

Online Safety

For parents & carers

Gillian Bratley
Advisory Teacher

BDSIP | HELPING
STUDENTS
SHINE

Thanks to



SafeguardED





**TALKING TO YOUR CHILD
ABOUT LIFE ONLINE**

Summary of parental concerns (3 – 17 yr-olds)

Parental concerns

Sharing personal information online



65% Them giving out personal details to inappropriate people

62% Companies collecting information about what they are doing online

Exposure to inappropriate content



75% Seeing adult or sexual content

77% Seeing any other type of inappropriate content

Experiencing harm or detriment



70% Them being bullied online/cyberbullying

68% Seeing content which encourages them to hurt or harm themselves

59% The possibility of them being influenced by extreme views online

51% The pressure on them to spend money online

Reputational damage



55%

Damaging their reputation either now or in the future

% Parents whose child age 3-17 goes online

Are you **confident** to **talk to your child**?
Is your child confident to **talk to you**?

A graphic of a smartphone with a black frame and a white home button, set against a yellow-green background. The screen displays white text on a blue-to-purple gradient background.

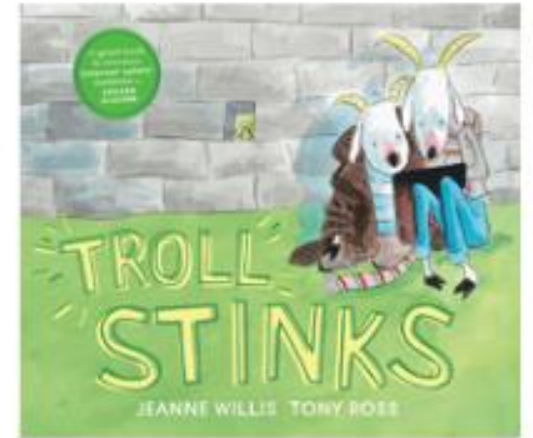
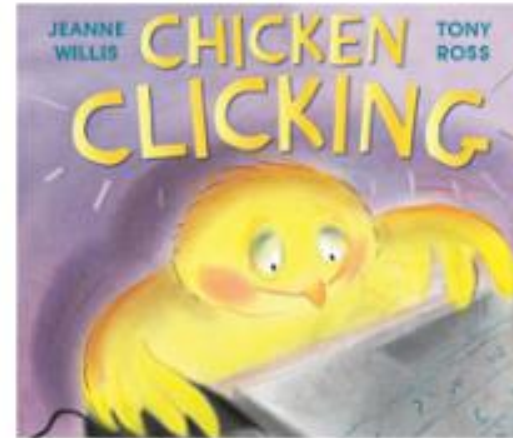
94% of pupils who
have spoken about
their worst experience
online told someone
they knew – 71% told a
parent/carer

A graphic of a smartphone with a black frame and a white home button, set against a cyan background. The screen displays white text on a purple-to-blue gradient background.

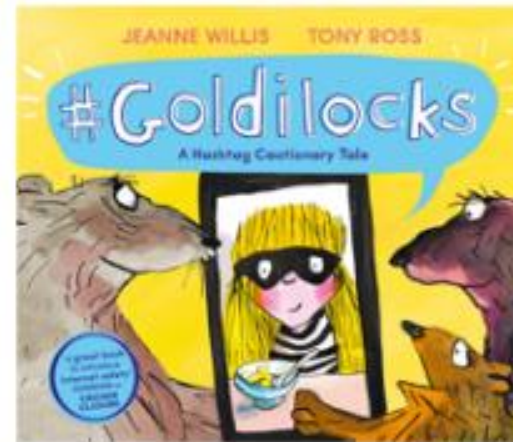
73% of
pupils trust
parents on
online safety,
but only 56%
talk about it
more than
once a year

YOU don't need to be an **expert** ... be a **parent**

- **Stay involved** – make **time to communicate**, talk about what they are doing. What do they enjoy? What makes them laugh?
- **Don't quiz them** – have regular **conversations**. What's their favourite app? What is the best site to learn new things from?
- **Join in** – **watch them** play a game and join in. Who are they playing with? Do they know the other players?
- **'Show me how...'** – **ask their advice** to help you with your privacy settings, who you should add as a friend, are there any risks?
- **Lead by example** – children learn as much from watching as they do from being told not to do something, so **model** good behaviour
- **Reassure them** – tell them that they **won't get in trouble** and that you are always there **to help**.



Find conversation starters, story time ideas and top tips to reinforce key safety messages at parentsafe.lqfl.net



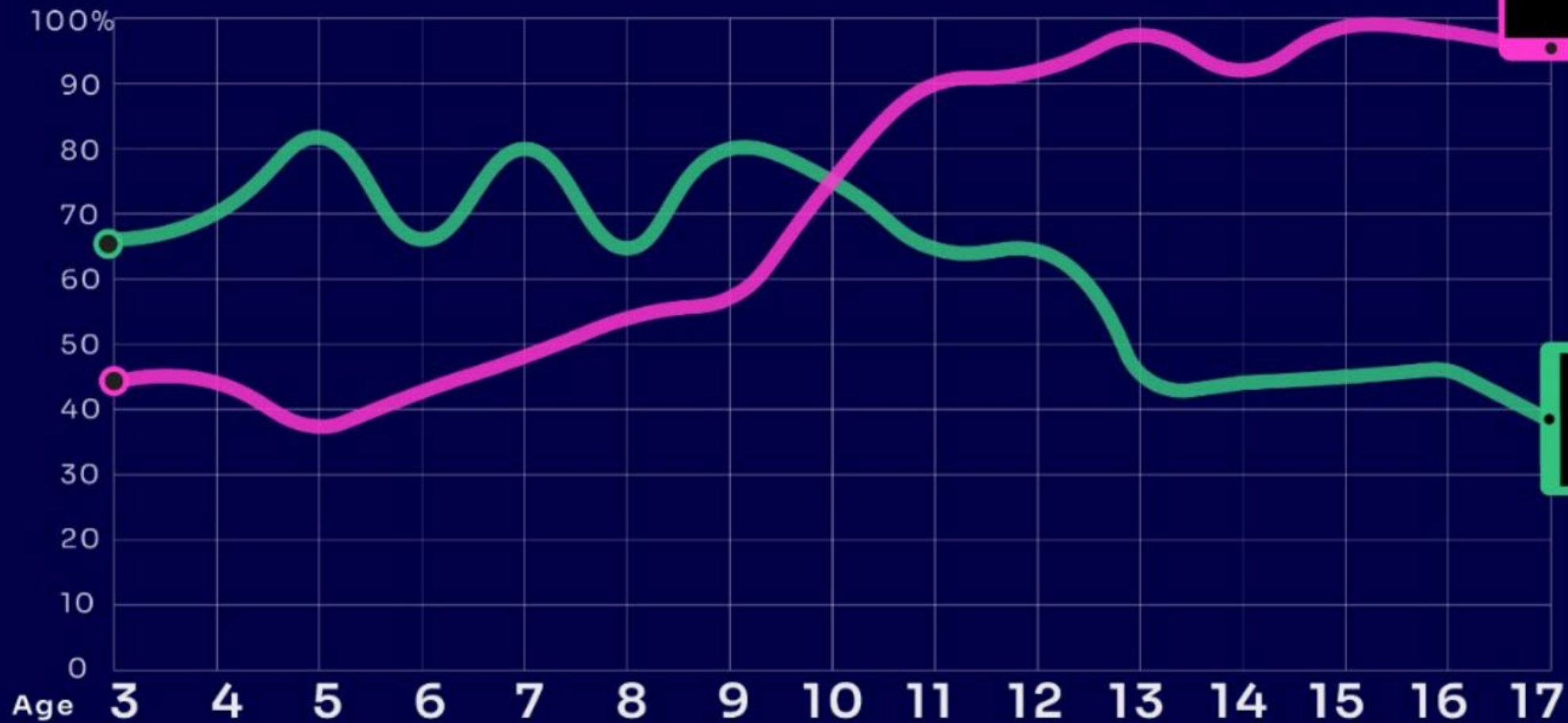
On the internet...





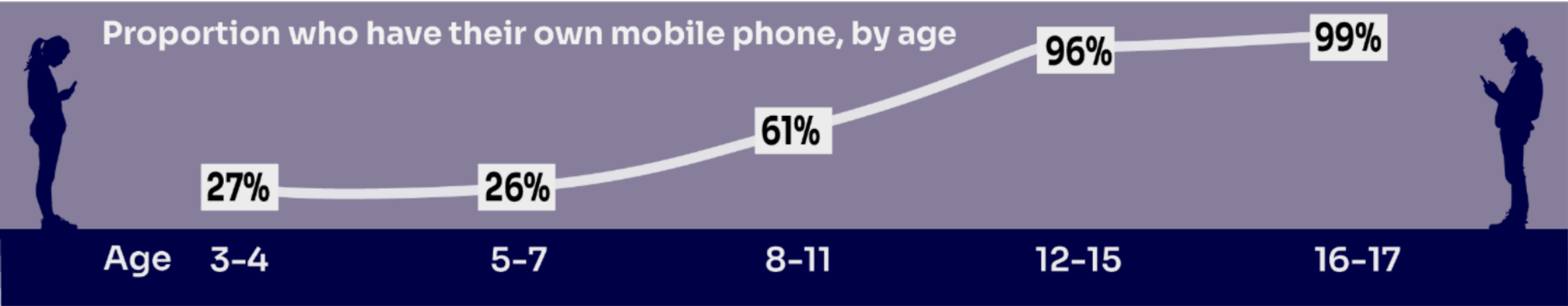
DEVICES AND PARENTAL CONTROLS

Use of mobile phone or tablet to go online: by age



Does your child have their **own mobile phone**?
If so, is it a **smart phone**?

What **age** do you think is appropriate?



Smartphone or 'non'-smart / brick phone?

- Internet access
- Social media, apps and games
- Notifications
- Anytime connection
- Parental controls



REMEMBER IT'S YOUR CHOICE

Every child and situation is unique,
and you are best placed to know their needs

- NO internet access
- Some games
- Anytime phone calls and texts
- Limited parental controls



What **rules** do **you set** about being online?

Information their child can share online

Spending money online

Who you can interact with online

Where and when devices can / can't be used

Types of websites and apps they can use

Video content their children are allowed to watch online

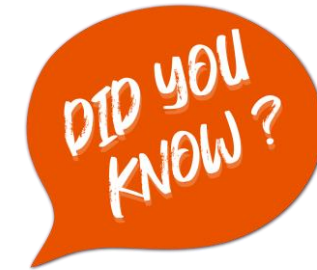
Agree rules about what's OK and what's not

- **Clarify** what is allowed... or not
- **Establish** ground rules like no phones / devices at the dinner table or in the bedroom at night-time
- **Agree** shared expectations to reduce arguments and keep everyone safe and healthy
 - *Parents over-sharing photos of children online*
- <https://www.childnet.com/resources/family-agreement/>



Have you set up parental **controls/privacy settings** for **all devices and networks**?

- Controls have to be set up on both the **broadband connection AND each individual device**
- These **do not come as standard** so it's worth checking
- They are important because they allow you to:
 - **Block and filter** upsetting or inappropriate content or sites
 - **Plan what time and how long** your child can go online for





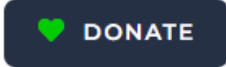
Set it up
before you
wrap it up



Manage your family's settings and controls

- <https://www.internetmatters.org/parental-controls/>

 In partnership with  Meta

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ONLINE ISSUES | ADVICE BY AGE | SETTING CONTROLS | GUIDES & RESOURCES | NEWS & OPINION | SCHOOLS RESOURCES

You are here: [Home](#) > Parental Controls

Parental control guides

Activate parental controls to manage children's devices, apps and platforms, to give them safer online experiences.

 [FIND A GUIDE](#)

[SEE SAFETY CHECKLIST](#)

Activate



Activate parental controls with how-to guides

You can use parental controls to manage screen time, block inappropriate content, prevent accidental spending and keep strangers away. Research shows they improve digital wellbeing when used alongside regular conversations about online activities. Use the filter below to find the guide you need.

Search for a guide

Guides by type

[DEVICES](#)[SOCIAL MEDIA](#)[ENTERTAINMENT & SEARCH ENGINES](#)[BROADBAND & MOBILE NETWORKS](#)[GAMING](#)

**Apple iPhone and iPad
parental control guide**



android

Android Smartphone guide



Google Family Link guide



WhatsApp privacy guide



Instagram parental controls



TikTok

**TikTok parental control and
safety settings**



Manage your family's settings and controls



Google Family Link

Apple Family Sharing

Windows devices



parentsafe.lgfl.net – Safe Settings, Controls & Monitoring

Manage app access, set screen time etc.

YouTube – tips to keep children safe

Use YouTube Kids for younger children

Set up a supervised account for child

Use restricted mode for safer content

Reduce screen time – turn off autoplay

Monitor their YouTube activity



Roblox – restrictions you can apply

Communication settings – who can they chat with?

Add parent email / PIN to change settings

Allowed experiences to restrict content

Manage in-game spending

Know how to block / report users



Remember...

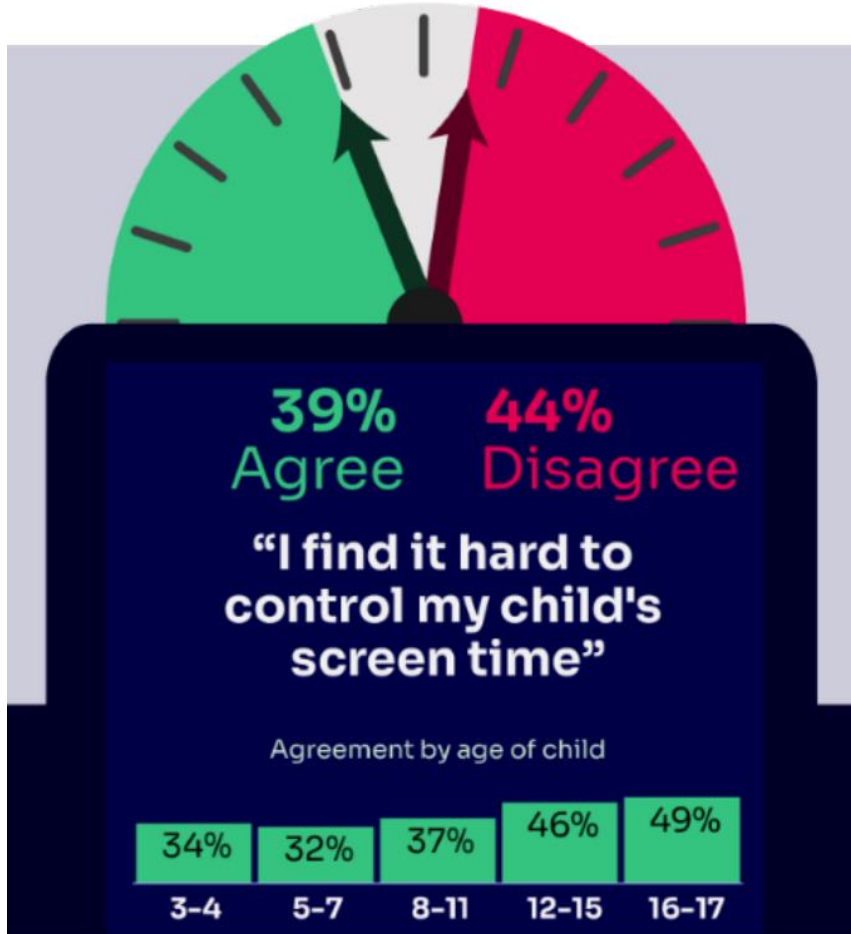
As children get older, restrictions and controls you use will change, but only at a pace you feel is appropriate for your child, not pressure from your child “because everyone else is allowed”

Content filters are never 100% effective, at some point your child may come across inappropriate or upsetting content, so make time to talk regularly



Worried about their screentime?

Do you know **how long your child spends** online daily?



- Children spent an average **3 hours 5 minutes per day** accessing the internet, across smartphones, tablets and computers
- Four in ten (39%) parents of children aged 3-17 report finding it **hard to control their child's screentime**
- ***Not all screen time is equal!***

Five top tips to manage children's screen time

1. Set a good example with your own device use
2. Talk together about the time they spend online
3. Agree an appropriate length of time that they can use their device
4. Get the whole family to unplug and create 'screen free' zones at home
5. Use technology and apps to help manage screen time



“ When I grow up, I want to be an iPhone so my mum will talk to me ”
~ London pupil

Download me again from safeposters.lgfl.net

MAKES YOU THINK...
Talk to your child about their device use, but remember yours, too

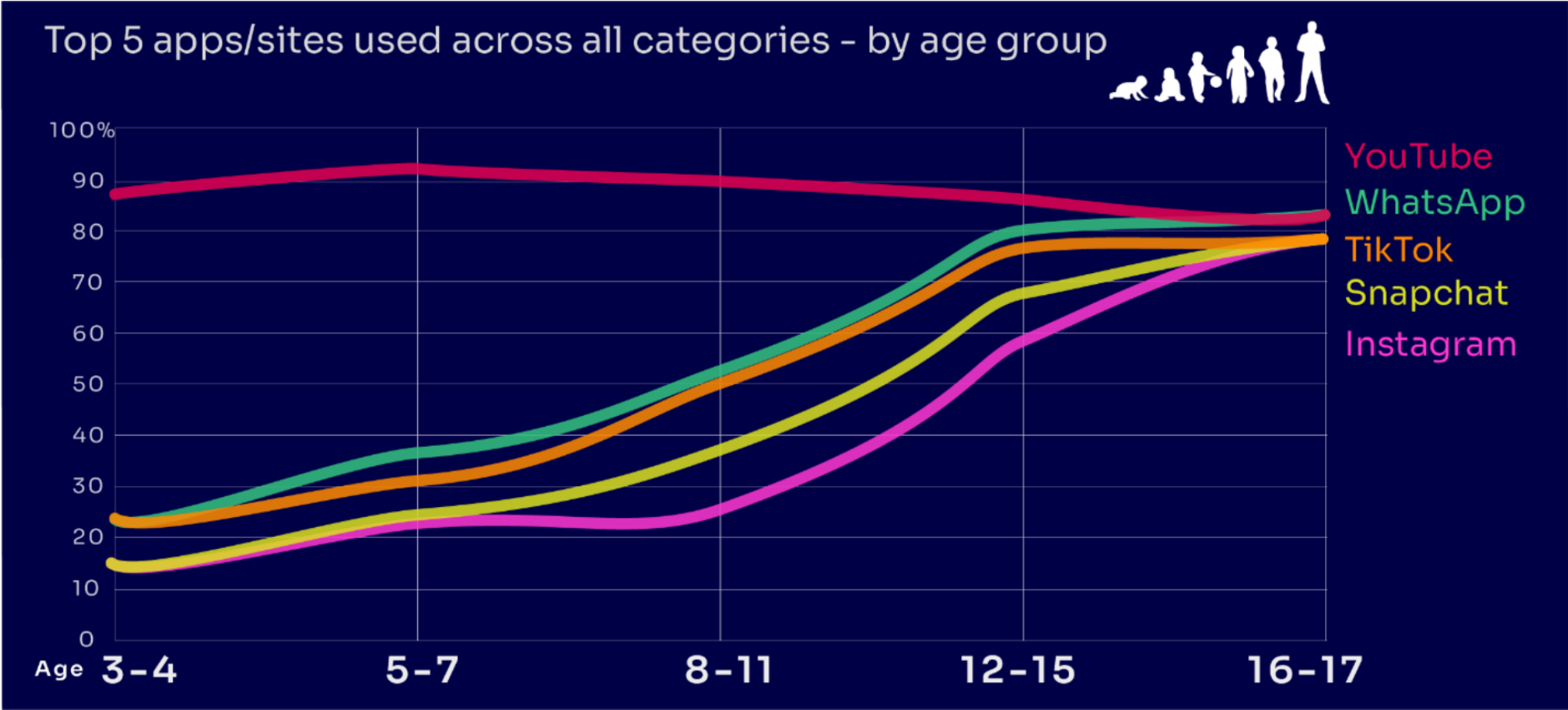
LGfL 
SafeguardED





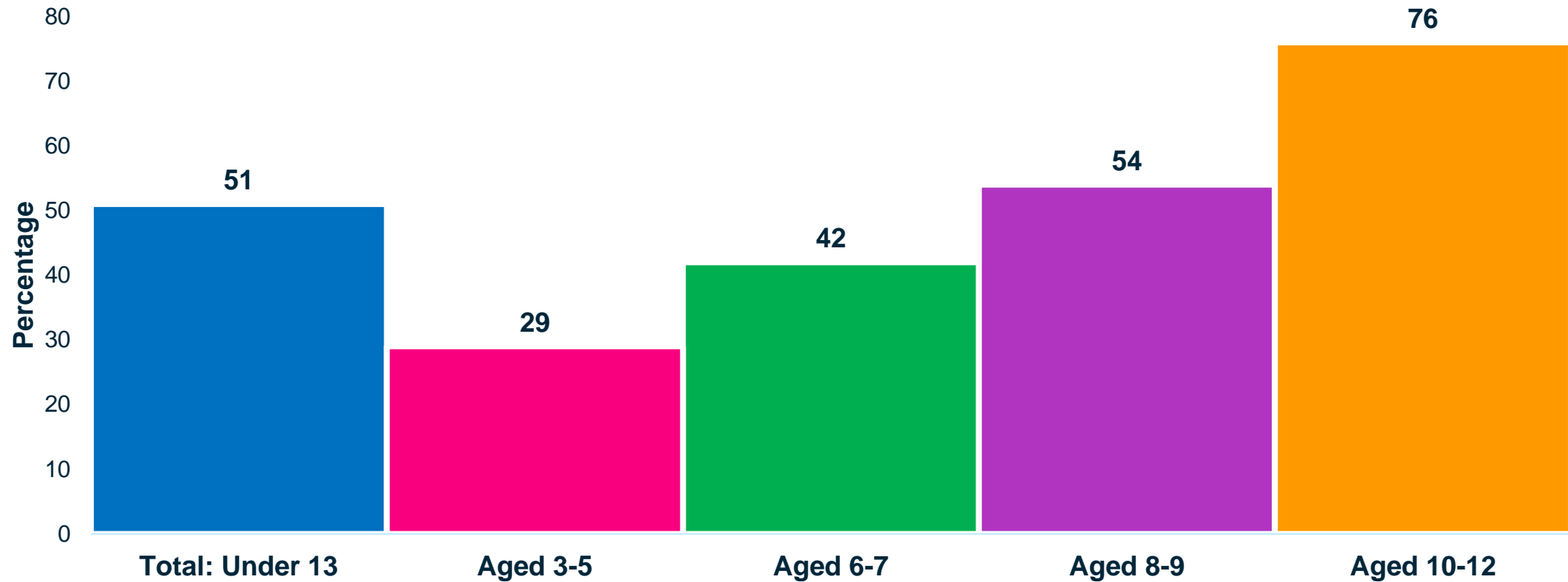
SOCIAL MEDIA AND GAMING

Are you familiar with the apps and games your child is on?



13

Around **half** of children **under 13** use social media, and **38%** have their **own profile** on at least one platform



Why does this matter?



- Young people **can get around age restrictions** on apps and websites, increasing the risk of them coming to harm online
- Many children have online profiles that make them appear older than they actually are – exposing them to **content inappropriate for their age**
- **Addictive algorithms can make it harder to take a break** and maintain a healthy balance between time on and offline
- Algorithms can also target content similar to what you've already selected/liked/shared. This can prevent you from finding new ideas and perspectives, create **misinformation** and **reinforce stereotypes**. This can also lead to **mental health** issues.

'It's so easy to lie': A fifth of children use fake age on social media



A newly released survey, conducted by the UK media regulator, indicates 22% of eight to 17 year olds lie that they are 18 or over on social media apps.

Liv McMahon, Tom Singleton & Georgina Hayes

Technology reporters

28 November 2024, 00:05 GMT

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What about WhatsApp? What are the risks?



- Unwanted contact** to contact somebody on WhatsApp, all you need is their phone number, which could expose you to unwanted messages or calls
- Inappropriate content** messages are end-to-end encrypted which means that the content cannot be monitored. This means that your child could see or hear harmful or upsetting content e.g. pornography or violence.
- Location sharing** live location feature means that your child could reveal their current location to others
- Cyberbullying** children could be bullied, feel left out or deliberately excluded or removed from groups
- Oversharing** privacy features, such as disappearing and 'view once' messages, might mean that your child feels safe to reveal private or risky information or images. However, there is always a risk that this could be copied and shared

WhatsApp top safety tips

1. Review privacy settings
2. Customise contacts
3. Talk about personal information
4. Show them where to get support
5. Check in regularly



The infographic features the WhatsApp logo and the text 'WhatsApp safety guide for parents' in a bold, sans-serif font. In the top right corner, there is a green square with the text 'internet matters.org'. Below the title, three yellow boxes contain statistics: '13+' with the text 'WhatsApp's minimum age in the UK', '58%' with 'Kids aged 3-17 who use WhatsApp', and '37%' with 'Kids under 13 who use WhatsApp'. To the right of these boxes is an illustration of a woman with dark hair in a bun, wearing a blue shirt, holding a black smartphone. A blue checkmark icon is positioned above her head. Below the statistics, a horizontal dashed line separates the header from the main content. The main content is titled '5 tips to keep kids safe on WhatsApp' in a bold font. Each tip is numbered and accompanied by a yellow square icon: 1. A padlock icon for 'Review privacy settings', 2. A person icon for 'Customise contacts', 3. A speech bubble icon for 'Talk about personal information', 4. A magnifying glass icon for 'Show them where to get support', and 5. A checkmark icon for 'Check in regularly'. Each tip includes a brief explanation of the action and its purpose.

WhatsApp
safety guide for
parents

internet
matters.org

13+
WhatsApp's
minimum age
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58%
Kids aged 3-17
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37%
Kids under 13
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5 tips to keep kids safe on WhatsApp

- 1 Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.
- 2 Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.
- 3 Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.
- 4 Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.
- 5 Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

'Online' friends and real ones – what's the difference?

- Are you familiar with who your children are in **contact** with whilst playing games?
- Have you asked about the **chat** facility?
- Do you know the **content** and **age restrictions** for these games?



PEGI helps you to make informed decisions when buying video games

- The age rating confirms that the game content is appropriate for players of certain ages
- It considers the age **suitability** of a game, **not the level of difficulty**

TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS



THE CONTENT DESCRIPTORS



IN-GAME PURCHASES FEAR DISCRIMINATION DRUGS GAMBLING BAD LANGUAGE VIOLENCE SEX

How can **YOU** get involved?

- **ASK** what type of games your child enjoys – are they **age-appropriate**?
- **PLAY** games together - keep the tech in **shared spaces** rather than bedrooms
- **TALK** about **who they are playing** with - what **information** are they sharing?
- **EXPLAIN** what is/isn't **appropriate to share**, e.g. personal details to identify them/location
- **AGREE** how they will spend their **money** online
- **DISCUSS** what they would do if they were **bullied** online, and what steps to take
- **DECIDE** **how long is appropriate** to play in one session - how many sessions a day
- **SETUP** these restrictions in **parental settings** with your child

Find ratings and reviews for parents on apps, games and social media at [commonsensemedia.org](https://www.commonsensemedia.org)

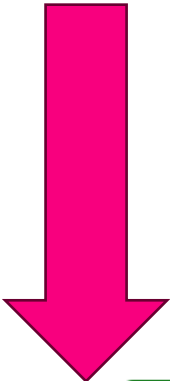
Movies	TV	Books	Games	Podcasts	Apps	YouTube	Parent Tips and FAQs	Celebrating Co
By Age			By Topic			By Platform		
Preschoolers (2-4)			Screen Time			TikTok		
Little Kids (5-7)			Learning			Snapchat		
Big Kids (8-9)			Social Media			Minecraft		
Pre-Teens (10-12)			Cellphones			Roblox		
Teens (13+)			Online Safety			Fortnite		
			Identity and Community			Discord		
			More ...			More ...		



APP
Snapchat
✓ age 16+ ★★★★★
Send moments in photos, watch curated content; use wisely.
Devices: iPhone, iPod Touch, iPad, Android (2011)



APP
Discord
✓ age 13+ ★★★★★
Voice and video chat; slick features, some mature content.
Devices: iPhone, iPod Touch, iPad, Mac, Android, Windows app (2017)



See full review

See full review



RISKS AND NEGATIVE EXPERIENCES

So what are the **RISKS**?

content: being exposed to **illegal**, inappropriate, or **harmful** content, for example: **pornography**, **fake news**, **racism**, **misogyny**, **self-harm**, **suicide**, **anti-Semitism**, **radicalisation**, and **extremism**.

contact: being subjected to harmful online **interaction** with other users; for example: peer to **peer pressure**, commercial **advertising** and **adults posing as children** or young adults with the intention to **groom** or **exploit** them for **sexual**, **criminal**, **financial** or other purposes

conduct: online **behaviour** that increases the likelihood of, or **causes, harm**; sharing and receiving **explicit images** (e.g. **nudes** and semi-nudes and/or **pornography** and online **bullying**)

commerce: risks such as online **gambling**, **inappropriate advertising**, **phishing** and or **financial scams**

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15 March 2024

Encountering violent online content starts at primary school

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[Online safety](#)



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Children as young as nine exposed to pornography

🕒 31 January 2023



Average age children first view pornography is 13

- Substantial proportions viewed it at a much younger age – **27% by age 11** and **10% by the age of 9**
- Degrading acts and **violence against women**
- Think it is **reflective** of real life or **healthy relationships**
- Wide prevalence of pornography on **social media platforms** such as X (Twitter), Snapchat and Instagram



Source:
<https://www.childrenscommissioner.gov.uk/resource/pornography-and-harmful-sexual-behaviour/>

Molly Russell: Tech firms still failing after teenager's death, says father

© 29 November 2023



RUSSELL FAMILY

Molly Russell was 14 when she died in 2017

Life sentences for teenagers who murdered Brianna Ghey

© 2 February



Brianna Ghey case



Ghey in Culcheth Linear Park in Cheshire

Frankie Thomas: Coroner rules school failed teen who took own life

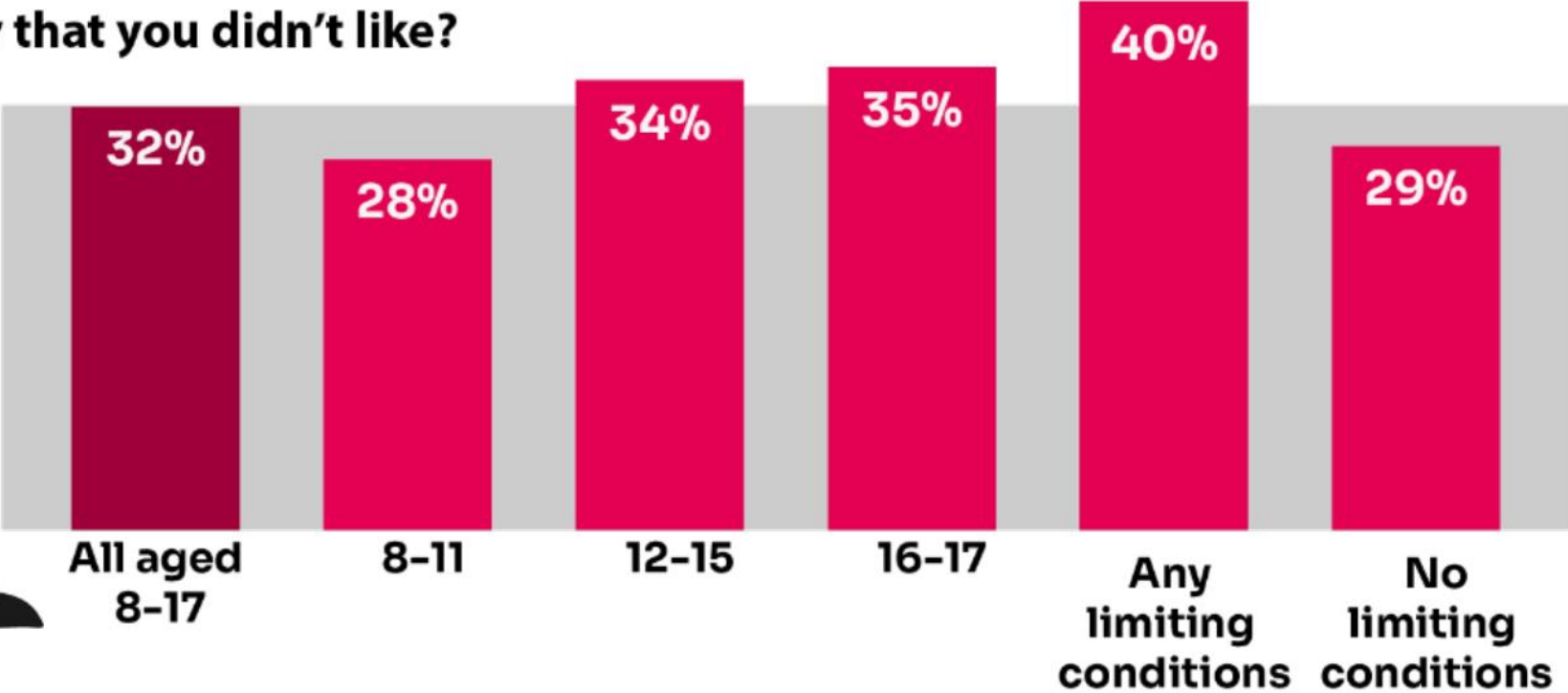
© 7 October 2021



THOMAS FAMILY

Frankie Thomas took her own life after viewing graphic content online for months

In the past 12 months, have you seen anything online that you found worrying or nasty in some way that you didn't like?

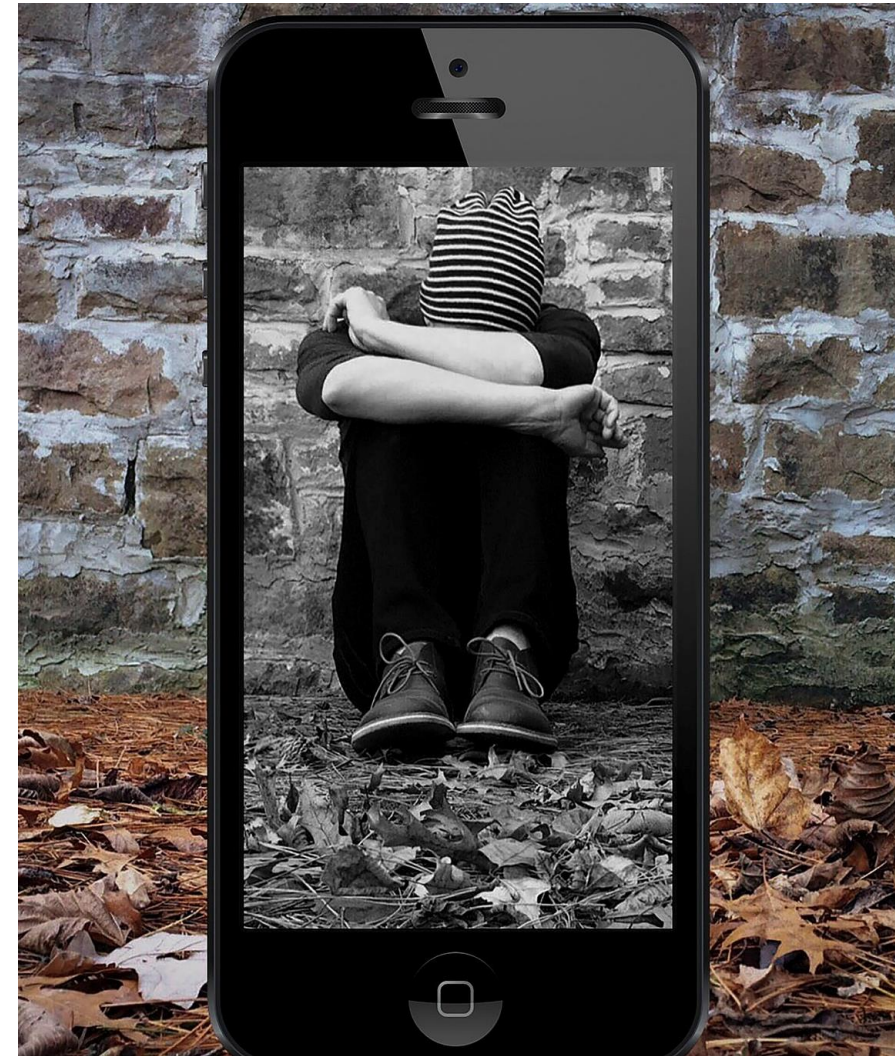


Online bullying

Online bullying can happen in many different ways including:

- posting mean or hurtful comments online
- spreading rumours online
- embarrassing or humiliating someone online, e.g. photos
- intentional exclusion from group chats
- repeated contact after being told to stop

Any time, any place...



Online grooming

- Predators may use social media, gaming platforms and messaging apps to **exploit children**
- Intention to **trick, pressure** or **force** them to do something
- Usually sexual – sending images or videos, or meeting

Breck Bednar, groomed through gaming platform, lured to groomer's flat and killed



Rise in reporting of financially motivated sexual extortion - **SEXTORTION**

- Type of **online blackmail**
- Involves an adult offender posing as a young person, threatening to release **nude or semi-nude images and/or videos** of a child or young person, unless they pay money
- Victims of any age and gender can be targets - majority of cases have involved **male victims aged 14-18**

What is sextortion?

Guide to online sexual coercion and extortion of children

internet
matters.org



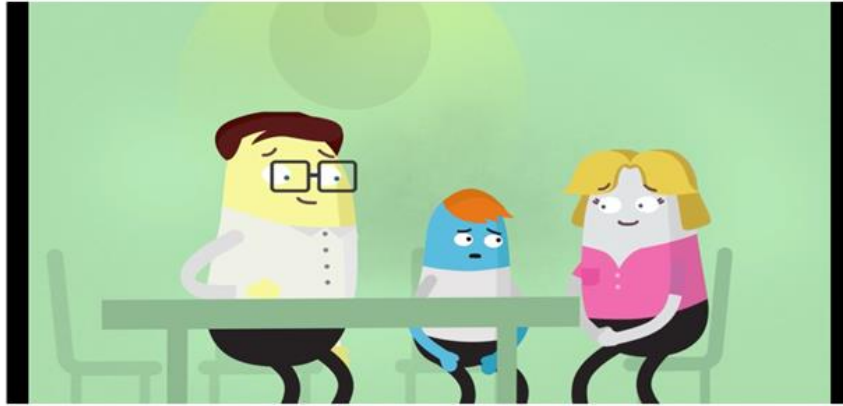
Producing and sharing nudes and semi-nudes of under 18s is illegal

Whether a child or young person shares an image consensually or not, they have no control over how other people might use or share it.



So, what can **YOU** do?

Nude Selfies: Understanding Why



Nude Selfies: Talking to your child



Nude Selfies: When should I be worried?



Nude Selfies: Where to get help



Being safer while **live streaming**

- **Talk** to them about what they are sharing
- Use devices in **public spaces** e.g. lounge not bedroom
- Check privacy and safety **settings** on the app/site
- Be wary of **requests to chat in private**
- Know **Support and Reporting** functions



Internet Watch Foundation removal of images

IWF removed **275,655** webpages of criminal child sexual abuse imagery in 2023

92% included '**self-generated**' material, where children have been coerced into performing sexually via a webcam or handheld device

42% of these (107,615) featured children **under 10** (66% increase on 2022)



UK Reporting Helplines and Services for Children and Young People



NCA

Young people can report concerns about child sexual abuse and exploitation to NCA



Report Remove

A free tool that allows children to report nude or sexual images and videos of themselves that they think might have been shared online



ChildLine

A free, private and confidential service where children and young people can talk about anything to a trained counsellor, online or on the phone

Call 101 or 999 if there is an immediate risk of harm to your child

It is important to **manage** and **minimise** the associated risks.

RISK IS NOT HARM

Positive action can limit risks
becoming harmful

Children with SEND are more likely than their peers to experience online issues such as online bullying, online grooming and exploitation.



Online safety in school



what positive, healthy and respectful online relationships look like



the effects of their online actions on others



how to recognise and display respectful behaviour online



how to use technology safely, responsibly, respectfully and securely



where to go for help and support when they have concerns about content or contact on the internet or other online technologies

Help your children stay safe online – work as a **TEAM...**



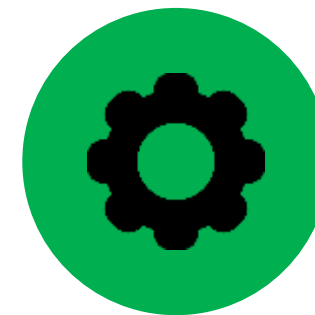
Talk



Explore



Agree



Manage

Set it up
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bit.ly/onlinep23

