and '**copypasta**', the latter being internet slang for text that is copied and pasted across websites.



Creepypasta

- Creepypasta stories typically involve **supernatural, paranormal** or **terrifying elements**, and they often blur the line between fiction and reality.
- They are meant to **scare** or **disturb** readers, and many are written in a way that makes the stories seem as they **could be true**.
- Over time, these have become a craze among children and teenagers, leading to the **reenactment of the stories**.



Creepypasta Websites

- Creepypasta.com
- ScaryForKids.com
- Creepypasta Wiki



Reddit

- Subreddits like:
 - [r/NoSleep](https://www.reddit.com/r/NoSleep) (original horror fiction)
 - [r/Creepypasta](https://www.reddit.com/r/Creepypasta) (classic and new creepypastas)



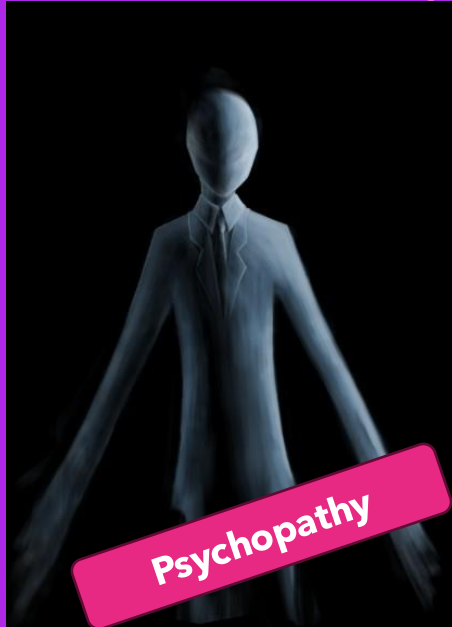
Channels include:

- Mr. Nightmare
- CreepsMcPasta
- Let's Read



Creepypasta

How many of these creepypasta characters do you recognise?



Psychopathy

SLENDER MAN

...depicted as a thin, unnaturally tall humanoid with a featureless white head & face, wearing a black suit. Stalking/abducting /traumatizing children.



DID, depression, PTSD, Insomnia

JEFF THE KILLER

...pale skin, eyelids have been burnt off so he can never sleep, carves a permanent smile into his face. Known to have murdered his family whilst repeating 'Go to sleep.'



SMILE DOG

...believed to be a demonic creature resembling a grinning Siberian husky which appears in a photograph. When viewed, the victim will be plagued by tormenting & traumatizing nightmares.



THE RAKE

...often said to creep into bedrooms, induce nightmares, and observe the dreamers for a time before killing them.



Creepypasta

- In 2014, at age 12, whilst in year 7, Morgan stabbed her friend.
- During a sleepover she and another friend lured the victim to a park and Morgan stabbed her 19 times while her friend egged her on.
- The girls later told investigators that they attacked the victim to **earn the right to be slender man's servants** and they feared he would harm their families if they didn't follow through.



CNN CNN

Slender Man stabbing assailant Morgan Geyser can be released from psychiatric hospital, judge says | CNN

A Wisconsin woman who at age 12 stabbed her sixth grade classmate nearly to death to please online horror character Slender Man will be ...

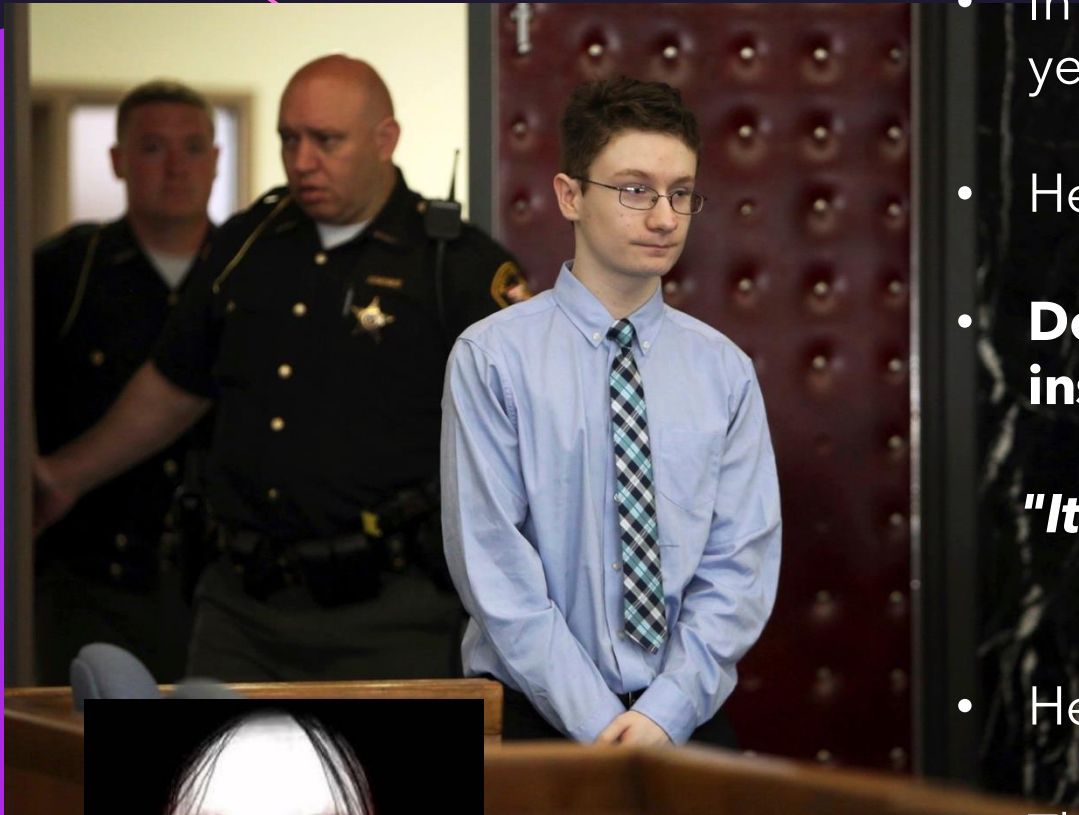
1 week ago



SLENDER MAN



Creepypasta



Jeff The Killer

Jeff the Killer: What Happened to Donovan Nicholas?

- In April 2017, Donovan Nicholas reported the death of 40-year-old Heidi Fay Taylor, his step mum who had raised him.
- He called 911 and reported the murder.
- **Donovan Nicholas claimed Jeff the Killer, a personality inside him, had killed Taylor.**
"I never had power. Jeff has power."
"It was like cell division. I grew into two people slowly. Soon the bad side was talking to me."
- He stabbed Taylor 60 times before he shot and killed her.
- The police immediately charged him with the aggravated murder. He was sentenced to life in prison and eligibility for parole after 25 years.



What Parents Can Do to Monitor Their Child's Online Activity

Place computers and devices in rooms where you can monitor the child's online activity

Be Familiar with Platforms:

1. Stay informed about the apps, games, and websites your child uses. This will help you understand their risks and benefits.
2. Join your child in online activities, like playing games together or discussing what they watch on YouTube or TikTok. This can help you better understand their online world while strengthening your bond.



Have Open Conversations:

1. Talk to your child regularly about their online activities. Ask what apps or websites they use and discuss the risks of the internet (e.g., cyberbullying, inappropriate content).
2. Make sure your child knows they can come to you if they encounter anything uncomfortable or alarming online. You are their safe space.

Set Clear Rules and Boundaries:

1. Establish limits on screen time and the types of websites or apps they can use.
2. Have designated "device-free" times or zones, such as during meals or before bedtime.



Use Parental Controls:

1. Activate built-in parental controls on devices, browsers, and apps to restrict access to inappropriate content.

Monitor Their Devices:

1. Periodically review the apps they've installed, their browsing history, and any files or photos saved on their devices.
2. Encourage them to keep their devices in shared family spaces rather than bedrooms.

Lead by Example:

1. Model responsible online behaviour, like limiting your own screen time, avoiding oversharing, and being respectful in online interactions.



By actively engaging with and guiding your child's online habits, you can help ensure their digital experiences are safe, enriching, and age-appropriate.

