



**ONLINE SAFETY
WHITEHORSE MANOR
INFANTS**



SafeguardED



**TALKING TO YOUR CHILD
ABOUT LIFE ONLINE**

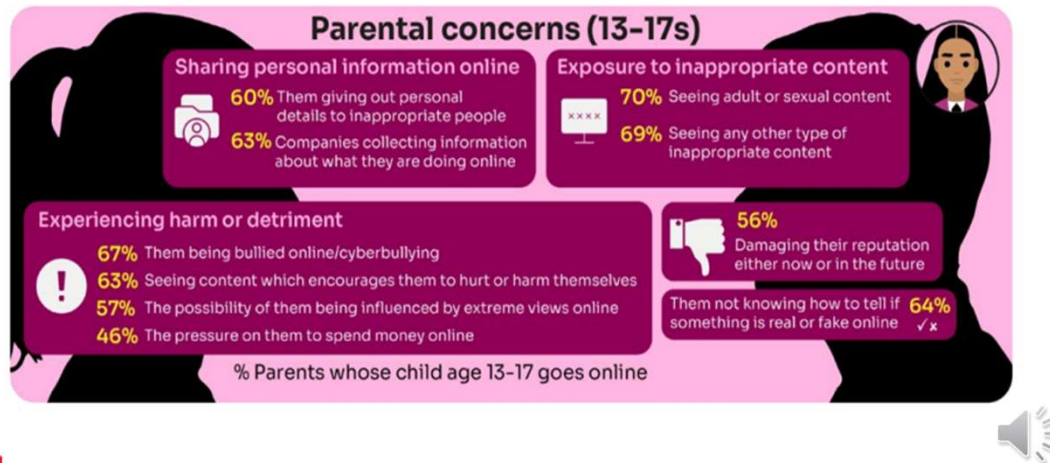


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Summary of parental concerns (3 – 17 yr-olds)

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



Summary of parental concerns (in our school)

In addition to those shared on the previous slide, you mentioned:

- addiction
- screentime
- advertising and pop-ups



Are you **CONFIDENT** to **TALK TO YOUR CHILD**?

Is your child confident to **TALK TO YOU**?

Have a chat...

- What makes you happy when you use technology?
- How do you find videos/profiles/games you like online?
- What is it that you like about this...? (e.g. app/website/game)


Talk it over...

- Are there any updates/new features to your favourite apps/games? Can you show me how they work?
- What can we do as a family to help keep each other safe online?
- What would you do if...? (e.g. you watched a worrying video, you were sent a mean message)



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Source: Childnet



Are you **CONFIDENT** to **TALK TO YOUR CHILD**?

Is your child confident to **TALK TO YOU**?

It can be hard to know what your child sees online. A good way to stay connected is to scroll through their favourite app together.

co-viewing Doing this regularly, for example once a week, helps you understand what they are viewing and opens space for conversation.

Keep the chat friendly and curious, not judgemental.

Ask questions like:

- which posts make you feel happy?
- which posts make you feel uncomfortable?
- what kinds of videos do you enjoy?
- are there posts you'd like to see less of? Why?

Look at who they follow and talk about variety. Encourage them to follow accounts with different ideas and reputable sources, such as trusted news organisations or educational accounts.

Weekly check-ins make it easier to talk openly about what they see online and help them build healthy habits.


You could talk about posts made you:

- feel good
- uncomfortable
- think
- question something

Then decide together what to do next:

- ask for help if something feels bad
- unfollow or block negative accounts
- change feed settings
- set parental controls, if needed
- take breaks from being online
- use screen time tools

If children mention something you haven't heard of, ask them to show you or explain it in more detail



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Source: Kidsonlinesafety



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

Not everything online is true! Anyone can post things!

Encourage **Critical thinking** - pause before you believe something - question and check facts before trusting information

Ask open questions such as:

- how does this post make you feel?
- who shared this content?
- why do you think they posted it?

Explain that not everything online is true and make it a habit to question online content together.

When looking at content it's important to check:

- does the website name look odd or unfamiliar?
- do you know who wrote it?
- is the headline shocking or designed to grab attention?
- are there lots of spelling mistakes or a messy design?

Show your child how to check facts using trusted sites. Encourage them to find at least one reliable source for the content they see online.

Checking before believing information helps build lifelong digital skills. It teaches children to slow down and make sure a post is true.



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Source: Kidsonlinesafety



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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 regularly, 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



YOU don't need to be an **EXPERT** ... but be aware

Ask yourself:

- What app is my child using?
- What can that app actually do?



Educational online content can improve:

- Vocabulary
- Working memory
- Executive function; the mental skills that allow us to plan, focus attention, remember instructions and juggle multiple tasks
- Problem solving
- The understanding of spoken, written or signed language
- The understanding of gestures and contextual clues





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Young brains learn best from content that is

- Slow paced
- Predictable e.g. peekaboo, re-reading a favourite book

Consider carefully the pace, movement, colour and content your child is exposed to.



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.

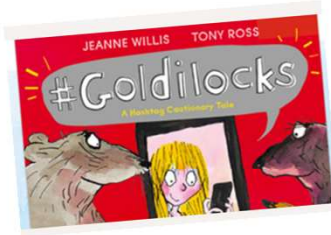
[TOP TIPS RIGHT NOW](#)[SAFE SETTINGS & CONTROLS](#)[WHAT'S THAT APP?](#)[TALKING TO CHILDREN](#)[SCREENTIME](#)[TOP TOPICS \(porn, bullying, ...\)](#)[SEX & RELATIONSHIPS](#)[HELP & REPORTING](#)

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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



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



PARENTSAFE

Keeping your children safe: online & beyond



CEOP

I would like advice on...

Home Get advice Get help Concerned about your child? Home Safety Activities #AskTheAwkward

Helping you to better protect your children online

I'm concerned about my child

> I'm concerned about my child

Reporting an incident to CEOP

> Reporting an incident to CEOP

I'd like information and advice on keeping my child safe

> I'd like information and advice on keeping my child safe

ceopeducation.co.uk/parents

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GOV.UK Campaign

Kids Online Safety

Online safety: [Get started](#) [Talk about being safe online](#) [What should you trust online?](#) [Parental controls](#)


[Speak to an expert](#) [Where to report something](#) [Learn about online issues](#)

[Home](#)

What should you trust online?

Find tips on how to help your child think carefully about online content. Asking your child about what they see online can help them build important life skills and support their wellbeing.

Every conversation is helpful. Making chats about content part of your family's weekly routine can make a real difference.



LGfL kidsonlinesafety.campaign.gov.uk/online-content
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internet matters.org Our work and impact Teachers hub [DONATE](#)

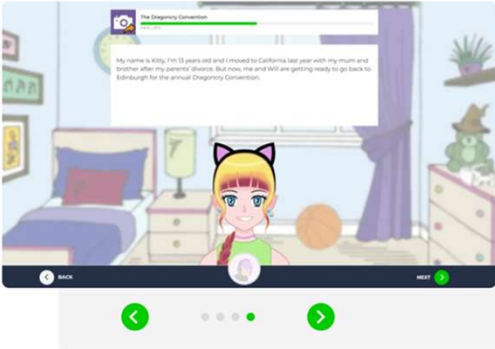

[Get advice](#) [Set controls](#) [Activities to do](#) [Explore more](#)

Because children deserve a safe digital world

How to build media literacy

Develop your child's media literacy across topics with Once Upon Online stories from Digital Matters.

[READ A STORY](#)

LGfL internetmatters.org
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Online shop NSPCC Learning Online safety advice Accessibility tool

NSPCC EVERY CHILDHOOD IS WORTH FIGHTING FOR [Donate](#)

Keeping children safe Advice for families Support us About us [Helpline](#) [Search](#)



Keeping children safe online
From understanding apps to setting parental controls, we've got information and resources to help you understand online safety and talk about it with children and young people.

Starting family conversations about online safety





LGfL nspcc.org.uk/keeping-children-safe/online-safety
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UK Safer Internet Centre Online issues Guides and resources Training and events Safer Internet Day Blog Research About [Q](#)

Home • Guides and Resources • Parents and Carers

Guides and resources



Parents and Carers



Tips, advice, guides and resources to help keep your child safe online

As a parent or carer you play a key role in helping your child to stay safe online.

You don't need to be an expert on the internet to help keep your child stay safe online. Our advice and resources are here to support you as you support your child to use the internet safely, responsibly and positively.

LGfL saferinternet.org.uk/guide-and-resource/parents-and-carers
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SMARTPHONE or 'NON'-SMART / BRICK phone?

Your responses indicated:
Smartphone (39%)
Non Smartphone (5%)

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

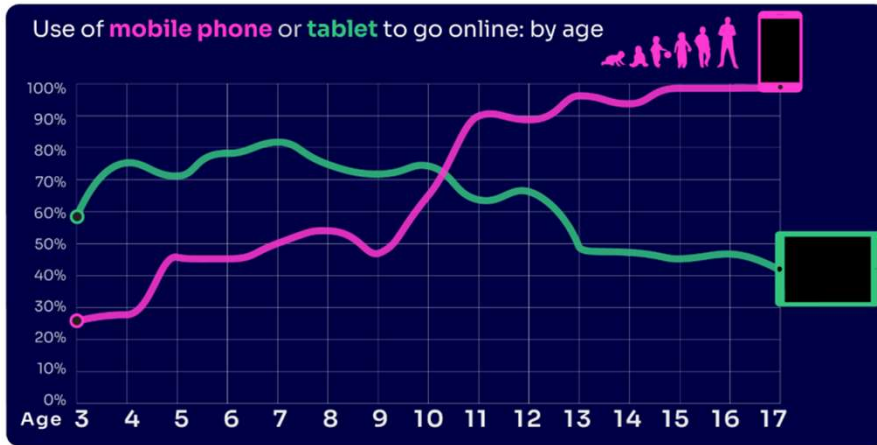
REMEMBER IT'S YOUR CHOICE

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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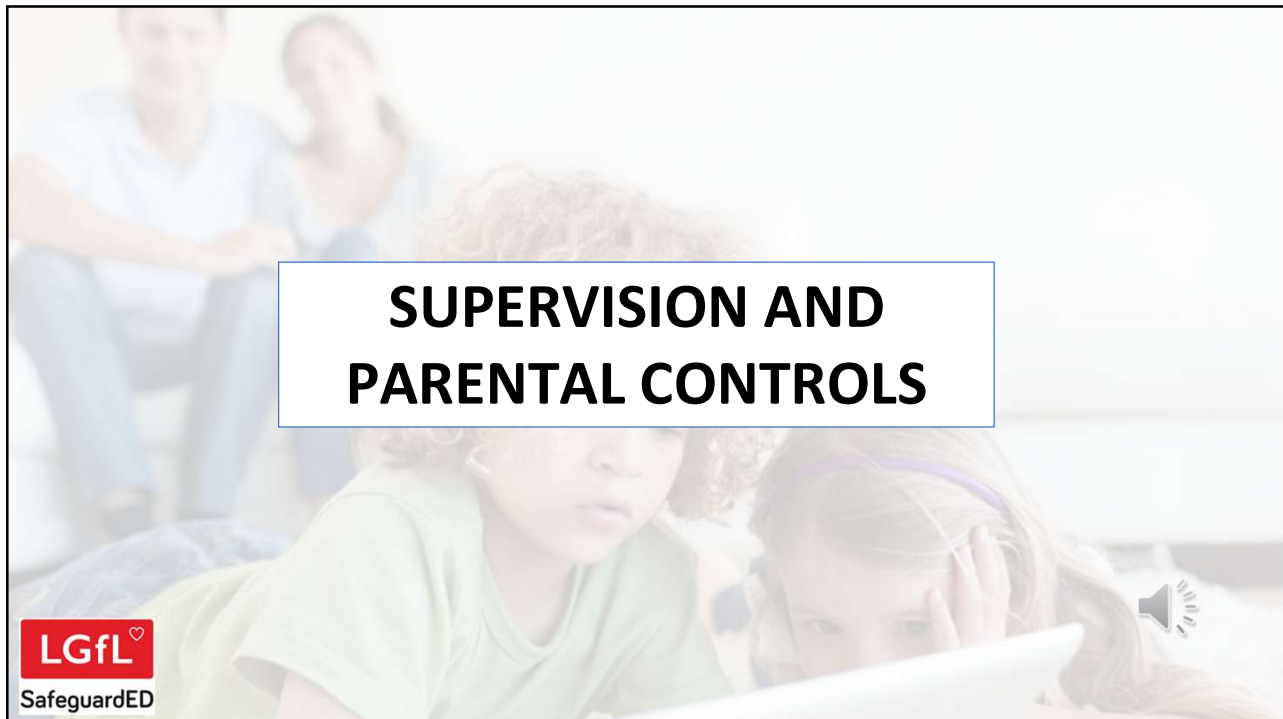


DID YOU KNOW?

- 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.



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



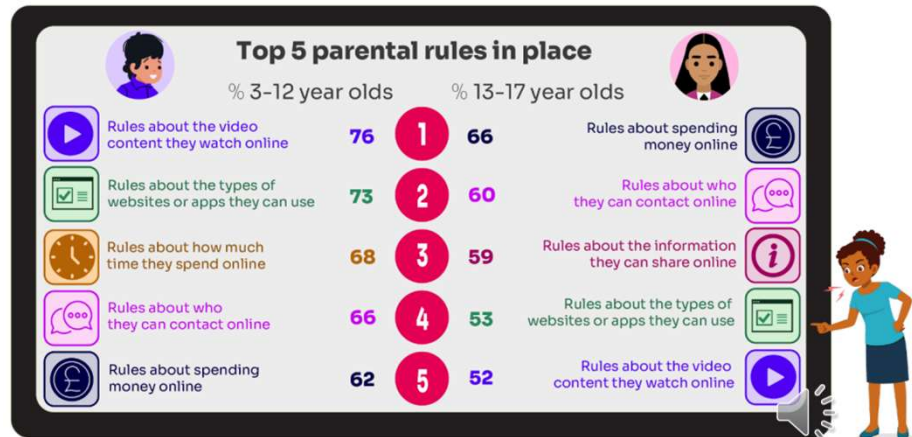
SUPERVISION AND PARENTAL CONTROLS





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.



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

Discuss as a family:

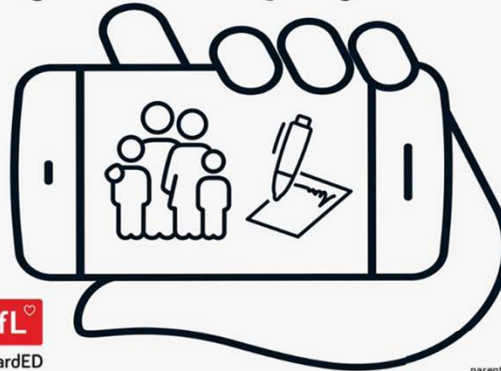
- How you use technology
- What you use technology for

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, clear expectations and boundaries to reduce arguments and keep everyone safe & healthy



Digital Family Agreement



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parentsafe.lgfl.net


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



Digital Family Agreement





I will:

- Check with dad before I chat with anyone for the first time, even if they are a 'chatbot'
- Check with mum before getting a new app or game, or buying an add-on so she can check it is safe
- Not post or share any personal information, e.g. mobile, address to stay private and safe
- Check with mum and dad before going 'live' and explain what I can do to avoid any risks
- Put my phone down when we're eating together or family want to talk, as it's respectful
- Turn off notifications when I'm doing homework or at bedtime so I can concentrate and sleep
- Come off my devices an hour before bedtime to help me unwind and sleep

Parent/carer will:

- 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

Signed: *Sophie Mum Dad*

Today's date: *22nd July* **Date we will review this:** *22nd October*

parentsafe.lgfl.net


SHARENTING




What's wrong with **SHARENTING**?

(when parents share photos of their children online)

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









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

DID YOU KNOW?

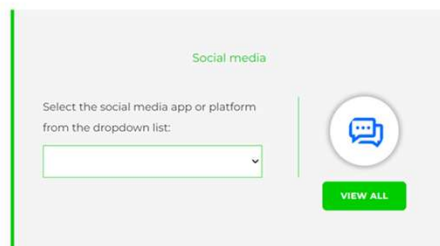
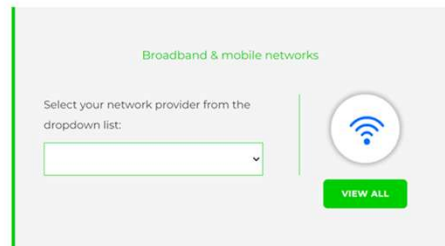
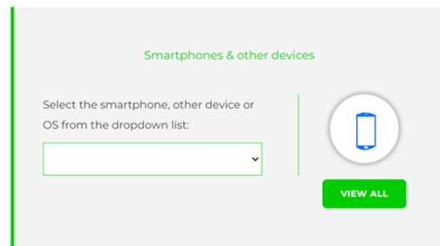
- Controls need to be set up on both the **broadband connection** **AND** each individual device
- These **do not come as standard** so it's worth checking

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



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



Parental control apps like [Google Family Link](#), [Screen Time](#) and [Microsoft Family](#) can let you set limits across devices, apps and platforms

DID YOU KNOW?

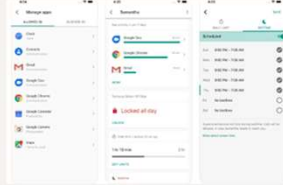
SAFE SETTINGS, CONTROLS & MONITORING

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](#)

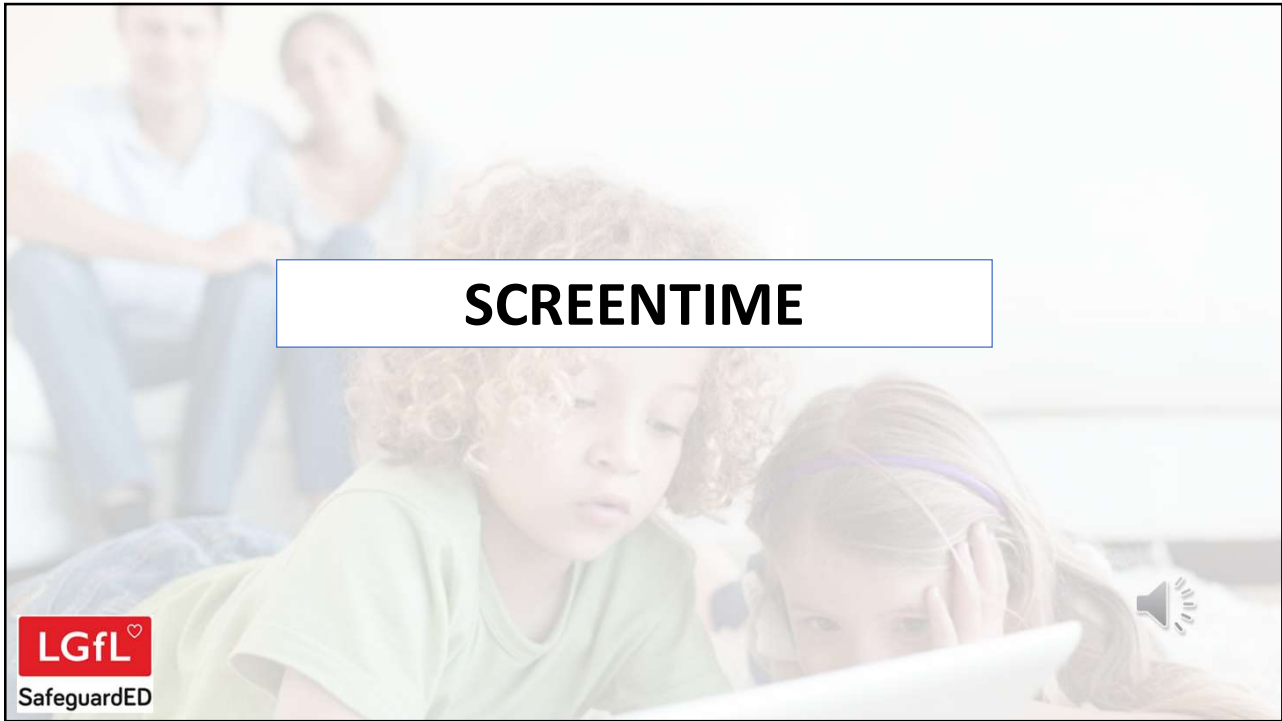
There are no self-regulation features for older teens, but Family Safety is great for the younger ones




REMEMBER

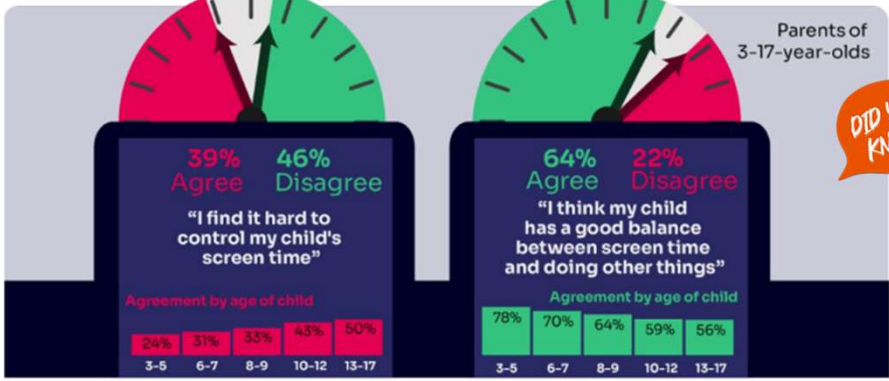
- As children get older, restrictions and controls you use will change, but only at a pace you feel is appropriate for your child, not pressure from your child *“because everyone else is allowed”*
- Content filters are never 100% effective, at some point your child may come across inappropriate or upsetting content, so *make time to talk regularly*









WORRIED about their **SCREENTIME**? How do you **MANAGE** this?
Do you know **HOW LONG YOUR CHILD SPENDS** online daily?



Agreement by age of child				
3-5	6-7	8-9	10-12	13-17
24%	31%	33%	43%	50%

Agreement by age of child				
3-5	6-7	8-9	10-12	13-17
78%	70%	64%	59%	56%

- 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



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.

<p>Sleep matters</p> <p>Getting enough good quality sleep is very important. Leave phones outside the bedroom when it's bedtime.</p>	<p>Sharing sensibly</p> <p>Think about sharing photos and information online and how photos and words can sometimes misinterpreted. Friends and carers should never assume that children are happy for their photos to be shared. For everyone - when it's about, don't repost!</p>
<p>Education matters</p> <p>Make sure you and other people children are aware of, and advice to, take school's advice on screen time.</p>	<p>Keep moving!</p> <p>Everyone should take a break, offer a choice of health sitting or lying down, to stand, it's good to get up and move about a bit. #sitlessisawesome</p>
<p>Safety when out and about</p> <p>Always caution to put their devices away while crossing the road or doing an activity that needs their full attention.</p>	<p>Talking helps</p> <p>Talk with children about using screens when they are watching. A change in behaviour sign they are distracted - make sure they are present and safe. If they feel uncomfortable with screen or social media use.</p>
<p>Family time together</p> <p>Screens-free meal times are a good idea - you can enjoy time to have conversations with adults giving their full attention to children.</p>	<p>Use helpful phone features</p> <p>Some devices and platforms have special features - for using these features to keep track of how much time you spend with their permission, your children's spend looking at screens or on social media.</p>

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- Consider adopting screen-free periods of the day e.g meal times
- Ensure that sleep is protected
- Do not allow screen time to replace physical activity, conversation, physical play and skill development

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


“ When I grow up, I want to be an iPhone so my mum will talk to me ”
~ London pupil

DID YOU KNOW?

52% of 8-11s feel that their parents' screentime is too high

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

LGfL **MAKES YOU THINK...** **LGfL**
SafeguardED Talk to your child about their device use, but remember yours, too SafeguardED

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

SOCIAL MEDIA AND GAMING

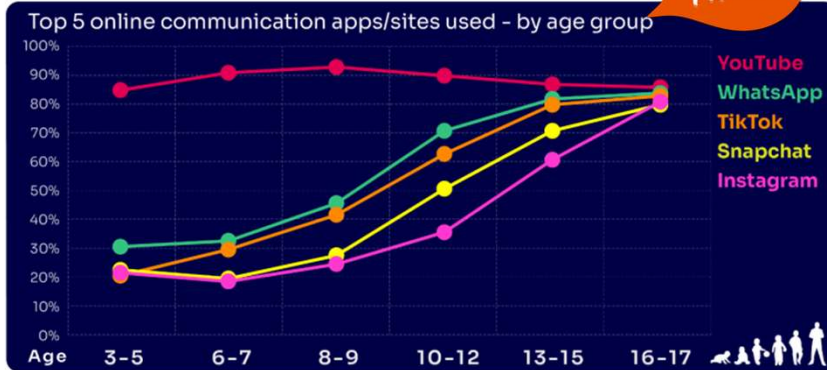
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Are you **FAMILIAR WITH THE APPS** and **GAMES** your child is on?

YouTube is the most popular, but the appeal of many social media platforms varies by age

DID YOU KNOW?



- 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%)



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

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



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**



What might they NOT BE TELLING YOU?



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

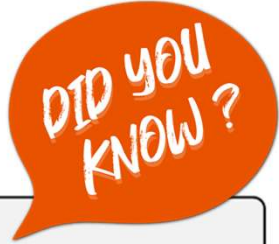
15% said one account was **for the 'real me' and another contained edited/filtered posts or photos**



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



WHY is this 'RISKY'?





40% had engaged in 'risky' behaviour!





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

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





Movies	TV	Books	Games	Podcasts	Apps	YouTube	Parent Tips and FAQs	Celebrating Co
By Age			By Topic			By Platform		
Preschoolers (2-4)			Screen Time			TikTok		
Little Kids (5-7)			Learning			Snapchat		
Big Kids (8-9)			Social Media			Minecraft		
Pre-Teens (10-12)			Cellphones			Roblox		
Teens (13+)			Online Safety			Fortnite		
			Identity and Community			Discord		
			More ...			More ...		





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



Does your child know the **DIFFERENCE** between an **'ONLINE' FRIEND** and a real one?

- 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	In-game chat (messaging or headset)
 <p>72% Played against or with someone else they know</p>	 <p>63% Chat to people they know</p>
 <p>31% Played against or with someone they don't know outside game</p>	 <p>31% Chat to people they don't know outside the game</p>



Visit gaming.lgfl.net for advice and activities

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

GambleAware

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."

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**?

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https://www.gambleaware.org/media/hbcp3gqd/exploring-the-lived-experience-and-views-of-gambling-among-children-and-young-people_final_0.pdf

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

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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**




pegi.info



RISKS AND NEGATIVE EXPERIENCES



So what are the **RISKS**?

content: being exposed to illegal, inappropriate, or harmful content, for example: **pornography, racism, misogyny, self-harm, suicide, antisemitism, radicalisation, extremism, misinformation, disinformation** (including fake news) and **conspiracy theories**.

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**



Livestreaming



Sixteen per cent of children livestream their own videos

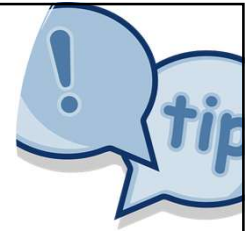
- **3-9 year-olds (1 in 10)**
- **10-12 year-olds (2 – 10)**



Why does this MATTER?



Being safer while live streaming



- **Talk** to children 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



UK Reporting Helplines and Services for Children and Young People

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



NCA

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



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

Report Remove

A free tool that allows children to report nude or sexual images and videos of themselves that they think might have been shared online



ChildLine

A free, private and confidential service where CYP can talk about anything to a trained counsellor, online or on the phone



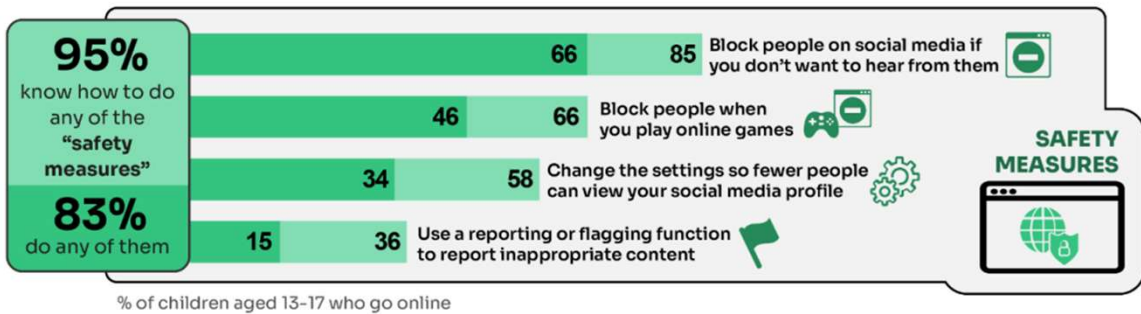
Go to reporting.lgfl.net to find out more



STAYING SAFE ONLINE AND REPORTING



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



Only 15% 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



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

Remember!



Before signing up to any app/site

check that your child meets the minimum age requirement

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.

Stress the importance of not sharing personal information with online 'friends'

Keep passwords confidential

Check their privacy settings

emphasise the importance of not sharing personal information with strangers

Report any content

e.g. a post, image or harmful, misleading or damaging comment



Reporting doesn't guarantee immediate removal

platforms assess reported content based on their rules and policies