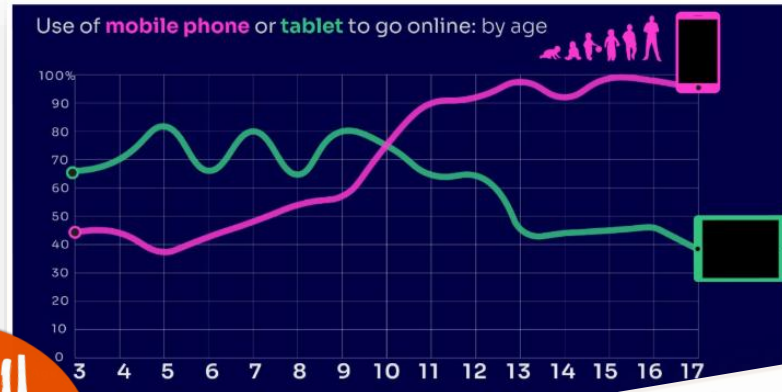


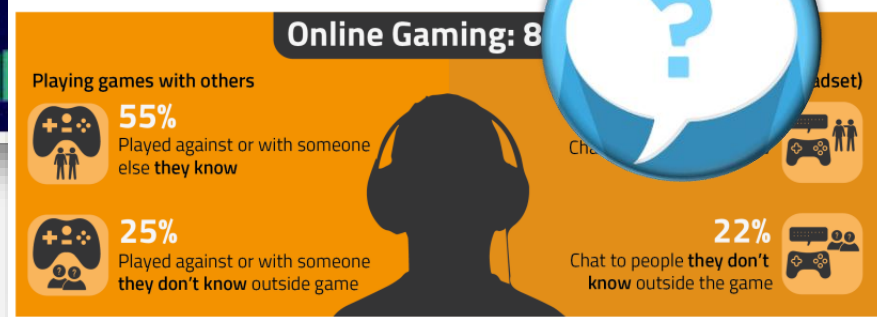
**NEW
for
2025**

PARENT ONLINE SAFETY

A ready to use Presentation for Schools, Community Groups and Youth Centres



DID YOU KNOW?



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



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Warning!





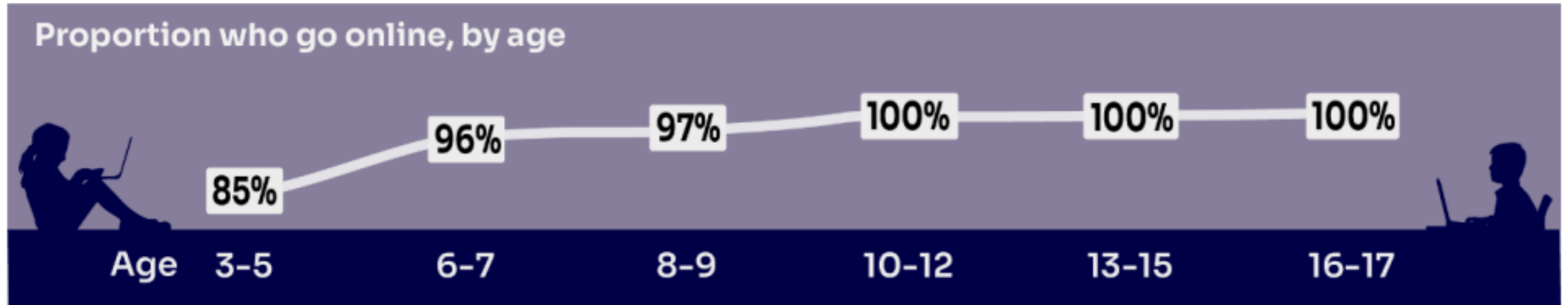
DEVICE USE AND OWNERSHIP

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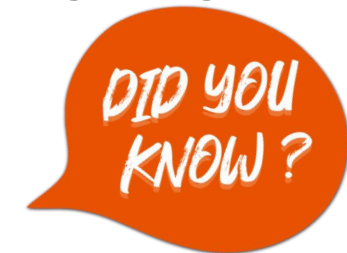


HOW MUCH DO YOU KNOW about your child's life online?



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**

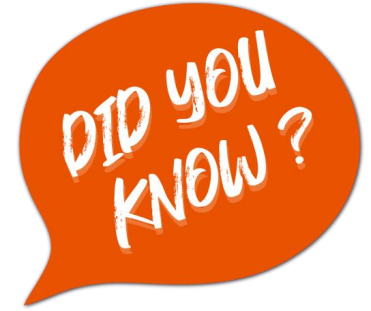




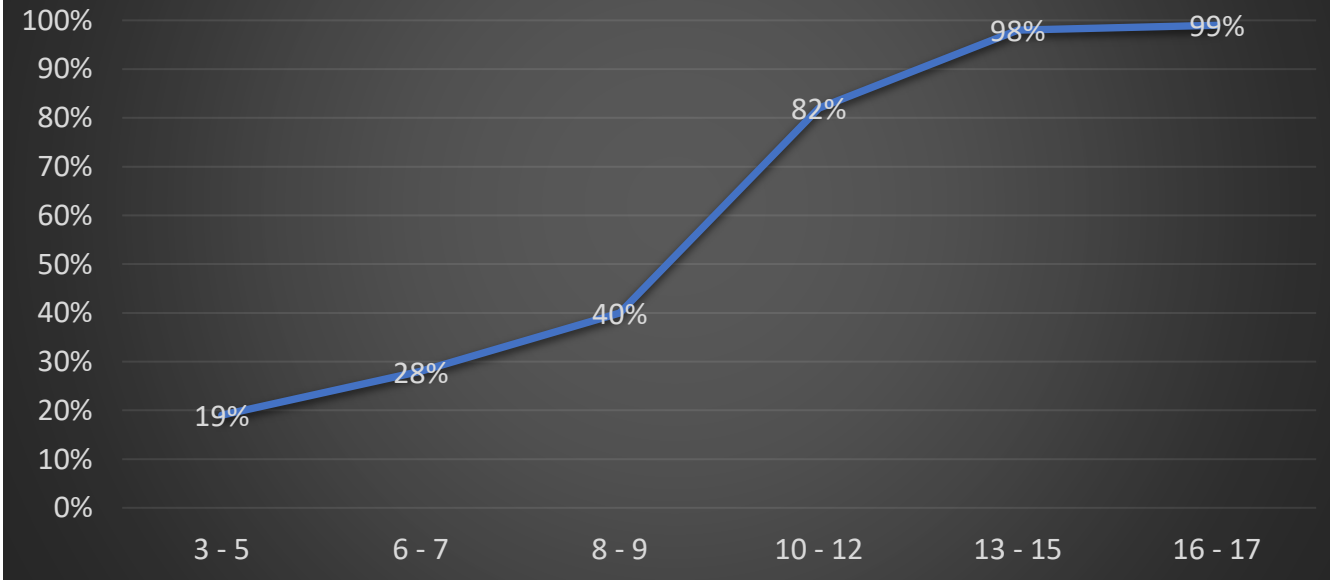
Does your child have their **OWN MOBILE PHONE?** If so, is it a **SMART PHONE?**



What **AGE** do you think is appropriate?



Proportion of children who have their own mobile phone





SMARTPHONE or 'NON'-SMART / BRICK phone?

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

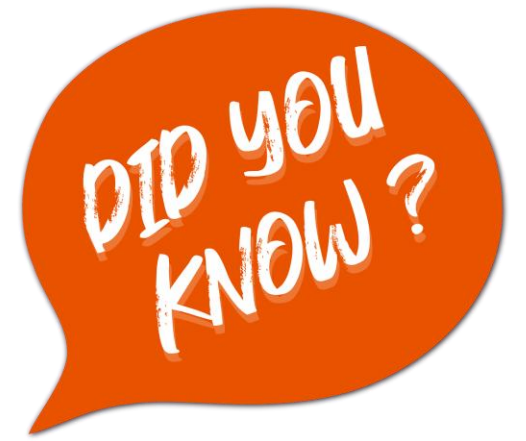
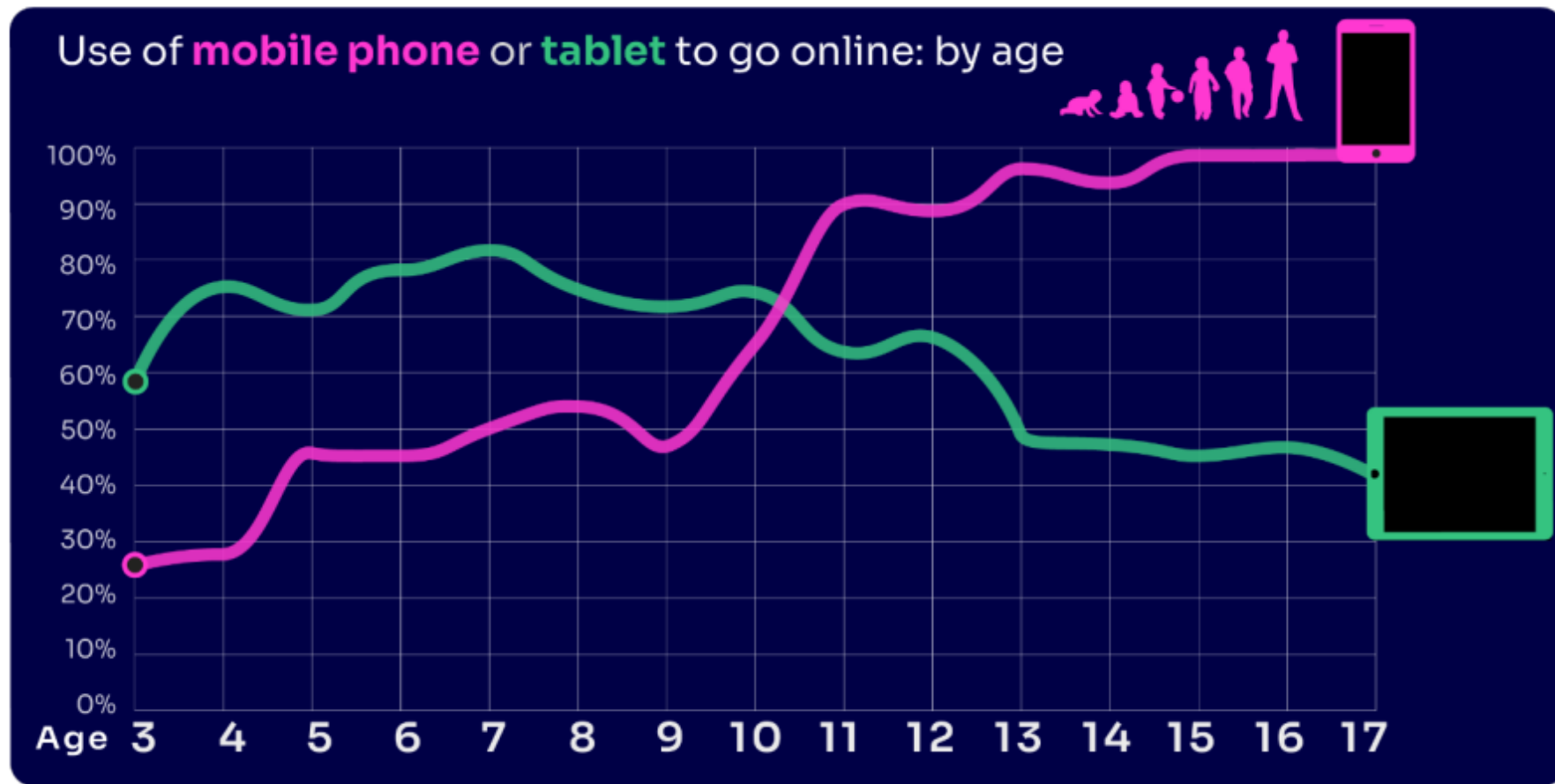


REMEMBER IT'S YOUR CHOICE

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





- **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.**



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**

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ISLINGTON
For a more equal future

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 "weekend phone" 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

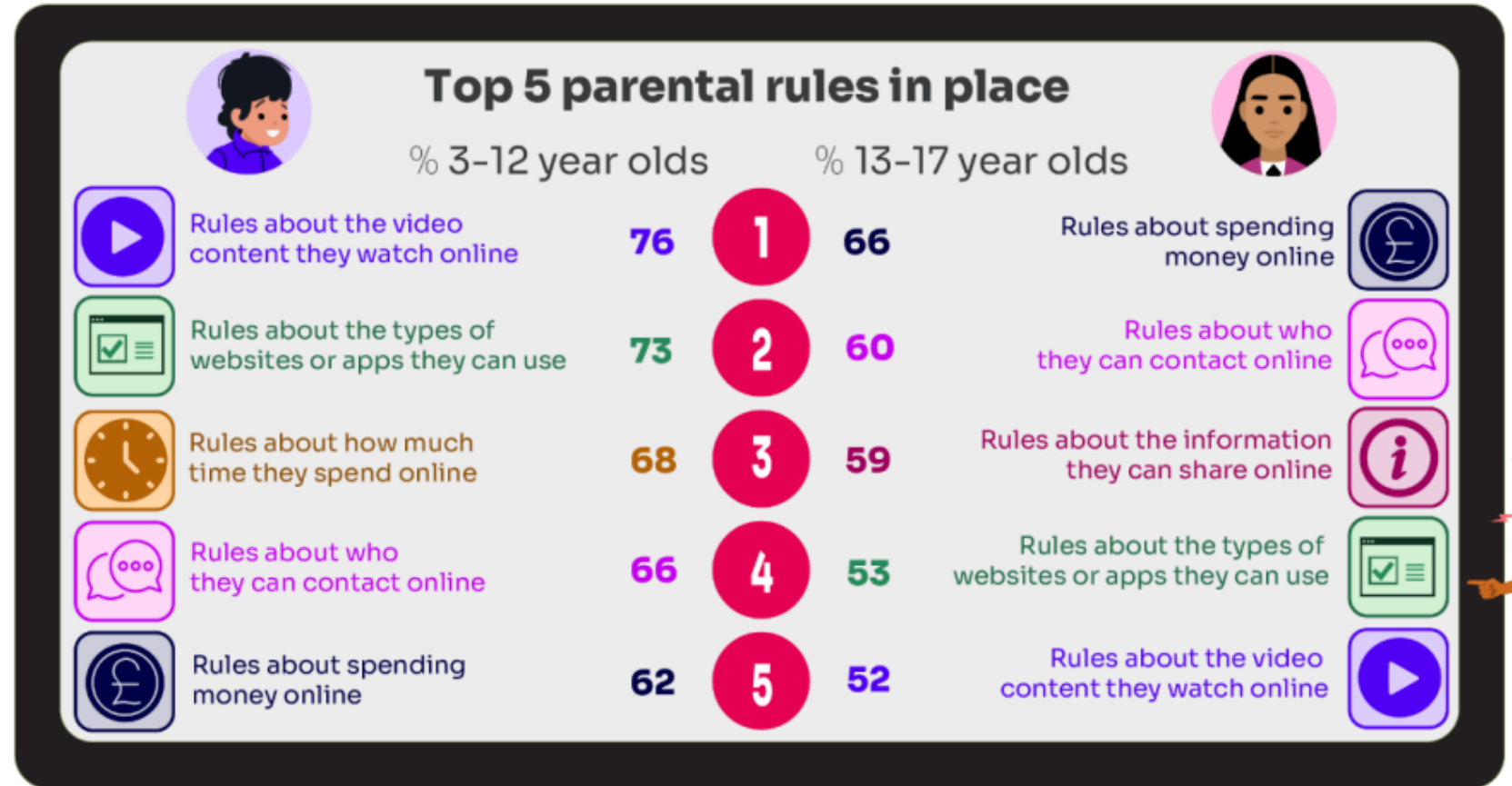
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What **RULES** do **YOU SET** about being online? What do you do that **WORKS**?

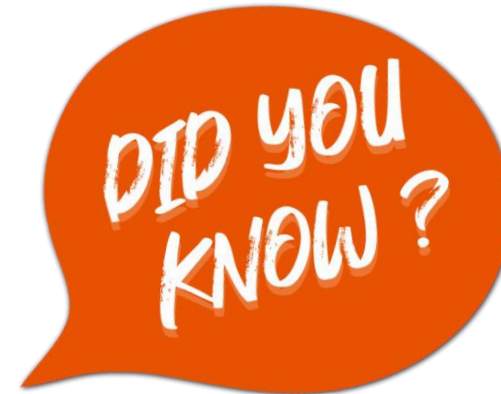
While parental concerns in some areas have increased considerably, their **enforcement of rules appears to be diminishing**, partly due to parents' **resignation** about their **ability to intervene** in their children's online lives.





Do you **RESTRICT** their **MOBILE PHONE USE**?

If so, have you found it **CHALLENGING**?



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

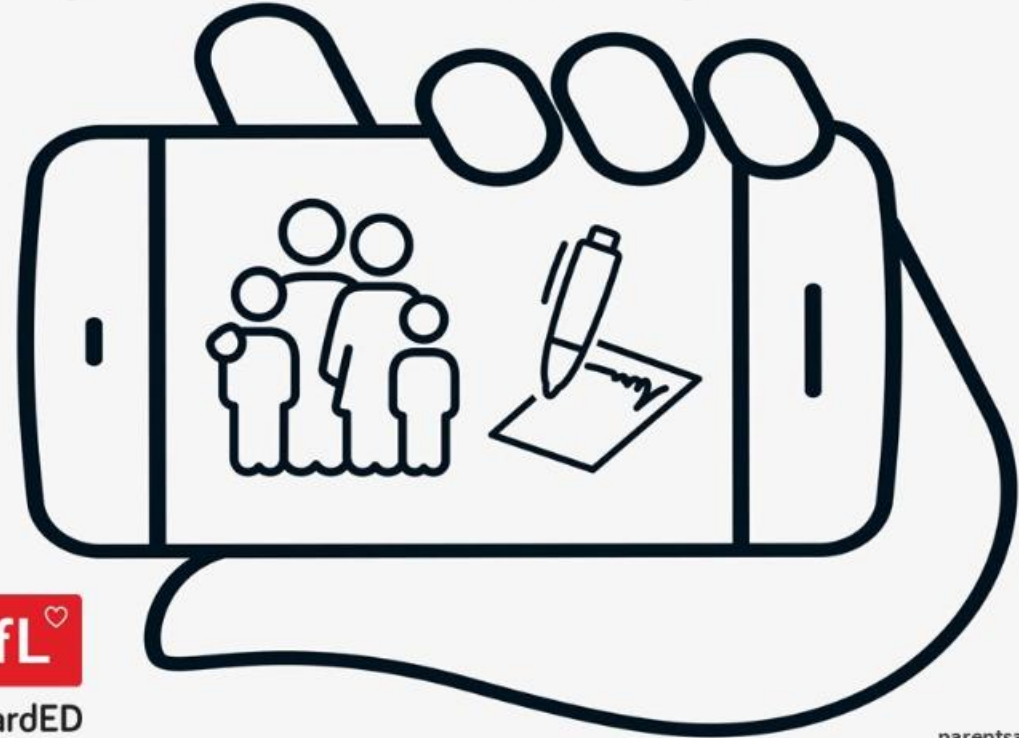




Digital Family Agreement

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



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parentsafe.lgfl.net

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

PDF version to view, print and write on

Powerpoint version to edit online

Google Sheets version to edit online

Digital Family Agreement



I will:

Why?

- 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

If there are any issues:

We will talk about it calmly and respectfully

I may have to show you more about what I do on devices, or face 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 and dad, and they won't judge me

I can talk to.....
At school

I can contact
Childline or The Mix

Signed: *Sophie Mum Dad*

Today's date: *22nd July*

Date we will review this: *22nd October*

Download me again and find more support for p

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





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

Main online supervision method used (% of parents whose children go online)

Being nearby and regularly checking what they do

3-5s 66%
6-7s 75%
8-9s 76%



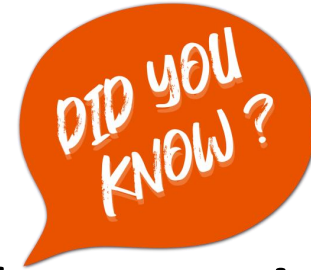
Asking about what they are doing or have been doing online

10-12s 70%
13-15s 64%
16-17s 48%





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



- 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

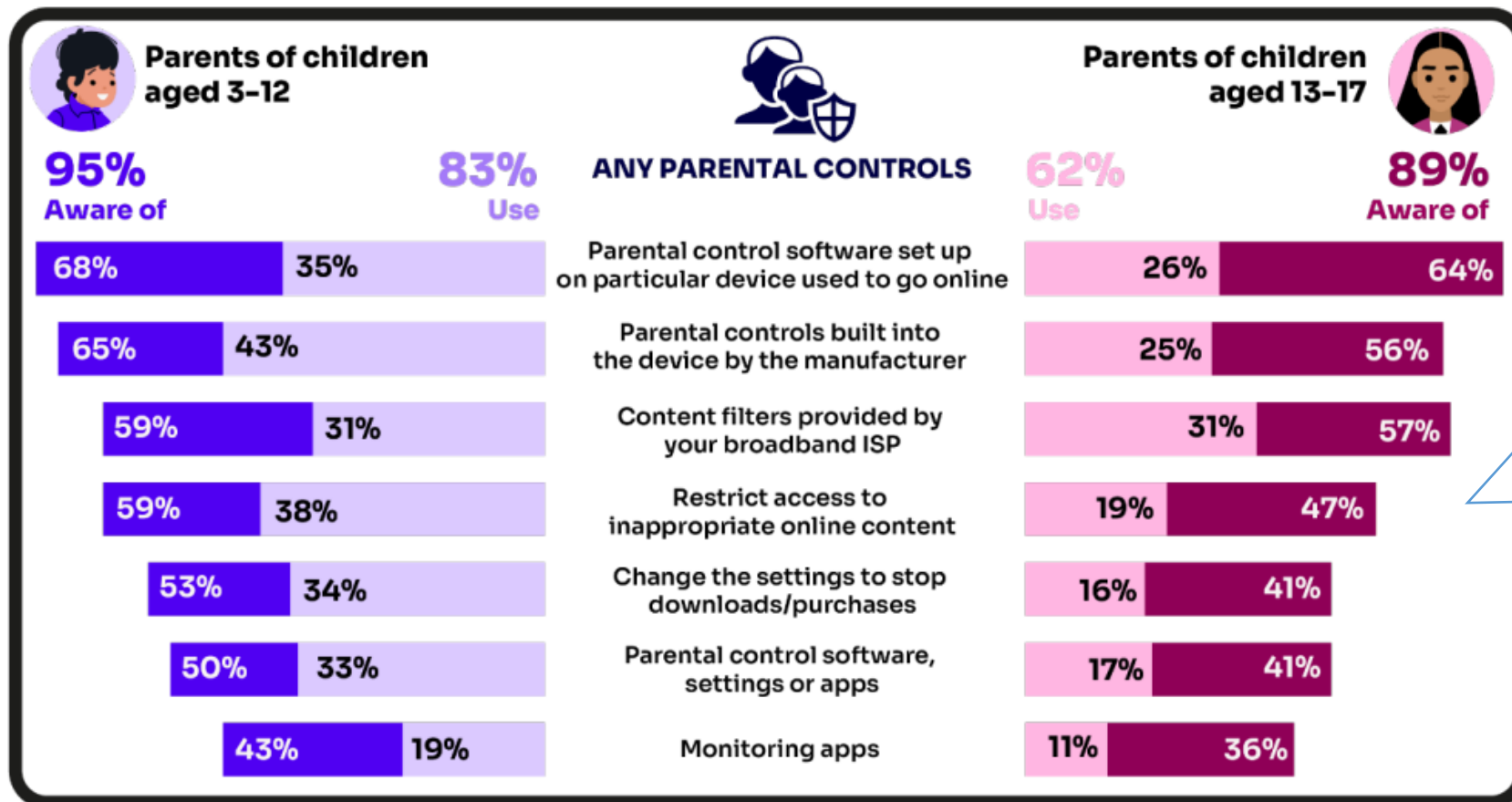
They are important because they allow you to:

- **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**?



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

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

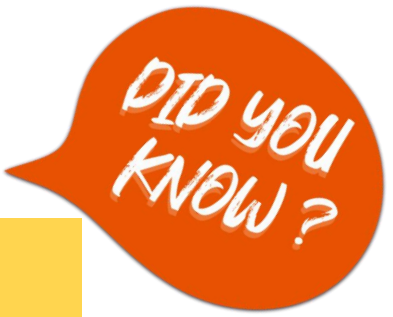
Video games & consoles

Select the video game or console from the dropdown list:



VIEW ALL

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



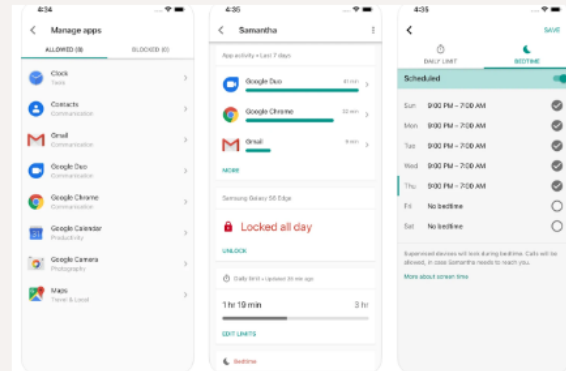
SAFE SETTINGS, CONTROLS & MONITORING

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?).



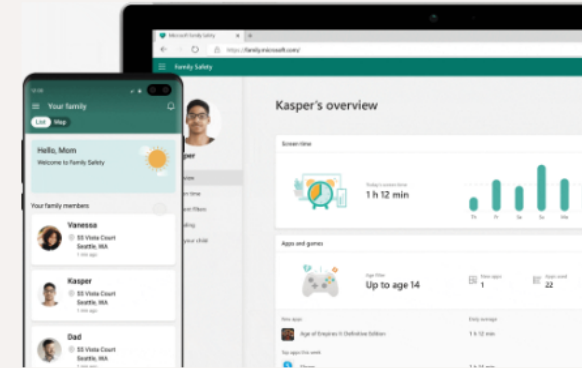
Apple Screen Time

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

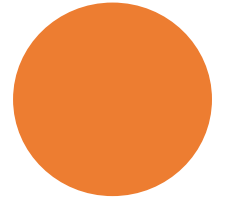


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Visit parentsafe.lgfl.net/ for additional advice and tips on settings and controls for all devices

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*

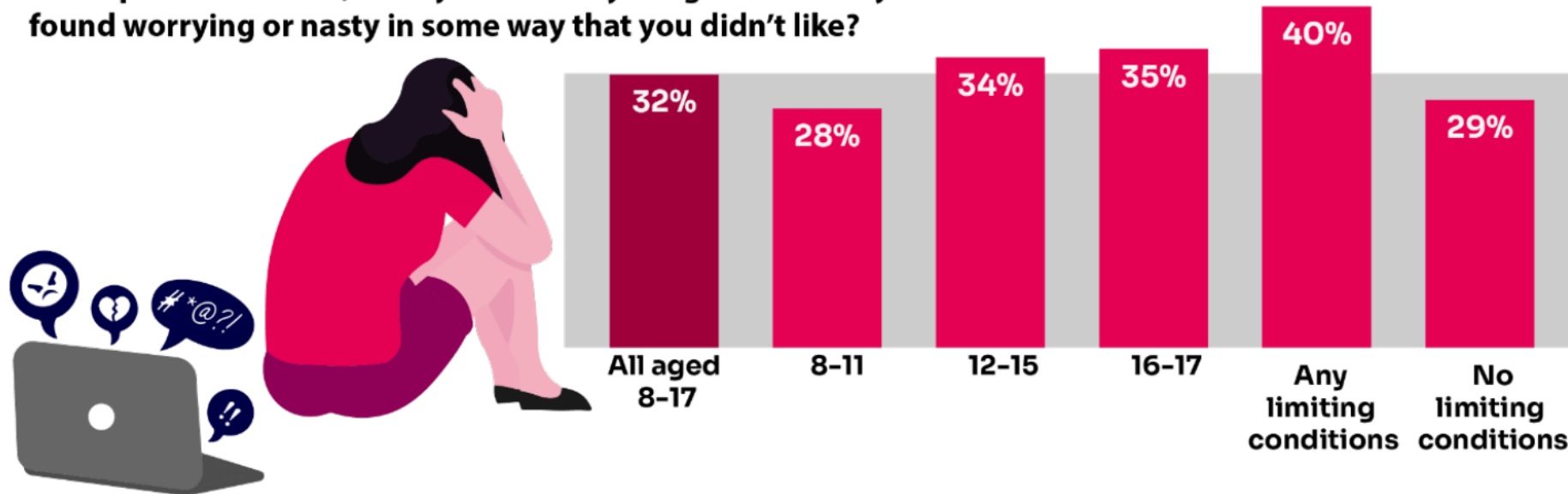




RISKS AND NEGATIVE EXPERIENCES

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?



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

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**.

Updated to clarify misinformation, disinformation and conspiracy theories are safeguarding harms

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**

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



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Go to reporting.lgfl.net to find out more

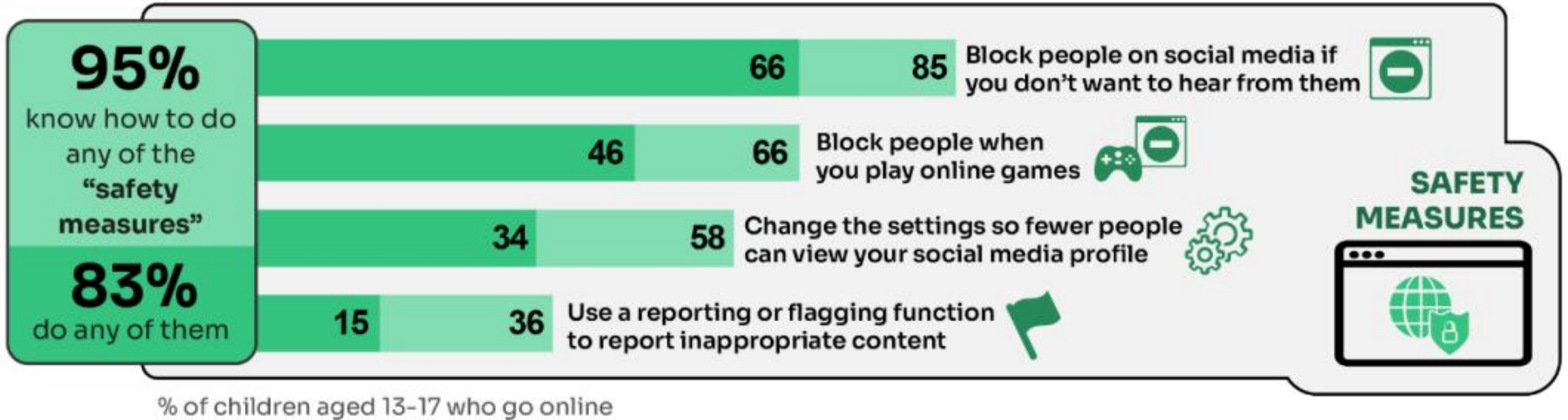


STAYING SAFE ONLINE AND REPORTING

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

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



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



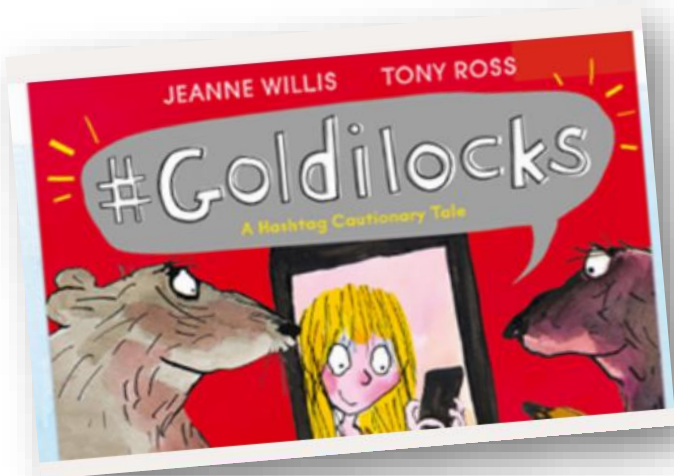
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TALKING TO CHILDREN ABOUT LIFE ONLINE

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!



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

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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.



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



Where to get help?

- Safeguarding Team:
 - Mrs Hinton
 - Ms Nelson-Cole
 - Mrs Riley
 - Ms Vasques
 - Miss David
- Report any concerns to the School Office via email or phone
- Policies on the School Website