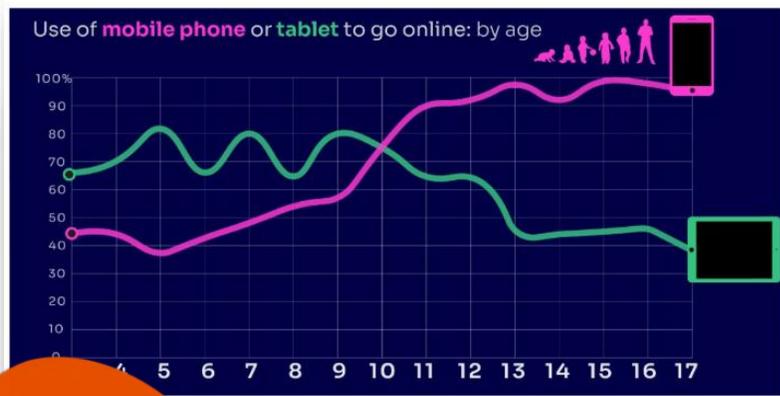
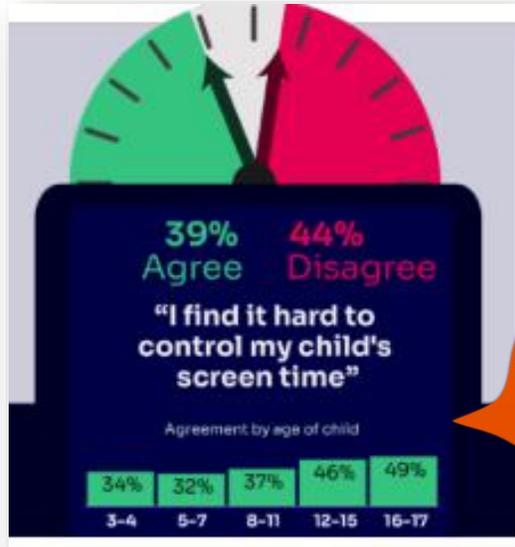


PARENT ONLINE SAFETY



DID YOU KNOW?

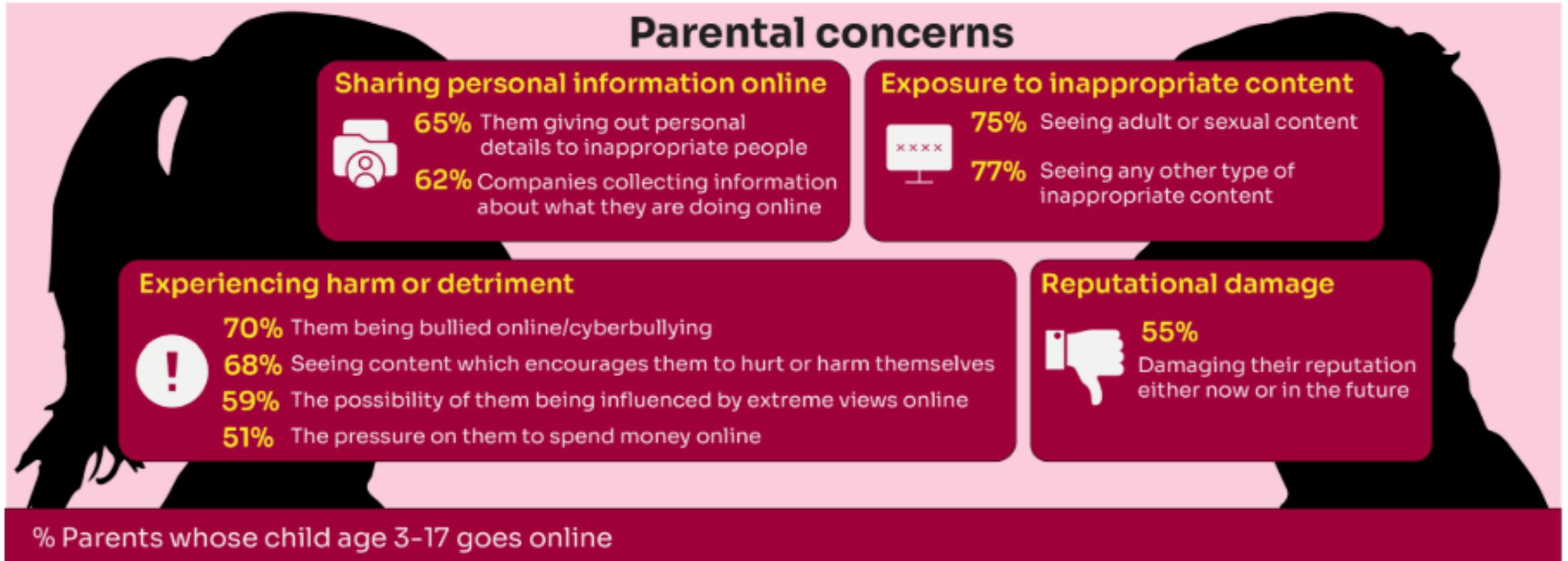




What are you most **WORRIED** about when your child is **ONLINE**?



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



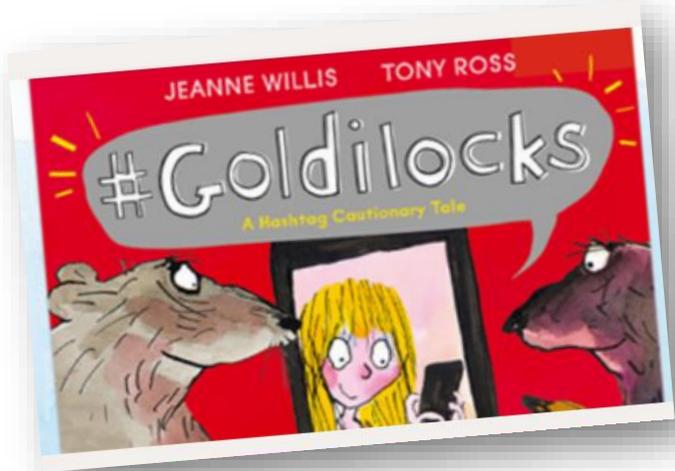
YOU don't need to be an **EXPERT ... be a PARENT**



- **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**.

TALKING TO CHILDREN ABOUT LIFE ONLINE

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



Discussion Guide

Thorn have 18 topic-based discussion guides with questions to help start conversations!



PARENTSAFE

Keeping your children safe: online & beyond

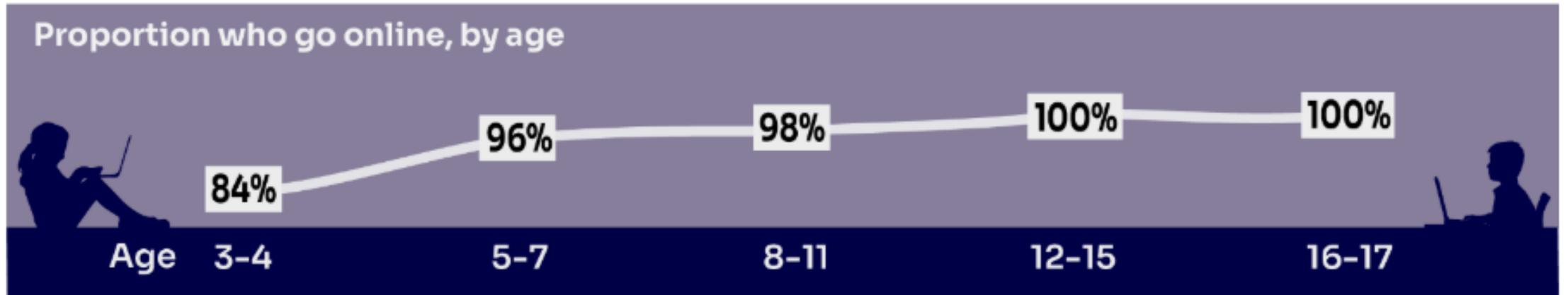




DEVICE USE AND OWNERSHIP

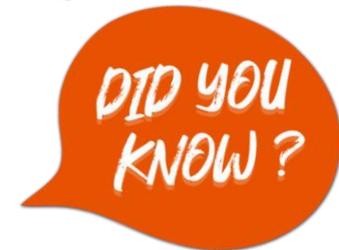


HOW MUCH DO YOU KNOW about your child's life online?



Almost all children (96%) aged 3 – 17 went online in 2023, highlighting the centrality of the internet in their lives:

- Younger children commonly use **tablets** to go online
- Older children are more likely to use **mobile phones**





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





To help you with the transition of pupils from primary to secondary, why not download our **FREE Leaflet for parents:**

- **understanding risk**
- **using tech for good**
- **healthy habits and tips**
- **when best to get a phone**

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ISLINGTON
For a more equal future

Secondary school ready?

Pointers for family conversations about safety

Use and watch good tech

- Choose technology that supports learning – e.g. maths, languages and BBC Bitesize.
- Enjoy quality TV as a family - avoid endless short-reel videos on individual devices. For ideas see: commonsensemedia.org
- Ask your school for device recommendations.

Follow school phone policy

- Read the school's policy to support the school and reinforce the messages at home.
- Consider, does your child have the skills to manage a smart phone? Would a more basic phone be better to start with?
- Agree Home Rules for device use too – such as: familyagreement.lgfl.net

Form good daily habits

- Limit gaming to the weekends – school nights will be busy with homework and clubs.
- Follow minimum age restrictions on apps and games.
- Avoid mindless scrolling. Be mindful of what you digitally consume.
- Read quality books at bedtime.
- Create a study area at home without mobile devices.
- Keep phones and gaming out of bedrooms.
- Buy an alarm clock and consider a "weekend phone" to



Real online harms

The NSPCC calls the internet the "Wild West," because extreme and harmful content is easily accessible on mainstream social media and contact with strangers via platforms and games is all too frequent. Children don't always understand the meaning of words nor the impact of viewing/hearing extreme content. They get excited by new friendship groups and often struggle to self-regulate on these highly addictive apps, which nudge children to share photos, videos and location. Schools have behaviour policies which include expectations of online behaviour. Children who reuse rude words they've heard online or share inappropriate content could face serious consequences.

- Be involved and set security passcodes on children's devices. Consider limiting access to this 'junk food' type tech



SUPERVISION AND PARENTAL CONTROLS

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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/carer 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 [parentsafelgfl.net](https://www.parentsafelgfl.net)



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parentsafelgfl.net



What's wrong with **SHARENTING**?

(when parents share photos of their children online)

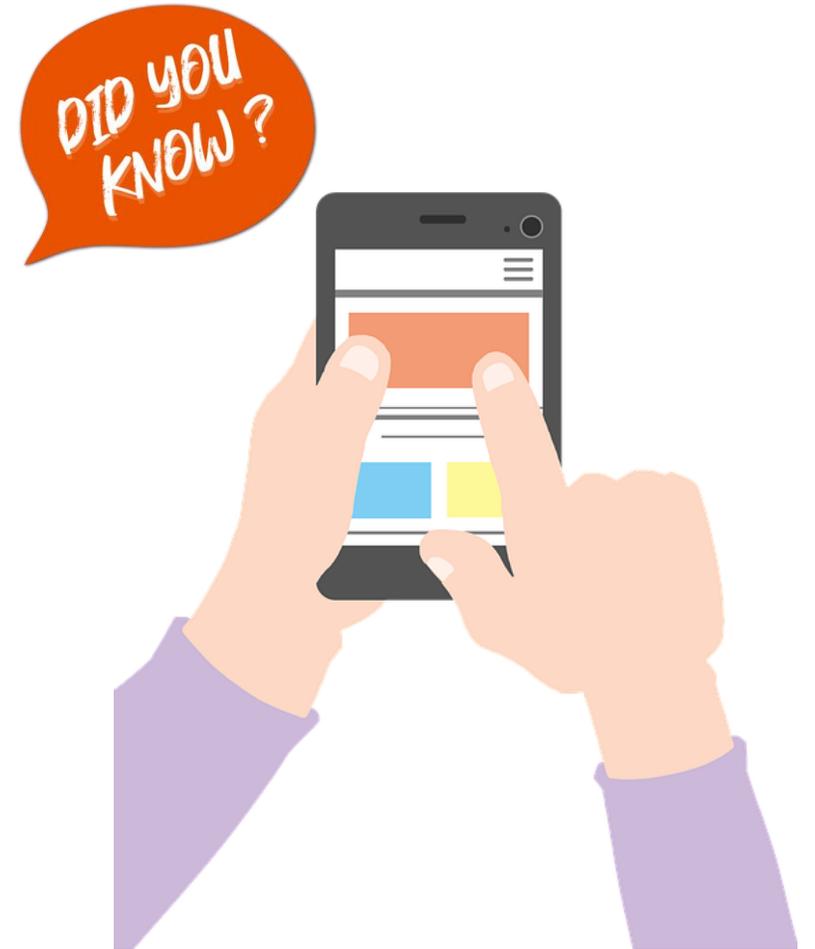
- **Identity theft**
- **Permanence of digital content**
- **Losing control of images**
- **Exposure to child predators**
- **Creates their children's digital footprints before they are old enough to consent to it**





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



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:



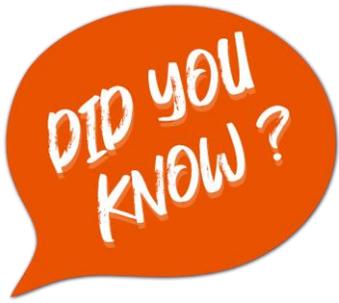
VIEW ALL

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

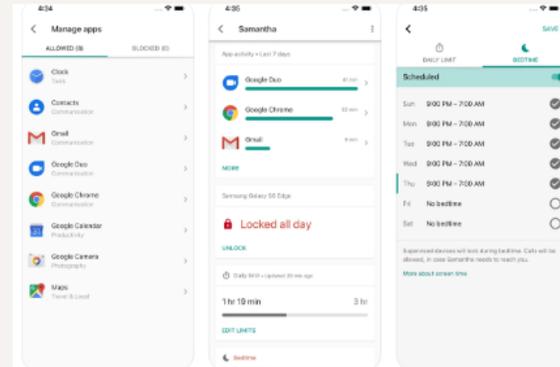
SAFE SETTINGS, CONTROLS & MONITORING

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?).



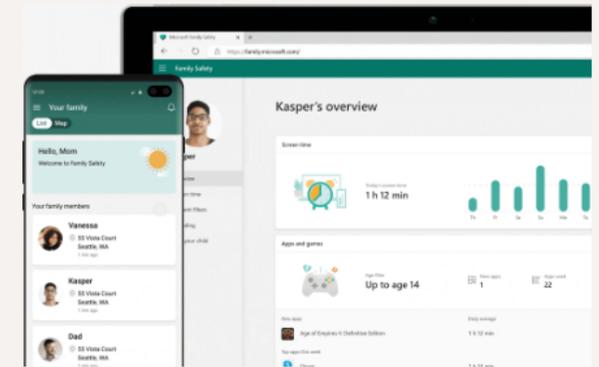
[Apple Screen Time](#)

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

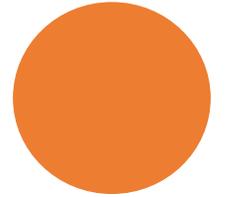


[Microsoft Family Safety](#)

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

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**



SCREENTIME

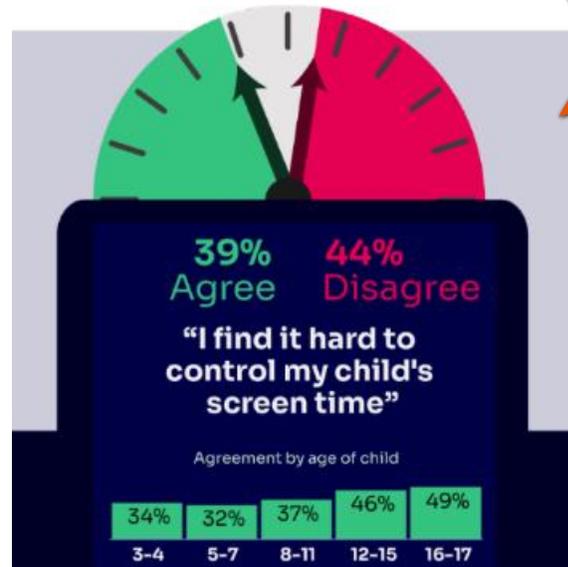
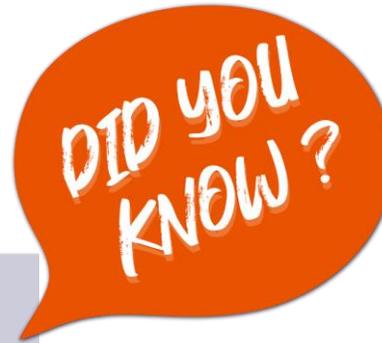
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WORRIED about their **SCREENTIME??**

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**



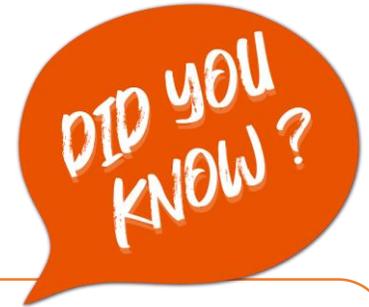
How does your child feel about **YOUR SCREENTIME vs THEIRS?**

“ 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

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45% of 8-11s feel that their parents' screentime is too high

35% of 8-17s feel that their own screentime is too high

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



SOCIAL MEDIA AND GAMING

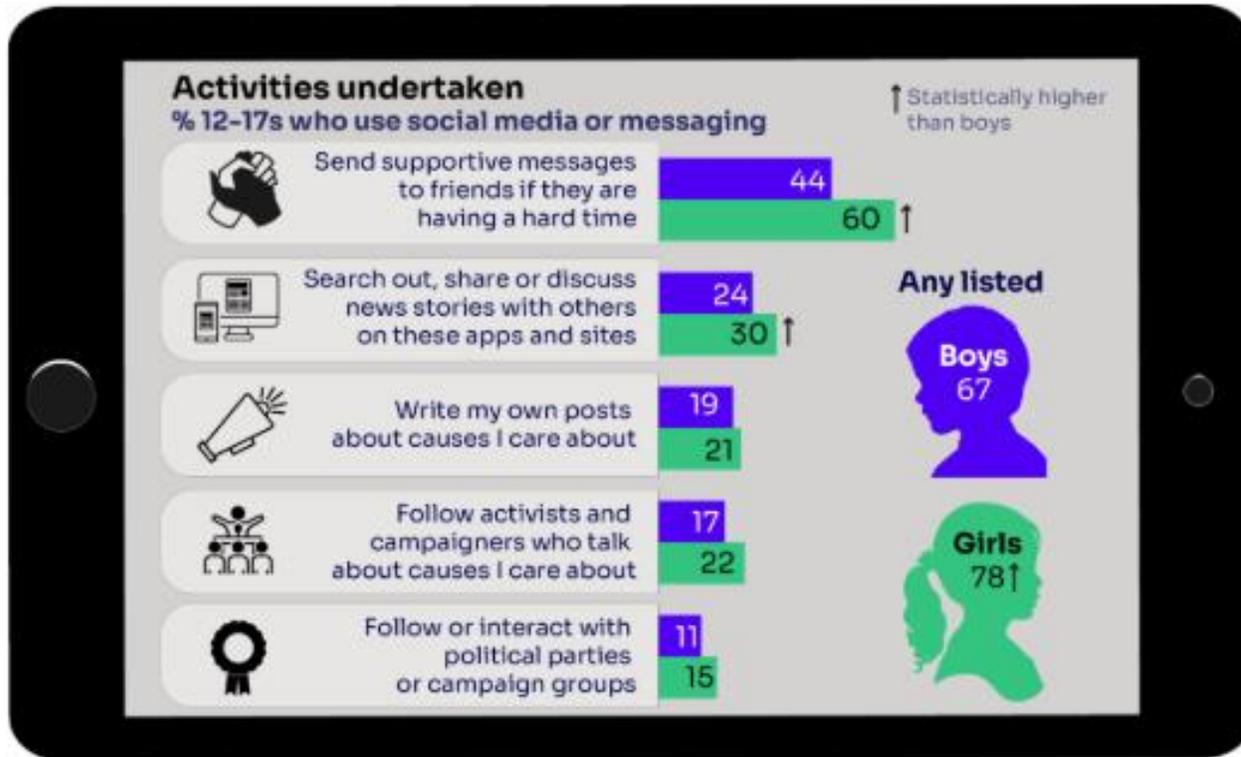
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KNOW WHAT THEY DO on social media?

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**?



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?

The infographic features the WhatsApp logo and the text 'WhatsApp safety guide for parents' in green and black. In the top right corner is the 'internet matters.org' logo. Below the title are three yellow boxes with statistics: '13+' (WhatsApp's minimum age in the UK), '58%' (Kids aged 3-17 who use WhatsApp), and '37%' (Kids under 13 who use WhatsApp). To the right is an illustration of a woman in a blue shirt holding a smartphone. Below the statistics is a section titled '5 tips to keep kids safe on WhatsApp' with a list of five numbered items, each with an icon: 1. Review privacy settings (lock icon), 2. Customise contacts (person icon), 3. Talk about personal information (speech bubble icon), 4. Show them where to get support (magnifying glass icon), and 5. Check in regularly (checkmark icon).

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.



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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?**

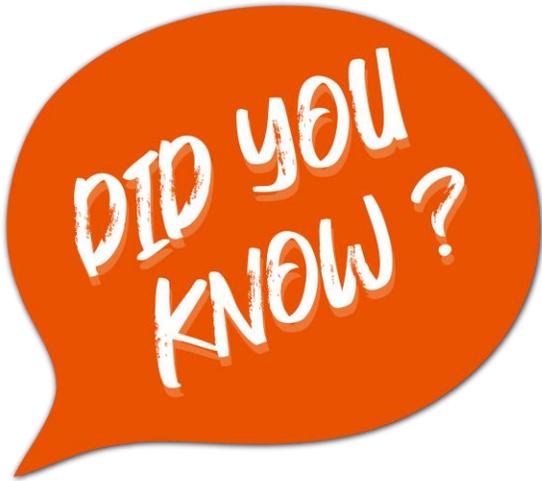


- **ASK** what type of games your child enjoys – are they **age-appropriate**?
- **PLAY** games together - keep the tech in **shared spaces** rather than bedrooms
- **TALK** about **who they are playing** with - what **information** are they sharing?
- **EXPLAIN** what is/isn't **appropriate to share**,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



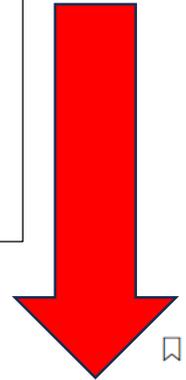
THE CONTENT DESCRIPTORS



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 ...		



[See full review](#)



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](#)



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AGE REQUIREMENTS

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Are **YOU** aware of the **MINIMUM AGE REQUIREMENT** for social media?

84% of parents of 3-17s were aware of a minimum age requirement to have a profile on social media apps

BUT ONLY
32% of parents knew the correct age requirement (13 yrs)

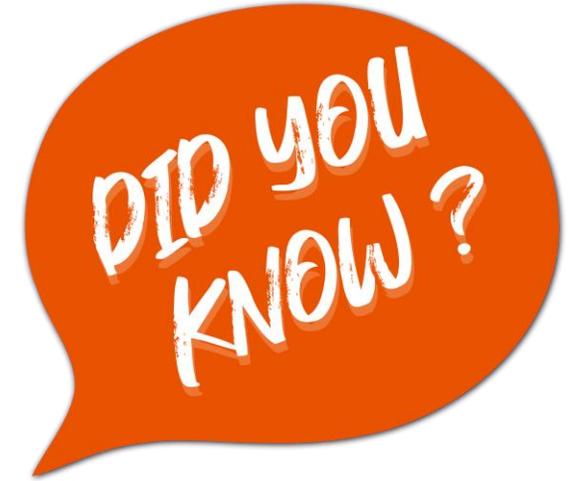
More than a third (36%) say they would allow their child to have a profile on sites or apps before they had reached the minimum age.

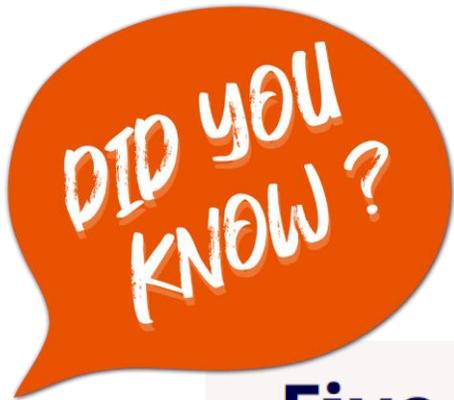
Find ratings and reviews for parents on apps, games and social media at www.commonsensemedia.org

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

What about YOUNG PEOPLE?

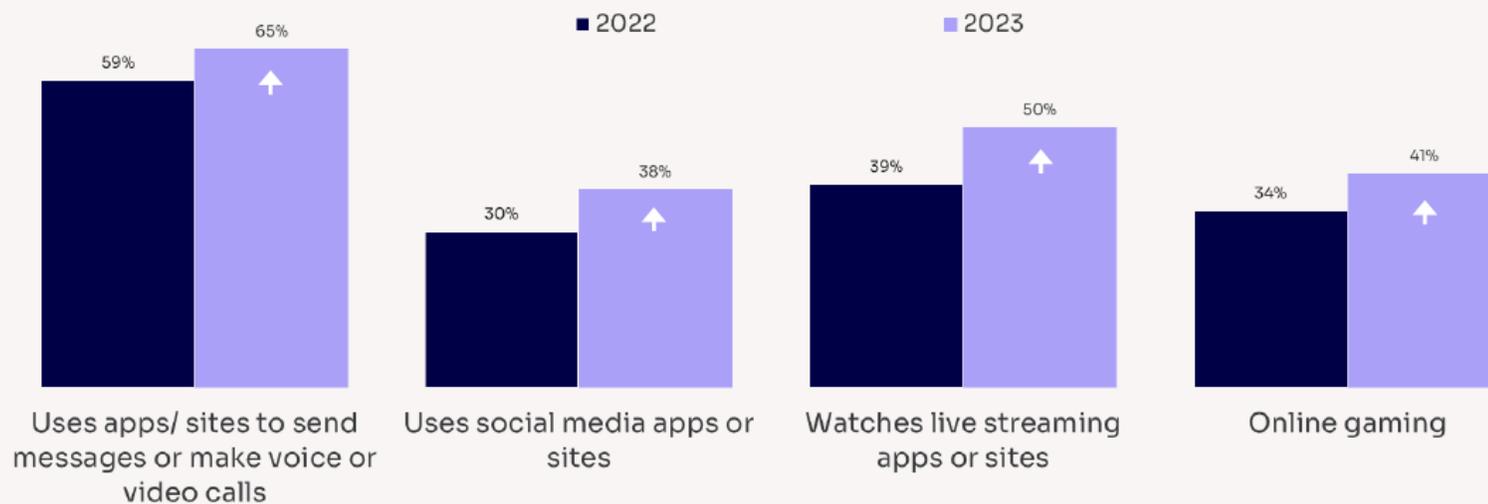
- Nearly eight in ten children are aware of minimum age requirements
- **Four in ten admit to giving a fake age online** to access a new app/site
- Up to a quarter had **changed their date of birth** on their profile since initially setting it up:
 - **Facebook** (24%)
 - **TikTok** (23%)
 - **Instagram** and **X/Twitter** (both 19%)





Five to seven-year-olds are increasingly present online

Proportion of children aged 5-7- who do the following:



Arrows show significant differences (95% level) between 2022 and 2023



More are using WhatsApp, TikTok and Instagram this year, too

5–7-year-olds are also **independent** in their use of certain sites/apps!

- Many have their own profiles on several social media platforms:

YouTube/YouTube Kids
(48%)

WhatsApp
(11%)

Instagram
(9%)

- **32%** of parents reported that their child uses them **on their own**:

Parents increasingly likely to say they **would allow their child to have a social media profile**

Three in ten (30%) agreeing they **'would allow [their] child to have a profile on these sites or apps before they had reached the minimum age**



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**

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**

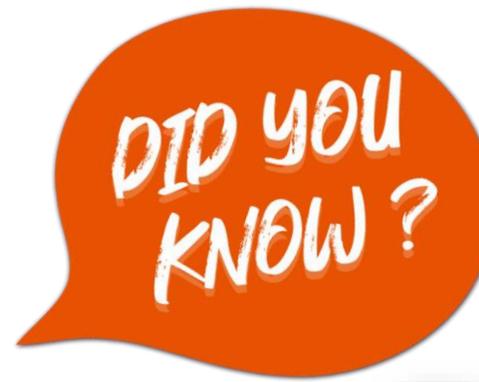
Unbearable **pressure to view hardcore** pornography even if they do not want to

Degrading acts and **violence against women**

Think it is **reflective of real life or healthy relationships**

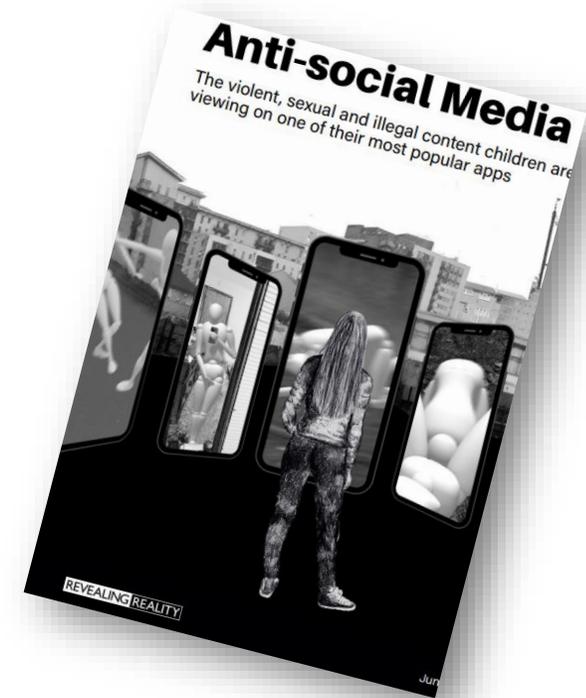
Pornography sites are not the only way, or even the most popular way, that young people access online porn

Wide **prevalence of on social media platforms** such as **Twitter, Snapchat and Instagram**



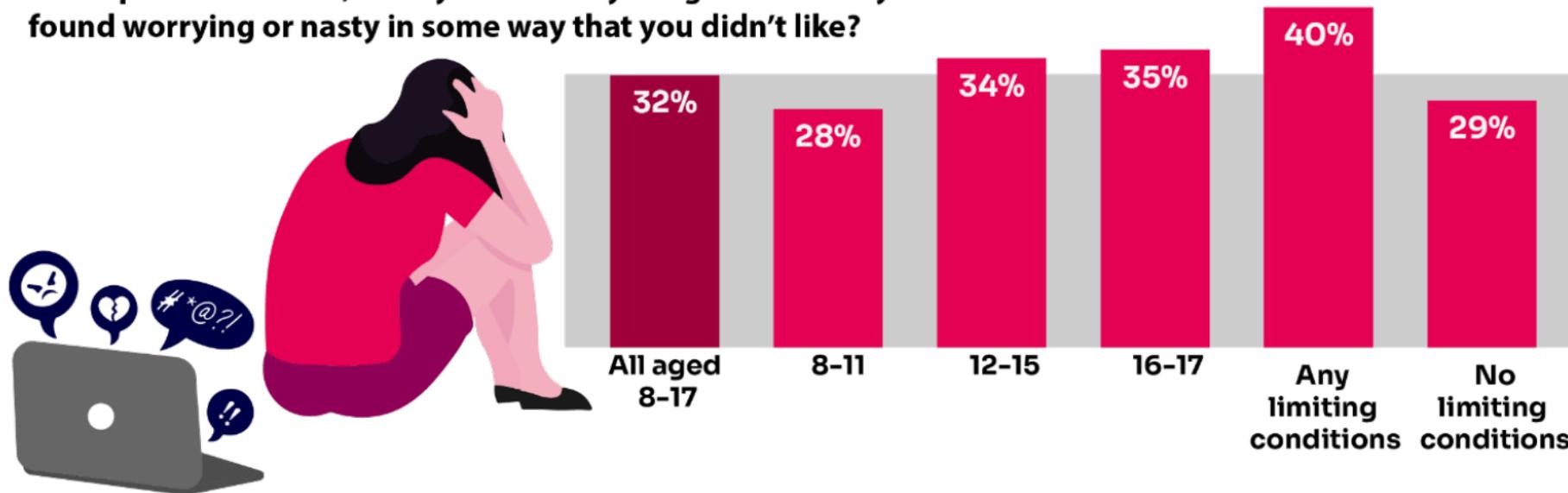
- **Disturbing, graphic and illegal content:**
 - Fights / beatings / stabbings / raids
 - Sexual assaults, sex acts involving children, CSAM
 - Sale of weapons and drugs online(Some see this type of content several times a day, daily)
- **Wouldn't consider reporting** – seen what happens to a 'grass'
- While other children use Snapchat's built-in filters to add funny effects to their selfies, the filter these children experience is the **normalisation of humiliation, aggression, violence and crime**

Snapchat:
'It's our evening news'



Summary of children's negative experiences:

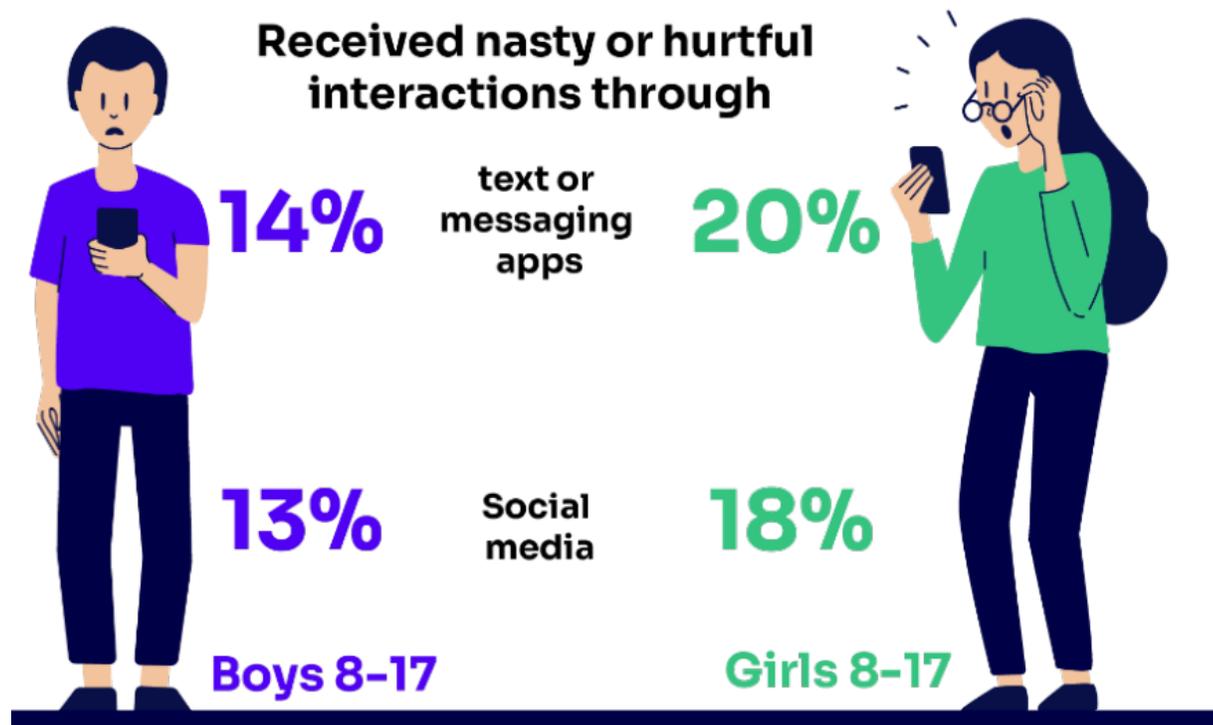
In the past 12 months, have you seen anything online that you found worrying or nasty in some way that you didn't like?



BUT Only 20% of parents report their child telling them about this in the same time frame.

Source: Children and parents: Media use and attitudes report 2023

Bullying



- Increase in the proportion who have experienced **bullying via social media** apps/sites (18% vs 15% in 2022)
- **girls are more likely** than boys

Nudes / Semi-Nudes

Older girls (aged 16-18) were more likely than boys to have ever been exposed to potentially uncomfortable or unwanted types of contact:

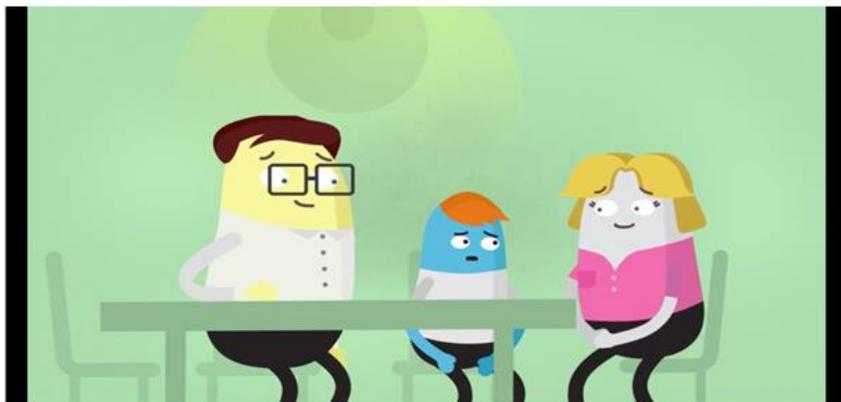
Asked to share naked/half-dressed pictures of themselves
24% (2023) vs 9% (2022)

Receiving pictures or videos of naked / half-dressed people
32% (2023) vs 11% (2022)



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



youtu.be/XjV0lKYpakk?si=6ONdtZJRjfB6bSRj – what parents and carers need to know
youtu.be/E5LA2nKHVZ0?si=gU3_jXFF51TU3vTq – when should you be worried?

UK Reporting Helplines and Services for Children and Young People

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



NCA

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



Nude image of you online?
We can help take it down.

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 CYP can talk about anything to a trained counsellor, online or on the phone

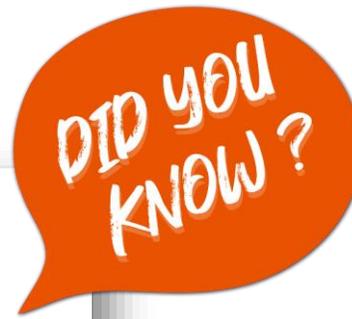


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Go to reporting.lgfl.net to find out more

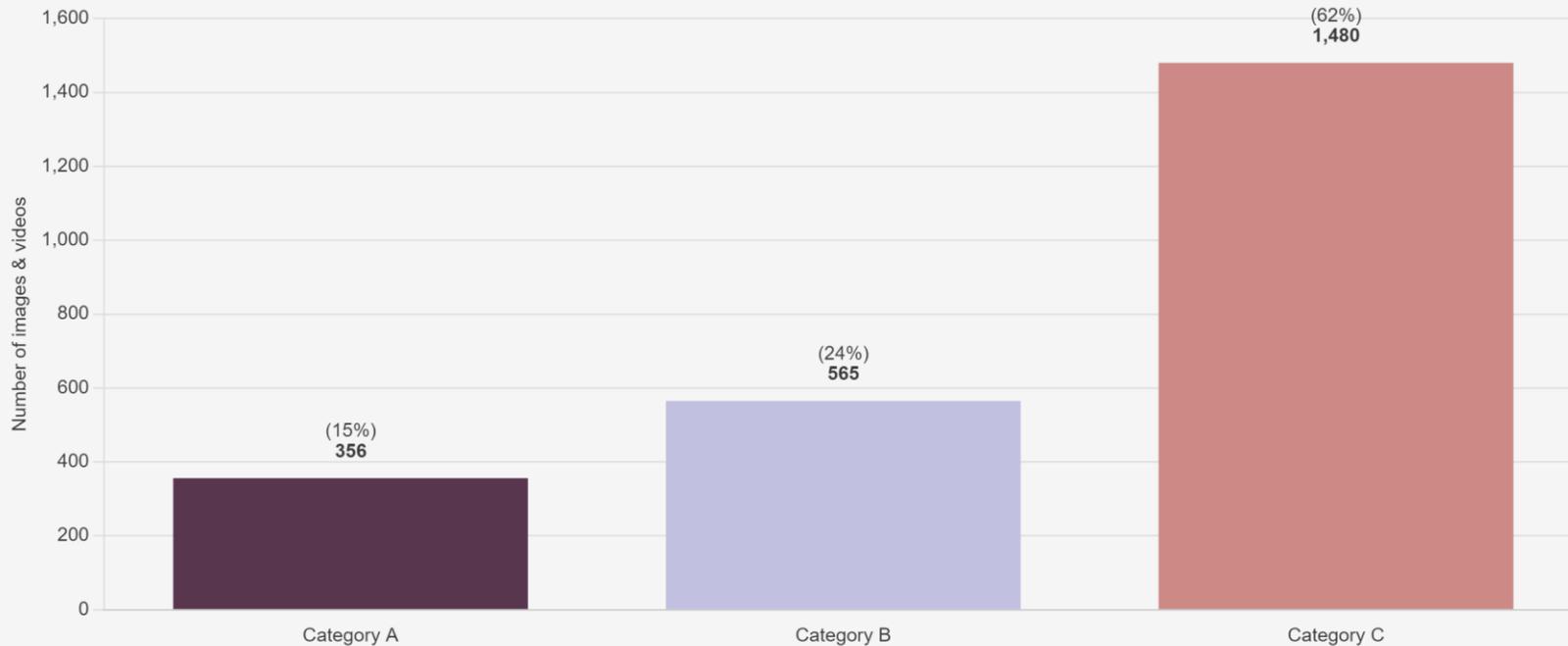


92% of content removed contained "self-generated" child sexual abuse material



iwf.org.uk/annual-report-2023

'Self-generated' images of 3-6-year-olds by severity



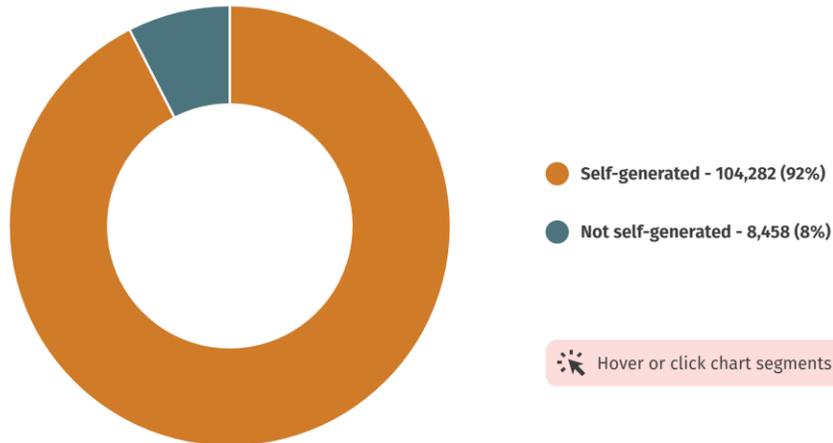
11-13-year-olds - sex of victims



Pre-pubescent children

2022 was the first year that 'self-generated' child sexual abuse reports of 7-10-year-olds were more prevalent than those that were not self-generated, and this trend continued into 2023.

7-10-year-olds - types of abuse



Hover or click chart segments for values.

One of the biggest increases seen in the latest data, is the rise in the number of images found of 7-10 year olds

This is one of the reasons why we as parents need to start the conversations as early as possible with children, and to be very considered about when children start using devices and controls

So, what can **YOU** do?



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





STAYING SAFE ONLINE AND REPORTING

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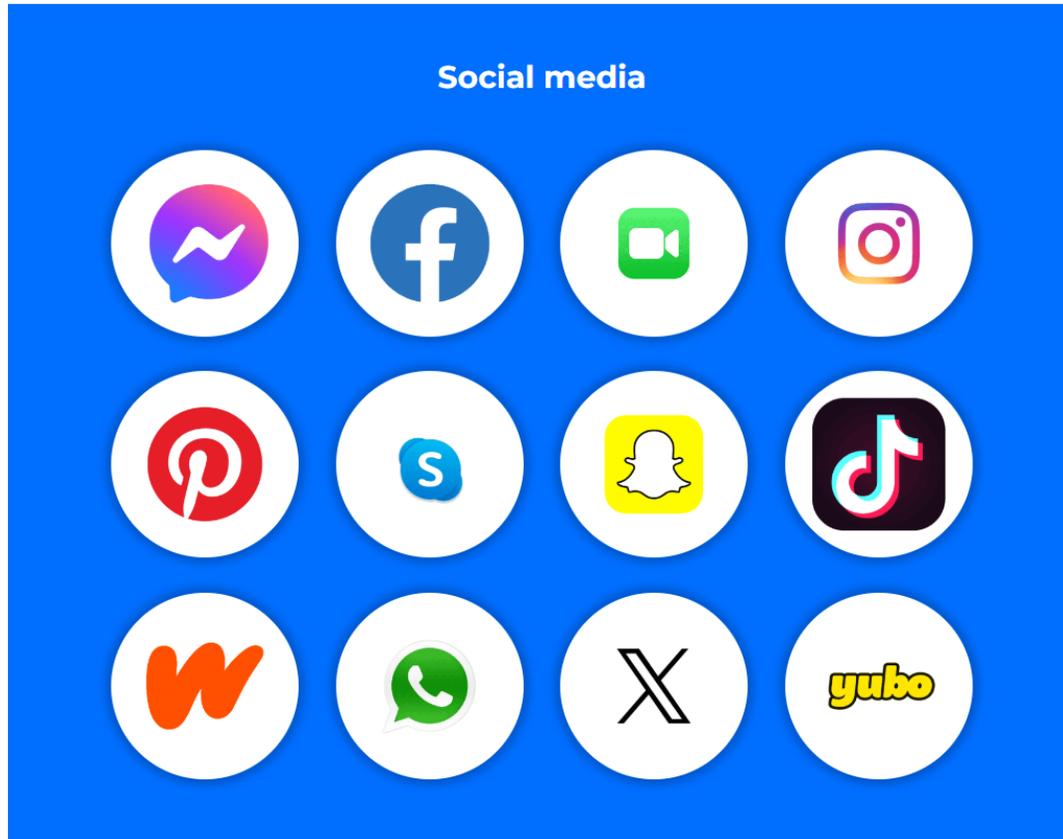
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Do **YOU** know **HOW TO REPORT** to apps / sites?

Step-by-step Guides

Click on the guides for step-by-step instructions to set controls on popular devices.



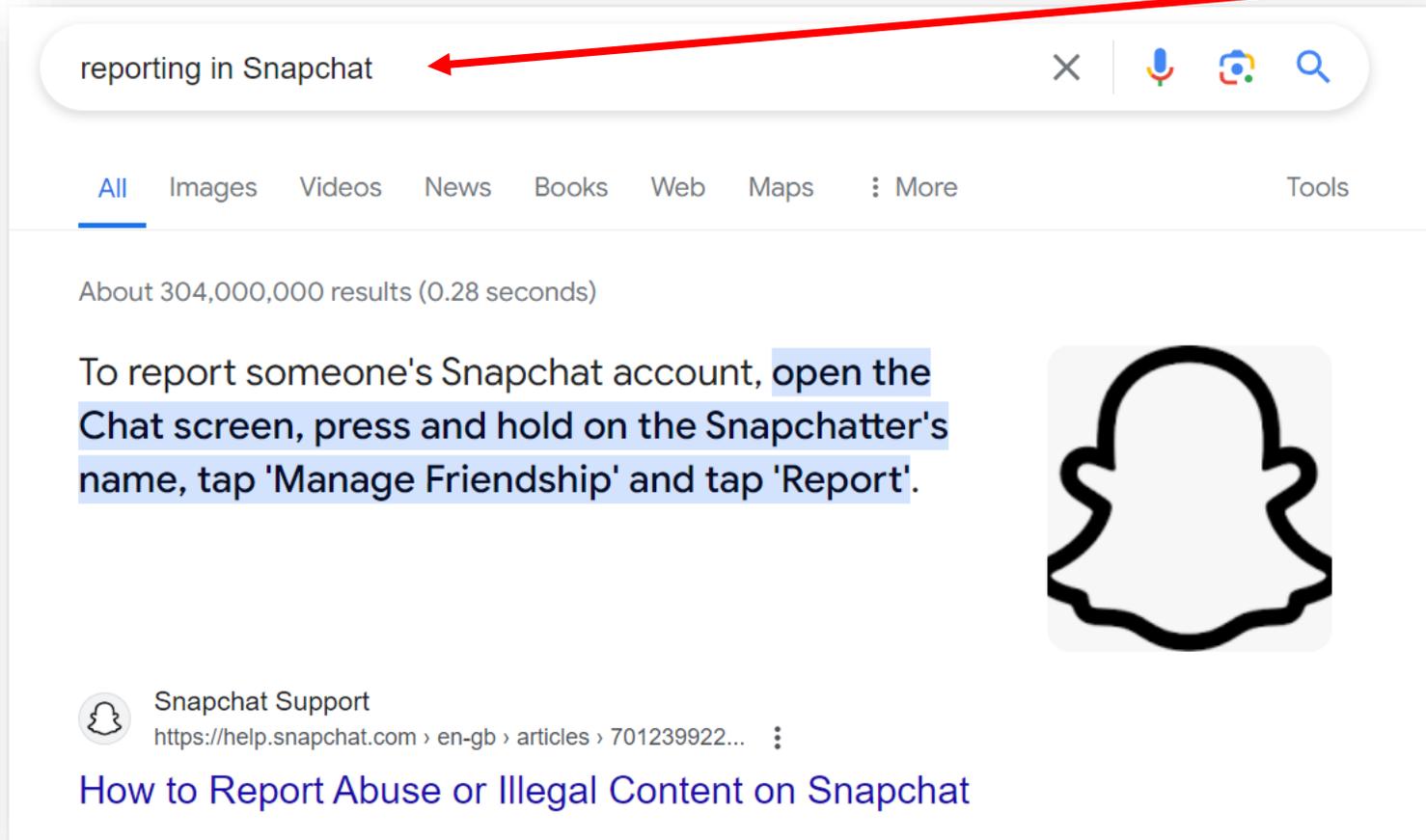
Internet Matters has helpful guides for social media apps and sites at

internetmatters.org/parental-controls/social-media

Popular Parental control guides



[Search our step by step guide](#)



A simple **Google search** with the site name, e.g. **'reporting in Snapchat'** will bring up the steps to take and signpost to the reporting page

Remember!



- Before signing up to any app/site, **check that your child meets the minimum age** requirement for the platform to understand the risks
- Remind your child to be **cautious about accepting friend requests** - a real friend is someone they/you know in real life, not a 'friend' they met gaming or in a chat room. Encourage them to **ask you for advice** if they are unsure.
- Stress the importance of **not sharing personal information** with online 'friends'
- Keep **passwords confidential**
- **Check their privacy settings**, emphasising the importance of not sharing personal information with strangers, and emphasising the confidentiality of passwords are all important steps
- You can **report any content**, e.g. a post, image or harmful, misleading or damaging comment
- Remember that **reporting doesn't guarantee immediate** removal, as platforms assess reported content based on their respective rules and policies

CRITICAL THINKING

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Does your child **TRUST** everything they see online?

Sixteen and seventeen-year-olds are less sure of their ability to distinguish the real from the fake online than they were last year:



32% of 8-17s had seen something they found worrying or nasty online in the past 12 months

59% of parents were concerned about them being influenced by extremist content



Visit goingtoofar.lgfl.net to find out how to help children:

- recognise extremist behaviour and content on social media/apps/games
- understand actions likely to attract police investigation
- get help
- report concerns



RESOURCES AND SUPPORT

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Visit parentsafe.lgfl.net for tips and ideas to help parents:

- Manage **screen time**
- Set controls and **settings**
- Understand **apps and games**
- Talk to children about **risk** - from bullying & sharing content, to extremism & gangs

parentsafe.lgfl.net



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SIX TOP TIPS

For Parents To Keep Your Children Safe Online

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Most parents & carers think their children and young people spend too much time on devices. **DON'T FEEL BAD!** Lots of it is perfectly healthy anyway. Instead, follow these tips to keep them safe, happy and healthy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or video calling Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? What about safe search and Youtube? See parentsafe.lgfl.net for more.



Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced - they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** reviews.



Don't try to hide news about scary things in the news

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel - there is guidance from **Childline** to help you.