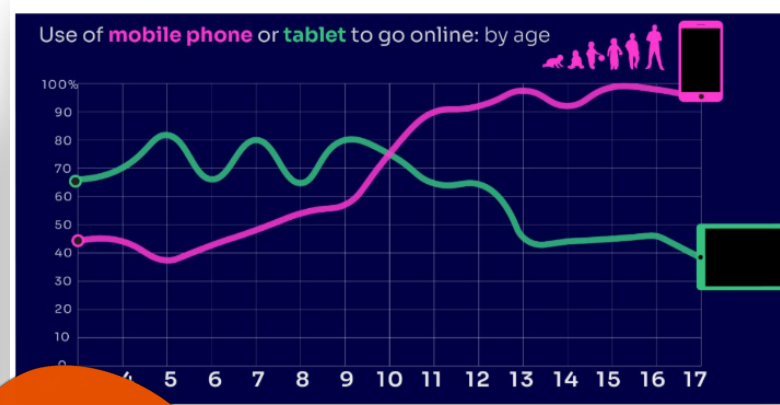
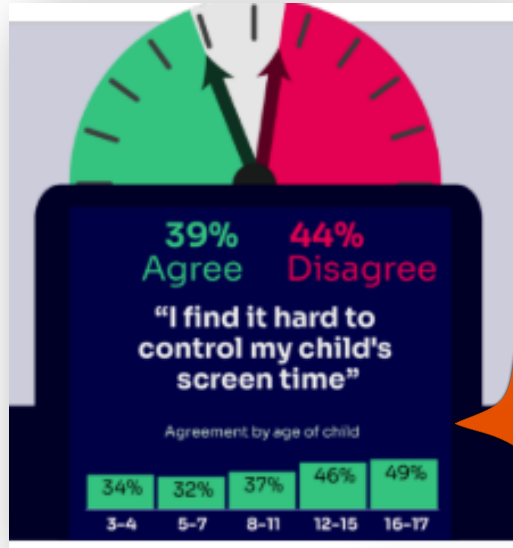
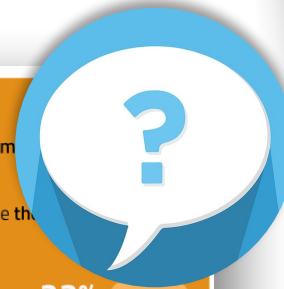
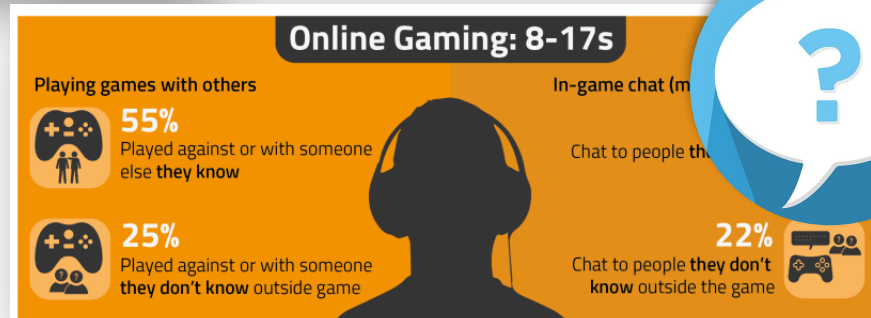
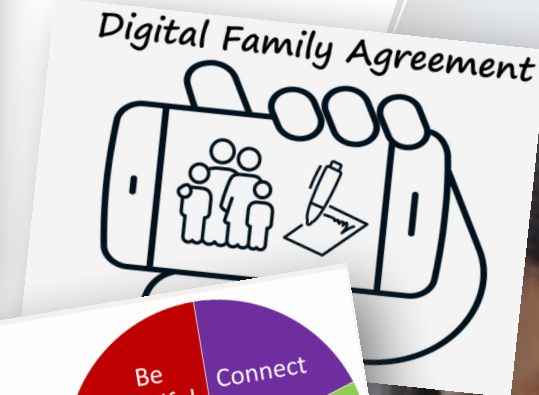


ONLINE SAFETY



DID YOU KNOW?

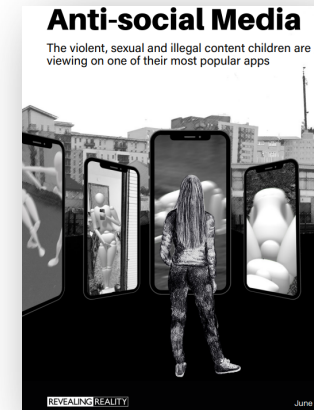


This presentation brings together:



- Key Findings from:

- [Children and parents: Media Use and Attitudes report](#)
- [Children's Online User Ages 2023 Quantitative Research Study](#)
- [Children's Media Lives: Year 10 findings – 19 April 2024](#)
- [Revealing-Reality Anti-social Media Report 2023](#)
- [Internet Watch Foundation Annual Report 2023](#)
- [Evidence on pornography's influence on harmful sexual behaviour among children Report 2023](#)

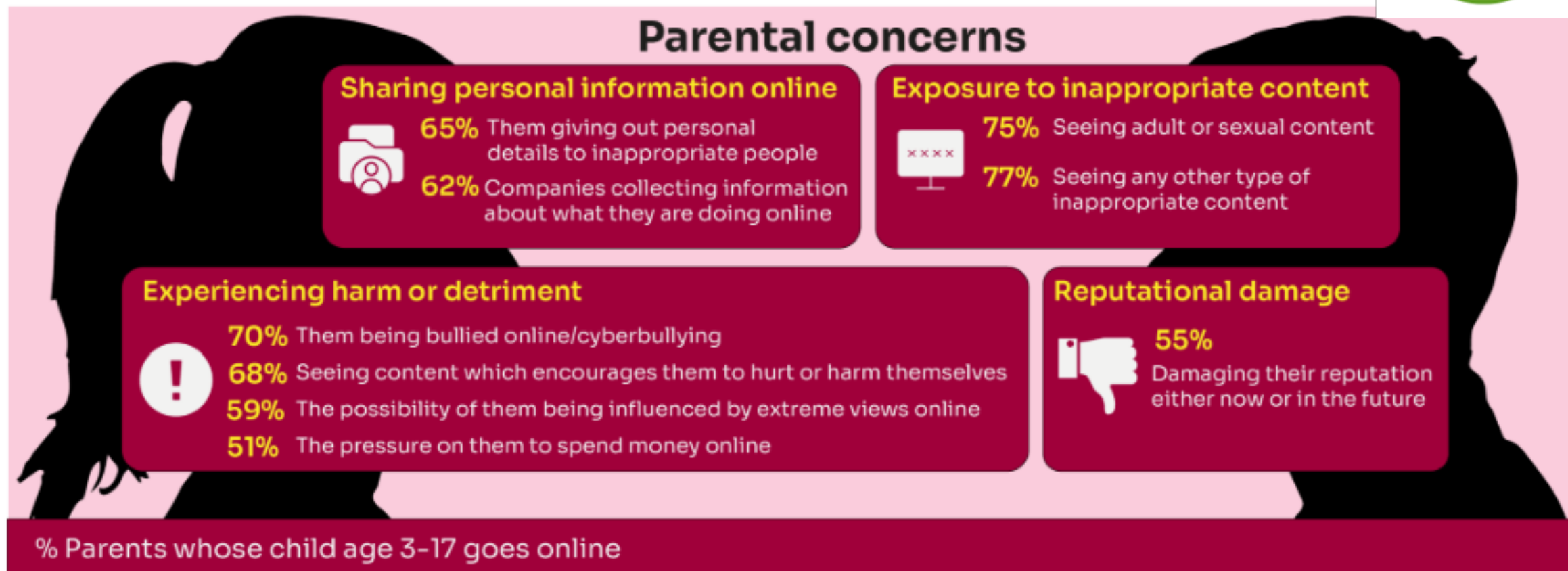




What are you most **WORRIED** about when your child is **ONLINE**?



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



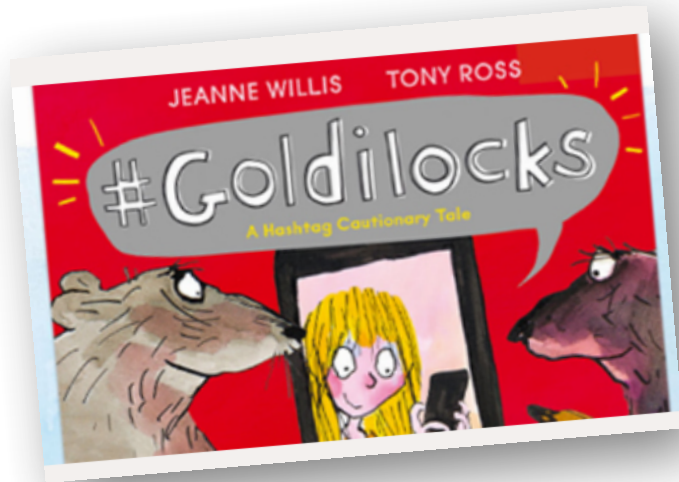
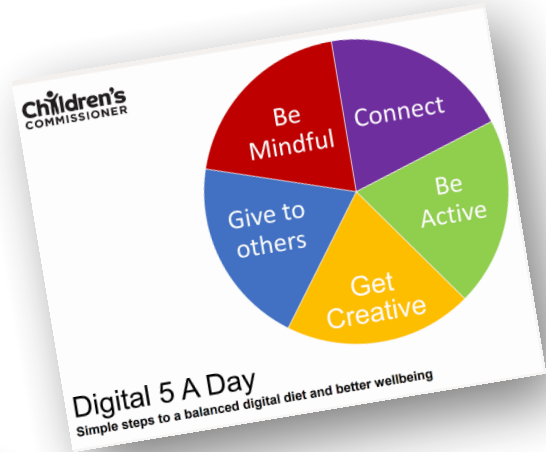


YOU don't need to be an **EXPERT** ... be a **PARENT**

- **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.



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



Discussion Guide

An illustration of a hand holding a smartphone with a heart icon on the screen.

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



PARENTSAFE

Keeping your children safe: online & beyond



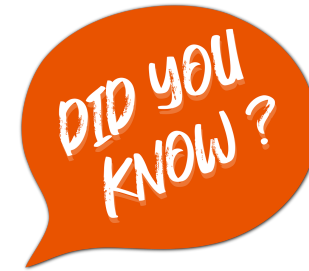
SUPERVISION AND PARENTAL CONTROLS




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:



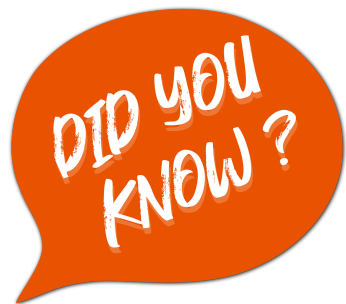
[VIEW ALL](#)

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

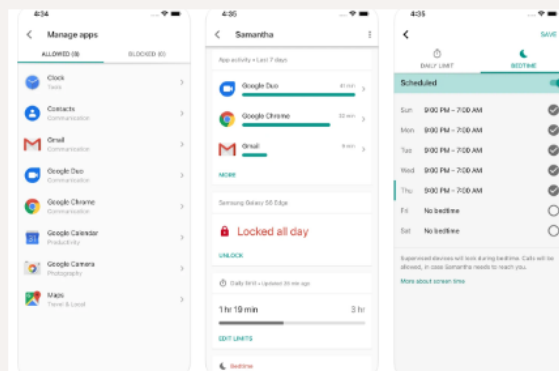
SAFE SETTINGS, CONTROLS & MONITORING

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?).



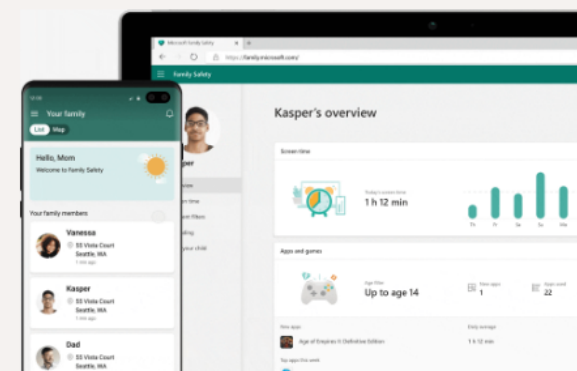
Apple Screen Time

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



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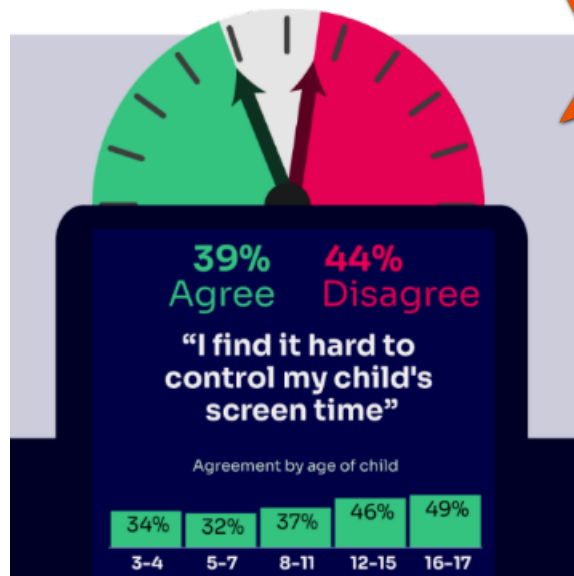
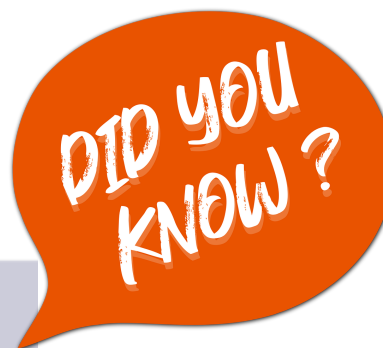
Visit parentsafe.lgfl.net/ for additional advice and tips on settings and controls for all devices

SCREENTIME



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**



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



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.



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!



Education matters

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



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. #sitlessmove more



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.



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.



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.



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 **YOUR SCREENTIME vs THEIRS?**



MAKES YOU THINK...

Talk to your child about their device use, but remember yours, too



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DID YOU KNOW?

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



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SOCIAL MEDIA AND GAMING

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 Cor
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 ...		



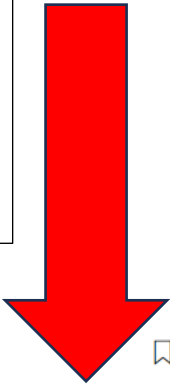
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APP
Snapchat
✓ age 16+ ★★★★★
Send moments in photos, watch curated content; use wisely.
Devices: iPhone , iPod Touch , iPad , Android (2011)



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



See full review

See full review



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

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

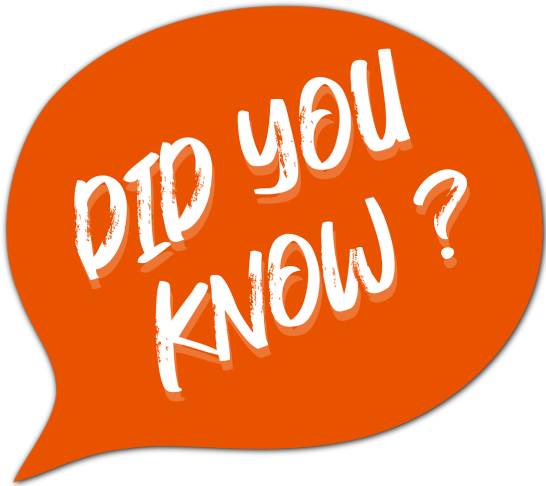


Visit gaming.lgfl.net for advice and activities

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

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

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



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



THE CONTENT DESCRIPTORS



pegi.info

AGE REQUIREMENTS



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

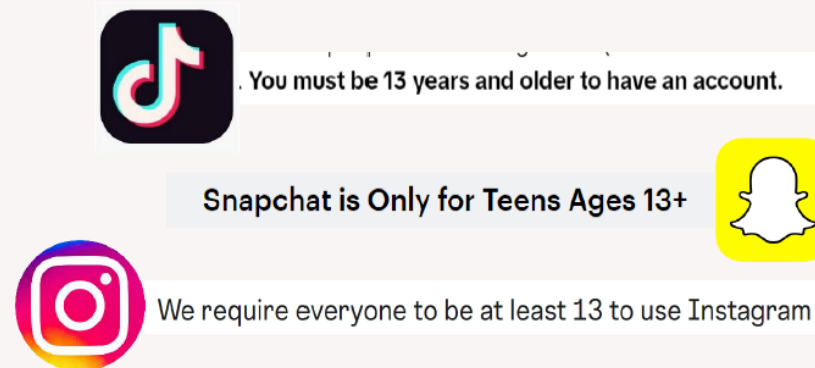
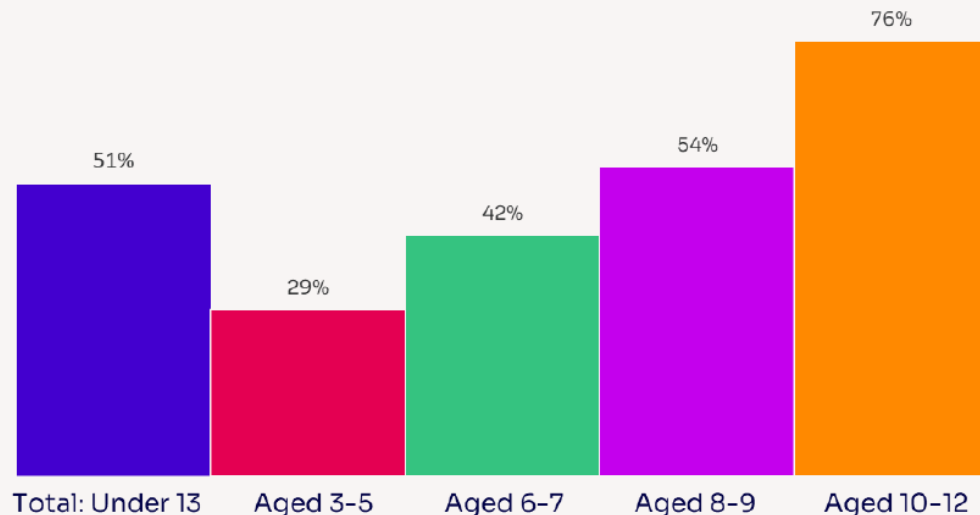
BUT ONLY
32% of parents knew the correct age requirement (13 yrs)

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

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

%age who use social media



Given the 13+ minimum age requirement on most of these social media platforms, it is notable that half (51%) of children under 13 use them.

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**:



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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**?



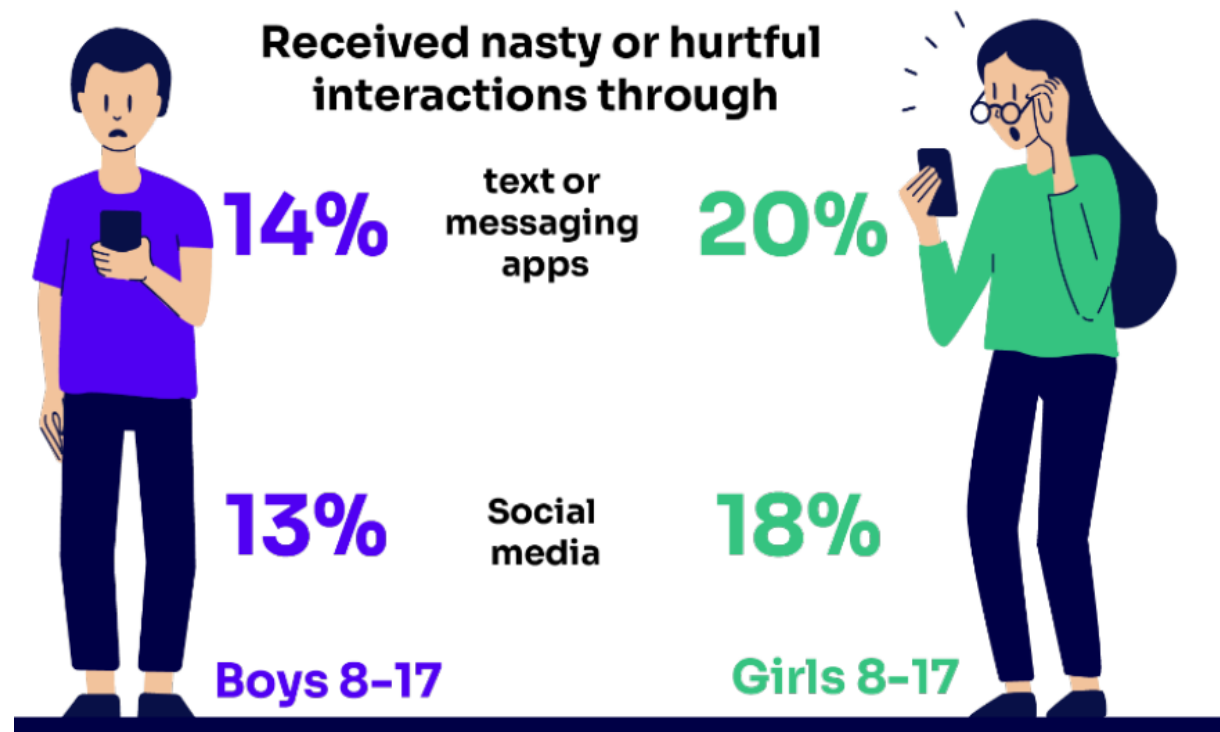
content: being exposed to **illegal**, inappropriate, or **harmful** content, for example: **pornography**, **fake news**, **racism**, **misogyny**, **self-harm**, **suicide**, **anti-Semitism**, **radicalisation**, and **extremism**.

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**

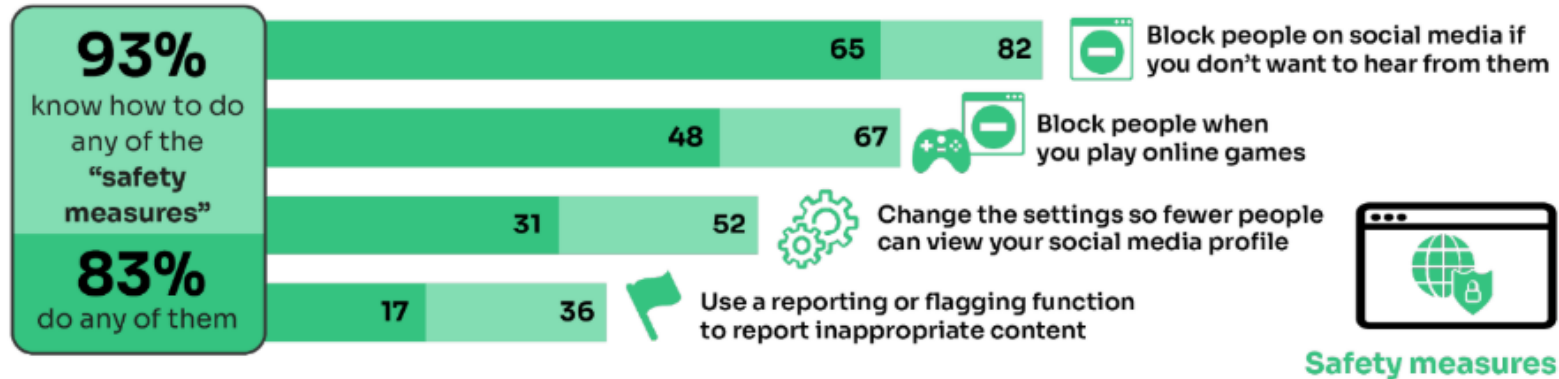
Bullying



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

STAYING SAFE ONLINE AND REPORTING

What do **YOUNG PEOPLE** do to **STAY SAFE ONLINE**?



Only 17% had used a reporting or flagging function
(36% were aware of these functions)

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.



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](#)

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



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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

Go to reporting.lgfl.net to find out more

RESOURCES AND SUPPORT

Why not have a family agreement to:

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



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

Digital Family Agreement



LGfL DigiSafe®



I will:

Why?

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

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

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

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

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

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

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

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

Parent/carers will:

Why?

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

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

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

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

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

Signed: *Sophie Mum Dad*

Today's date: *24th March*

Date we will review this: *24th May*

Download me again and find more support for parents at parentsafe.lgfl.net

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parentsafe.lgfl.net

Where to get help?



Please contact the safeguarding team at Harlow Fields if you need support or have concerns regarding your child's online safety.