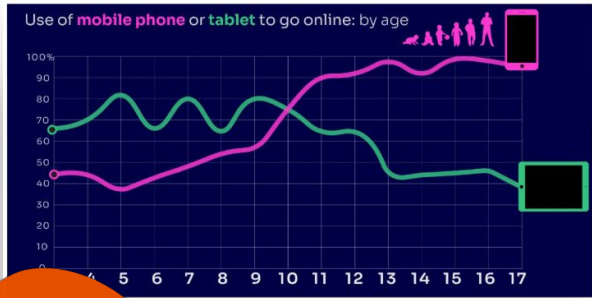
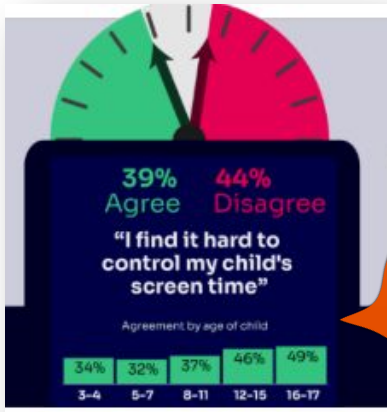


How to Keep Children Safe Online



DID YOU KNOW?

Digital Family Agreement

tip

Children's Commissioner

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

- Be Mindful
- Connect
- Be Active
- Get Creative
- Give to others

Online Gaming: 8-17s

- 55%** Played against or with someone else they know
- 25%** Played against or with someone they don't know outside game
- 22%** Chat to people they don't know outside the game

?



Keeping Children Safe Online

1. Common parental concerns
2. Device use and ownership
3. Supervision and parental controls

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



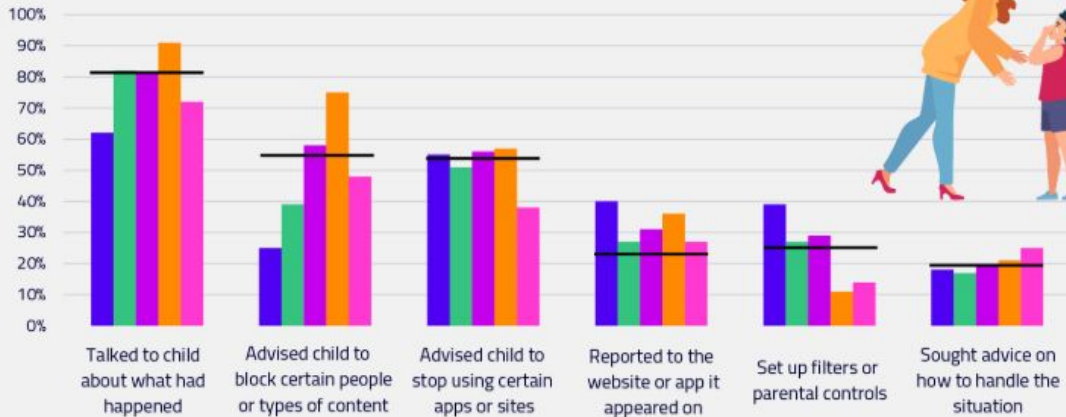


Are you **CONFIDENT** to **TALK TO YOUR CHILD?** Is your child confident to **TALK TO YOU?**

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 (%)



Action taken (%)	All (aged 3-17)	Aged 3-4	Aged 5-7	Aged 8-11	Aged 12-15	Aged 16-17
Talked to child about what had happened	81	62	82	81	91	72
Advised child to block certain people or types of content	54	25	39	58	75	48
Advised child to stop using certain apps or sites	53	55	51	56	57	38
Reported to the website or app it appeared on	32	40	27	31	36	27
Set up filters or parental controls	23	39	27	29	11	14
Sought advice on how to handle the situation	19	18	17	19	21	25

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

LGfL

SafeguardED

parentsafe.lgfl.net

TALKING TO CHILDREN ABOUT LIFE ONLINE

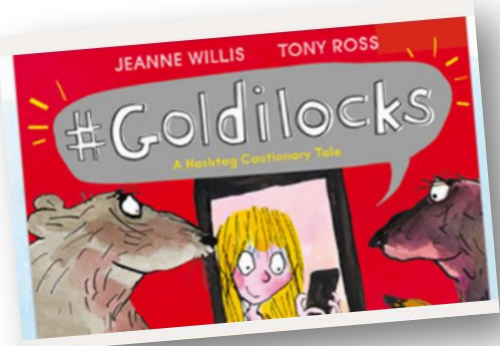
Find conversation starters, story time ideas and top tips to reinforce key safety messages at parentsafe.lgfl.net



ion Guide



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



PARENTSAFE

Keeping your children safe: online & beyond

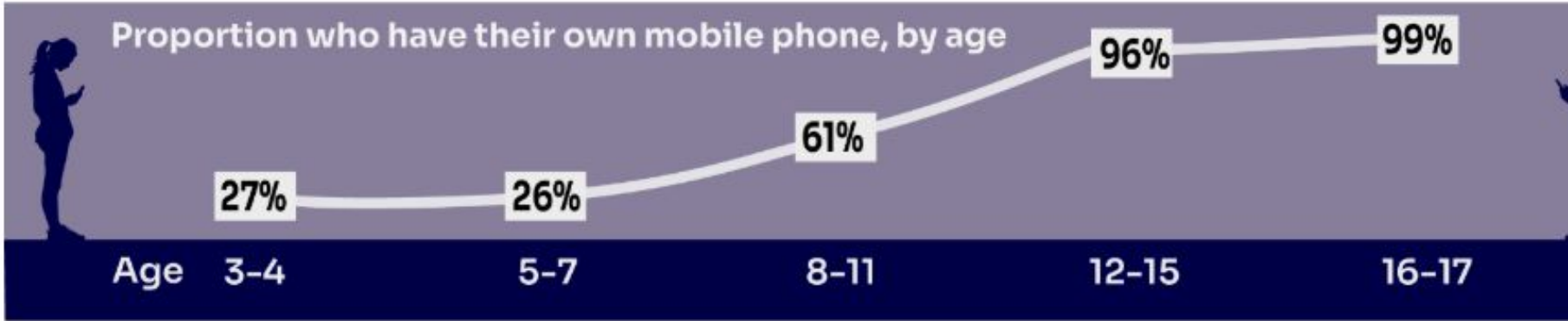




DEVICE USE AND OWNERSHIP

LGfL 

SafeguardED





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





SUPERVISION AND PARENTAL CONTROLS

LGfL 

SafeguardED



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

Information their child can share online (49%)

Spending money online (52%)

Who you can interact with online

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

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

Where and when devices can / can't be used

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



Why not have a family agreement to:

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

Digital Family Agreement



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



SafeguardED

parentsafelgfl.net



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

UNDER 12

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

12 - 15

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

16 - 17

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

LGfL 

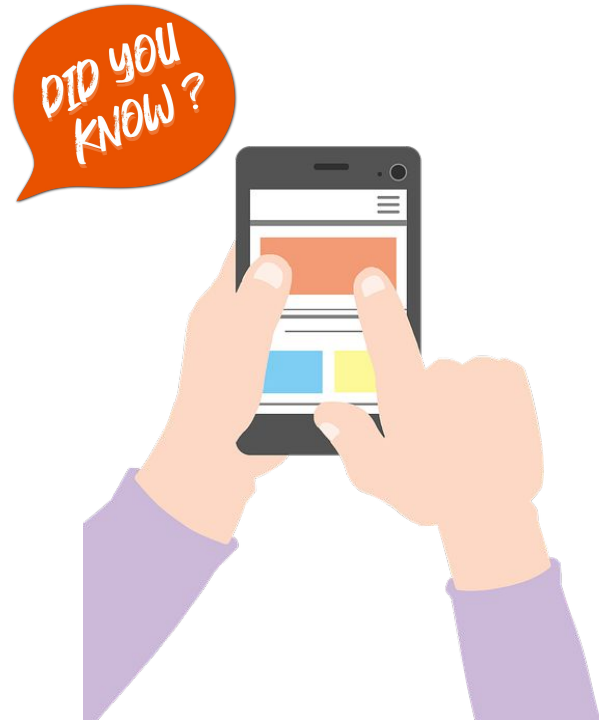
SafeguardED

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

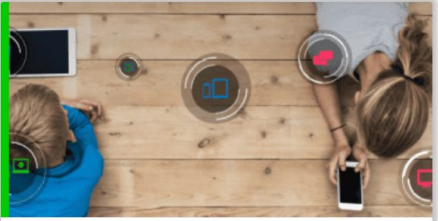


Have you set up parental **CONTROLS/PRIVACY SETTINGS** for **ALL DEVICES** and **NETWORKS**?

- 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:



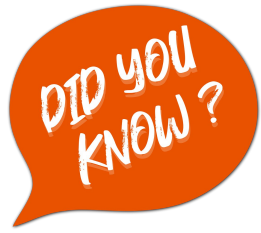
VIEW ALL

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

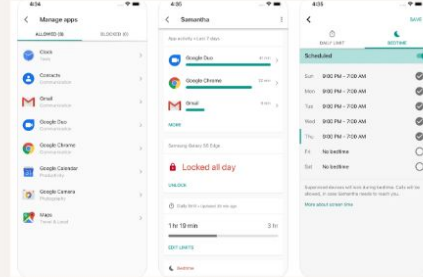
SAFE SETTINGS, CONTROLS & MONITORING

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?).



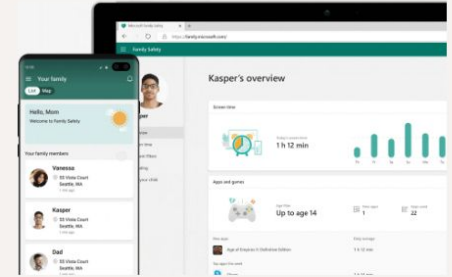
Apple Screen Time

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

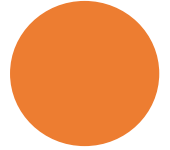


Microsoft Family Safety

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*



Resources

Talking to Children



Digital Family Agreement



How to Set up Family Controls



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](#)

● 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

