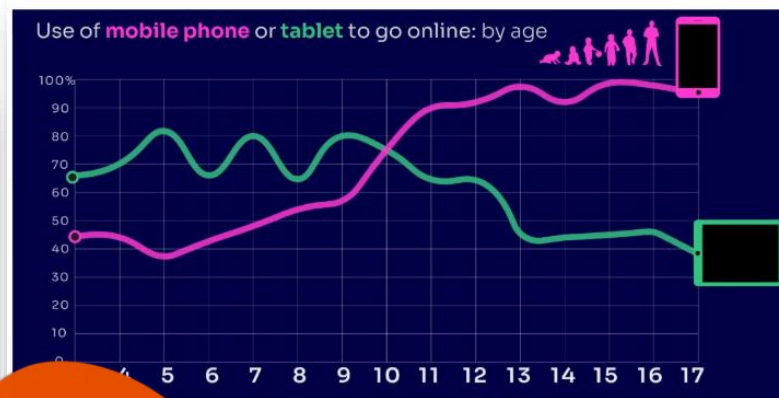
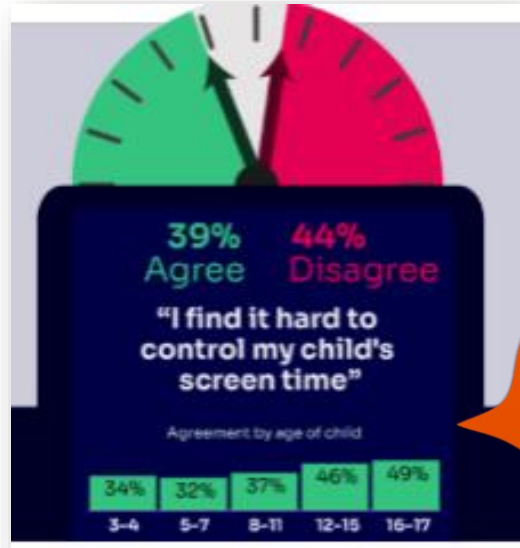
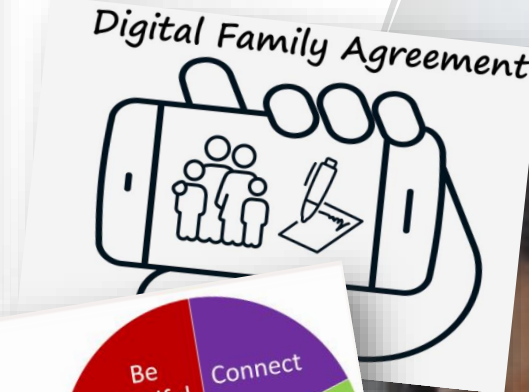
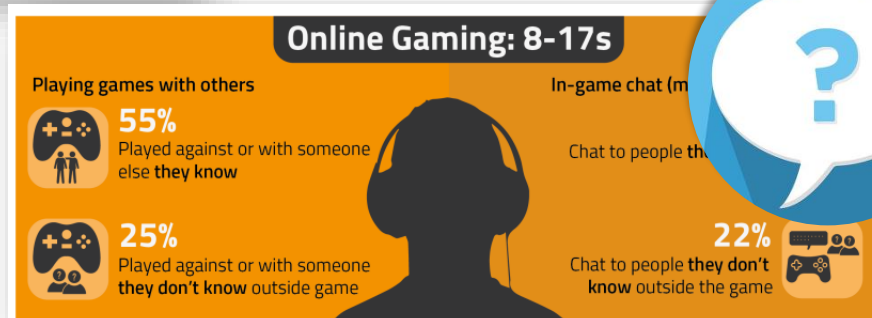


PARENT ONLINE SAFETY

A ready to use Presentation for Schools, Community Groups and Youth Centres



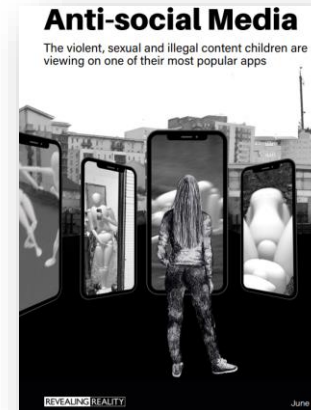
DID YOU KNOW?



This presentation shares:



- **Key Findings from:**
 - a range of the latest educational and government documents linked to online safety.
- **Suggested Resources and Tips for Staff to help Parents/Carers:**
 - keep up with the latest trends, apps and games
 - manage controls and settings
 - talk to children about risk



Warning!





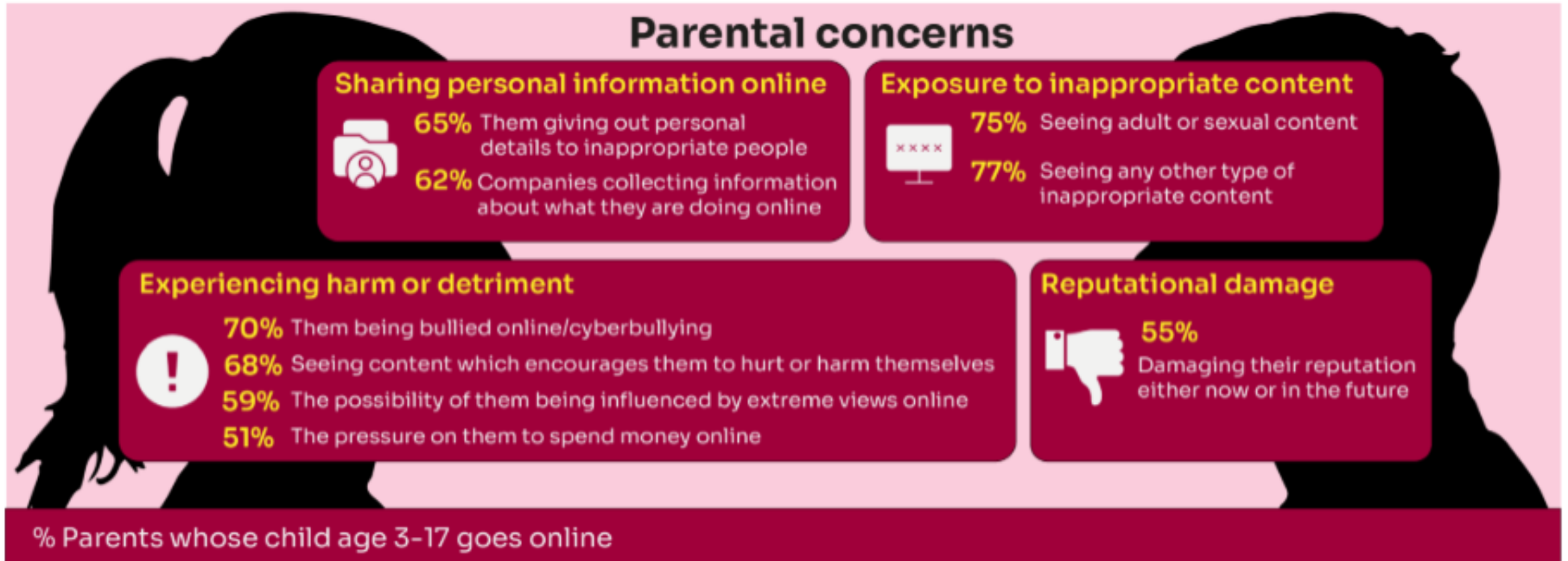
TALKING TO YOUR CHILD ABOUT LIFE ONLINE



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



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

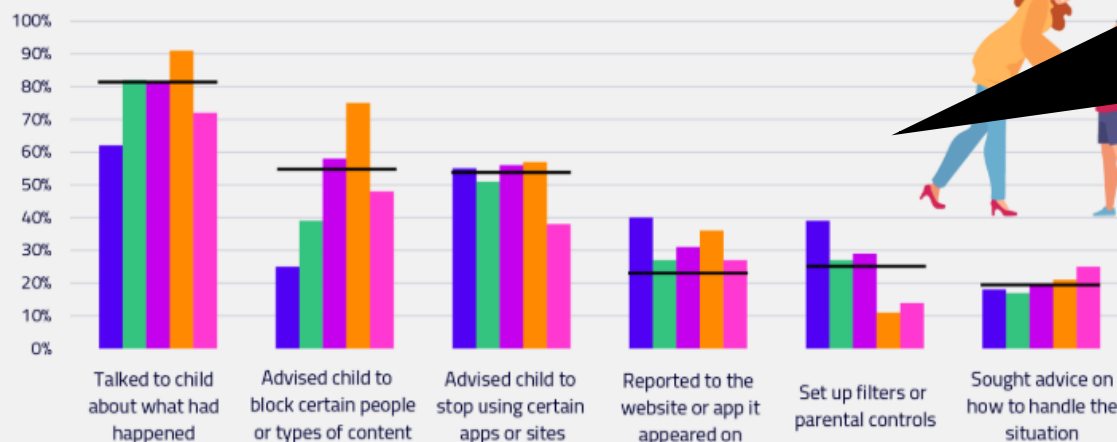




Are you **CONFIDENT** to **TALK TO YOUR CHILD**? Is your child confident to **TALK TO YOU**?

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

Action taken (%)



WHAT WOULD YOU DO?

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

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).

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.





Screen time

Creating a Screen Routine

As parents, we want technology to enrich our children's lives, not consume them. So we've put together some recommendations and sample routines to help you get started.

Most Recent

[See all](#)

Entertainment

Crunchyroll



Trends

Decoding the Gen Alpha to Z of Digital Lingo



Qustodio

Blocking Inappropriate Content with Qustodio



Qustodio

Devices Down Without the Meltdown

Reviews



Social Media

TikTok

Our Age Rating: 15+



Social Media

Snapchat

Our Age Rating: 16+



Entertainment

Character.ai

Our Age Rating: 16+



Gaming

Roblox

Our Age Rating: 12+



SUPERVISION AND PARENTAL CONTROLS



What **RULES** do **YOU SET** about being online?

Information their child can share online (49%)

Spending money online (52%)

Who you can interact with online

While parental concerns in some areas have increased considerably, their **enforcement of rules appears to be diminishing**, partly because of **resignation** about their **ability to intervene** in their children's online lives.

Types of websites and apps they can use (41%)

Where and when devices can / can't be used

Video content their children are allowed to watch online (67%)



Why not have a family agreement to:

- **clarify** what is allowed...or not
- **establish** ground rules like no phones at the table or in the bedroom at night-time
- **agree** shared expectations to reduce arguments and keep everyone safe & healthy



Download it at parentsafe.lgfl.net/digital-family-agreement

Digital Family Agreement



LGfL DigiSafe®

I will:

Why?

Check with mum before getting a new app or game or buying an add-on so she can check it's safe

Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry

Check with mum or dad before going live and explain what I can do to avoid any risks

Not post or share any personal information, e.g. mobile, address, to stay private and safe

Put my phone down when we're eating together or mum or dad want to talk, as it's respectful

Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep

Come off my devices an hour before bedtime to unwind and Sleep well

If there are any issues:
We will talk about it calmly and respectfully
I may have to show you more about what I am doing on devices, or other consequences

Parent/carers will:

Why?

Put our devices down when you want to talk to me/us so we can model good behaviour

Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk

Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy

Ask permission before sharing any photos of you, to respect your privacy

If I'm worried by anything:
I can tell mum or dad and they won't judge me
I can talk to Ms Patel at school
I can contact Childline or The Mix

Signed: *Sophie Mum Dad*

Today's date: *24th March*

Date we will review this: *24th May*

Download me again and find more at parentsafe.lgfl.net

SHARENTING!

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SafeguardED

parentsafe.lgfl.net



What is **SHARENTING**?

(when parents share photos of their family and children online)

- When done responsibly, sharenting can help maintain family connections and create a sense of community while documenting childhood memories.
- Does begin to create your child's digital footprint.





Do you **SUPERVISE** your child's online activity? **HOW?**

UNDER 12

More likely to be nearby / regularly
check what their child does online
(59%)

12 - 15

Ask their child about what they are
doing online
(72%)

16 - 17

Ask their child about what they are
doing online
(42%)



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





High awareness of technical control tools among parents, BUT **many are choosing not to use them**

WHY DO YOU THINK THIS IS THE CASE?

- Around four in ten parents who know about content filters **prefer to rely on their child's ability** to navigate online content **rather than to have a technical filter**

Visit www.internetmatters.org/parental-controls/ to find out how to set controls on devices:



Set up devices safely

Set parental controls on a range of devices, apps, and platforms with our how-to guides.

Smartphones & other devices

Select the smartphone, other device or OS from the dropdown list:



VIEW ALL

Broadband & mobile networks

Select your network provider from the dropdown list:



VIEW ALL

Social media

Select the social media app or platform from the dropdown list:



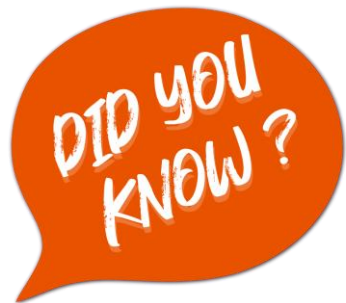
VIEW ALL

Video games & consoles

Select the video game or console from the dropdown list:



VIEW ALL



Parental control apps like [Google Family Link](#), [Screen Time](#) and [Microsoft Family](#) can let you set limits across devices, apps and platforms

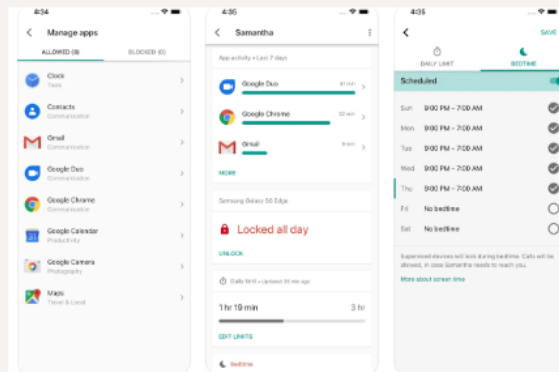
SAFE SETTINGS, CONTROLS & MONITORING

Apple, Android and Microsoft have tools to help you control what younger children can use and how long for. Click the images below for details. Once they are older and have your trust, the same tools can help avoid arguments and help them learn to self-regulate (how long have they really been on insta today? have they put down the phone at all in the last week?).



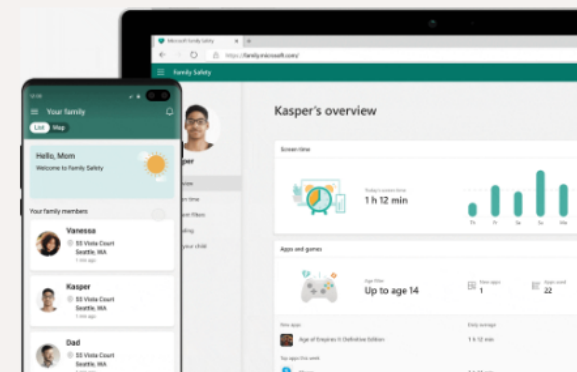
Apple Screen Time

Great for both parental controls and teen self-regulation



Google Family Link

Digital Wellbeing is the next step for the older ones after Family Link



Microsoft Family Safety

There are no self-regulation features for older teens, but Family Safety is great for the younger ones

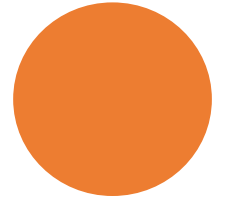


SafeguardED

Visit parentsafe.lgfl.net/ for additional advice and tips on settings and controls for all devices

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*





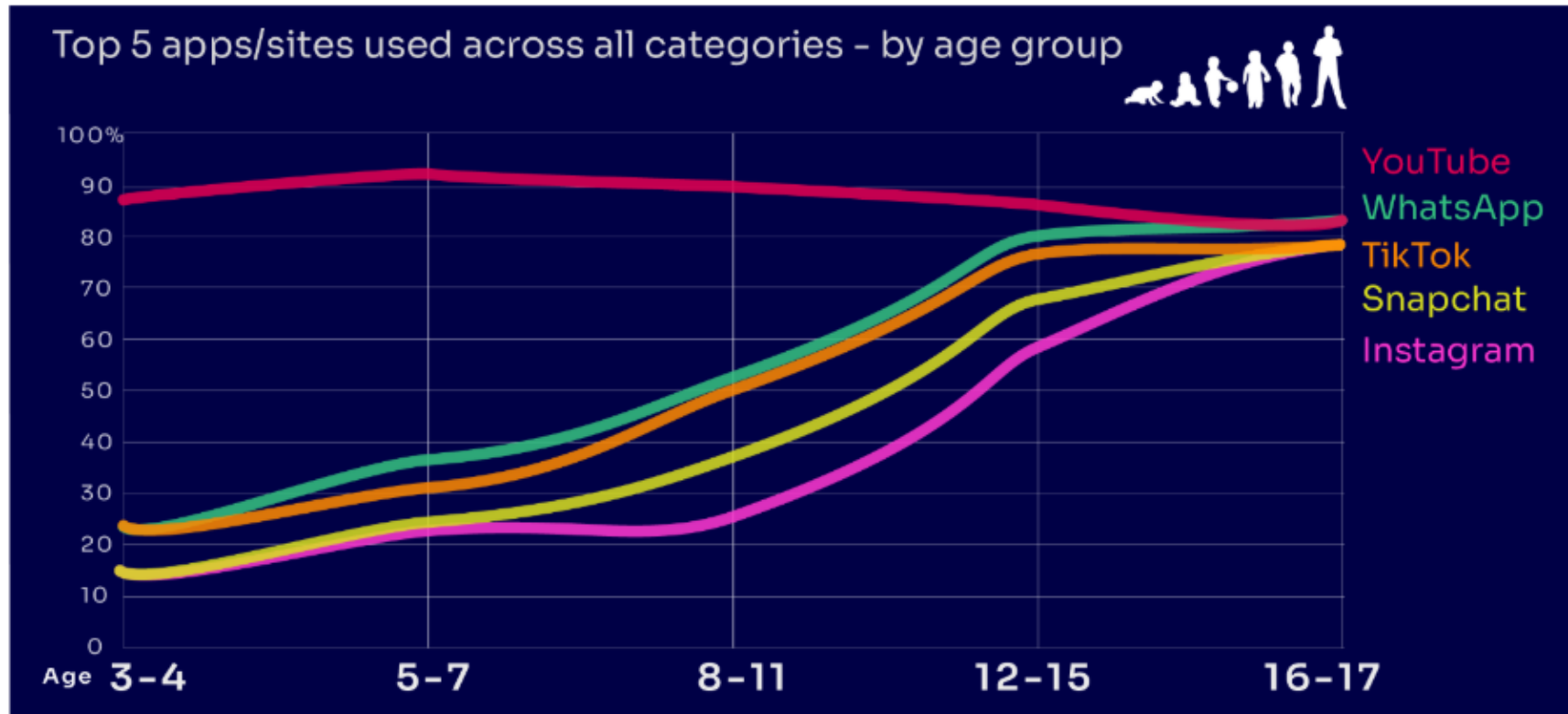
SOCIAL MEDIA AND GAMING



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?



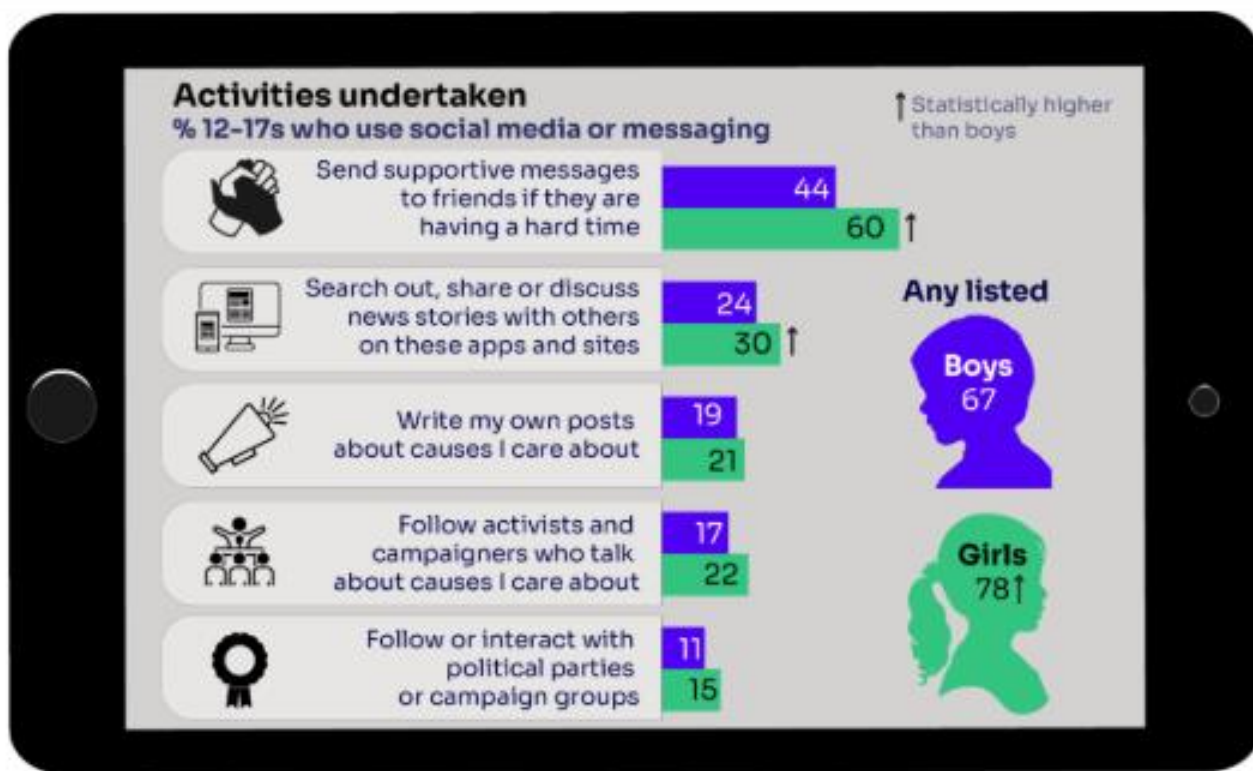
- under two in ten of all 3-4-year-olds use **Instagram** and/or **Snapchat**
- this rises to eight in ten among 16-17s

- under a quarter of all 3-4-year-olds use **WhatsApp**
- this rises to over eight in ten of all 16-17-year-olds



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**



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**?



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



What can you do?



WhatsApp safety guide for parents

internet
matters.org

13+

WhatsApp's
minimum age
in the UK

58%

Kids aged 3-17
who use
WhatsApp

37%

Kids under 13
who use
WhatsApp



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.

LGfL

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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?



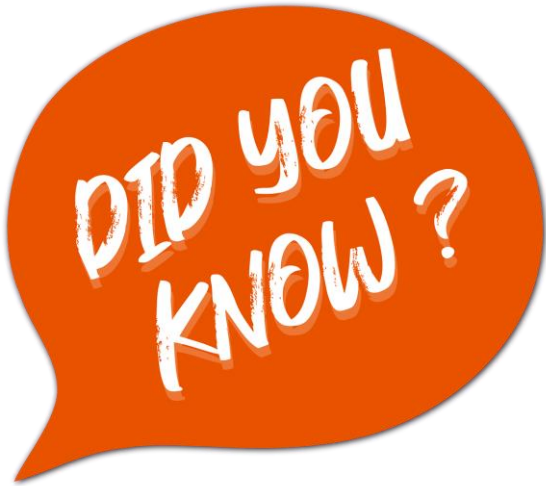
How can **YOU GET INVOLVED?**



- **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
- Visit gaming.lgfl.net for advice and activities to keep them safe

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

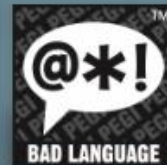
- The age rating confirms that the game content is appropriate for players of certain age
- It considers the age **suitability** of a game, **not the level of difficulty**



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



THE CONTENT DESCRIPTORS



Why not have a family agreement to:

- **clarify** what is allowed...or not
- **establish** ground rules like no phones at the table or in the bedroom at night-time
- **agree** shared expectations to reduce arguments and keep everyone safe & healthy



Download it at parentsafe.lgfl.net/digital-family-agreement

Where to get help?

- <https://mglworld.onlinesafetyhub.uk/>
- <https://www.internetmatters.org/>
- Contact school if you require any further advice regarding online safety and behaviours.