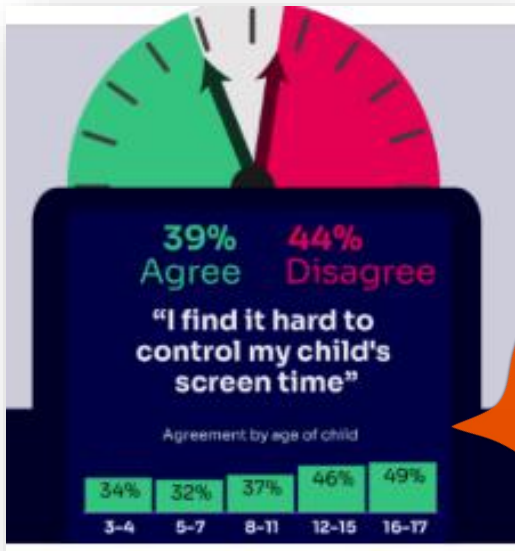
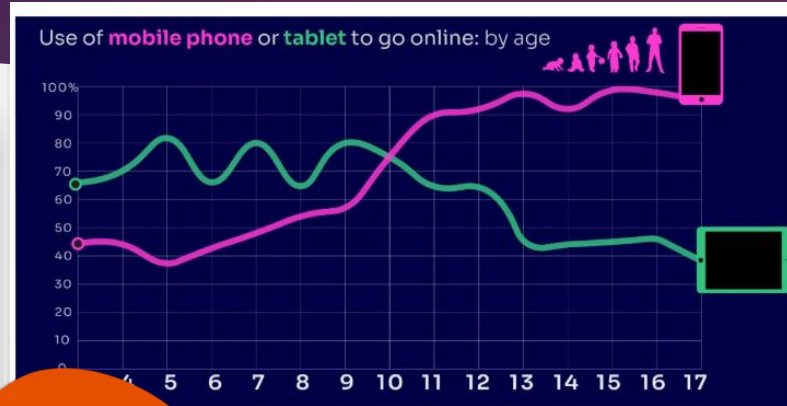


Supporting your child as they navigate life online



DID YOU KNOW?





TALKING TO YOUR CHILD ABOUT LIFE ONLINE



What are you most **WORRIED** about when your child is **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?

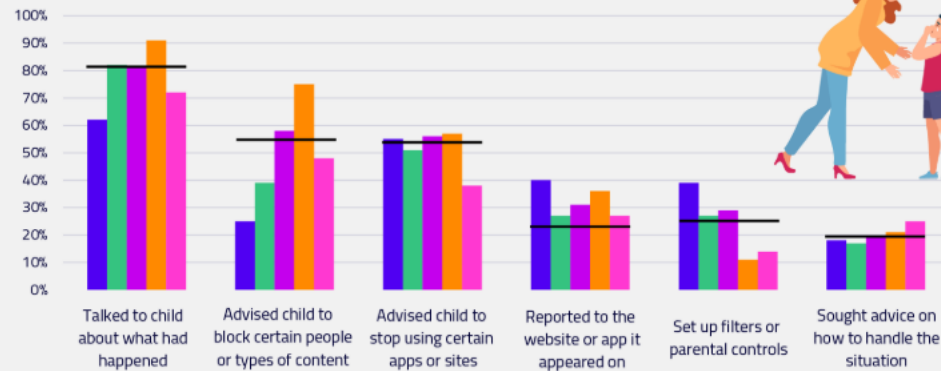
Is your child confident to TALK TO YOU?

WHAT WOULD YOU DO?

Are there any areas you would not feel confident or comfortable to discuss?

1 in 5 parents said their child told them about something they'd seen online that scared or upset them

Action taken (%)



Younger children are more likely to tell someone if they see something worrying or nasty online:

- **Two-thirds of 8-11-year-olds** say that they would always tell someone (66%)
- **Almost half of 12-15s and 16-17s** (49% and 45% respectively).

Source:
Children and
parents: media use
and attitudes
report 2024

YOU don't need to be an EXPERT ... be a PARENT



- ▶ **It's your choice** - Don't let others dictate when the right time is to use tech.
- ▶ **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.



How do you keep up
with online safety?



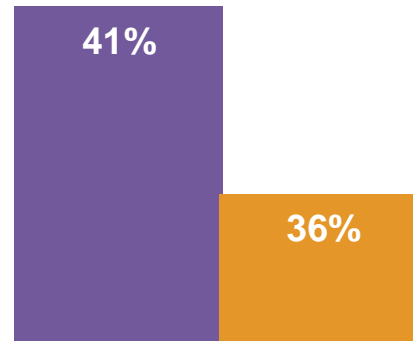
internet
matters.org

The positives of being online...

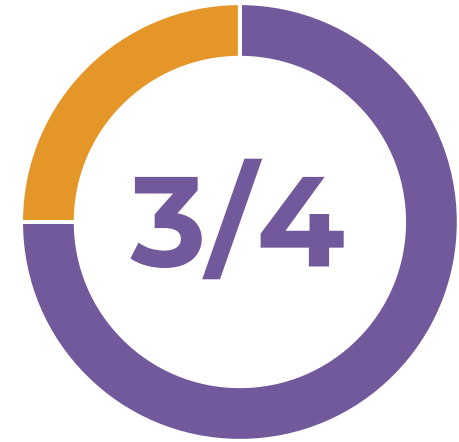


of children say the internet has a positive impact on their wellbeing*

■ 2023 ■ 2022



% of children who say spending time online makes them feel confident**

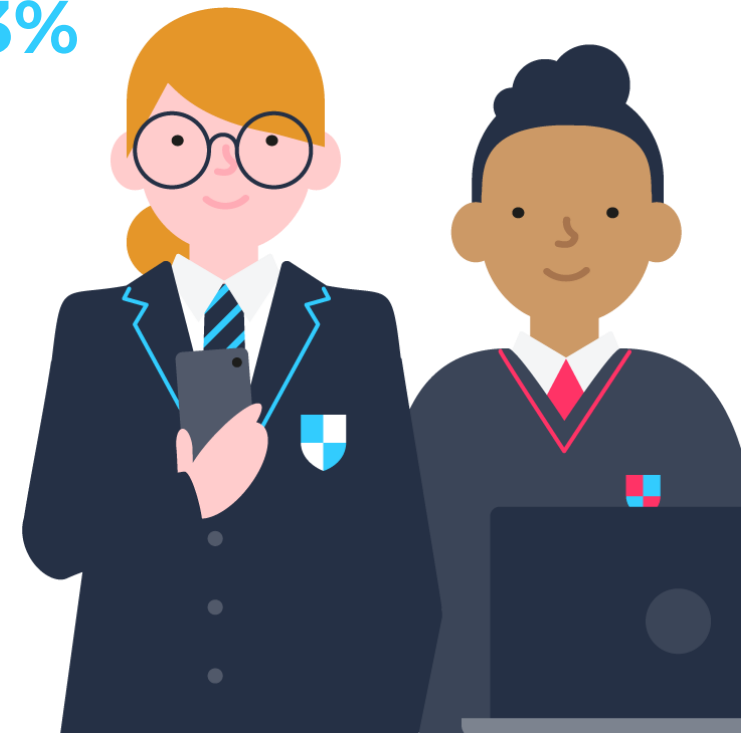
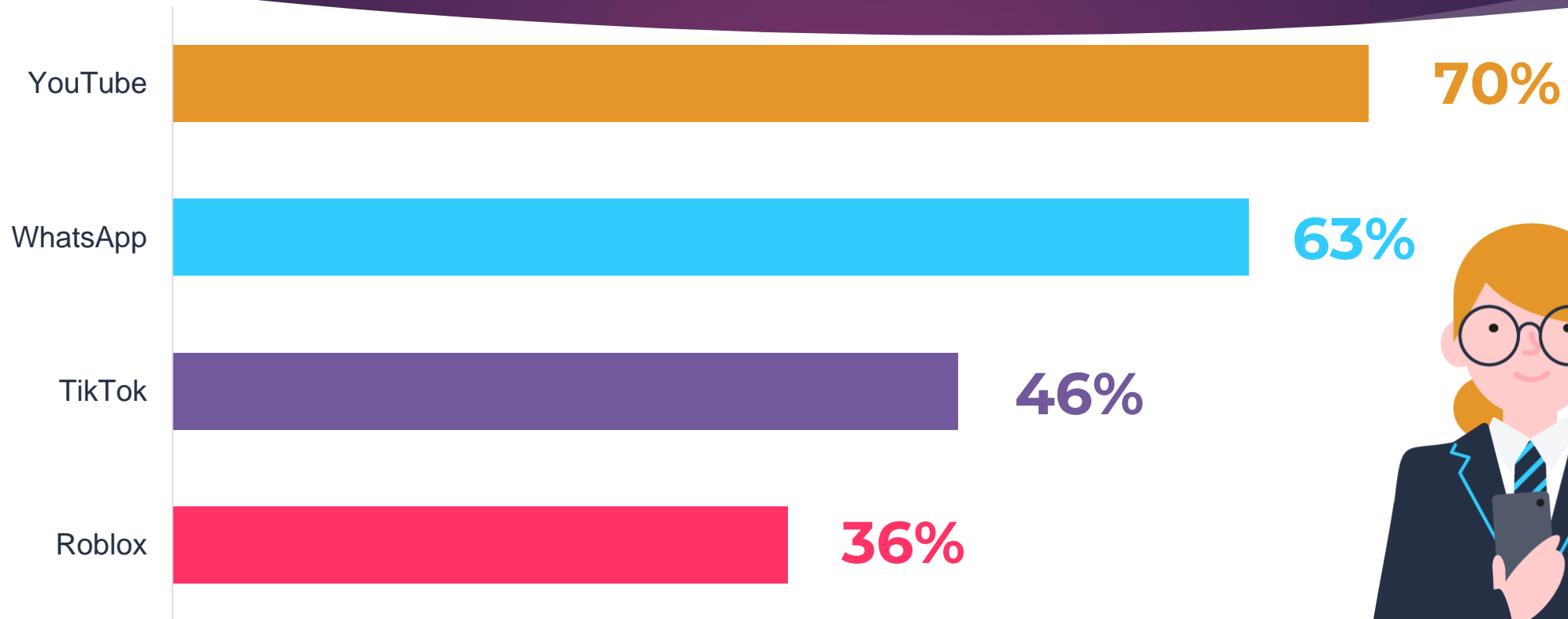


of children say the internet/tech is important for their independence**

*Internet Matters tracker survey, Wave 19 (2024)

**Children's Wellbeing in a Digital World, Year Three, Internet Matters (2024)

What they're doing online...

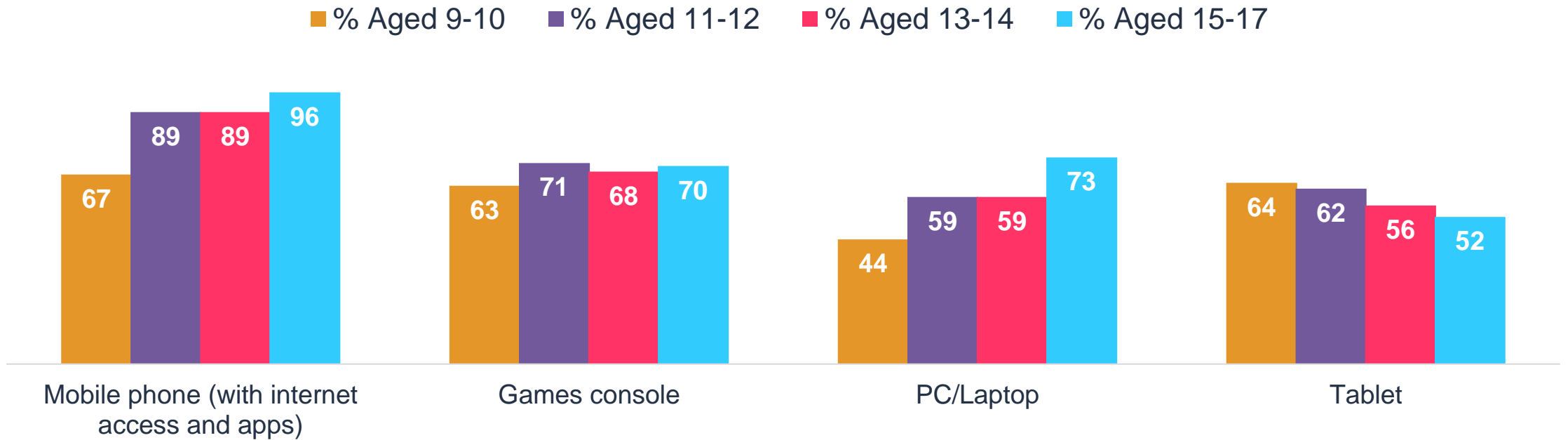


The potentially negative impacts...

- ▶ **Sleep cycles** are often affected by blue light from too much screen use, which can **impact their daytime activities** like school;
- ▶ Excessive screen use might result in **less movement**, leading to **physical health issues**
- ▶ Platforms use **persuasive design** to keep people using it, which children are particularly **vulnerable** to
- ▶ More time online means more opportunity to come across **potential harms**.



Device preferences by age



Smartphones vs dumb (brick) phones



Internet access

Apps and games

Connection any time

A range of parental controls

No internet access

No (or few) apps and games

Messages and calls any time

Limited parental controls





SOCIAL MEDIA AND GAMING

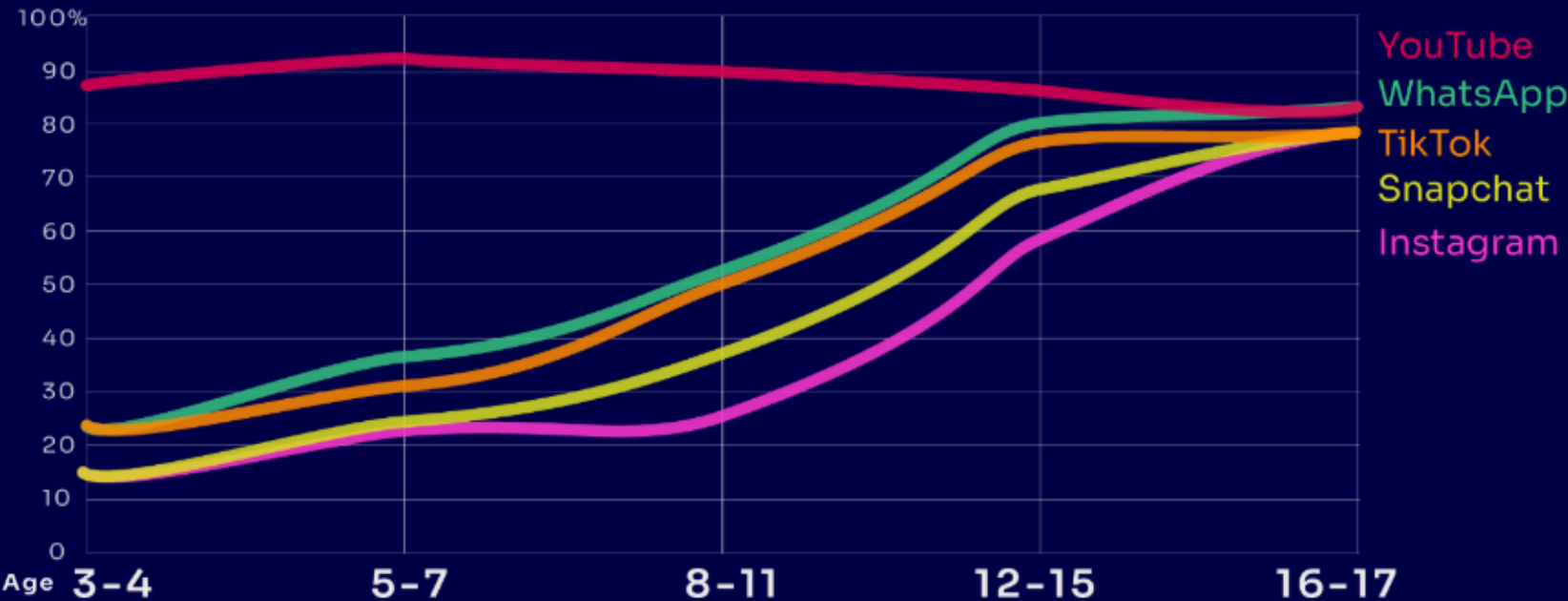


Are you FAMILIAR WITH THE APPS and GAMES your child is on?

YouTube is the most popular, but the appeal of many social media platforms varies by age

DID YOU KNOW?

Top 5 apps/sites used across all categories - by age group



- under 20% of all 3-4 year-olds use **Instagram** and/or **Snapchat**
- this rises to 80% among 16-17s

- under a quarter of all 3-4 year-olds use **WhatsApp**
- this rises to over 80% of all 16-17-year-olds

Children need to be 13+ to use these platforms

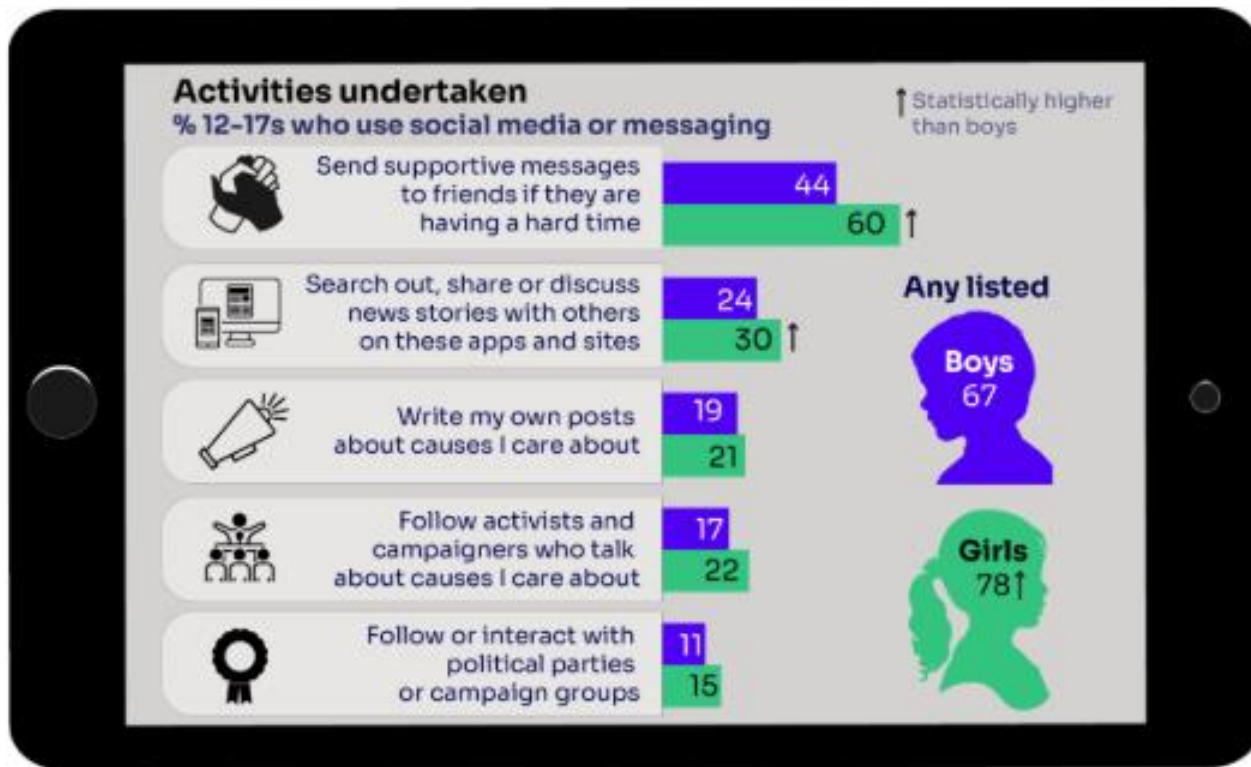
Go to apps.lgfl.net for guidance on apps and social media sites

Source: Children and parents: media use and attitudes report 2024



KNOW WHAT THEY DO on social media?

Eight in ten (81%) of all children aged 8-17 use at least one social media app/site for following friends, people and organisations, reading, liking or sharing content

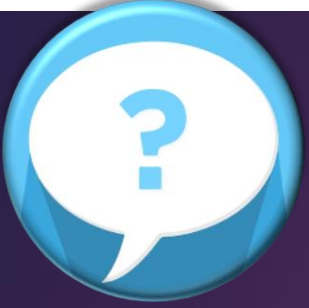


Many used sites and apps like **TikTok** and **Instagram** to consume content

Snapchat was the most favoured platform to message and communicate with friends.

“I don’t think I could live without Snapchat anymore.... I’ve got all my friends on it, and we have like group chats where we all call, like, all the time, and we text each other and Snap each other” **Suzy, 12**

Go to apps.lgfl.net for guidance on apps and social media sites



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**.



What might they NOT BE TELLING YOU?

DID YOU KNOW?

Nearly six in ten (58%) 8-17s use **multiple profiles** on at least one social media platform:

(23%) said it was because one account was **just for parents/family** to see

13% said one account was **for the 'real me' and another contained edited/filtered posts** or photos



What about WHATSAPP?

Do you know the **minimum age** to use this?

What are the **risks**?

To use the service in the UK, users must be 13-years-old or older



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 safety guide for parents

internet matters.org

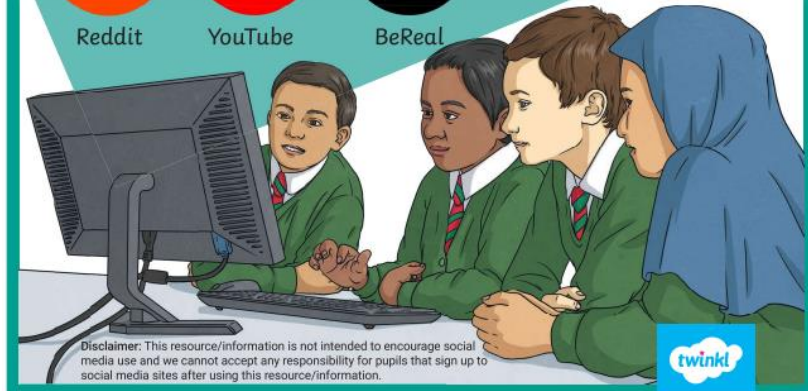


5 tips to keep kids safe on WhatsApp

- 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.

Age Restrictions for Social Media Platforms

13 is the minimum age for account holders on these social media sites and apps.



twinkl

Visit <https://www.internetmatters.org/resources/whatsapp-safety-a-how-to-guide-for-parents/#whatsapp-safety-tips> for advice for parents



Do you know the **DIFFERENCE** between an 'ONLINE' FRIEND and a real one? How does this differ from your **CHILD'S VIEW**?

- Are you familiar with who they 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?

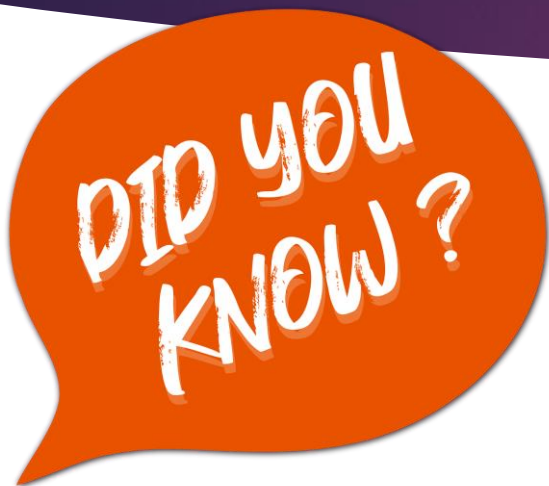


Visit gaming.lgfl.net for advice and activities

Source: Children and parents: media use and attitudes report 2024

PEGI helps parents to make informed decisions when buying video games:

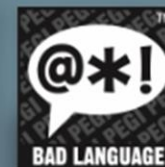
- The age rating confirms that the game content is appropriate for players of certain age
- It considers the age **suitability** of a game, **not the level of difficulty**



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



THE CONTENT DESCRIPTORS

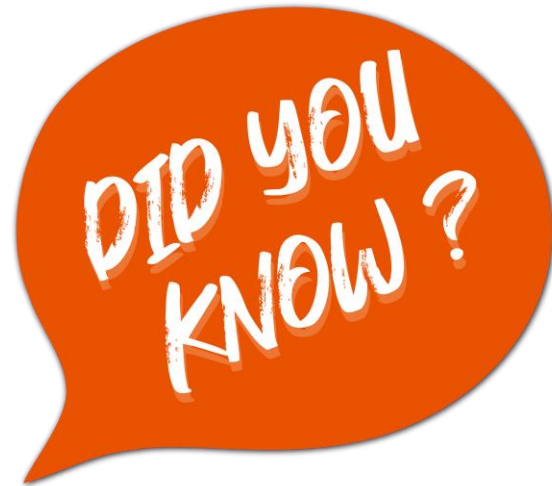


How can YOU GET INVOLVED?



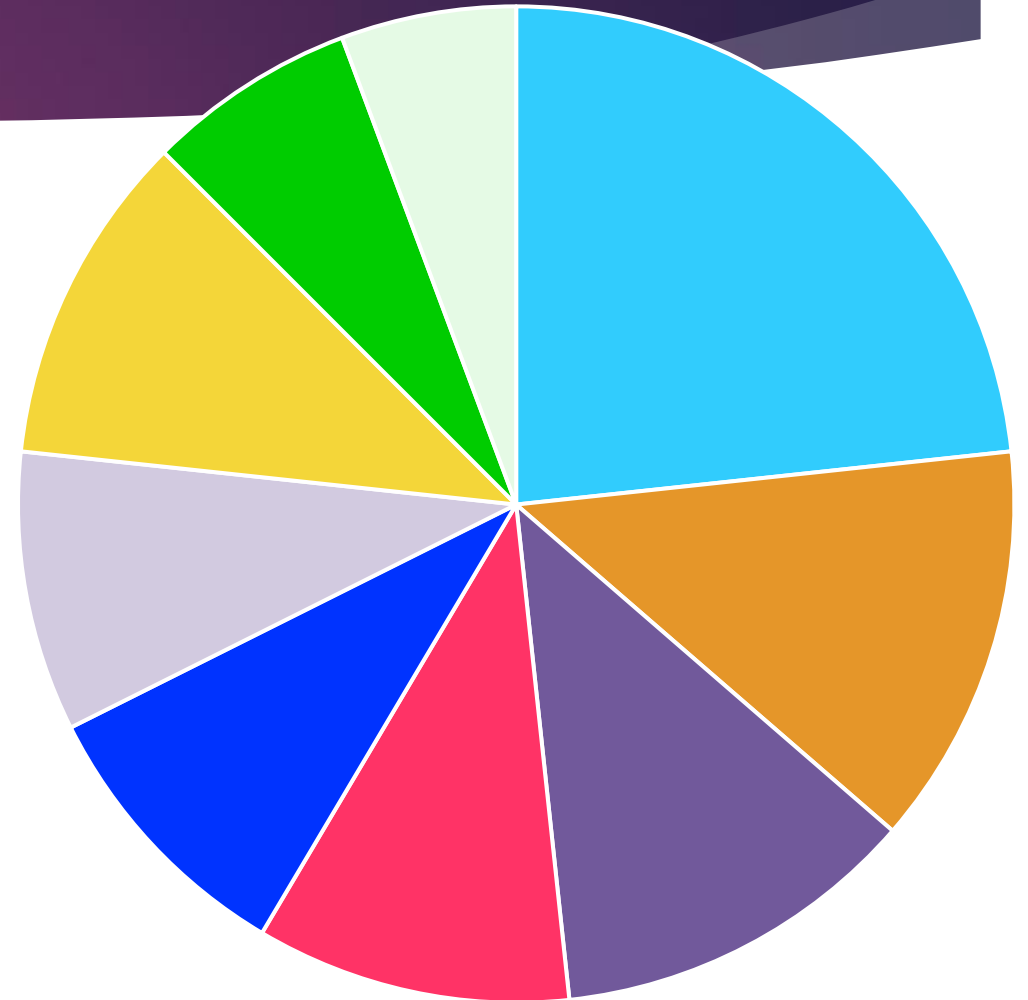
- **ASK** what type of games your child enjoys – are they **age-appropriate**?
- **PLAY** games together - keep the tech in **shared spaces** rather than bedrooms
- **TALK** about **who they are playing** with - what **information** are they sharing?
- **EXPLAIN** what is/isn't **appropriate to share**, 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

Common Online Issues



Children who have experienced online issues

- Spent too much time online
- Spent money in games/apps
- Strangers contacted me
- Came across mis/disinformation
- Came across hate speech
- Came across content promoting unrealistic body images or altered bodies
- Came across content which promotes dangerous stunts or challenges
- Came across violent content or content that promotes violence
- Online bullying, trolling or abuse from people I don't know



Source: Internet Matters tracker survey, Wave 19 (2024)

Types of harmful risks

Contact	Content	Conduct	Commerce
<p>Contact risks come with online communication.</p> <p>This could include cyberbullying and hate speech as well as grooming and sextortion.</p>	<p>Content risks come with image- and video-sharing online. It's also in video games and music.</p> <p>This could include explicit or hateful language, violent videos, age-inappropriate games and pornography.</p>	<p>Conduct risks are the actions children might take that could lead to harm.</p> <p>This could include visiting porn sites, gambling platforms and chat rooms, or sending sexual images or texts.</p>	<p>Commerce risks come with online spending, advertising and scams.</p> <p>This could include clicking on ads in a mobile game, sending money to a harmful source or even receiving a phishing email.</p>

Dealing with inappropriate CONTACT

What to talk about

- ▶ Sometimes people hide behind fake profiles for dishonest reasons
- ▶ Agree how they will respond to requests from people asking them for something/to do something
- ▶ Never agree to meet up with anyone they don't know in real life (or who makes them uncomfortable)

Top tips & tools

- Set up safe social media profiles that don't share personal information
- Customise communication options in video games
- Turn off geolocation settings on devices
- Learn/teach your child how to report, block, mute and use any other similar tools

Dealing with inappropriate CONTENT

What to talk about

- ▶ They can come to you if they see anything that upsets them
- ▶ The importance of respect for each other and the meaning of consent
- ▶ If they have seen online pornography, talk about the unrealistic image of sex and relationships it presents

Top tips & tools

- Parental controls on home broadband
- Content locks on mobile networks
- Safe search on browser search engines (or use child-friendly search engines)
- Content controls in the apps they use or games they play

Dealing with inappropriate CONDUCT

What to talk about

- ▶ Talk to a trusted adult if they experience anything upsetting online or if they're not sure about something
- ▶ Think carefully about sharing images or videos of others without permission
- ▶ Every action they take creates a digital footprint, which creates a picture of who they are; so, be responsible.

Top tips & tools

- Demonstrate healthy behaviour both offline and online
- Block age-inappropriate websites on broadband or using parental controls apps
- Report inappropriate posts or content on social media or other apps to web providers or the Internet Watch Foundation.

Dealing with inappropriate COMMERCE

What to talk about

- ▶ Talk about scams, including what they could look like and the harm they could lead to
- ▶ Encourage them to come to you or another trusted adult if they're not sure if something is trustworthy
- ▶ Avoid clicking on unknown links or responding to unexpected emails/text/WhatsApp messages

Top tips & tools

- Stay informed about scams that your child could come across in social media or video games
- Install cyber security software on your child's devices – there are free and paid-for options available
- Where relevant, set up parental controls that restrict spending or require a PIN so you can check purchases first.

Risk is not harm

While risk-taking can lead to harm, it more often results in children discovering new passions and abilities.

Positive actions can limit risks from becoming harmful. Here are 5 tips:

1. Understand the risks
2. Communicate regularly
3. Keep risks in proportion
4. Agree on helpful mediation strategies
5. Develop coping strategies to foster resilience

Dangerous online challenges

- ▶ Viral online trends attract many children and teens
- ▶ Most are harmless, but some can be dangerous
- ▶ **1 in 5** children say they've come across content which promotes dangerous stunts or challenges
- ▶ It's important to talk with your child so they understand the dangers and can avoid potential harm.

BE
CHALLENGE
AWARE

Online bullying (cyberbullying)

- ▶ Online bullying is more difficult to escape than 'traditional' bullying
- ▶ It can happen between friends or strangers
- ▶ It can happen in video games, on social media, in messaging apps, etc.
- ▶ About **1 in 10** children say they have experienced online bullying. This increases for children with SEN needs or similar vulnerabilities.

Set parental controls, talk about healthy behaviour and show your child how to block and report content.

Inappropriate content



- ▶ 27% of children see pornography by age 11
- ▶ Around 1 in 10 children report seeing pornographic or violent content online. This increases with age.
- ▶ Children with vulnerabilities are more likely to come across these things – especially violent content.

Parental controls can help limit access to certain websites, content and more. It's also important for your child to report any inappropriate content they accidentally come across.

How to add parental controls

- ▶ Parental controls allow you to block and filter upsetting or inappropriate content. They work across WiFi, phone networks, individual apps and devices.
- ▶ They can help you to:
 - ▶ Plan what time your child can go online and for how long
 - ▶ Create content filters to block apps that may have inappropriate content
 - ▶ Manage the content that different family members can see
- ▶ Guidance on how to put controls in place:
<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/>

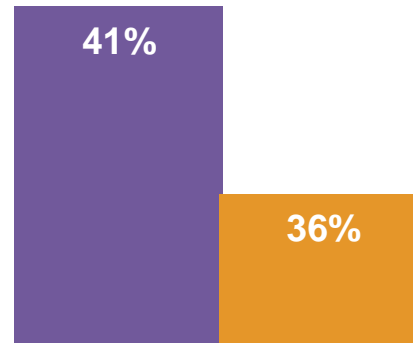


The positives of being online...

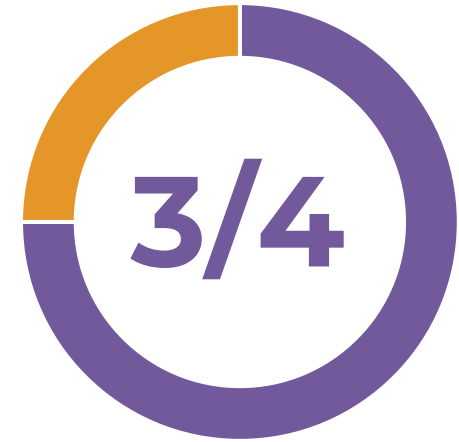


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Resources for Support and Guidance

PARENTSAFE

Keeping your children safe: online & beyond

This page is for parents - if you are a teacher, click [here](#)

It's never easy to know how to keep our children safe when they aren't with us, and sometimes even when are, if we don't know what's happening in their lives or on their devices! Who are they talking to, what are they doing, are they okay? Don't despair though...scroll through this page for help or click a button to go straight to a particular topics.

TOP TIPS RIGHT NOW

SAFE SETTINGS & CONTROLS

WHAT'S THAT APP?

TALKING TO CHILDREN

SCREENTIME

TOP TOPICS (porn, bullying, ...

SEX & RELATIONSHIPS

HELP & REPORTING

Find ratings and reviews for parents on apps, games and social media at commonsensemedia.org



- Movies
- TV
- Books
- Games
- Podcasts
- Apps
- YouTube
- Parent Tips and FAQs**
- Celebrating Co

By Age

- Preschoolers (2-4)
- Little Kids (5-7)
- Big Kids (8-9)
- Pre-Teens (10-12)
- Teens (13+)

By Topic

- Screen Time
- Learning
- Social Media
- Cellphones
- Online Safety
- Identity and Community

By Platform

- TikTok
- Snapchat
- Minecraft
- Roblox
- Fortnite
- Discord



APP

Snapchat

✓ age 16+ ★★★★★

Send moments in photos, watch curated content; use wisely.

Devices: iPhone, iPod Touch, iPad, Android (2011)

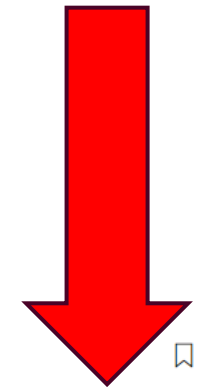
APP

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](#)

Useful links

- ▶ Safer Internet: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>
- ▶ Internet Matters: <https://www.internetmatters.org/>
- ▶ CEOP Education: <https://www.ceopeducation.co.uk/parents/>
- ▶ NSPCC: [Keeping children safe online | NSPCC](#)
- ▶ Barnados: [Keeping children safe online | Barnardo's\(barnardos.org.uk\)](#)

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- ▶ Credit for Resources:
 - ▶ Taken from LGfL and Internet Matters