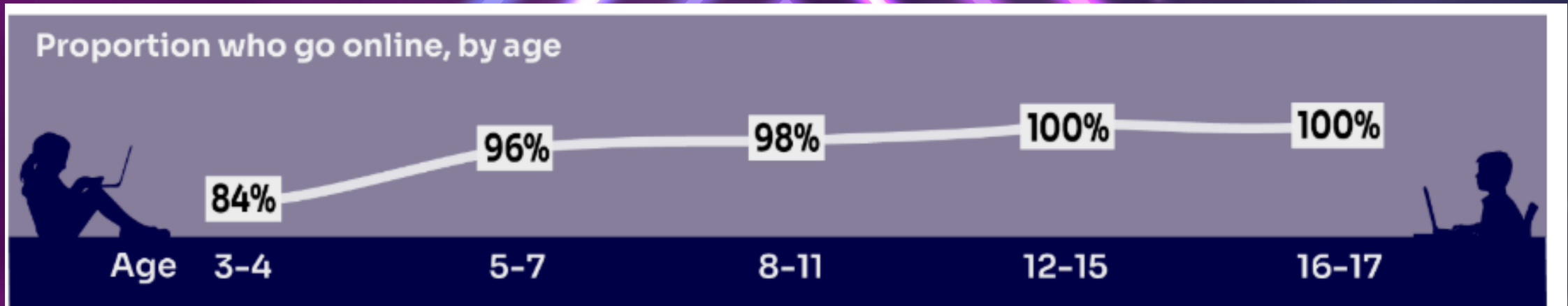


**How to keep
your children
safe online, as
well as
yourselves.**



How many children are Online?

Did you know?



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

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



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

Parental Concerns

Parental concerns

Sharing personal information online



65% Them giving out personal details to inappropriate people

62% Companies collecting information about what they are doing online

Exposure to inappropriate content



75% Seeing adult or sexual content

77% Seeing any other type of inappropriate content

Experiencing harm or detriment



70% Them being bullied online/cyberbullying

68% Seeing content which encourages them to hurt or harm themselves

59% The possibility of them being influenced by extreme views online

51% The pressure on them to spend money online

Reputational damage



55%

Damaging their reputation either now or in the future

% Parents whose child age 3-17 goes online

How we help keep children safe when online at school

Computing is a **key part of modern education** because it builds skills that students need in **almost every area of life and work**.

How we keep children safe at school when using technology...

- Teach online safety in **simple, child-friendly** ways (Role play, stories, songs, discussions)
- Using age appropriate **websites** and **apps** (Carefully chosen digital resources that are suitable for their age and learning needs)
- **Adult Supervision** at all times
- **Filters** and **security** settings (School devices and internet access have filtering and safety controls in place to block inappropriate content)
- **Limit** screen time (Technology is used in short, purposeful sessions that support learning and development)
- Model **safe** and **responsible** behaviour (Staff demonstrate positive and safe use of technology)
- Work closely with **parents** and **carers**

What you can do to help...

- **It's your choice**
- **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**.



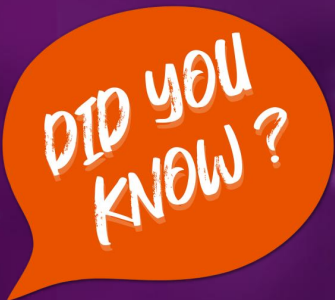
Have you set up parental **CONTROLS/PRIVACY SETTINGS** for **ALL DEVICES** and **NETWORKS**?

- 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 for how long your child can go online

DID YOU KNOW?



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



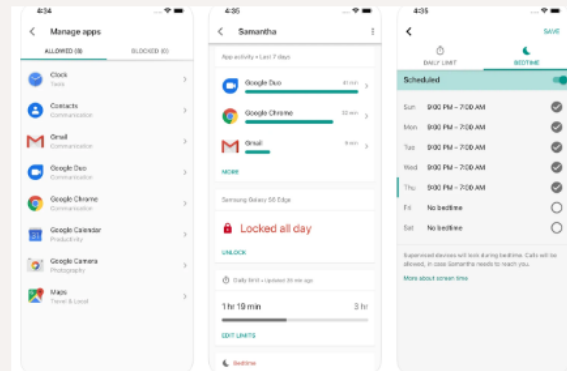
SAFE SETTINGS, CONTROLS & MONITORING

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?).



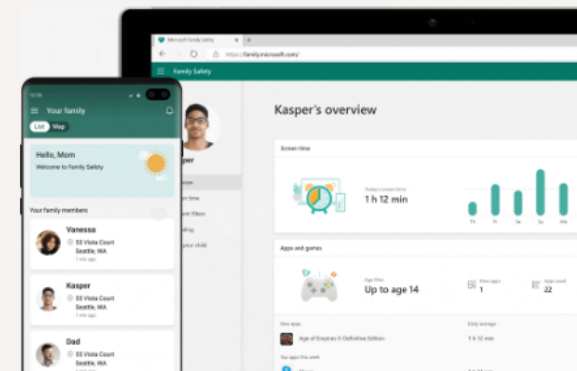
Apple Screen Time

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

What is SHARENTING and it's link to Deepfakes?

- 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



What is AI and what are Deepfakes?

Deepfakes are fake images , videos and audio that look and feel like real content. They usually feature the likeness of real people to make it seem like they are doing or saying something they haven't.

Deepfakes are created with the use of Artificial Intelligence, (AI), using real information.

This information can be taken from your account if you do not have strict privacy settings on your accounts and profiles. Pictures of your children can be manipulated in all sorts of ways and put back onto the web for all to see. Pictures and audio can also be used for highly sophisticated scams.



<https://youtu.be/4QL1FmBaof8?feature=shared>

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.



What about **WHATSAPP**?



Do you know the **minimum age** to use this and the risks involved?



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

Please visit the following link - https://youtu.be/BpT8vFn6_eA

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

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

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



DID YOU KNOW?

THE CONTENT DESCRIPTORS



Find ratings and reviews for parents on apps, games and social media at [common sense media.org](https://www.common sense media.org)




Movies TV Books Games Podcasts Apps YouTube Parent Tips and FAQs Celebrating Co

By Age	By Topic	By Platform
Preschoolers (2-4)	Screen Time	TikTok
Little Kids (5-7)	Learning	Snapchat
Big Kids (8-9)	Social Media	Minecraft
Pre-Teens (10-12)	Cellphones	Roblox
Teens (13+)	Online Safety	Fortnite
	Identity and Community	Discord
	More ...	More ...



APP



Snapchat

✓ age 16+ ★★★★★

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

Devices: [iPhone](#), [iPod Touch](#), [iPad](#), [Android](#) (2011)

[Watch our review](#)

[See full review](#)

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

Many have their own profiles on several social media platforms:

YouTube/YouTube Kids
(48%)

WhatsApp
(11%)

Instagram
(9%)

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

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

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

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



LGfL  **SafeguardED**

LGfL 

SafeguardED



SIX TOP TIPS

For Parents To Keep Your Children Safe Online

SafeguardED

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.

aim for screen quality

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



Check the safety settings are turned on



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

Get your children to show you their apps and games



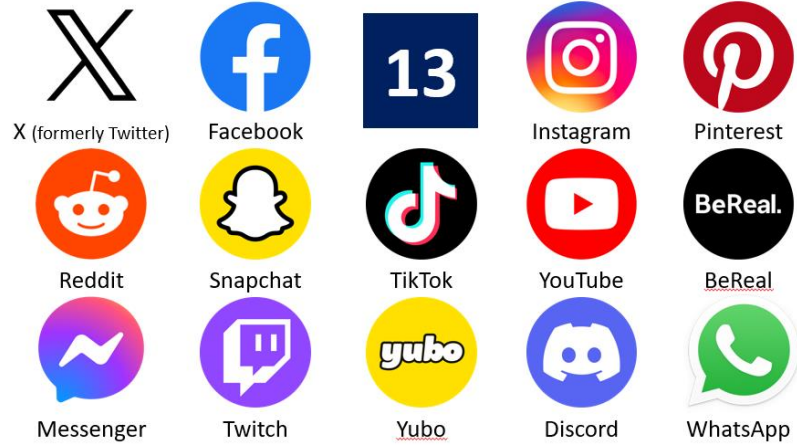
You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced - they are harmful to children! For parent guides to apps, including recommendations for kidsafe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

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

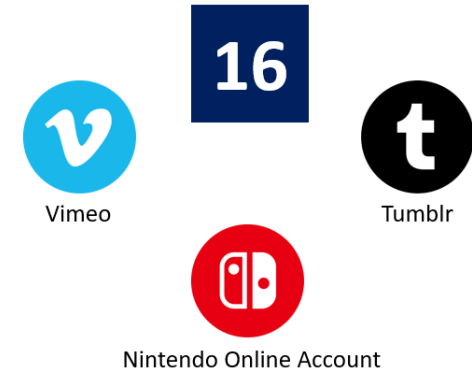


If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel - there is guidance from **Childline** to help you.

Minimum Age Restrictions for Social Media Platforms



Minimum Age Restrictions for Social Media Platforms



Minimum Age Restrictions for Social Media Platforms

18



Xbox Live Account



PSN Online Account

These platforms let grown-ups create a child account, like a sub-account, to help keep young people safe!

3

PEGI 3

Suitable for all age groups.

These games should not include any sounds or pictures which will frighten young children.

For example:

Just Dance

FIFA

DiRT Rally

Animal Crossing

7

PEGI 7

Suitable for ages 7 and above.

These games may contain scenes or sounds that could frighten young children and mild forms of violence which aren't realistic.

For example:

Minecraft

Roblox

Among Us

Lego Series

12

PEGI 12

Suitable for ages 12 and above.

These games show violence in a more graphic way towards fantasy characters. There may be mild bad language.

For example:

Sims

Fortnite

Dragon Ball FighterZ

Super Smash Bros. Ultimate

16

PEGI 16

Suitable for ages 16 and above.

Games can feature more realistic violence. They may also contain stronger bad language and feature the use of substances, such as alcohol and tobacco.

For example:

Marvel's Avengers

Battlefield 2042

Halo Infinite

Marvel's Spider-Man

18

PEGI 18

Suitable for ages 18 and above.

This is an adult classification. Games contain realistic and extreme violence, as well as other content that is only suitable for adults.

For example:

Call of Duty: Warzone

Grand Theft Auto V

Far Cry 3 Blood Dragon

Your child, your decision.