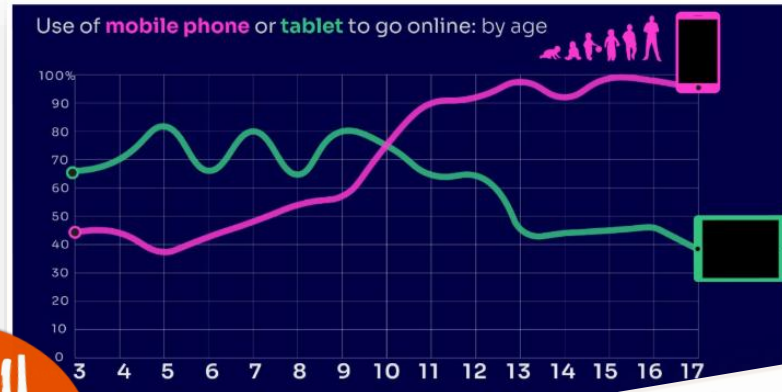


**NEW  
for  
2025**

# PARENT ONLINE SAFETY

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



**DID YOU KNOW?**



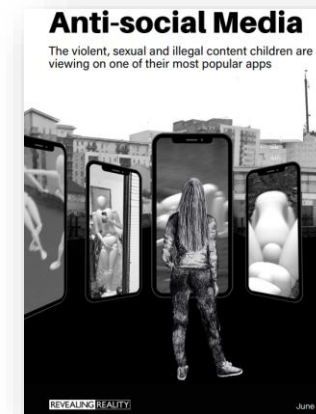
# This presentation brings together:

- **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](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!



# Planning your Parent Session:

Select **REQUIRED SLIDES FROM EACH SECTION** below to build and personalise your programme:

## 1. CHOOSE TOPIC(S):

- Talking to Your Child (6-12)
- Device Use & Ownership (13-18)
- Supervision & Parental Controls (19-30)
- Screentime (31-35)
- Social Media & Gaming (36-50)
- Age Requirements (51-57)
- Critical Thinking (84-95)

## 2. ADD RELEVANT RISK FACTORS TIPS:

- Risks and Negative Experiences(58-77)
- Staying Safe Online and Reporting (78-83)

## 3. PICK RESOURCES

- Resources and Support (96-103)
- You may also wish to scroll through [parentsafe.lgfl.net](https://parentsafe.lgfl.net) and showcase some of the resources here.

# SCREENTIME

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

*DID YOU KNOW?*

Parents of 3-17-year-olds

*"I've been told is that when I get off my screen, I'm less fun to be around. ..And like I can also feel angrier for like no reason."*



- 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**



Visit [parentsafe.lgfl.net/](https://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.



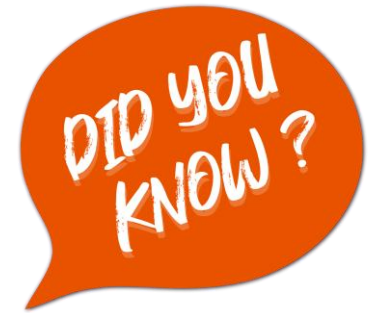
#### Use helpful phone features

Some devices and platforms have special features - by 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.





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



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

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



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### MAKES YOU THINK...

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



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

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# RESOURCES AND SUPPORT

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Visit [parentsafe.lgfl.net](https://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



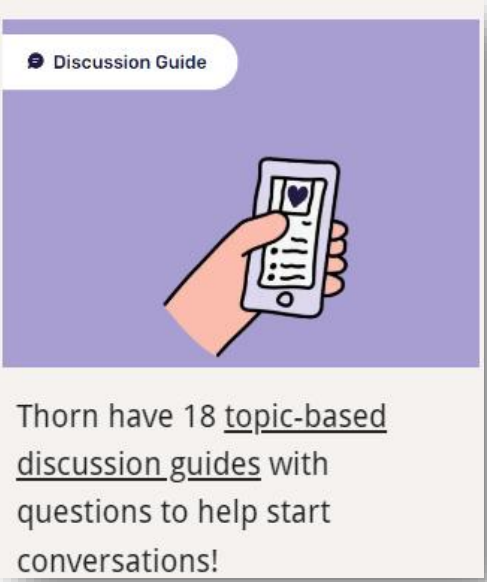
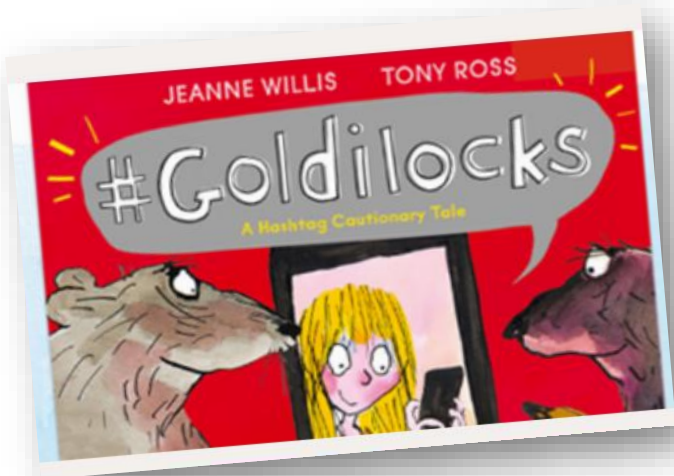
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# TALKING TO CHILDREN ABOUT LIFE ONLINE

Find conversation starters, story time ideas and top tips to reinforce key safety messages at [parentsafe.lgfl.net](https://parentsafe.lgfl.net)



**PARENTSAFE**  
*Keeping your children safe: online & beyond*



# 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](https://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.

# 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 support for parents at [parentsafe.lgfl.net](https://parentsafe.lgfl.net)

# 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