This presentation brings together:

- **Key Findings from:**
  - Children and parents: Media Use and Attitudes report
  - Children's Online User Ages 2025 Quantitative Research Study
  - Children and parents: media use and attitudes report 2025 – interactive data
  - IWF Annual Data & Insights Report 2024, published April 2025
  - https://www.gambleaware.org/media/hbcp3qgd/exploring-the-lived-experience-and-views-of-gambling-among-children-and-young-people_final_0.pdf
  - NSPCC (2024) Young people's experiences of online sexual extortion or 'sextortion'
  - Internet Watch Foundation Annual Report 2023
  - Evidence on pornography's influence on harmful sexual behaviour among children Report 2023
  - Revealing-Reality Anti-social Media Report 2023

- **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
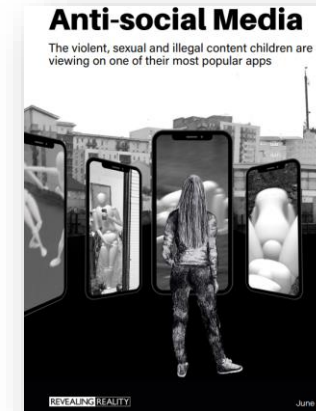
Practitioner Guidance:

When it comes to online safeguarding, we recommend:

- a drip-feed approach and incorporating online safety into other events where parents are present, rather than a single standalone session e.g. coffee mornings, parent evenings & celebration days
- encouraging your pupils to present with you – why not tap into their knowledge of the latest trends, ask them to share their experiences or demonstrate how to set privacy settings and controls on devices

Before you begin:

- **We would not expect you to cover ALL of these slides** in a single session - decide which topics to cover.

- **Feel free to amend** the presentation – add/remove slides at your discretion to make sessions relevant.

- **You may wish to use a trigger warning** depending on the topics you cover – see next slide.

- **Ensure you are familiar and confident** with the content.

- **Refer to the practitioner notes** in the notes section of each slide to support discussions.

- **Use these Questions Prompts** **on the slides** to promote interaction.

Warning!

Planning your Parent Session:

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Select **REQUIRED SLIDES FROM EACH SECTION** below to build and personalise your programme:

1. CHOOSE TOPIC(S):

- **Talking to Your Child (6-12)**
- **Device Use & Ownership (13-18)**
- **Supervision & Parental Controls (19-30)**
- **Screentime (31-35)**
- **Social Media & Gaming (36-50)**
- **Age Requirements (51-57)**
- **Critical Thinking (84-95)**
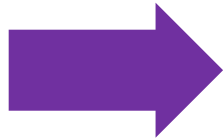
2. ADD RELEVANT RISK FACTORS TIPS:

- **Risks and Negative Experiences(58-77)**

- **Staying Safe Online and Reporting (78-83)**
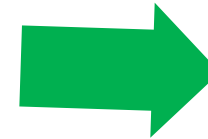
3. PICK RESOURCES

- **Resources and Support** (96-103)

- You may also wish to scroll through parentsafe.lgfl.net and showcase some of the resources here.

TALKING TO YOUR CHILD ABOUT LIFE ONLINE

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

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

Parental concerns (3–12s)

Sharing personal information online
- 67% Them giving out personal details to inappropriate people
- 61% Companies collecting information about what they are doing online

Exposure to inappropriate content
- 76% Seeing adult or sexual content
- 79% Seeing any other type of inappropriate content

Experiencing harm or detriment
- 71% Them being bullied online/cyberbullying
- 70% Seeing content which encourages them to hurt or harm themselves
- 64% The possibility of them being influenced by extreme views online
- 53% The pressure on them to spend money online

- 58% Damaging their reputation either now or in the future
- Them not knowing how to tell if something is real or fake online 77%

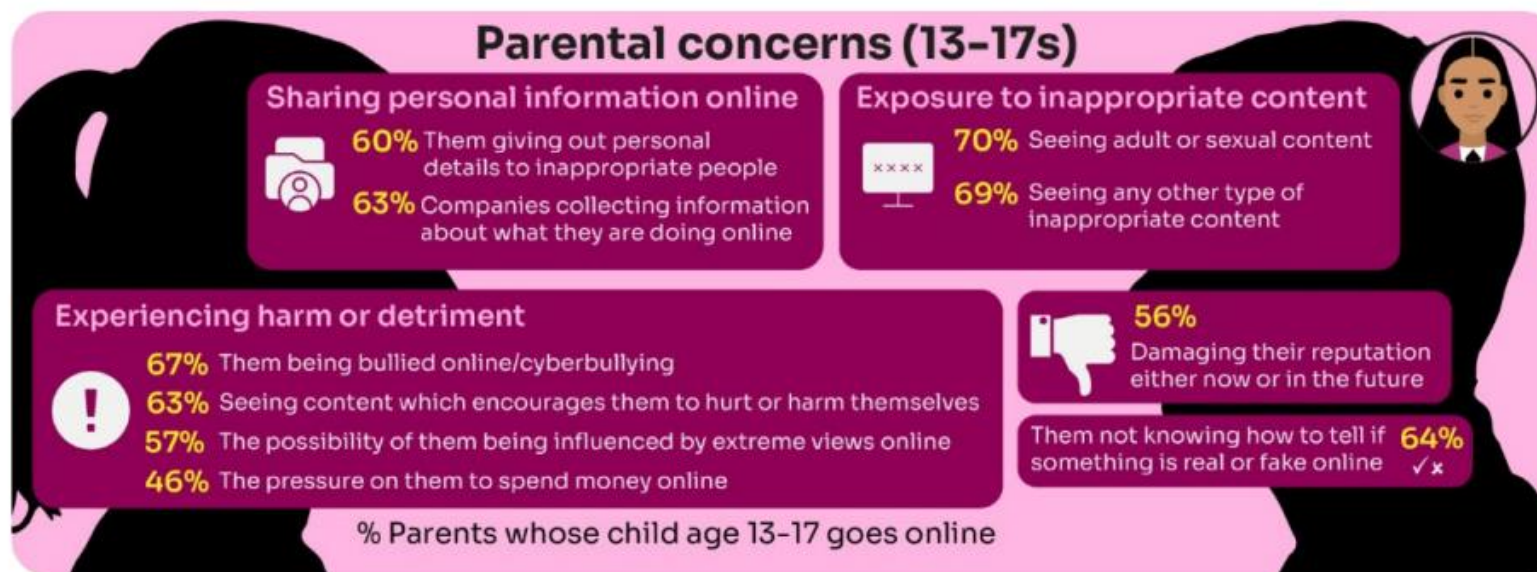% Parents whose child age 3-12 goes online

Parental concerns (13–17s)

Sharing personal information online
- 60% Them giving out personal details to inappropriate people
- 63% Companies collecting information about what they are doing online

Exposure to inappropriate content
- 70% Seeing adult or sexual content
- 69% Seeing any other type of inappropriate content

Experiencing harm or detriment
- 67% Them being bullied online/cyberbullying
- 63% Seeing content which encourages them to hurt or harm themselves
- 57% The possibility of them being influenced by extreme views online
- 46% The pressure on them to spend money online

- 56% Damaging their reputation either now or in the future
- Them not knowing how to tell if something is real or fake online 64%

% Parents whose child age 13-17 goes online

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

WHAT WOULD YOU DO?
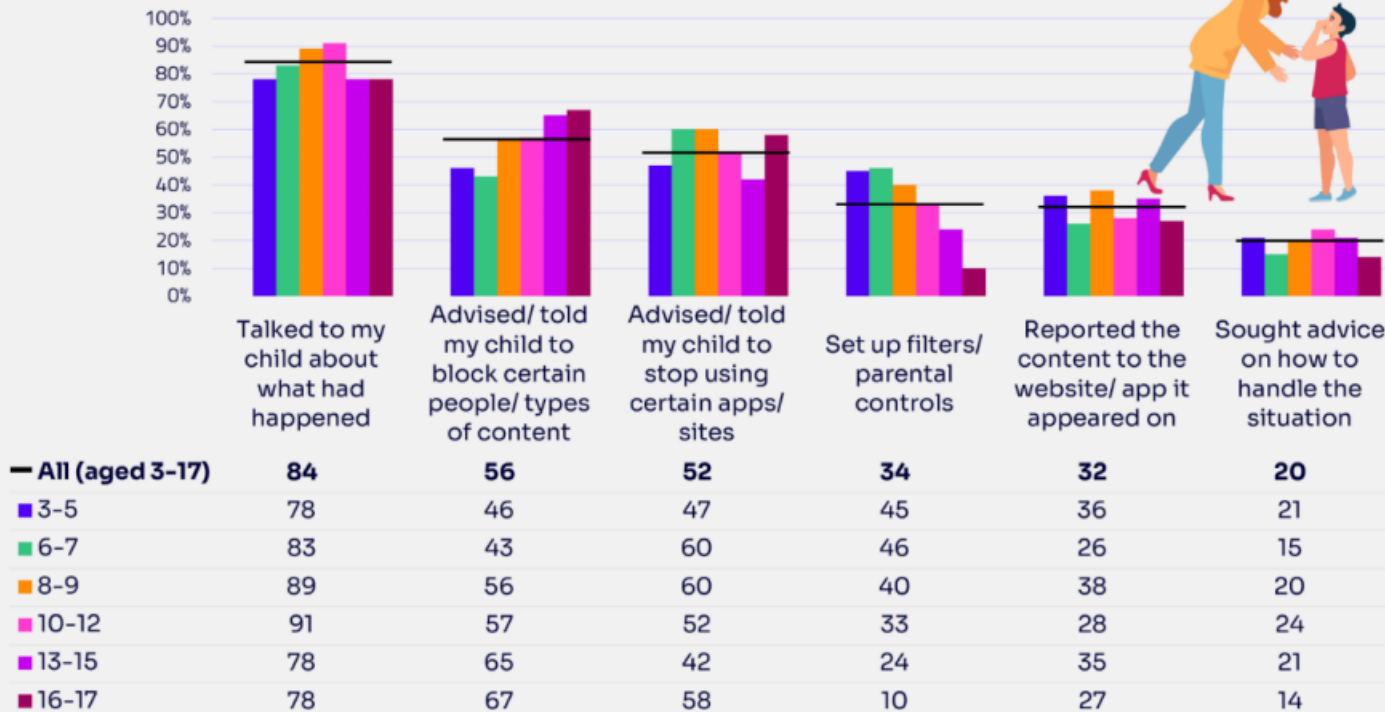Are there any areas you would not feel confident or comfortable to discuss?

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

Action taken (%)

	Talked to my child about what had happened	Advised/ told my child to block certain people/ types of content	Advised/ told my child to stop using certain apps/ sites	Set up filters/ parental controls	Reported the content to the website/ app it appeared on	Sought advice on how to handle the situation
— All (aged 3-17)	**84**	**56**	**52**	**34**	**32**	**20**
■ 3-5	78	46	47	45	36	21
■ 6-7	83	43	60	46	26	15
■ 8-9	89	56	60	40	38	20
■ 10-12	91	57	52	33	28	24
■ 13-15	78	65	42	24	35	21
■ 16-17	78	67	58	10	27	14

Younger children are more likely to tell a parent if they see something worrying or nasty online:
- 92% of 8-12-year-olds say that they would tell a parent
- 85% of 13-17s say that they would tell a parent

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Source: **Children and parents: media use and attitudes report 2025**

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

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.

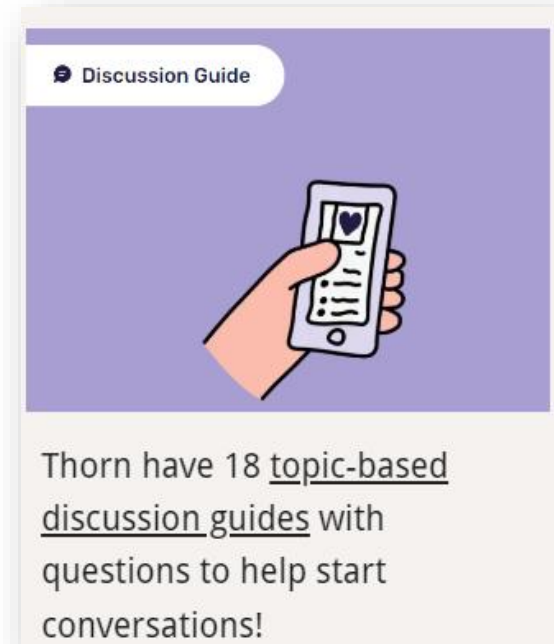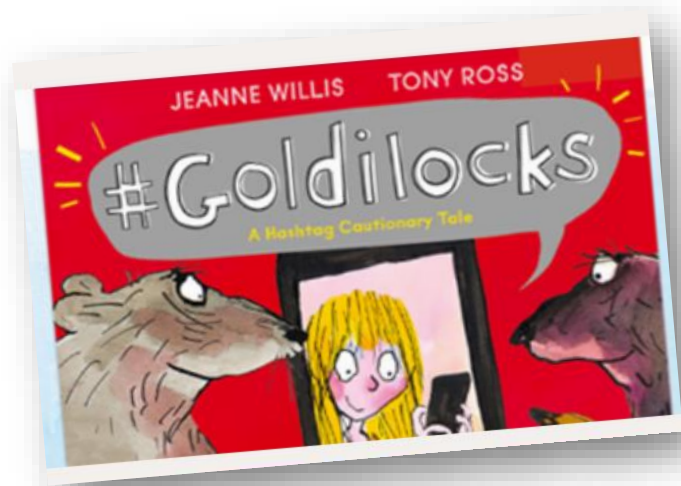| TOP TIPS RIGHT NOW | SAFE SETTINGS & CONTROLS | WHAT'S THAT APP? | TALKING TO CHILDREN |
| SCREENTIME | TOP TOPICS (porn, bullying, ... | SEX & RELATIONSHIPS | HELP & REPORTING |

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parentsafe.lgfl.net

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!

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Be Mindful
Connect
Be Active
Get Creative
Give to others

Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

JEANNE WILLIS   TONY ROSS

#Goldilocks
A Hashtag Cautionary Tale

Digital Family Agreement

LGfL DigiSafe®

PARENTSAFE
eeping your children safe: online & beyond

THE ONLINE ZOO

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DEVICE USE AND OWNERSHIP

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

Proportion who go online, by age

Age	3-5	6-7	8-9	10-12	13-15	16-17
	85%	96%	97%	100%	100%	100%
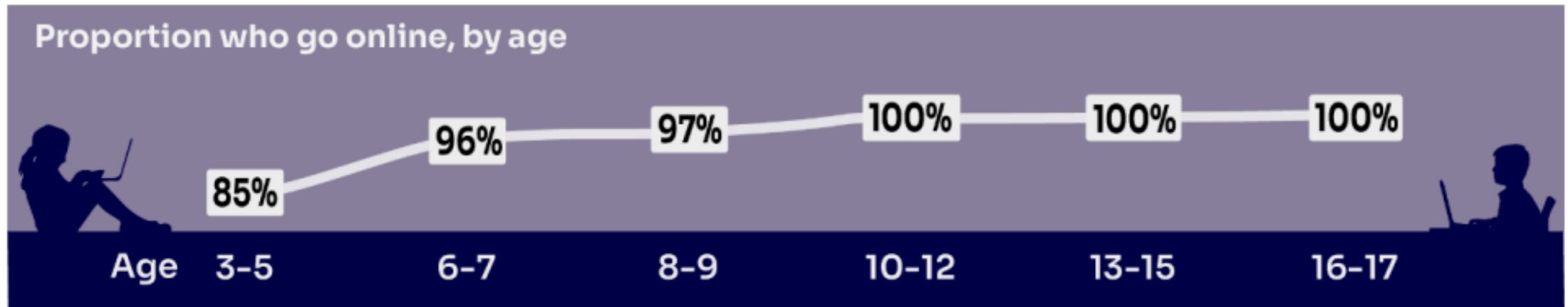
Almost all children (96%) aged 3 – 17 went online in 2024, highlighting the centrality of the internet in their lives:

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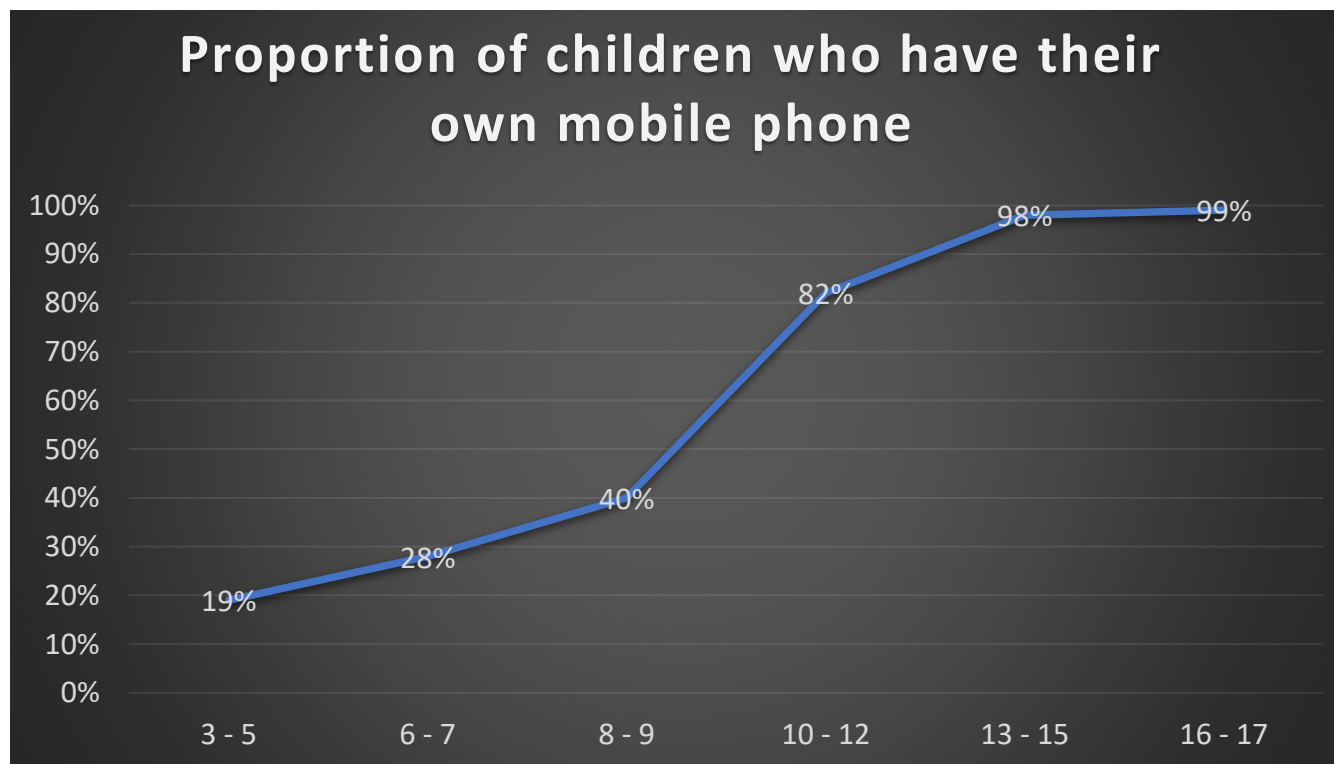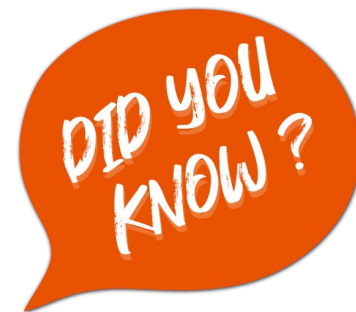- Older children are more likely to use **mobile phones**

DID YOU KNOW ?

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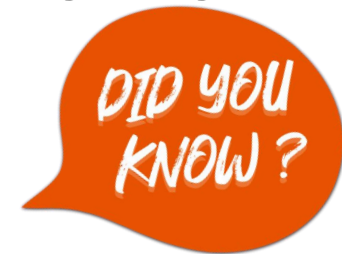
Does your child have their OWN MOBILE PHONE? If so, is it a SMART PHONE?

What AGE do you think is appropriate?

DID YOU KNOW ?

Proportion of children who have their own mobile phone

100%	
90%	98% 99%
80%	82%
70%	
60%	
50%	
40%	40%
30%	
20%	28%
10%	19%
0%	

3 - 5   6 - 7   8 - 9   10 - 12   13 - 15   16 - 17

Source: **Children and parents: media use and attitudes report 2025**

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SMARTPHONE or 'NON'-SMART / BRICK phone?

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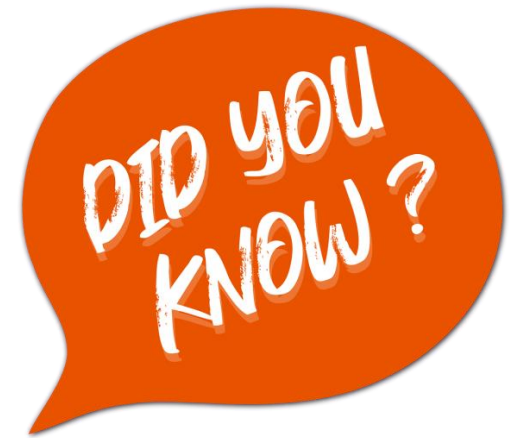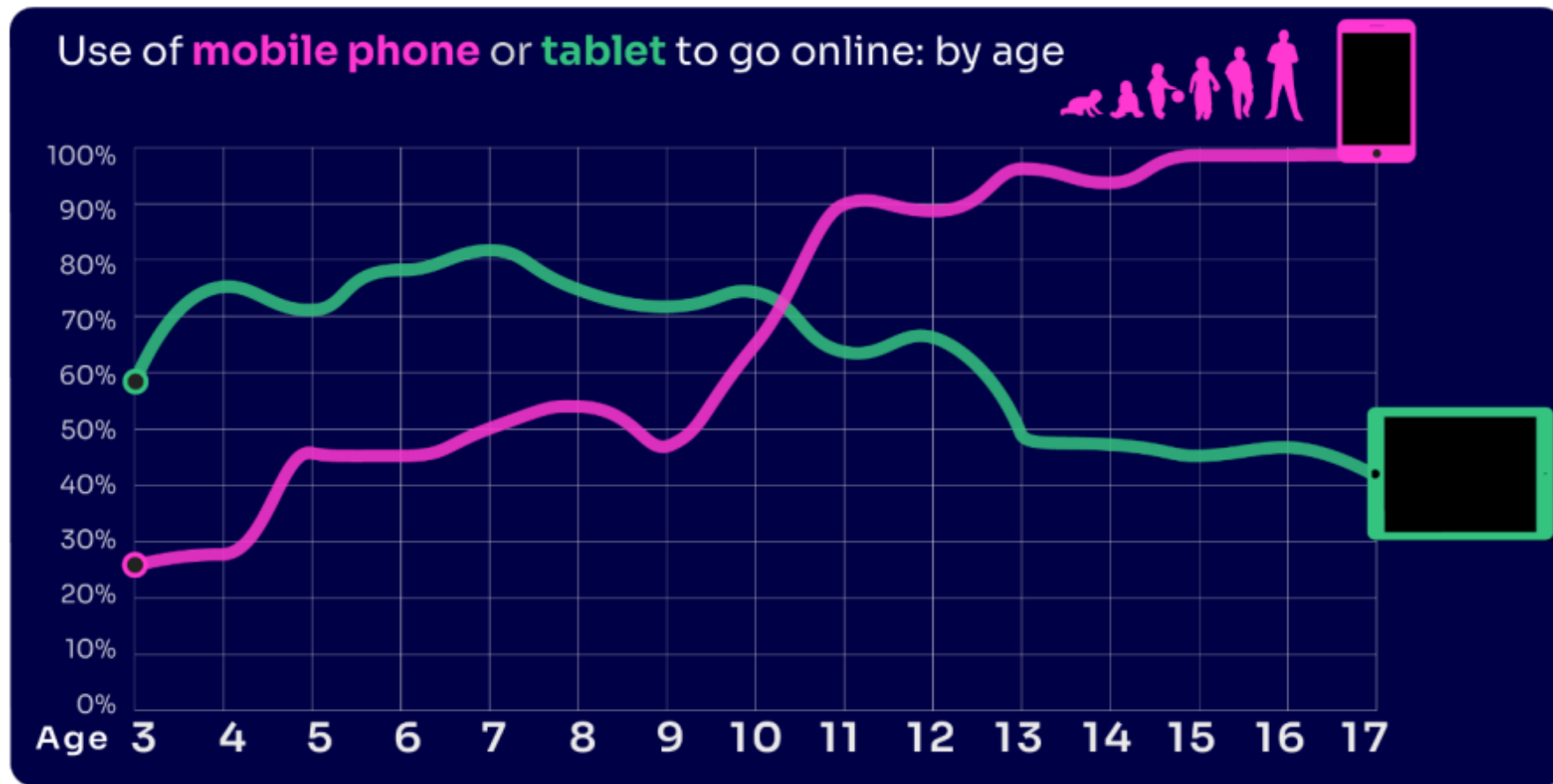- Notifications
- Anytime connection
- Parental controls

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

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

- **By age 11, nine in ten children own their own mobile phone**, distinct from using a family device
- This correlates with **transition from primary to secondary school**.

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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

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 "weekly planner" 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.
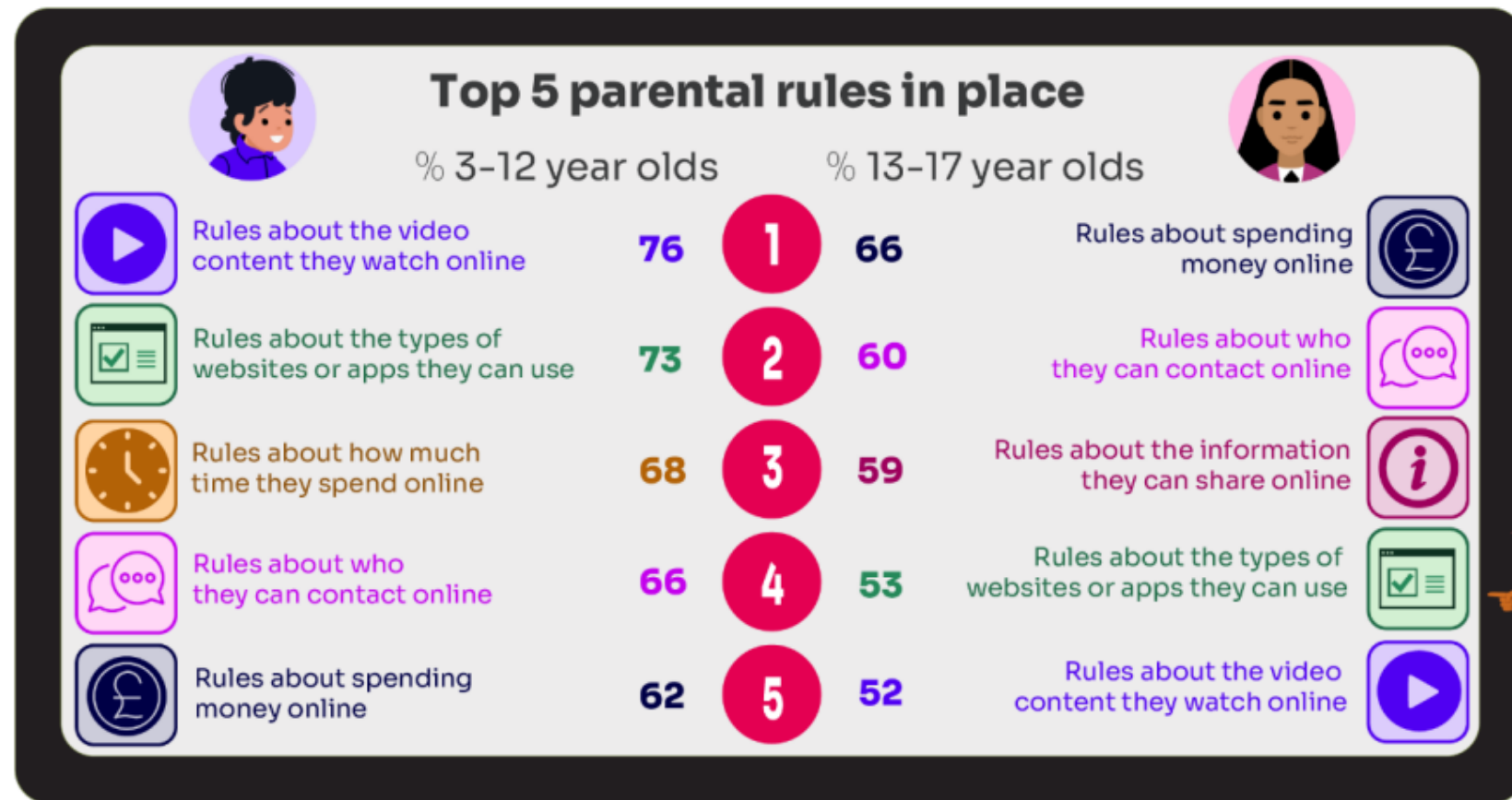
SUPERVISION AND PARENTAL CONTROLS

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What **RULES** do **YOU SET** about being online?
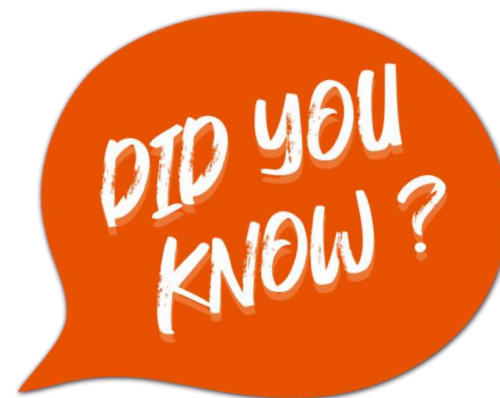# What do you do that **WORKS**?

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

Top 5 parental rules in place

% 3-12 year olds		% 13-17 year olds
Rules about the video content they watch online	76 **1** 66	Rules about spending money online
Rules about the types of websites or apps they can use	73 **2** 60	Rules about who they can contact online
Rules about how much time they spend online	68 **3** 59	Rules about the information they can share online
Rules about who they can contact online	66 **4** 53	Rules about the types of websites or apps they can use
Rules about spending money online	62 **5** 52	Rules about the video content they watch online

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Do you **RESTRICT** their **MOBILE PHONE USE?**
If so, have you found it **CHALLENGING**?

DID YOU KNOW ?

Primary

93% have restrictions at home

74% when in bed at night time

65% when having meals

61% when doing homework

39% when spending time with family

Secondary

81% have restrictions at home

55% when having meals

54% when in bed at night time

36% when doing homework

33% when spending time with family

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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

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 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

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 ...safe.lgfl.net

SHARENTING!

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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**

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

Main online supervision method used (% of parents who's children go online)

Being nearby and regularly checking what they do

3–5s	66%
6–7s	75%
8–9s	76%

Asking about what they are doing or have been doing online

10–12s	70%
13–15s	64%
16–17s	48%

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Have you set up parental CONTROLS/PRIVACY SETTINGS for ALL DEVICES and NETWORKS?

DID YOU KNOW?
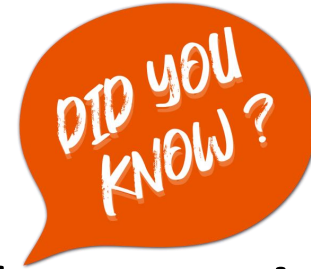
- Controls need to be set up on both the **broadband connection** AND **each individual device**

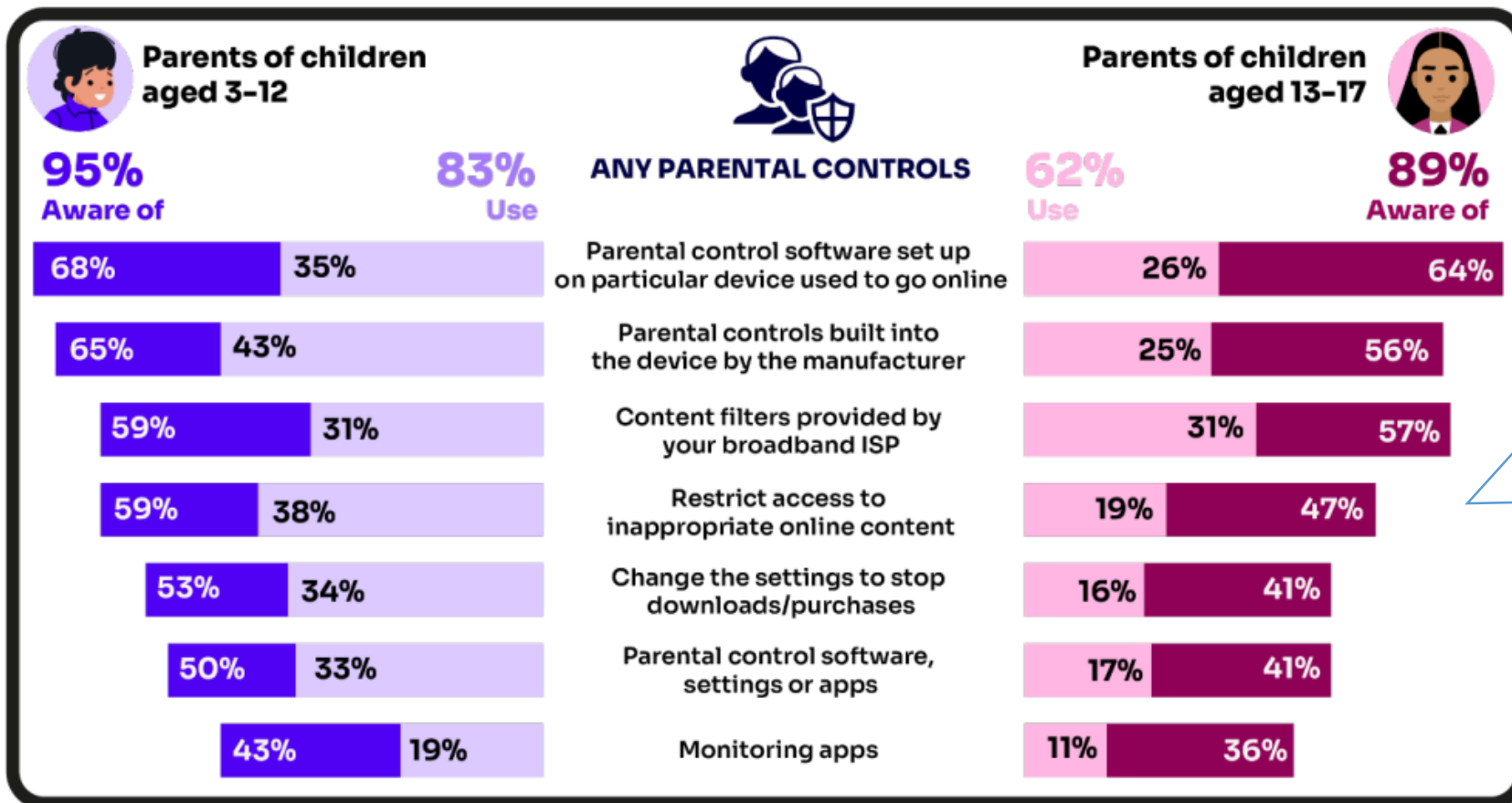- These **do not come as standard** so it's worth checking

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

Are you AWARE of these PARENTAL CONTROL TOOLS?
Which ones have YOU USED?

Parents of children aged 3-12

95% Aware of
83% Use

ANY PARENTAL CONTROLS

Parents of children aged 13-17

62% Use
89% Aware of

Tool	Aware of (3-12)	Use (3-12)	Use (13-17)	Aware of (13-17)
Parental control software set up on particular device used to go online	68%	35%	26%	64%
Parental controls built into the device by the manufacturer	65%	43%	25%	56%
Content filters provided by your broadband ISP	59%	31%	31%	57%
Restrict access to inappropriate online content	59%	38%	19%	47%
Change the settings to stop downloads/purchases	53%	34%	16%	41%
Parental control software, settings or apps	50%	33%	17%	41%
Monitoring apps	43%	19%	11%	36%

'I prefer to supervise my child's online use by talking to them about setting rules' (39%)

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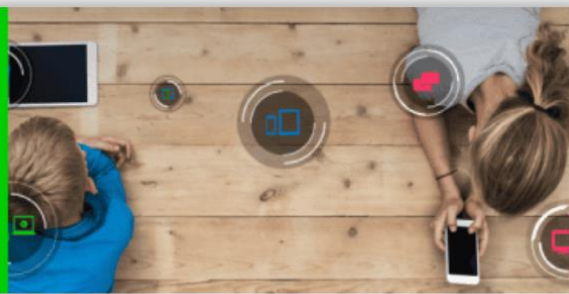
Set up devices safely

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

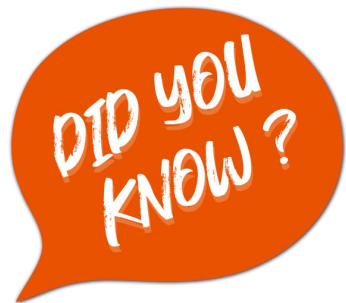Select the social media app or platform from the dropdown list:

VIEW ALL

Video games & consoles

Select the video game or console from the dropdown list:

VIEW ALL

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DID YOU KNOW ?

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
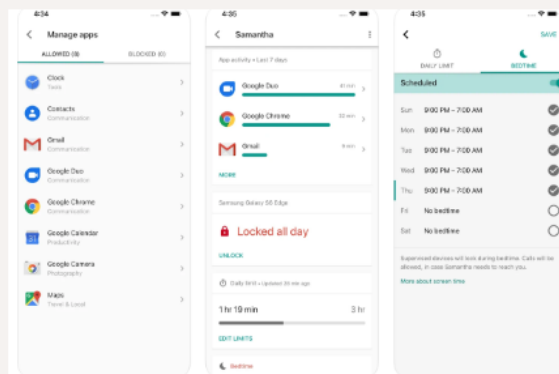
Google Family Link

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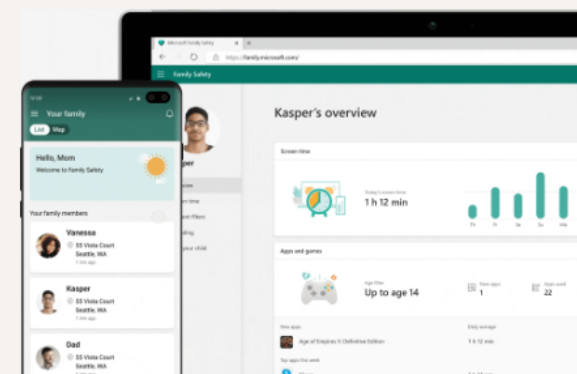
Microsoft Family Safety

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

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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

tip
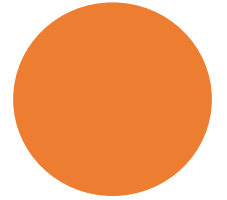
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SCREENTIME

WORRIED about their **SCREENTIME**? How do you **MANAGE** this?
Know **HOW LONG YOUR CHILD SPENDS** online daily?
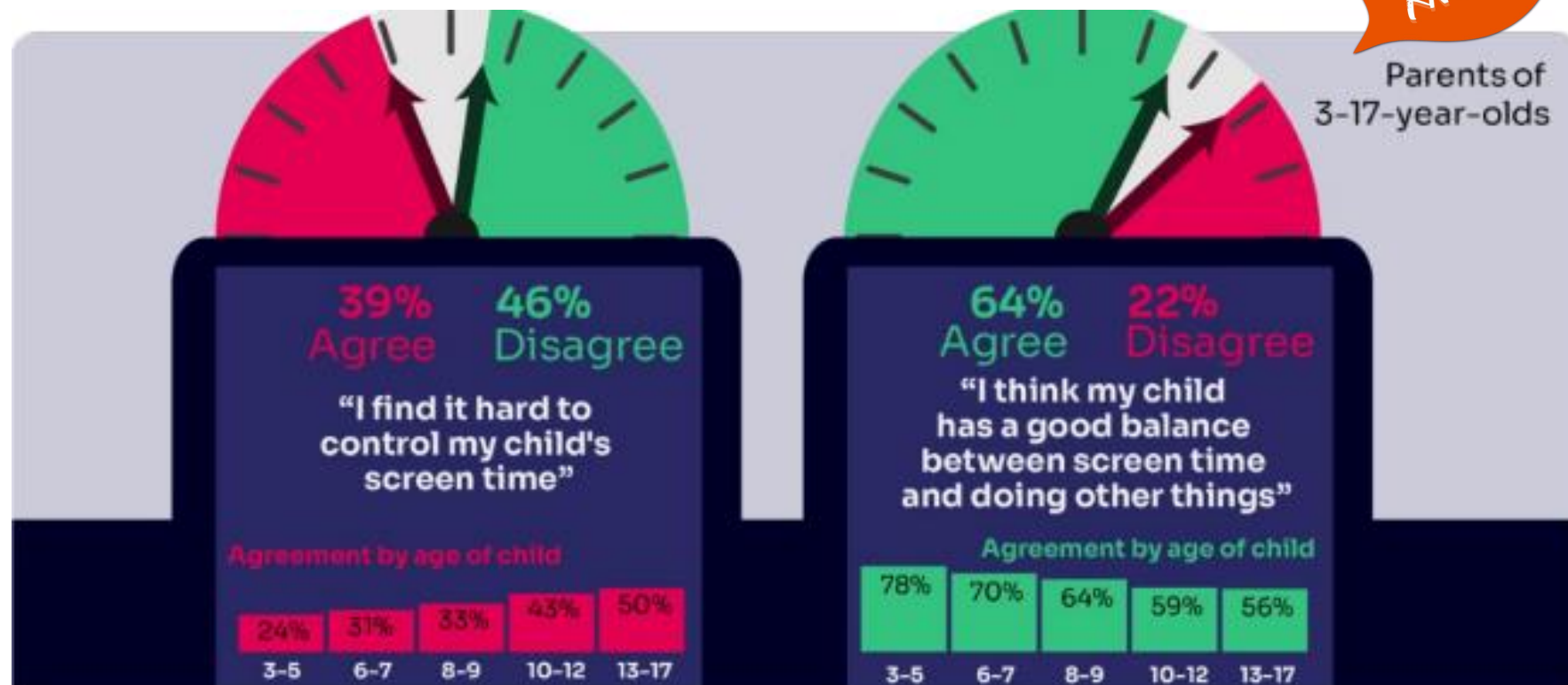
DID YOU KNOW ?

"I've been told is that when I get off my screen, I'm less fun to be around. ..And like I can also feel angrier for like no reason."

Parents of 3-17-year-olds

39% Agree   **46%** Disagree

"I find it hard to control my child's screen time"

Agreement by age of child

3-5	6-7	8-9	10-12	13-17
24%	31%	33%	43%	50%

64% Agree   **22%** Disagree

"I think my child has a good balance between screen time and doing other things"

Agreement by age of child

3-5	6-7	8-9	10-12	13-17
78%	70%	64%	59%	56%

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- Children spent an average **3 hours 5 minutes per day** accessing the internet via smartphones/tablets/computers
- **Four in ten (39%) parents** of children aged 3-17 report finding it **hard to control their child's screentime**

Source: **Children and parents: media use and attitudes report 2025**

Visit parentsafe.lgfl.net/ for advice and tips to manage screentime

SCREENTIME

Lots of parents worry about it, but we don't think you should worry about screentime - it's not **how long** they are online but **what and when they are doing** that counts (and the same goes for grown-ups, like in the Will Ferrell video above). You can use the control settings near the top of this page to regulate screen time in general and on specific apps, but beyond that we recommend you follow the Children's Commissioner's 'Digital 5 A Day' and help your children to aim for each of the targets in this pie chart ↱

Children's COMMISSIONER

Be Mindful
Connect
Be Active
Get Creative
Give to others

Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

The UK Chief Medical Officers agree - check out their version of what counts.

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters
Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.

Education matters
Make sure you and your children are aware of, and abide by, their school's policy on screen time.

Safety when out and about
Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.

Family time together
Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.

Sharing sensibly
Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!

Keep moving!
Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore

Talking helps
Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.

Use helpful phone features
Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.

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

DID YOU KNOW ?
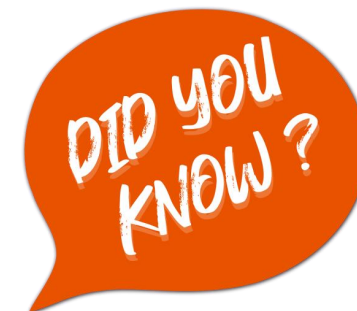
52% of 8-11s feel that <mark>**their parents' screentime is too high**</mark>

33% of 8-17s feel that their own screentime is too high

" 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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Source: **Children and parents: media use and attitudes report 2025**

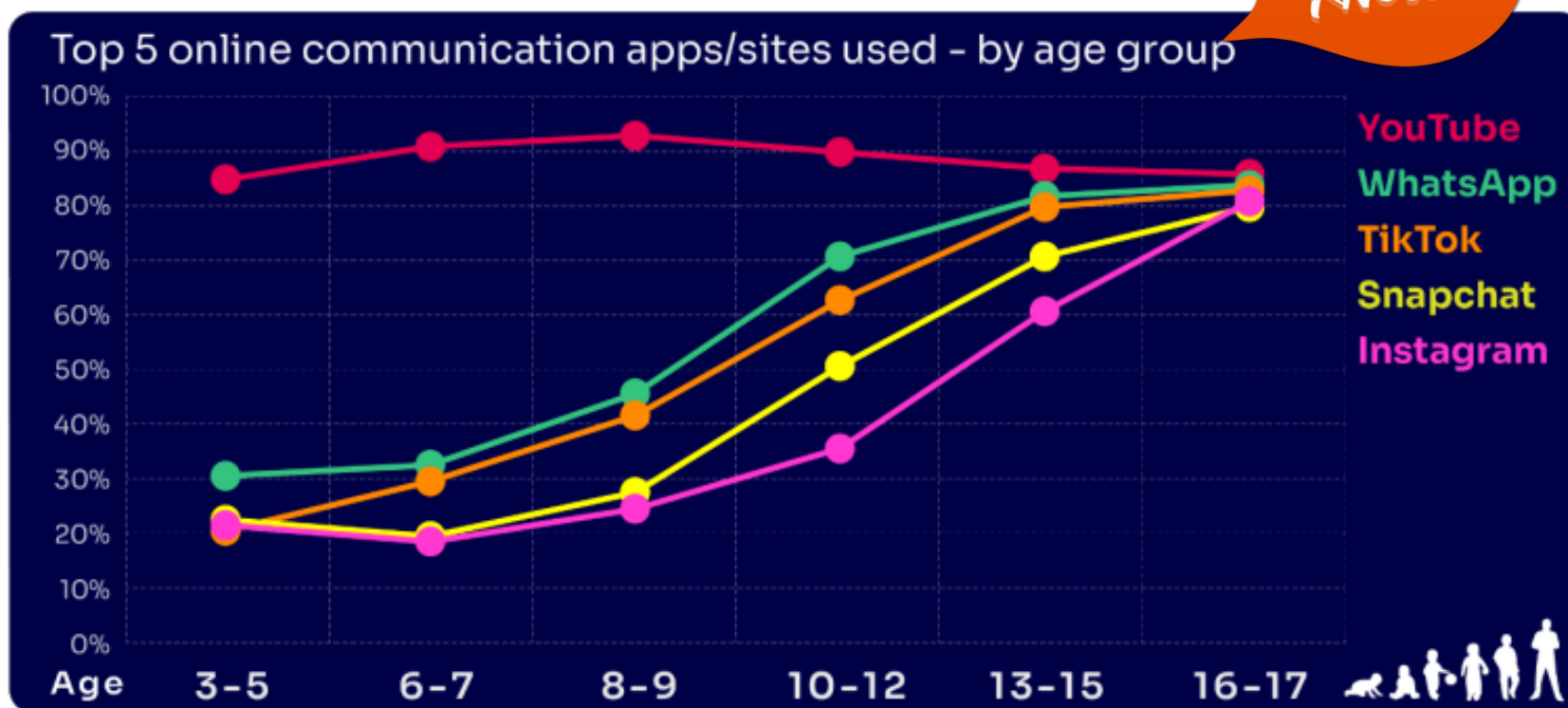# SOCIAL MEDIA AND GAMING

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 online communication apps/sites used – by age group

YouTube
WhatsApp
TikTok
Snapchat
Instagram

Age: 3-5, 6-7, 8-9, 10-12, 13-15, 16-17

- The two most popular apps for 3 – 7 yr-olds are **WhatsApp** (2 in 10) and **Snapchat** (3 in 10)

- The proportion of 8-9s with an **Instagram** profile increased from 8% in 2023 to 14% in 2024

- 13-17s are most likely to have profiles on **WhatsApp**
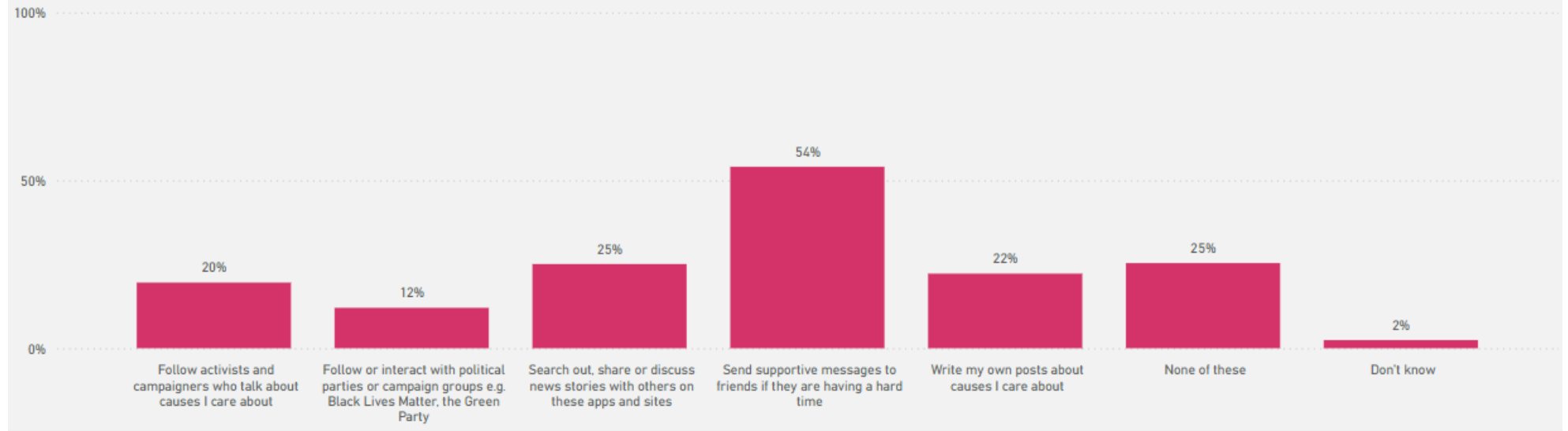- (62%), **Snapchat** (62%) or **TikTok** (61%)

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

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

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

QC18. Still thinking about social media and messaging apps and sites – like Snapchat, Instagram, WhatsApp and TikTok… Which, if any, of these things do you ever do on social media or messaging apps or sites?

● % of respondents

20%	12%	25%	54%	22%	25%	2%
Follow activists and campaigners who talk about causes I care about	Follow or interact with political parties or campaign groups e.g. Black Lives Matter, the Green Party	Search out, share or discuss news stories with others on these apps and sites	Send supportive messages to friends if they are having a hard time	Write my own posts about causes I care about	None of these	Don't know

WHY DOES THIS MATTER?

Young people can **get around age restrictions** on apps and websites, increasing the risk of them coming to harm online

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**

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What might they NOT BE TELLING YOU?

DID YOU KNOW ?

Nearly six in ten (56%) 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

15% said one account was **for the 'real me' and another contained edited/filtered posts** or photos

Source: **Children and parents: media use and attitudes report 2025**

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WHY is this 'RISKY'?

DID YOU KNOW ?

68% know how to do any of the "risky measures"

40% do any of them

23	47	Delete the 'history' records of which websites you have visited
24	48	Choose to use privacy / Incognito mode on a web browser
8	20	Get around controls that are there to stop you visiting certain sites or apps
5	11	Use a proxy server to access particular sites or apps

RISKY MEASURES

40% had engaged in 'risky' behaviour!

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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

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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
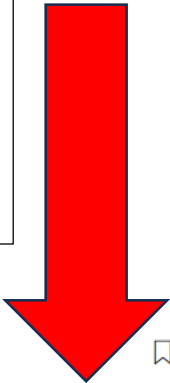
37% Kids under 13 who use WhatsApp

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.

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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

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

More ...

By Platform

TikTok

Snapchat

Minecraft

Roblox

Fortnite

Discord

More ...

tip

APP

Snapchat

⊘ age 16+ ★★★☆☆

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

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

See full review

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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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?
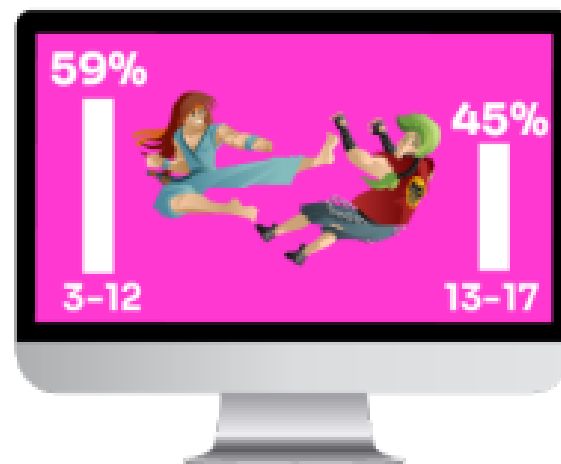- Do you know the **content** and **age restrictions** for these games?

Online Gaming: 8-17s

Playing games with others

72%
Played against or with someone else **they know**

31%
Played against or with someone **they don't know outside game**

In-game chat (messaging or headset)

63%
Chat to people **they know**

31%
Chat to people **they don't know outside the game**

Visit gaming.lgfl.net for advice and activities

Source: **Children and parents: media use and attitudes report 2025**

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What are YOU most WORRIED about?

Parental concerns about gaming (% of parents of children who game)
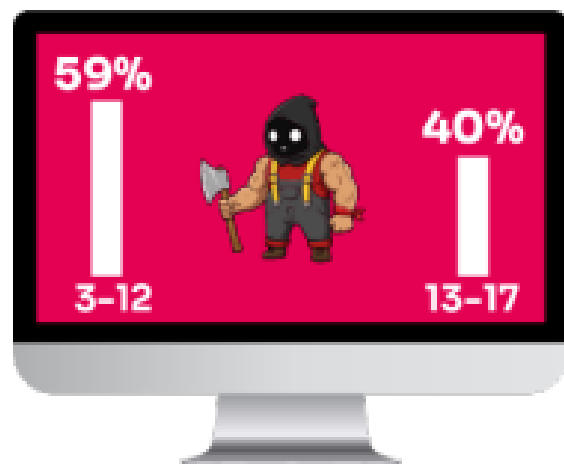
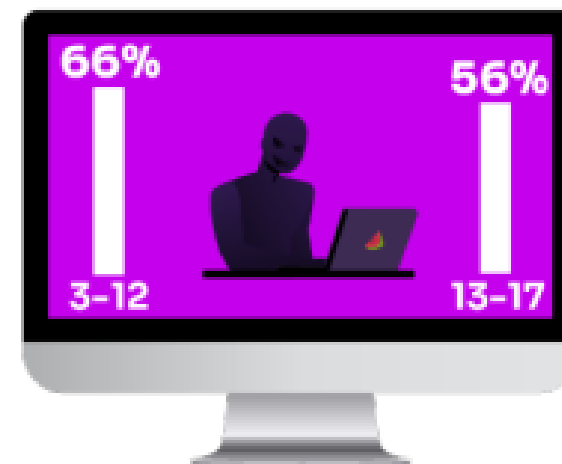|			
59% (3–12)	40% (13–17)	57% (3–12)	43% (13–17)
The content of the games like violence, bad language, disturbing content, etc		Pressure to make in-game purchases, e.g. access to upgrades, skins, loot-boxes, in-game currency, etc	
59% (3–12)	45% (13–17)	66% (3–12)	56% (13–17)
The possibility of them being bullied by other players		The possibility of them talking to strangers while gaming (within the game or via chat)	

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Visit gaming.lgfl.net for advice and activities

Research finds children's online spaces "saturated" with gambling-like content and advertising:

"They make it look like a game, it does not look like gambling."

GambleAware

DID YOU KNOW ?
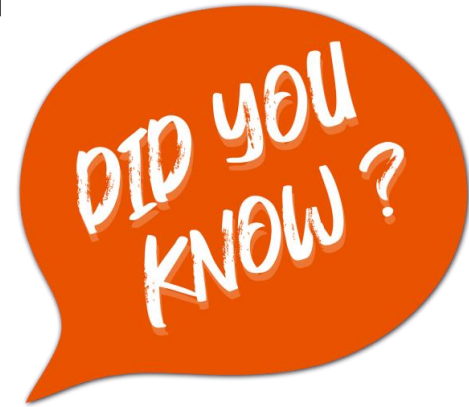
Risks are not understood by children due to the blurred lines between gambling and gambling-like activity such as loot boxes

Do you **DISCUSS THIS** when you talk about **MONEY** to your children and how gambling is made to **LOOK ATTRACTIVE** and likely that you would **WIN**?

https://www.gambleaware.org/media/hbcp3qgd/exploring-the-lived-experience-and-views-of-gambling-among-children-and-young-people_final_0.pdf

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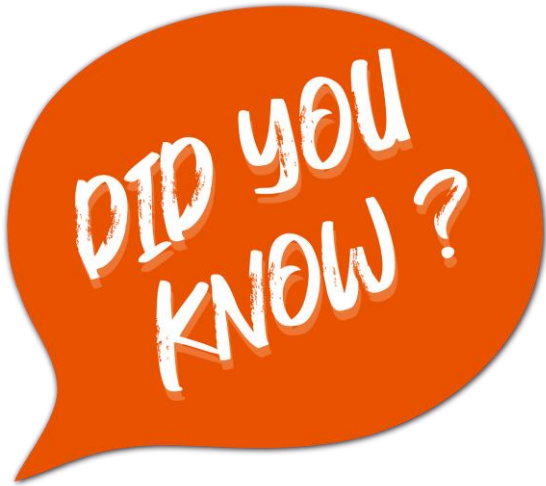SafeguardED

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

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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**

DID YOU KNOW ?

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

3 — www.pegi.info
7 — www.pegi.info
12 — www.pegi.info
16 — www.pegi.info
18 — www.pegi.info

THE CONTENT DESCRIPTORS

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

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pegi.info

AGE REQUIREMENTS

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

83% of parents of 3-17s are aware of a minimum age requirement to have a profile on social media apps

BUT ONLY
33% of parents knew the correct age requirement
(13 yrs)

More than a third (37%) 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

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What about YOUNG PEOPLE?

- Three quarters **(75%) of children are aware of minimum age** requirements

- A third **(33%) of 8-17 yr-olds 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

- **25% of 8-12 yr-olds were more likely to change it on Snapchat**
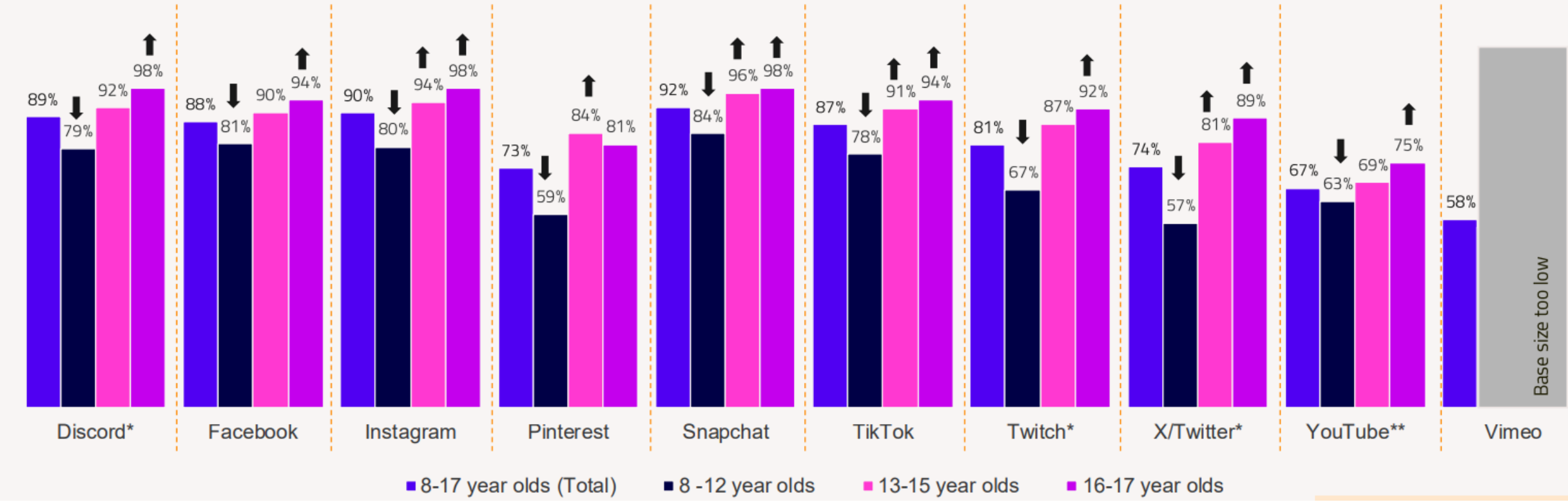
WHY is this WORRYING?

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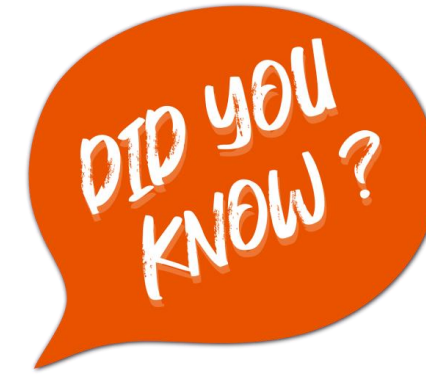
Four in ten under-13s have a profile on **social media** apps or sites...

DID YOU KNOW ?

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- **YouTube/YouTube Kids (44%)**
- **WhatsApp (23%)**
- **TikTok (23%)**
- The proportion of 8-9s with an **Instagram** profile increased from 8% in 2023 to 14% in 2024

Despite there being a minimum age requirement of 13 for using most social media apps, over half of 3-12-year olds (55%) were reported as using at least one social media app or site, an increase on last year, when 51% of these children did so.

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Source: **Children and parents: media use and attitudes report 2025**

The majority of online service users (e.g., social media) in each age group have their own profile on at least one online service, with the likelihood of having a profile generally increasing with age. This pattern has remained consistent with Jan/Feb 2024 (W2).

Proportion of **children 8-17** who use each online service that have their own profile – by age group of child (Wave 4):

Service	8-17 year olds (Total)	8-12 year olds	13-15 year olds	16-17 year olds
Discord*	89%	79% ↓	92%	98% ↑
Facebook	88%	81% ↓	90%	94% ↑
Instagram	90%	80% ↓	94% ↑	98% ↑
Pinterest	73%	59% ↓	84% ↑	81%
Snapchat	92%	84% ↓	96% ↑	98% ↑
TikTok	87%	78% ↓	91% ↑	94% ↑
Twitch*	81%	67% ↓	87% ↑	92% ↑
X/Twitter*	74%	57% ↓	81% ↑	89% ↑
YouTube**	67%	63% ↓	69%	75% ↑
Vimeo	58%	Base size too low		

Children's Online User Ages 2025 Quantitative Research Study

Do you know what they SHARE?

16% of children who have a social media profile include a photo of themselves which anyone can see

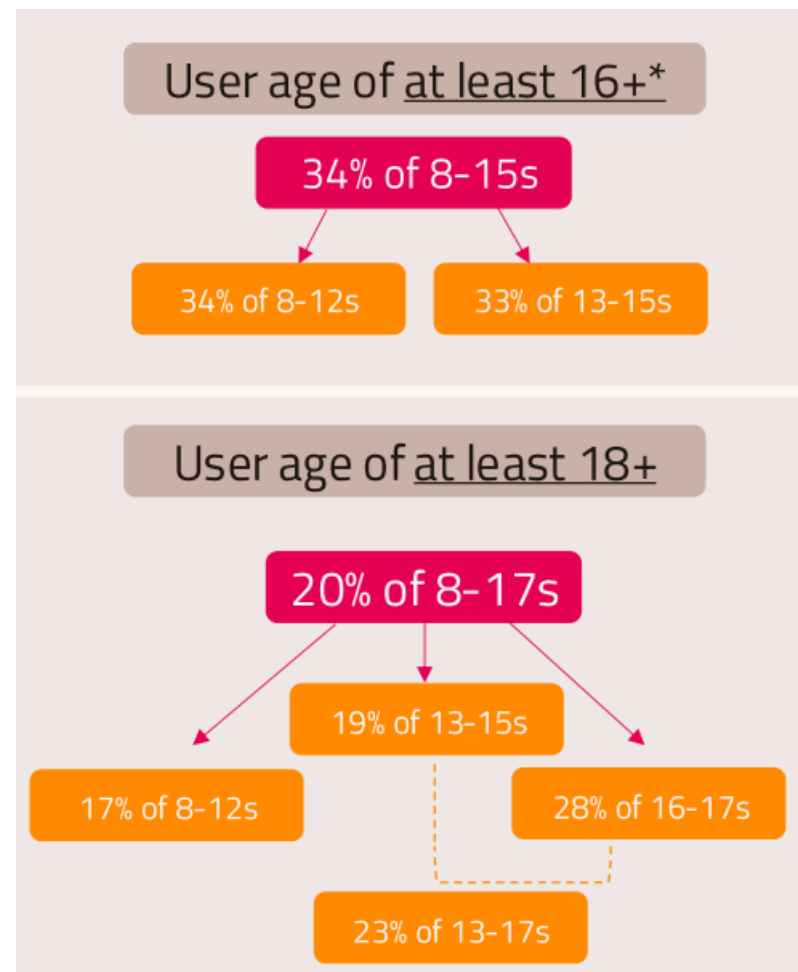**Type of profile picture used** (among those with a profile)

3-12	13-17
12%	21%

a photo of my child / me, that anyone can see

3-12	13-17
24%	37%

a photo of my child / me that only friends or contacts can see

3-12	13-17
40%	23%

some type of avatar (cartoon style image of a person, animal or something else)

3-12	13-17
9%	14%

some other photo, picture, or image

3-12	13-17
14%	5%

no image/ it is just left blank

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Why does this **MATTER**?

- Young people **can get around age restrictions** on apps and websites, **increasing the risk of them coming to harm online**

- To understand the **extent to which children are bypassing age checks**, Ofcom researched **how many children have online profiles that make them appear older than they actually are.**
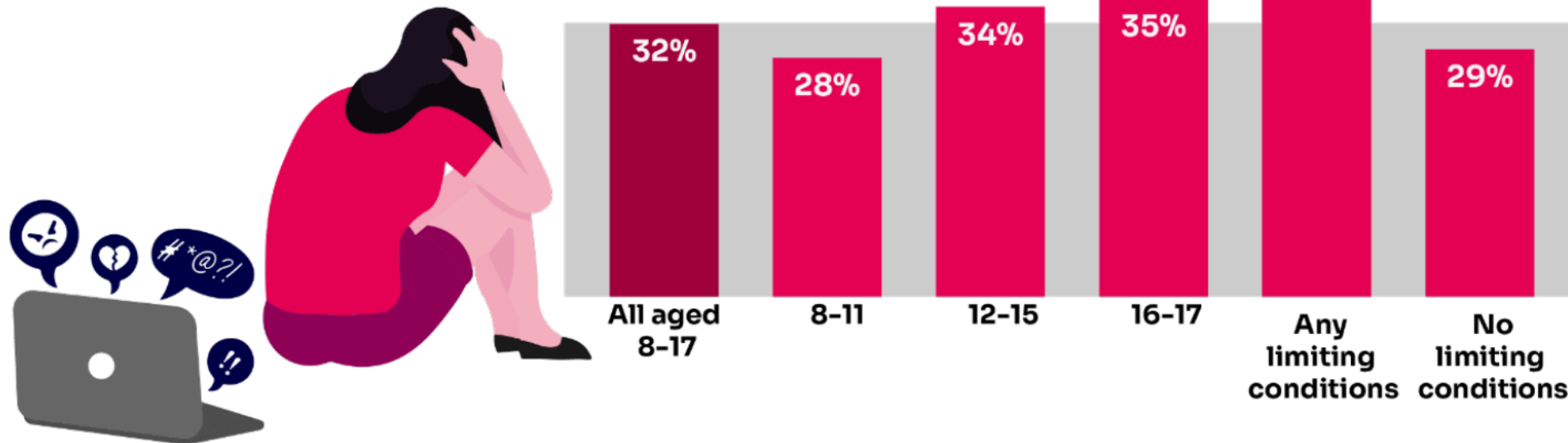

User age of <u>at least 16+</u>*

34% of 8-15s

34% of 8-12s   33% of 13-15s

User age of <u>at least 18+</u>

20% of 8-17s

19% of 13-15s

17% of 8-12s   28% of 16-17s

23% of 13-17s

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RISKS AND NEGATIVE EXPERIENCES

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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?

All aged 8-17	8-11	12-15	16-17	Any limiting conditions	No limiting conditions
32%	28%	34%	35%	40%	29%

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

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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 childre**n 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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Keeping Children Safe in Education

PARENTSAFE

Keeping your children safe: online & beyond

TOP TOPICS (porn, bullying, extremism, fake news...) 🔗

We have selected our top two or three resources to help parents on six key themes, which we think are important to all families. Take a look and see what you think - even if you think it may not apply to you.
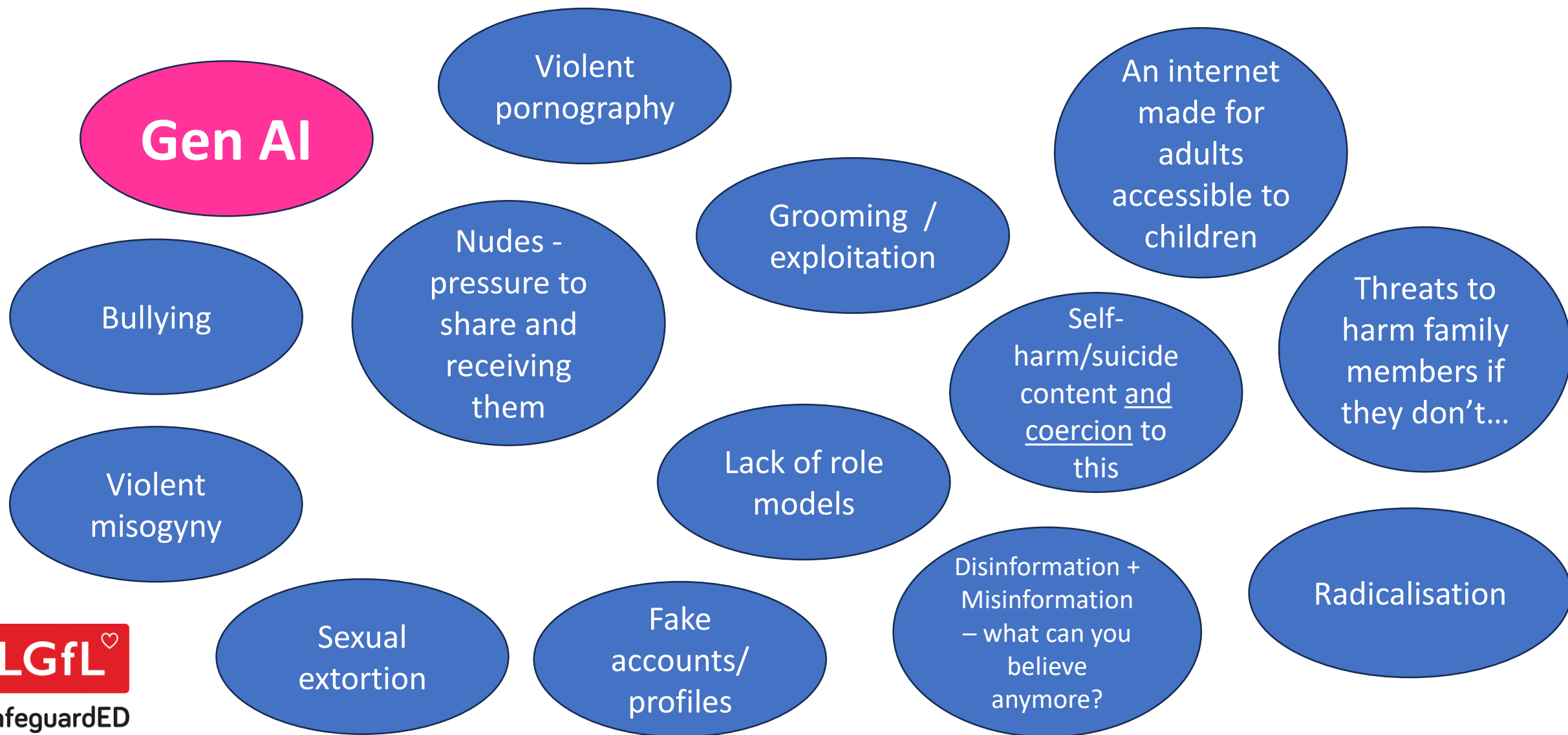
Body Safe	Accessing Pornography	Bullying
Extremism & Radicalisation	Gangs & County Lines	Fake News & Hoaxes

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https://parentsafe.lgfl.net/

Current issues that schools are dealing with right now Include:

- Gen AI
- Violent pornography
- An internet made for adults accessible to children
- Bullying
- Nudes - pressure to share and receiving them
- Grooming / exploitation
- Self-harm/suicide content and coercion to this
- Threats to harm family members if they don't…
- Violent misogyny
- Lack of role models
- Sexual extortion
- Fake accounts/ profiles
- Disinformation + Misinformation – what can you believe anymore?
- Radicalisation

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Half of children say they use artificial intelligence (AI) tools

Have you ever used Artificial Intelligence or AI technology like ChatGPT or Bard or My AI?

50%	42%	59%
All aged 8-17	8-12	13-17

What have you used the AI technology for?

For fun	For school	To learn	To try it
48%	45% ⬆	45% ⬆	31%
45% in 2023	37% in 2023	35% in 2023	34% in 2023
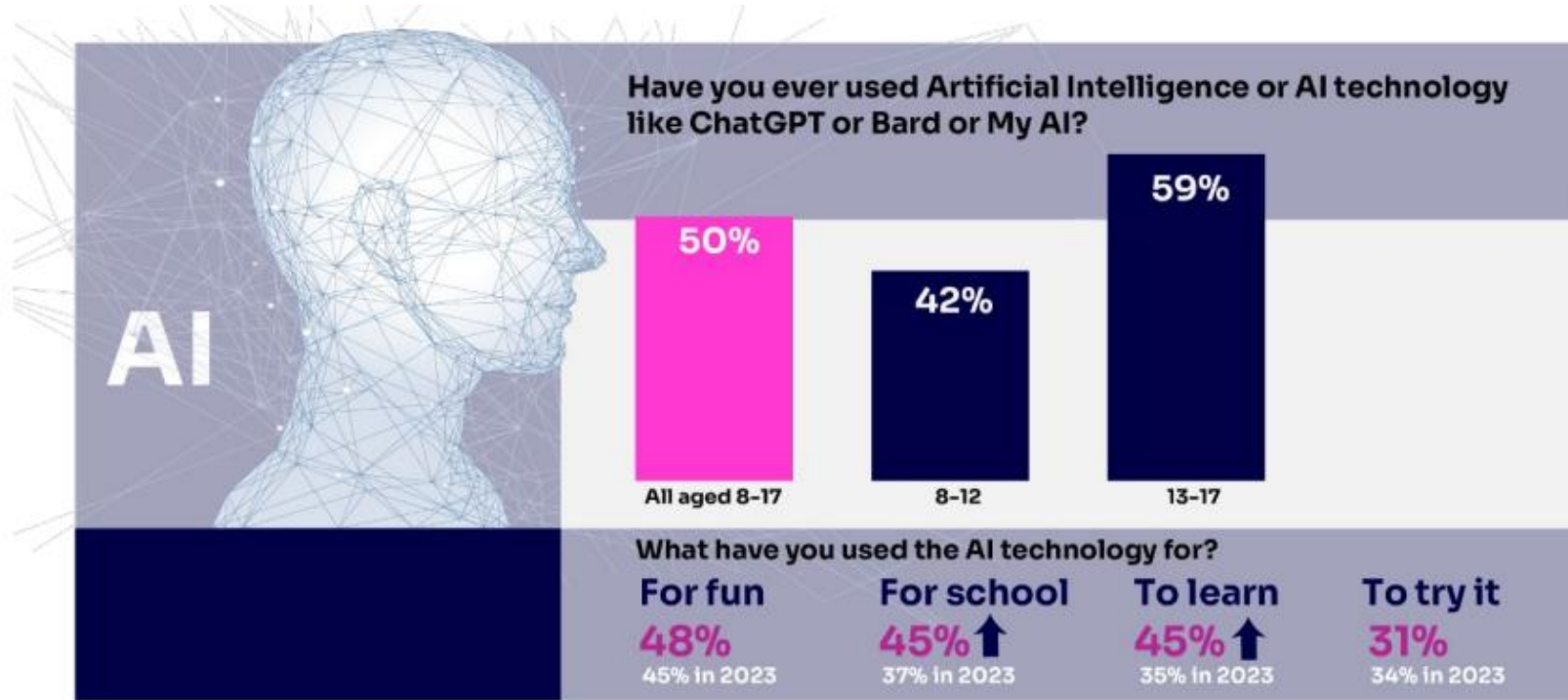
Childnet Cheat Sheet GenAI
PDF Format (844.65kB)

https://www.childnet.com/wp-content/uploads/2025/03/Childnet-Cheat-Sheet-GenAI.pdf

Source: **Children and parents: media use and attitudes report 2025**

Generative AI – what do you think the risks are ?
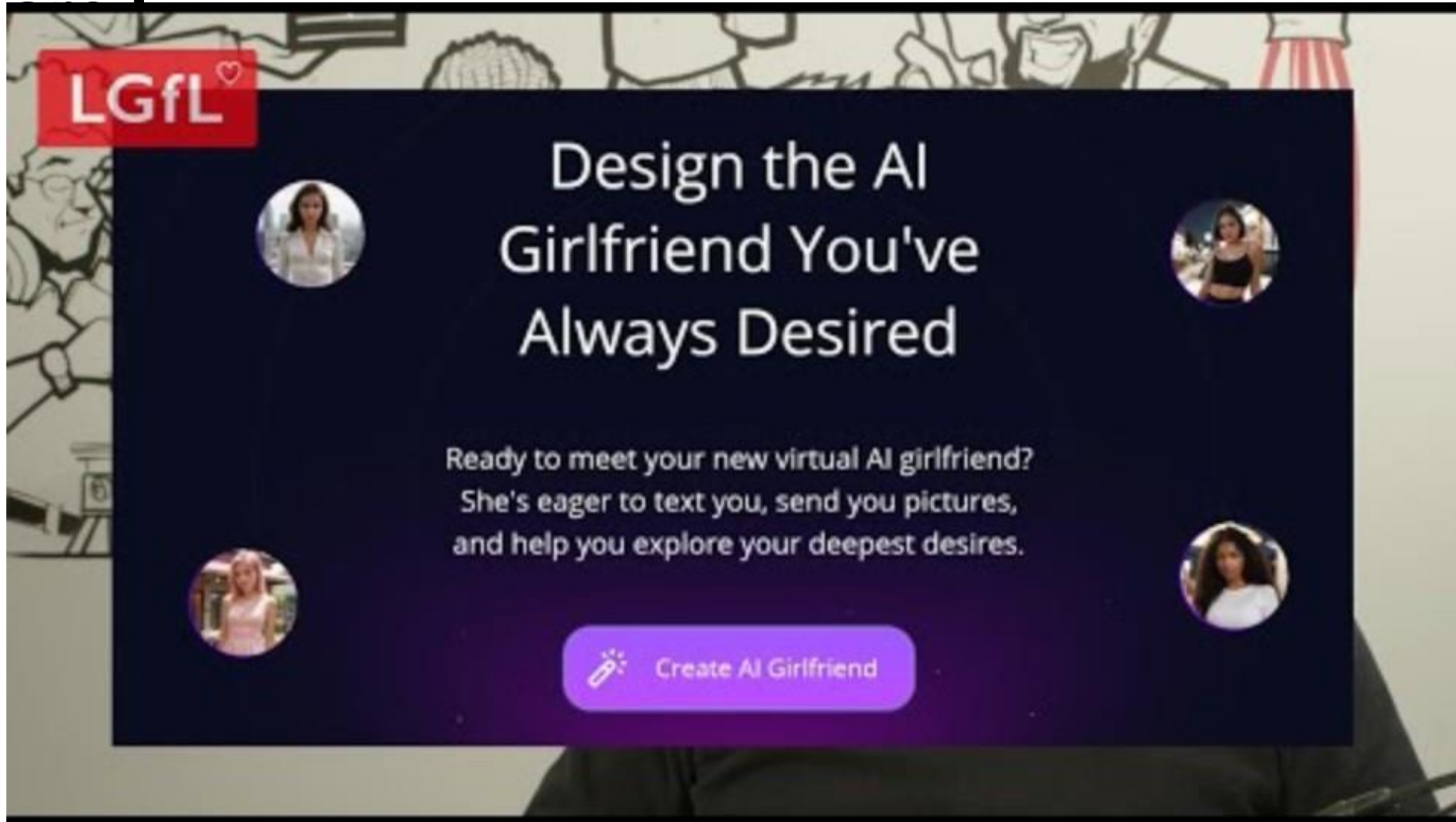
Generative AI – find out how nudify apps might impact young people or why a teenager might make friends with a chatbot

Financially Motivated Sexual Extortion – 'SEXTORTION'

> "I recently got tricked into sending nudes to whom I thought was a girl, but I now know to be a grown man. They threatened to post my nudes on socials unless I paid them. At first, they wanted £20 so I sent it to them. Then they came back asking for £30, £50, sometimes more."
>
> Boy aged 16, Childline

> "I sent nudes to this boy on Snapchat. I thought I could trust him, but I was wrong cos he saved the images to his camera roll. Now he's threatening to post them to my friends and family unless I do stuff on FaceTime. I don't know how to handle this, I've never been so anxious in my life."
>
> Girl aged 15, Childline

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NSPCC (2024) Young people's experiences of online sexual extortion or 'sextortion'. London: NSPCC

✓✓ **Learn about FMSE**

✓✓ **Talk with your child about FMSE**

✓✓ **Know how to support your child and where to report if they become a victim of FMSE**

What does FMSE look like?

If your child has been approached by an offender, they may tell you that they have been:

- contacted by an online account they do not know but appears to be another child or young person

- quickly engaged in a sexually explicit conversation. This may include the offender sharing indecent content first

- pressured into taking nude or semi-nude photos or videos. Or, they may have been blackmailed with images that have been digitally manipulated or **AI-generated**

- blackmailed into sending money or meeting another financial demand, such as buying a pre-paid gift card

---

Financially Motivated Sexual Extortion (FMSE): advice for parents and carers

How to talk to your child and access support if they need help

NCA National Crime Agency

CEOP Education from the National Crime Agency

Parents and carers template letter

Dear parent/guardian,

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

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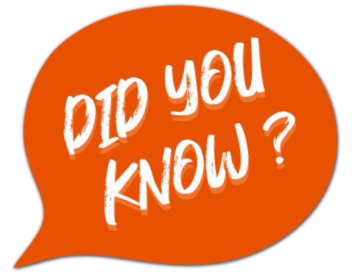
Livestreaming

Sixteen per cent of children livestream their own videos
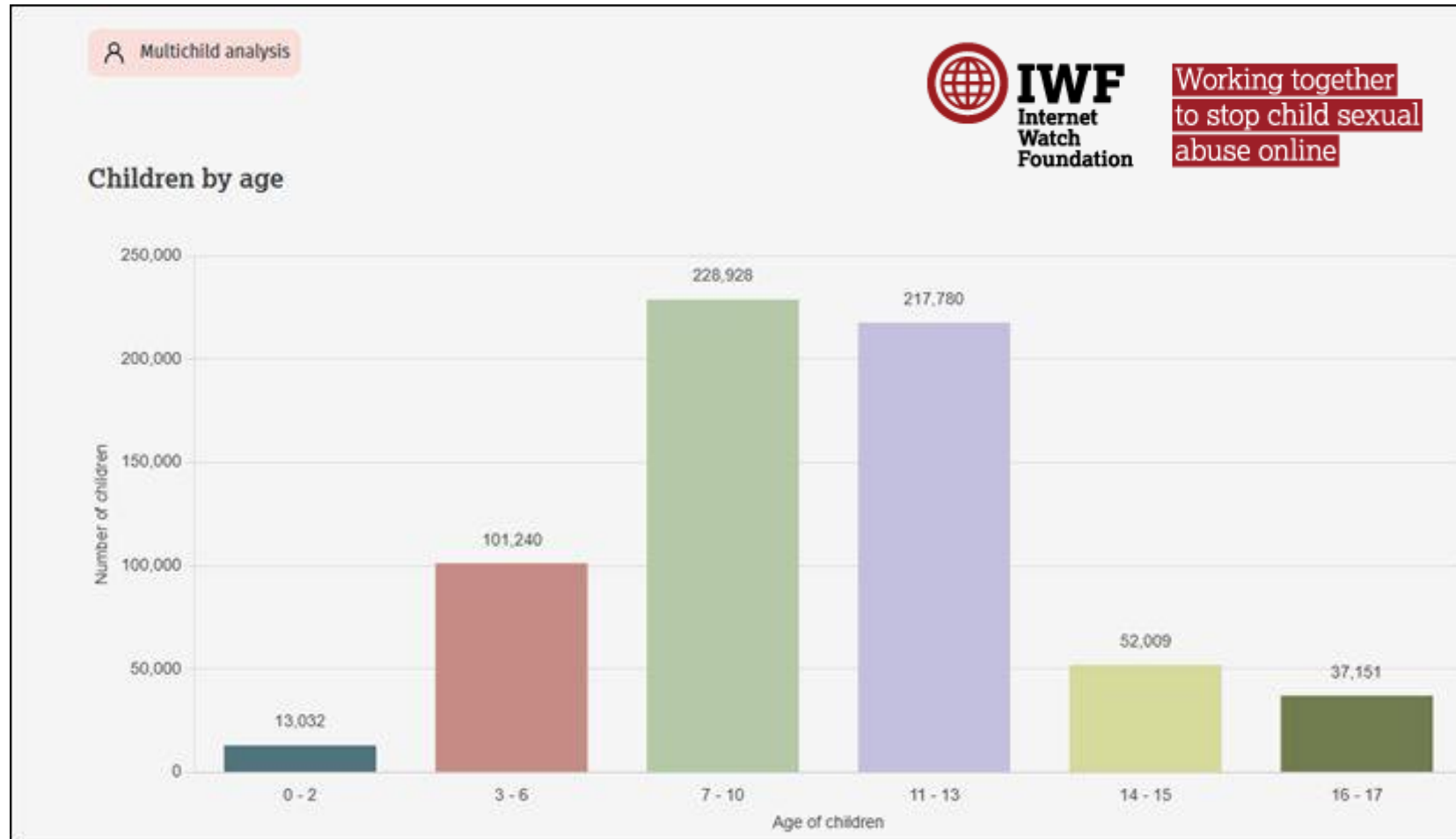
- **3-9 year-olds (1 in 10)**
- **10-12 year-olds (2 – 10)**

Why does this MATTER?

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There were more 7-10-year-olds in child sexual abuse material (CSAM) images found by IWF than 11-13s in 2024
It can also affect younger children

Source: IWF Annual Data & Insights Report 2024, published April 2025

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

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So, what can YOU do?

Don't show them your vest even if it's your best,

undressed.lgfl.net

Sharing Nudes / Semi-Nudes

DID YOU KNOW ?

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%

Receiving pictures or videos of naked / half-dressed people
32%

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Source: Children and parents: Media use and attitudes report

Early in the year: Taylor (13) received messages from people she did not know that **included nude images or inappropriate messages.**

"*I'd probably get one or two messages a month. They want [to add you on Snapchat] because on Snapchat, you can send pictures that you can't get away with on Instagram.*"

End of year: She had taken steps to reduce this happening by **no longer adding people on Snapchat after they had messaged her on Instagram or using Snapchat's Quick Add feature to talk to strangers**.

"It [receiving an inappropriate message from a stranger] hasn't happened in a long time. Maybe once in the last year…
It doesn't happen much anymore because I don't really talk to people I don't know any more."

One 15-year-old* who contacted Childline said:

NSPCC Targeting of Girls Online Report

"I've been sent lots of inappropriate images online recently, like pictures of naked people that I don't want to see. At first I thought they were coming from just one person, so I blocked them. But then I realised the stuff was coming from loads of random people I don't know. I'm going to try and disable ways people can add me, so hopefully I'll stop getting this stuff."

Children and parents: Media use and attitudes report

So, what can YOU do?

Nude Selfies: Understanding Why
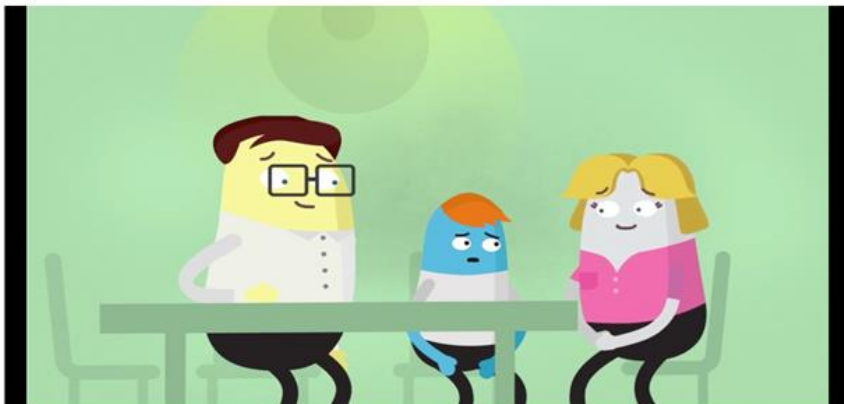
Nude Selfies: Talking to your child

Nude Selfies: When should I be worried?

Nude Selfies: Where to get help

www.thinkuknow.co.uk_

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

CEOP

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Pornography

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**

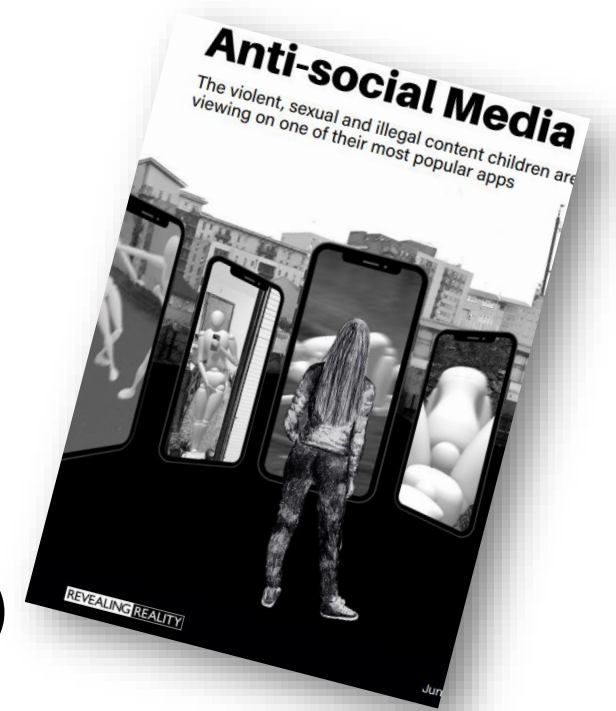**Pornography sites are not the only way**, or even the most popular way, that young people access online porn

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

DID YOU KNOW ?

CHILDREN'S COMMISSIONER

Evidence on pornography's influence on harmful sexual behaviour among children

May 2023

?
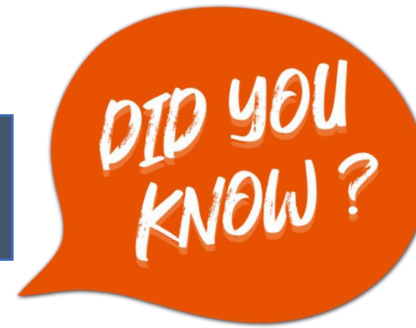
Would you know how to talk to your child about pornography?

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

Snapchat: 'It's our evening news...'

- **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**

Source: **Revealing-Reality: Anti-social-Media Report 2023**

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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

THE MIX
Essential support for under 25s

CLICK CEOP
Advice Help Report

NCA

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

REPORT REMOVE
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
0800 1111

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

STAYING SAFE ONLINE AND REPORTING

What do YOUNG PEOPLE do to STAY SAFE ONLINE?

95% know how to do any of the "safety measures"

83% do any of them

66	85	Block people on social media if you don't want to hear from them
46	66	Block people when you play online games
34	58	Change the settings so fewer people can view your social media profile
15	36	Use a reporting or flagging function to report inappropriate content

SAFETY MEASURES

% of children aged 13-17 who go online

Only 15% had used a reporting or flagging function
(36% were aware of these functions)

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Go to reporting.lgfl.net to find out how to remove content from social media and where to report bullying, racial hatred, terrorism, sexual abuse and more

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.

Social media

Internet Matters has helpful guides for social media apps and sites at internetmatters.org/parental-controls/social-media

Popular Parental control guides
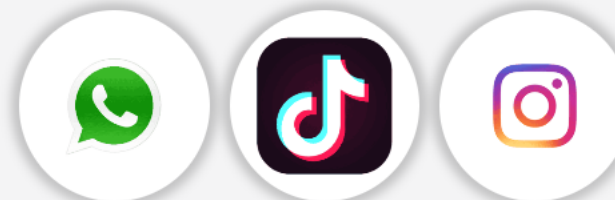
Search our step by step guide

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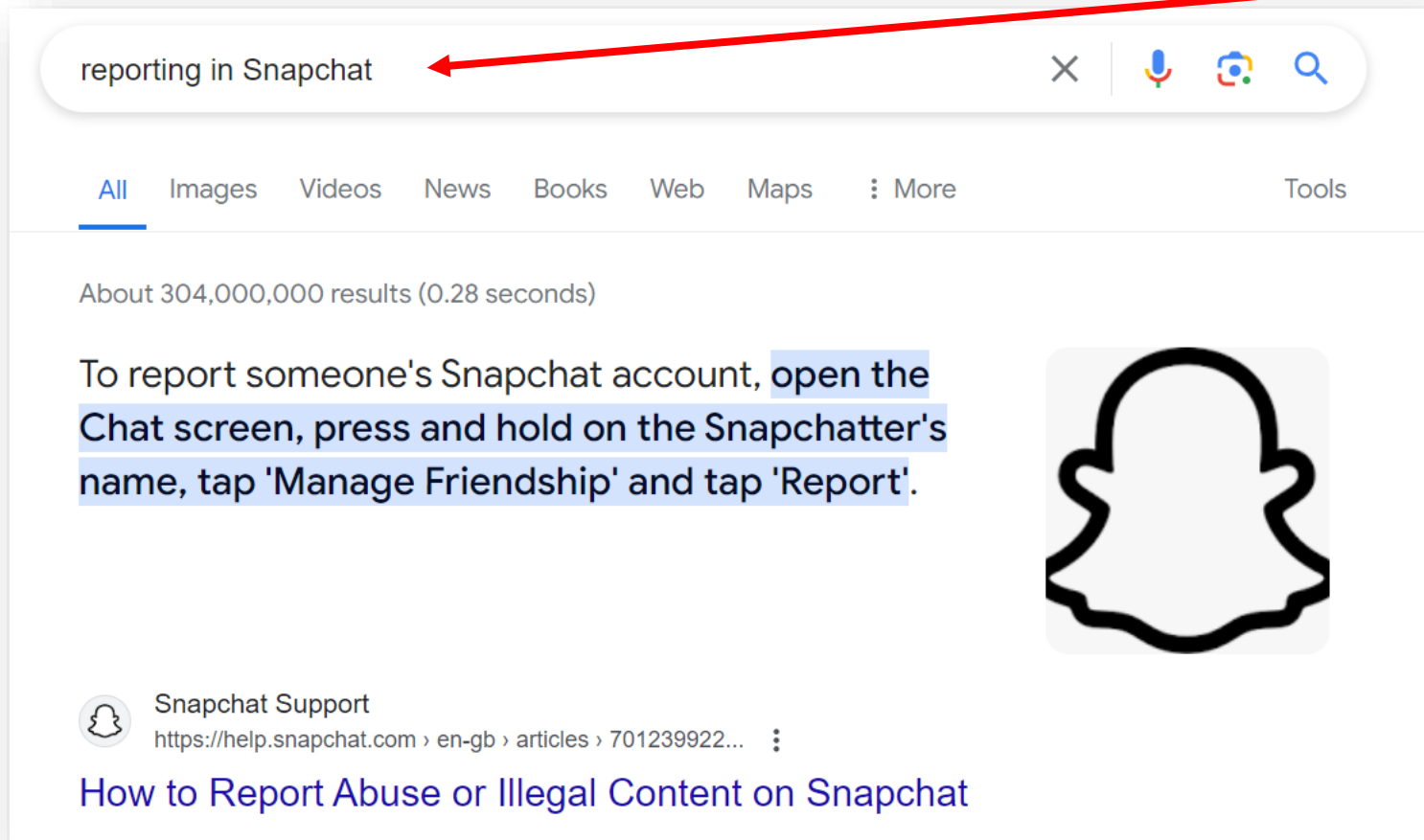
A simple **Google search** with the site name, **e.g. 'reporting in Snapchat'** will bring up the steps to take and signpost to the reporting page

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

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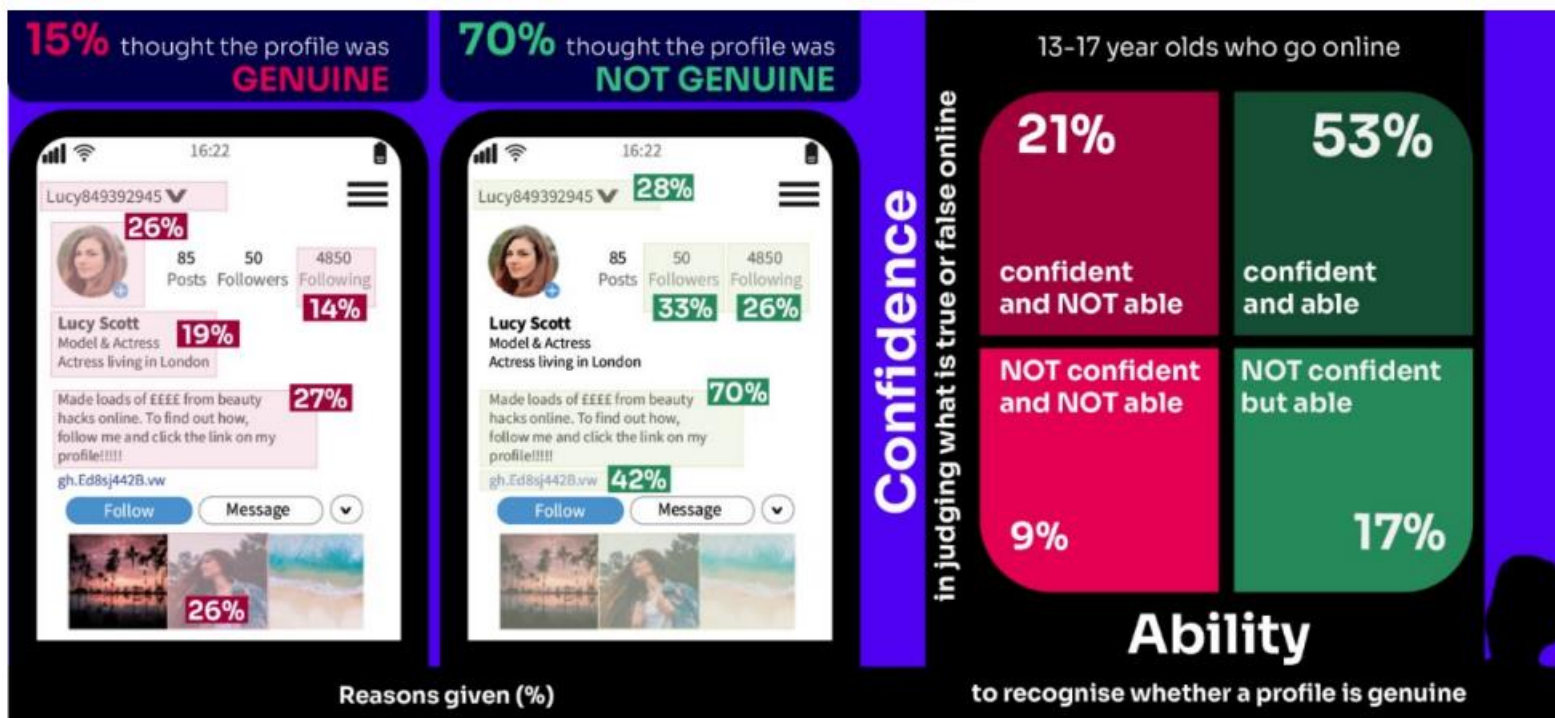LGfL
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Go to reporting.lgfl.net to find out more

CRITICAL THINKING

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

For young teenagers (12-15s), although TikTok continues to be their most-used single source for news, their most trustworthy source for news is their family.

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

Try our Critical Thinking Quiz at believe.lgfl.net

Source: **Children and parents: media use and attitudes report 2025**

Critical Thinking activity: Believe it or not?

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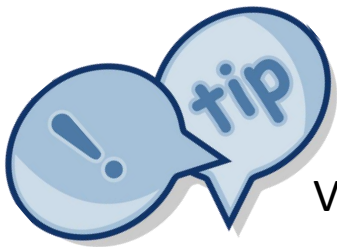
Visit goingtoofar.lgfl.net to find out how to help children:

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

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Are they aware of the **implications** their actions could have?

Could they be breaking the law?
Or putting themselves or others at risk?

Visit goingtoofar.lgfl.net to find out more.

Let's take this quiz together at
takingastand.lgfl.net

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Department for Education

goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

WHAT WOULD YOU DO IF?

Scenario based quiz: What would you do if?

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GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

1. You notice lately there are lots of posts from a group appearing on your page which are offensive and racist.

What can you do about it?

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- Nothing, just ignore them

- Report them directly via the site's report button

- Select the option to unfollow or stop seeing posts from this group

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GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

- 'Like' it – after all it can't do any harm
- Join in the comments so you can also be part of the group
- Share it
- Report it directly to the site as racism
- Talk to a trusted adult for advice

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GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

3. This pop star tweets a post showing how she's lost weight by taking these diet pills- she says the first 100 people can get it half price.

What could you do?

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GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

- Buy them straight away
- Think about her motives - she might be being paid to advertise it
- Check the reviews
- Discuss with a parent/carer before buying anything online
- Do your research and to find out more about this subject

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GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

9. An influencer you came across shared a link where you can meet new friends and chat anonymously without worrying about getting in trouble with the law.

What could you do?

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- Join the chat, after all it's anonymous so it can't do any harm

- Invite one of your friends to come along so you can both make new friends

- Check with a trusted adult at home or school

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
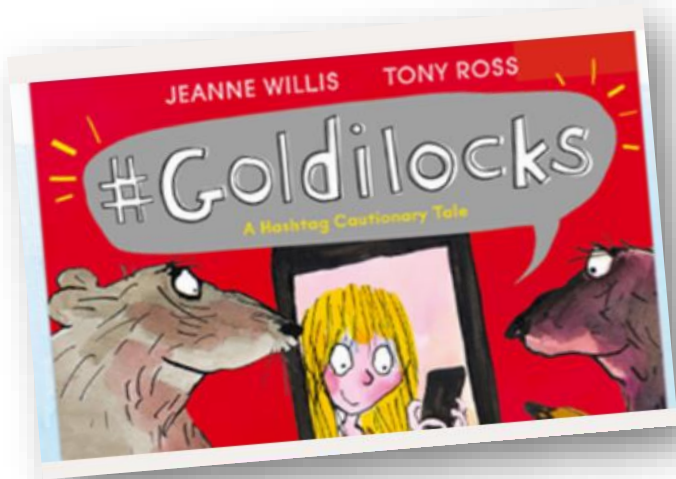

parentsafe.lgfl.net

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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!

Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

Be Mindful
Connect
Be Active
Get Creative
Give to others

JEANNE WILLIS   TONY ROSS
#Goldilocks
A Hashtag Cautionary Tale

THE ONLINE ZOO

Digital Family Agreement
LGfL DigiSafe ®

PARENTSAFE
Keeping your children safe: online & beyond

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

SIX TOP TIPS

For Parents To Keep Your Children Safe Online

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.

(Pie chart: Be Mindful, Connect, Be Active, Get Creative, Give to others)

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.

ONLINE TUTORS
KEEPING CHILDREN SAFE

GUIDANCE FOR PARENTS & CARERS

YOU MIGHT GET A TUTOR FROM SCHOOL, THE NATIONAL TUTORING PROGRAMME, A GOOGLE SEARCH OR A RECOMMENDATION. BUT ANYONE CAN CALL THEMSELVES A TUTOR, SO HOW CAN YOU KEEP YOUR CHILDREN SAFE WHILE THEY CATCH UP?

1) Select the right tutor

o Get to know them first - ask about qualifications, experience (freelance? umbrella body?) & approach
o Take up references and speak to them if you can
o Ask to see a DBS (criminal record) check. NB - private tutors can only get the basic check; (don't let a DBS give you a false sense of security though)
o Find out which platform they will use and its safety features

2) Establish clear rules

o Sessions must always be arranged via you; the tutor should not contact your child directly between sessions, send private messages or change communication platform
o A tutor is not a friend – they should behave in a professional way, like a teacher
o Sessions must not be recorded without your approval
o Try to be in the room for all sessions, especially for younger children, and certainly the first time
o Your child should not join a session from a bedroom. If this is unavoidable, pop in frequently, ensure they are fully dressed at all times, point the camera away from beds & personal information, and blur or change the background

3) Make sure your child knows

o The rules apply to them and the tutor
o A tutor is a teacher not a friend
o Neither tutor nor child should share personal information, private messages or photos & videos
o They must never meet without your approval or communicate on a different platform
o Who their trusted adults are at home and school
o They can tell you if they are asked to keep a secret or anything happens or is said that is strange or makes them feel uncomfortable, scared or upset

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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 support for parents at parentsafe.lgfl.net

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Where to get help?

INSERT SCHOOL SPECIFIC INFO HERE, SUCH AS:
- DSL NAMES AND PHOTOS
- REPORTING PROCESS
- LINK TO POLICIES

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