

Online Safety

For parents and carers

Gillian Bratley
Advisory Teacher

BDSIP | HELPING
STUDENTS
SHINE



What does your child love doing online?
What services and devices do they use?



ROBLOX



Google

FORTNITE



 YouTube



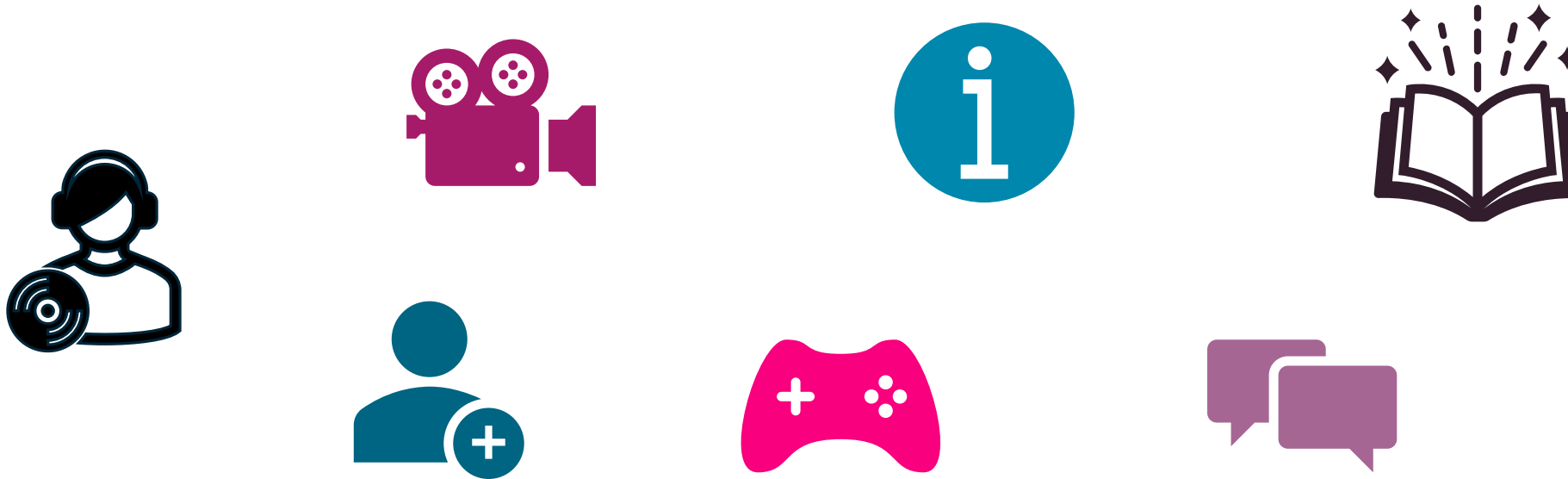
NETFLIX



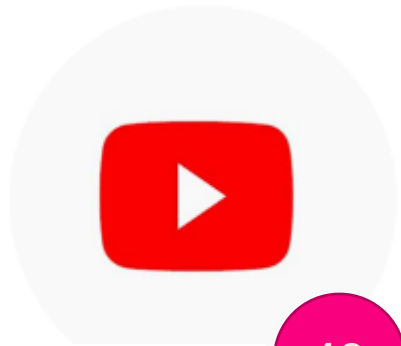
WIKIPEDIA
The Free Encyclopedia



The online world can be exciting and inspiring. It has lots of opportunities to offer children and young people...

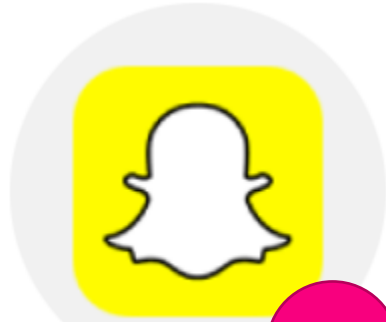


... however, there are risks using online services, especially if children are using services that are not age-appropriate.



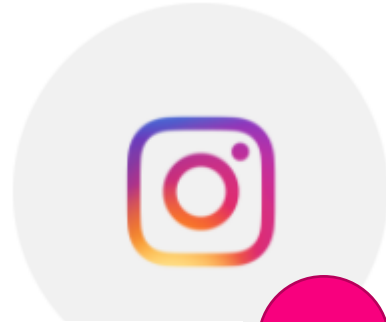
YouTube

13



Snapchat

13



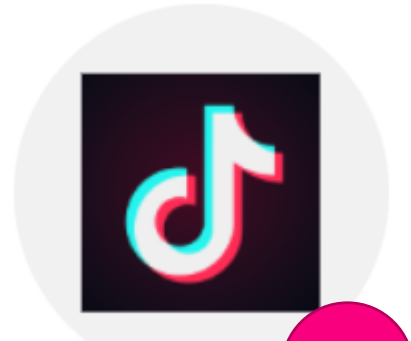
Instagram

13



WhatsApp

13



TikTok

13



Minecraft

7



GTA

18



Roblox

7



Fortnite

12



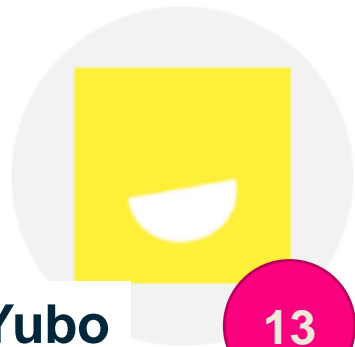
FIFA

3



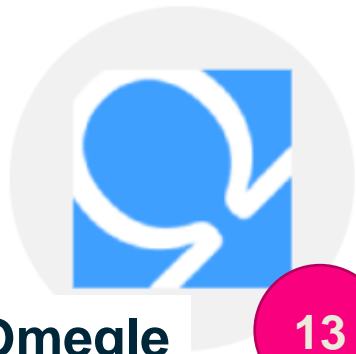
Among Us

7



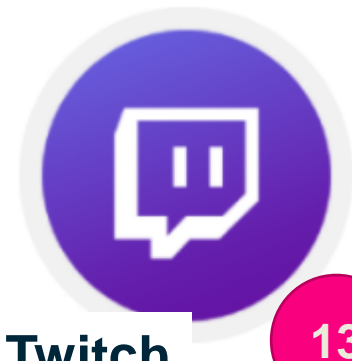
Yubo

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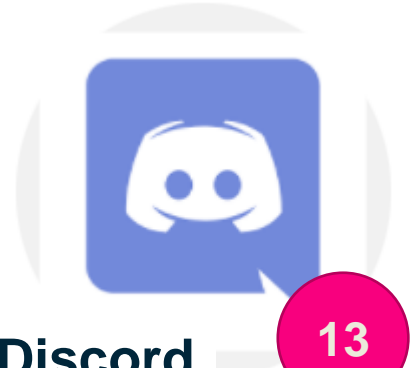
Omegle

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Twitch

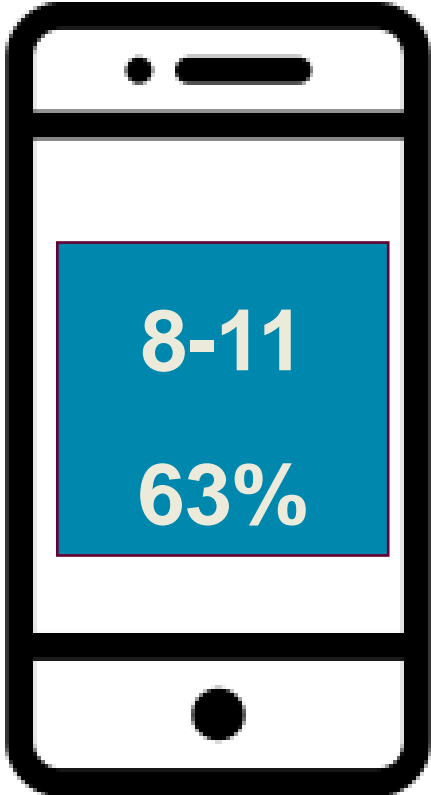
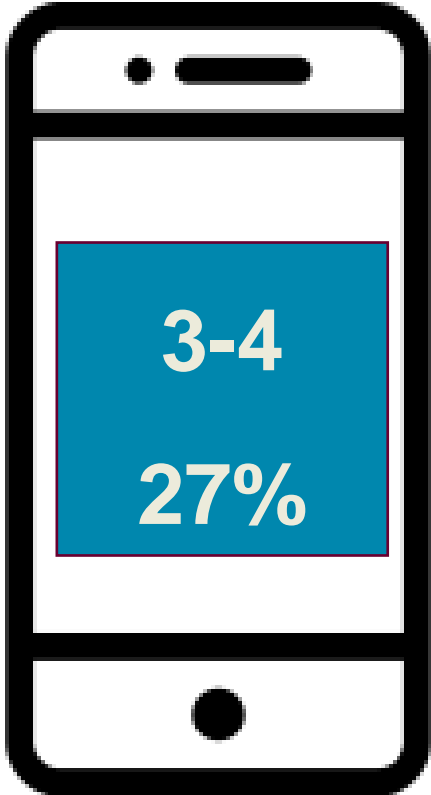
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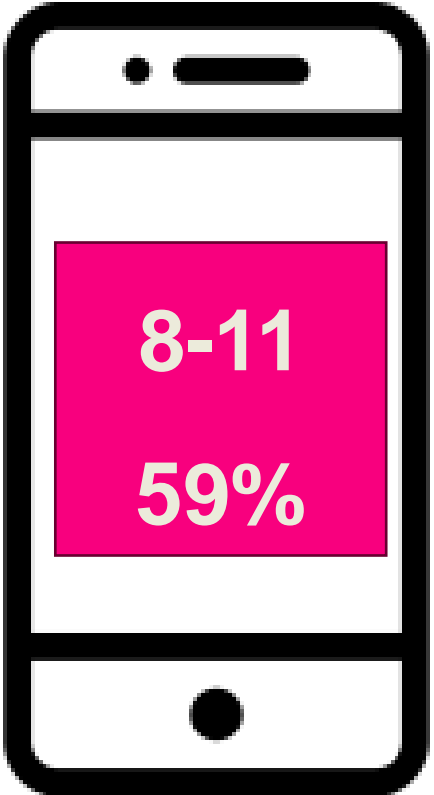
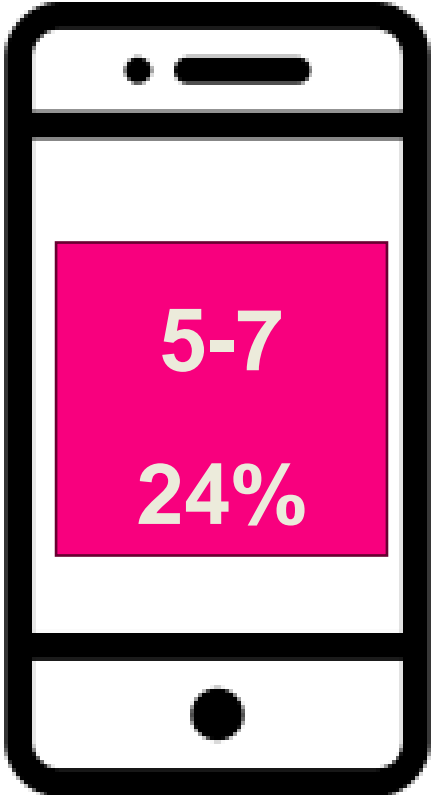
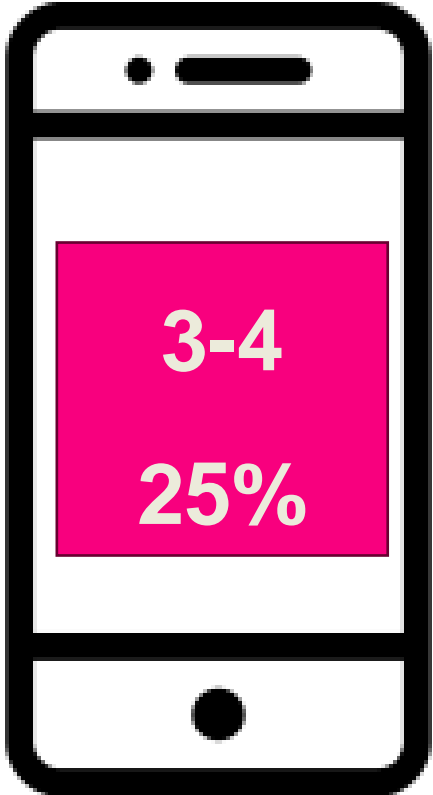
Discord

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Going online – use social media



Going online – have own smartphone



It is important to manage and minimise the associated risks.

RISK IS NOT HARM

Positive action can limit risks
becoming harmful

Children with SEND are more likely than their peers to experience online issues such as online bullying, online grooming and exploitation.



Risks of online world – 4C's

Content	Contact	Conduct	Commerce
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Risks of online world – 4C's

	Content	Contact	Conduct	Commerce
Aggressive	Violent, hateful and extremist content			
Sexual	Pornography, body image norms			
Values	Racist / hateful, mis/disinformation			

[← Back to News centre](#)

15 March 2024

Encountering violent online content starts at primary school

[News](#)

[Online safety](#)

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[Technology](#)

Children as young as nine exposed to pornography

🕒 31 January 2023





TikTok users being fed misleading election news, BBC finds



Misinformation about Sir Keir Starmer and Rishi Sunak is among the content promoted to young voters' TikTok feeds

Dealing with inappropriate CONTENT

What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography... that it presents an unrealistic image of sex and relationships

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google / browsers and YouTube

Parental Controls

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:

Sky Mobile guide



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:



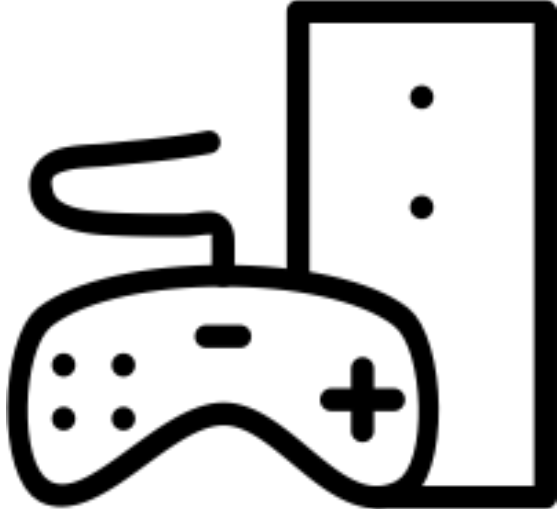
internetmatters.org/parental-controls/

Risks of online world – 4C's

	Content	Contact	Conduct	Commerce
Aggressive	Violent, hateful and extremist content	Harassment		
Sexual	Pornography, body image norms	Grooming, sexual abuse		
Values	Racist / hateful, mis/disinformation	Ideological persuasion		

Gaming – 8 to 17 year olds

73% play games online



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76% chat to other people who are playing



Gaming – 8 to 17 year olds

73% play games online

76% chat to other people who are playing

41% chat to people they only know through the game





Producing and sharing nudes and semi-nudes of under 18s is illegal

Whether a child or young person shares an image consensually or not, they have no control over how other people might use or share it.



Internet Watch Foundation removal of images

IWF removed **275,655** webpages of criminal child sexual abuse imagery in 2023

92% included '**self-generated**' material, where children have been coerced into performing sexually via a webcam or handheld device

42% of these (107,615) featured children **under 10** (66% increase on 2022)



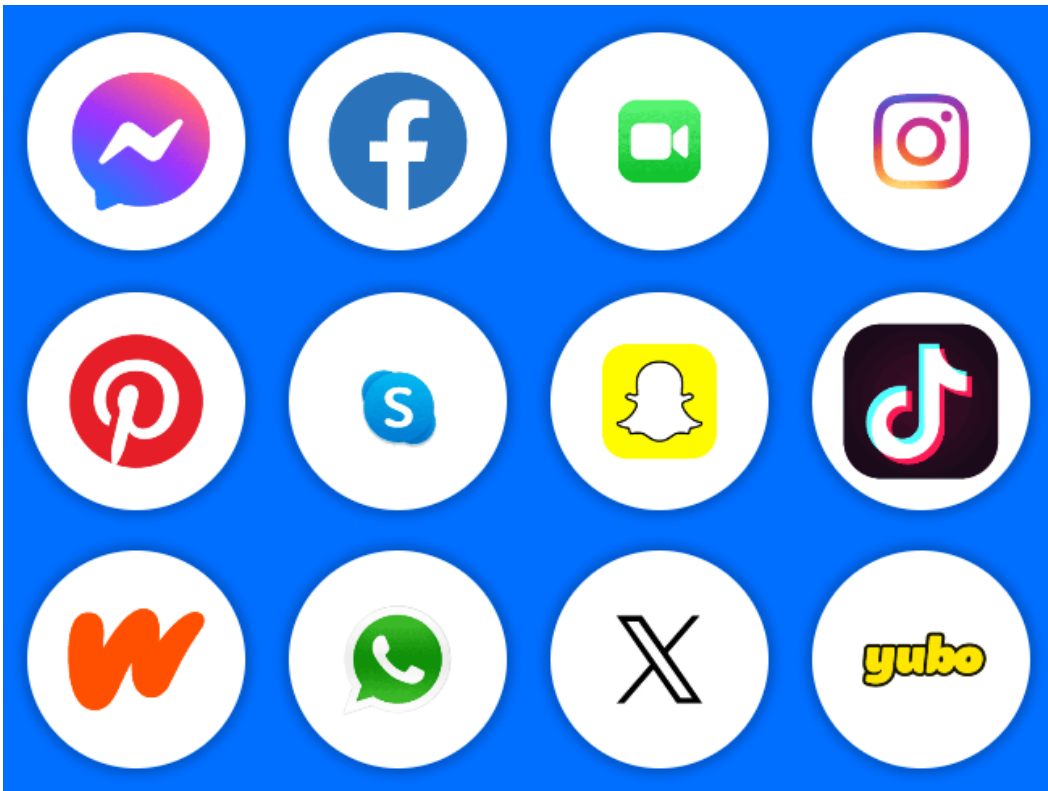
Dealing with inappropriate CONTACT

What to talk about

- Sometimes people use fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never to meet up with anyone they don't know in real life
- What is personal information, and when it should / not be shared

Top tips / tools to use

- Check not sharing personal information on social media etc
- Use strong privacy settings on social media, gaming platforms
- Learn how to report / block / mute



internetmatters.org/parental-controls/social-media



internetmatters.org/parental-controls/gaming-consoles

Risks of online world – 4C's

	Content	Contact	Conduct	Commerce
Aggressive	Violent, hateful and extremist content	Harassment	Online bullying	
Sexual	Pornography, body image norms	Grooming, sexual abuse	Sexual harassment, 'sexting'	
Values	Racist / hateful, mis/disinformation	Ideological persuasion	Harmful user generated content	

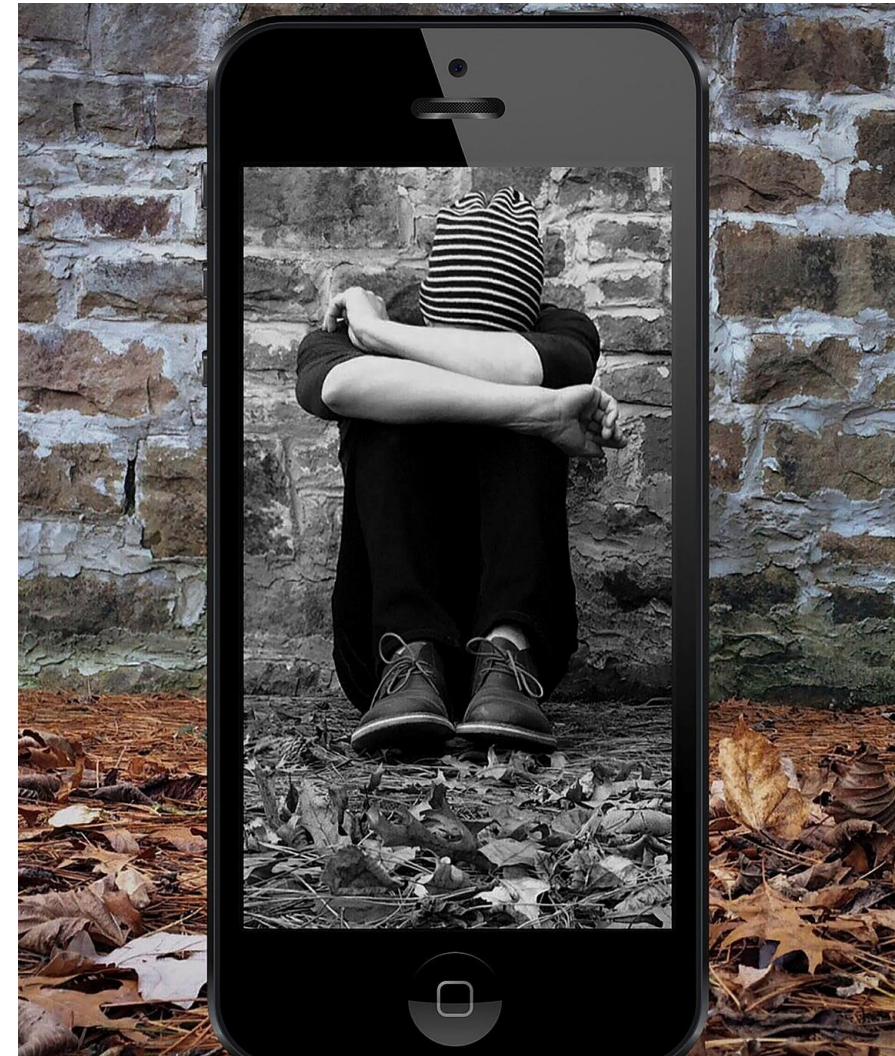
Online bullying

Online bullying can happen in many different ways including:

- posting mean or hurtful comments online
- spreading rumours online
- embarrassing or humiliating someone online, e.g. photos
- intentional exclusion from group chats
- repeated contact after being told to stop

Children need to know what to do if they or their friends are the victims of online bullying.

Online actions can be just as hurtful as offline actions.



Dealing with inappropriate CONDUCT

What to talk about

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of themselves and others
- Be responsible online – they are creating their own digital footprint

Top tips / tools to use

- Report inappropriate posts to the social media providers
- Think carefully about using monitoring apps to manage what children are doing online

Manage your family's settings and controls



Google Family Link

Apple Family Sharing

Windows devices



Manage app access, set screen time etc.

[Paid for apps – see Safewise article](#)

Google Family Link

What do I need?

Individual Google accounts and the Family Link app

Restrictions you can apply



Apps Access



Browser Access



Downloading file sharing



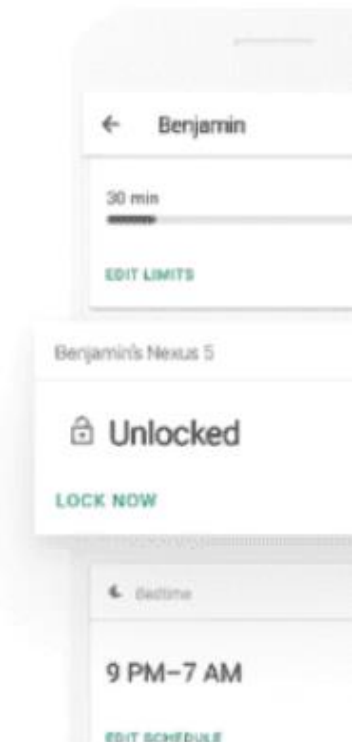
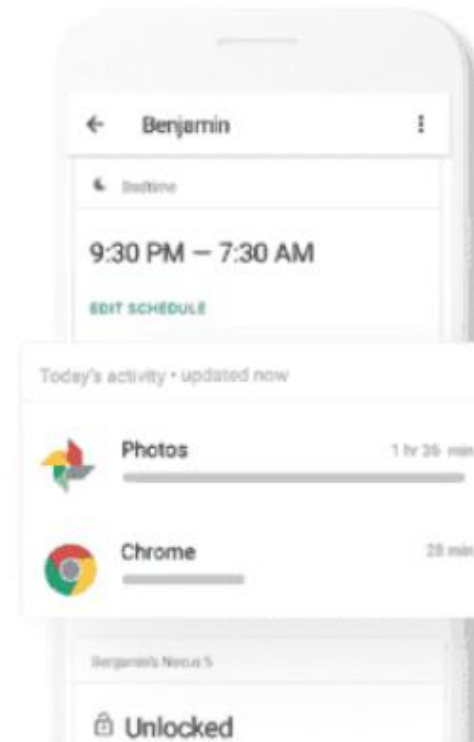
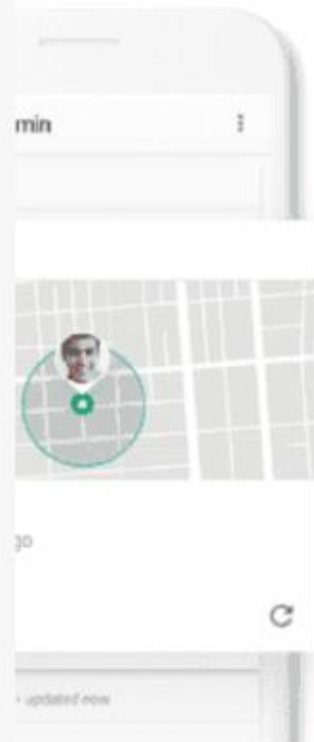
Mobile devices



Timer



Purchasing



Apple Family Sharing

What do I need?

An iOS device and Apple ID account

Restrictions you can apply



Apps Access



In App purchasing



Inappropriate content



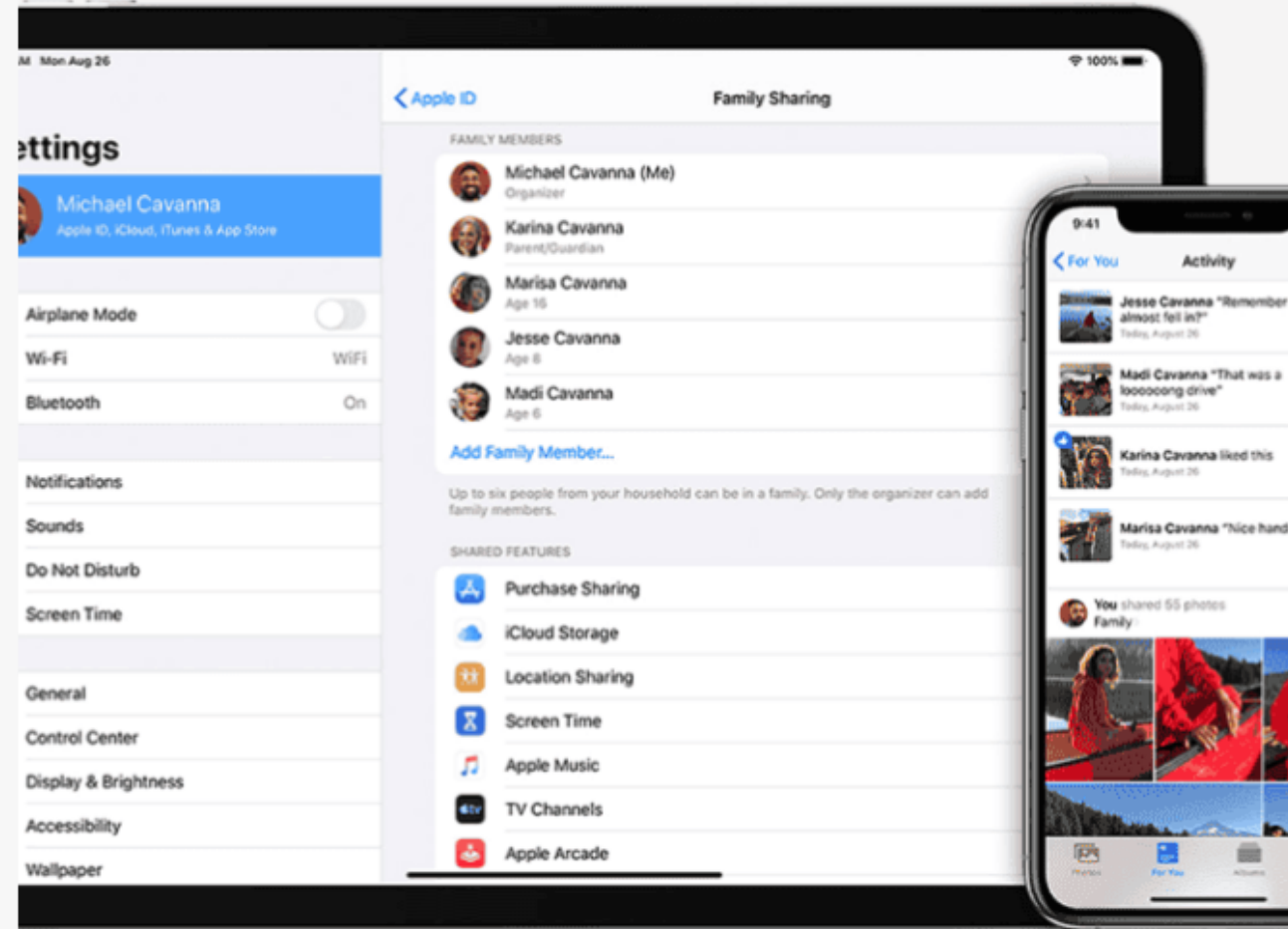
Media streaming



Online games



Sharing location



Risks of online world – 4C's

	Content	Contact	Conduct	Commerce
Aggressive	Violent, hateful and extremist content	Harassment	Online bullying	Identity theft, scams, blackmail, gambling
Sexual	Pornography, body image norms	Grooming, sexual abuse	Sexual harassment, 'sexting'	Sextortion
Values	Racist / hateful, mis/disinformation	Ideological persuasion	Harmful user generated content	Copyright infringement, persuasive design

**‘My niece ran up a bill of more than £400
on my mobile phone’**

**Five-year-old uses Alexa
to buy \$1,000 worth of
toys & a hot tub off of
Amazon**

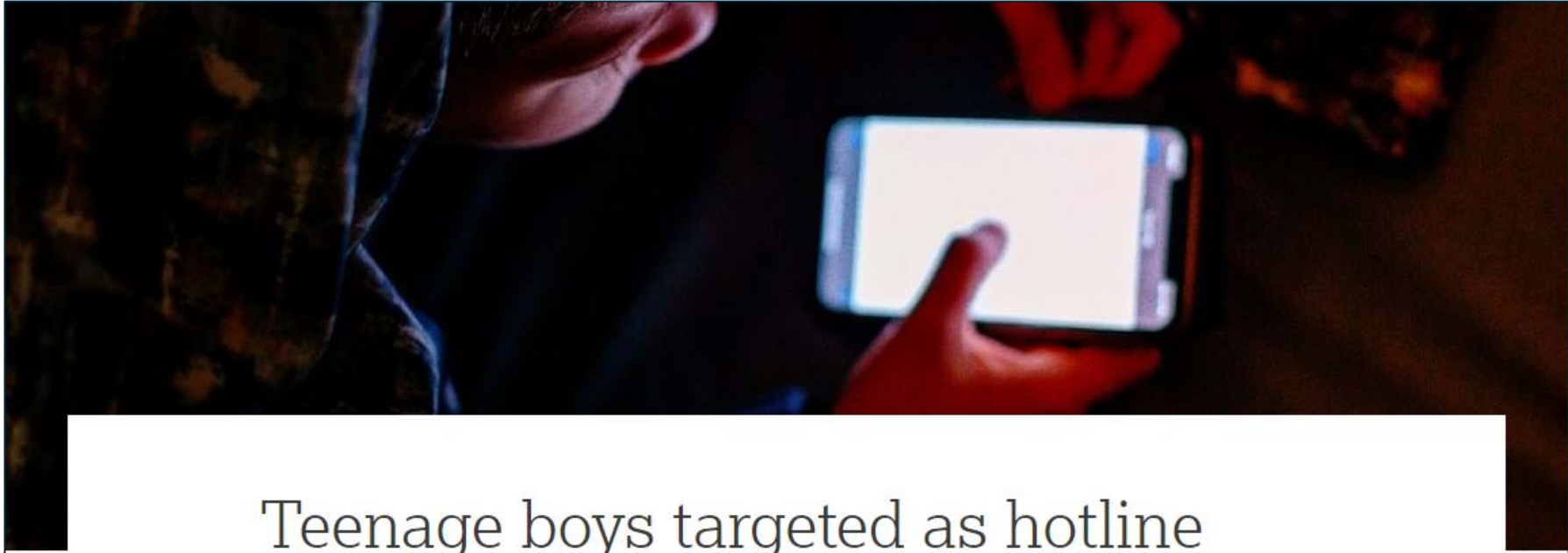
**Our 11-year-old daughter ran up a
£2,400 Roblox gaming bill**

My wife was in hospital and couldn't monitor her spending on
in-app purchases

**The father who shopped son to police
after he ran up a £3,700 bill playing
games on his iPad**

**How to stop kids racking-up huge bills in
FIFA 23's Ultimate Team**

It's not only real footballers who can cost eye-watering sums of money. If your kids play FIFA 23, they could end up spending hundreds of pounds for virtual players, to compete with their mates



Teenage boys targeted as hotline sees ‘heartbreaking’ increase in child ‘sextortion’ reports

Published: Mon 18 Mar 2024

The IWF and NSPCC say tech platforms must do more to protect children online as confirmed sextortion cases soar.

Dealing with inappropriate **COMMERCE**

What to talk about

- Talk to a trusted adult if they experience anything upsetting online
- Sometimes people use fake profiles for dishonest reasons
- What is personal information, and when it should / not be shared
- What games are they playing – and who are they playing with / talking to

Top tips / tools to use

- Check if in-app purchases can be made
- Think carefully about using monitoring apps to manage what children are doing online

Risks of online world – 4C's

	Content	Contact	Conduct	Commerce
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Cross-cutting	Privacy and data protection abuses, physical and mental health risks, forms of discrimination			

Managing tech time

- No devices in bedroom – buy alarm clock
- ‘No phone at the table’ or ‘no phones between 6 and 7’
- Family tech-free days
- Turn off app notifications to avoid ‘pings’
- Transition between tech and next thing...
 - Visual timer



Photo by [Kelly Sikkema](#) on [Unsplash](#)

Online Safety Act

Online platforms will be expected to:

- remove illegal content quickly or prevent it from appearing in the first place, including content promoting self-harm
- prevent children from accessing harmful and age-inappropriate content
- enforce age limits and age-checking measures
- ensure the risks and dangers posed to children on the largest social media platforms are more transparent, including by publishing risk assessments
- provide parents and children with clear and accessible ways to report problems online when they do arise

Safe by design



Parliamentary Bills

Online Safety Act 2023

Government Bill

Online safety in school



what positive, healthy and respectful online relationships look like



the effects of their online actions on others



how to recognise and display respectful behaviour online



how to use technology safely, responsibly, respectfully and securely



where to go for help and support when they have concerns about content or contact on the internet or other online technologies

Help your children stay safe online – work as a TEAM...



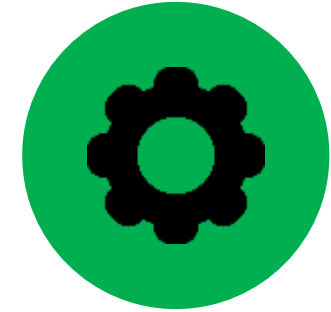
Talk



Explore



Agree



Manage

Talk about staying safe online

- Talk to your child about their internet use and let them know they can talk to you

Which apps/games are you using at the moment?
Which websites do you enjoy using and why?

How do you stay safe online? Any tips for me?!
Do you know where to go for help?

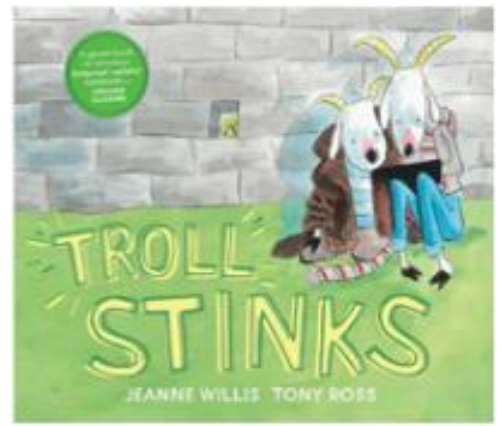
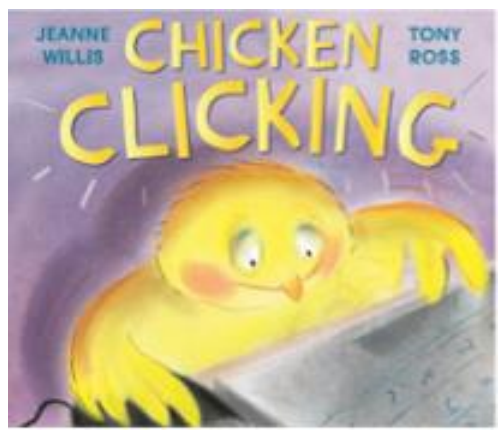
childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Childnet International

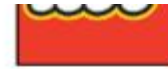
On the internet...



Explore their online world together

- Get involved with your child's life online
- Learn about the apps, games and devices they use
- Play their favourite games with them, try out their favourite apps...

How does this game / app work? Can I play?
Do you have any online friends?



Google



FORTNITE



YouTube

NETFLIX

BDSIP

HELPING
STUDENTS
SHINE

The screenshot shows the Internet Matters website interface. At the top left is the 'internet matters.org' logo. To its right, it says 'in partnership with' followed by the EEF logo. The main navigation bar includes 'About us' and 'Inclusive Digital Safety'. Below this is a secondary navigation bar with 'ONLINE ISSUES', 'ADVICE BY AGE', 'SETTING CONTROLS' (highlighted with a green box), 'GUIDES & RESOURCES', and 'NEWS & OPINION'. A breadcrumb trail reads 'You are here: Home > Parental Controls > Social media privacy guides'. The main heading is 'Social media privacy guides'. On the left, a blue sidebar titled 'Social media' contains a grid of 12 social media icons: Messenger, Facebook, Zoom, Instagram, Pinterest, Skype, Snapchat, TikTok, Wotif, WhatsApp, X, and Yubo. On the right, a dropdown menu is open under 'SETTING CONTROLS', listing: 'Social media privacy guides' (highlighted with a green box), 'Gaming platforms and devices', 'Smartphones and other devices', 'Broadband & mobile networks', 'Entertainment & search engines', and 'Get smart about smartphones'. A green arrow points from the 'SETTING CONTROLS' menu item to the 'Social media privacy guides' link in the dropdown. The background of the page shows a child in a blue shirt looking at a tablet on a wooden table.

Agree rules about what's OK and what's not

- **Clarify** what is allowed... or not
- **Establish** ground rules like no phones at the dinner table or in the bedroom at night-time, amount of tech time
- **Agree** shared expectations to reduce arguments and keep everyone safe and healthy



Childnet Family Agreement

A great way to start positive family conversations around online safety, and to agree clear expectations and boundaries.

Start by discussing the questions that are most relevant to your family.

Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- Do we already have any rules about use of tech we want to include in our family agreement?

Managing time online

- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

Sharing

- What should we check before posting images and videos online?
- Do we know how to use privacy settings and what makes a strong password?
- How can we use features like livestreaming and disappearing content safely?

Online content

- How do we decide which websites, apps, games and devices are okay for us to use?
- What can we do if we see something online which seems unreliable or untrustworthy?
- How can we stop ourselves accidentally spending money in a game or app?

Communicating online

- Who can we talk, chat or play games with online? Just family? Friends? Anyone?
- How can we keep ourselves safe if we are communicating with people who we only know online?
- How can we look after our friends when we are online?

If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, a video call, to meet up or to share personal information?
- Do we know how to find the report and block buttons on the websites, apps and games we use?

To finish...

- How could parental controls help our family?
- What should happen if one of us breaks the family agreement?
- When should we review our family agreement?

Want expert advice?

www.childnet.com/parents-carers-advice

Examples for different ages:

Our agreement: (Under 11s)

I will use my tablet for ___ mins a day.

I will make sure the children's favourite games are bookmarked for them to get to easily.

Our agreement: (Pre-teens)

I will tell mum and dad when I see something that worries me.

I will put parental controls in place but review it as the children grow up.

Our agreement: (Teenagers)

I will make sure all my social networking sites are private.

I won't post photos of our children without their permission.

ios

Triple click side button within app to lock device to that app – enter code

Android look for 'screen pinning'

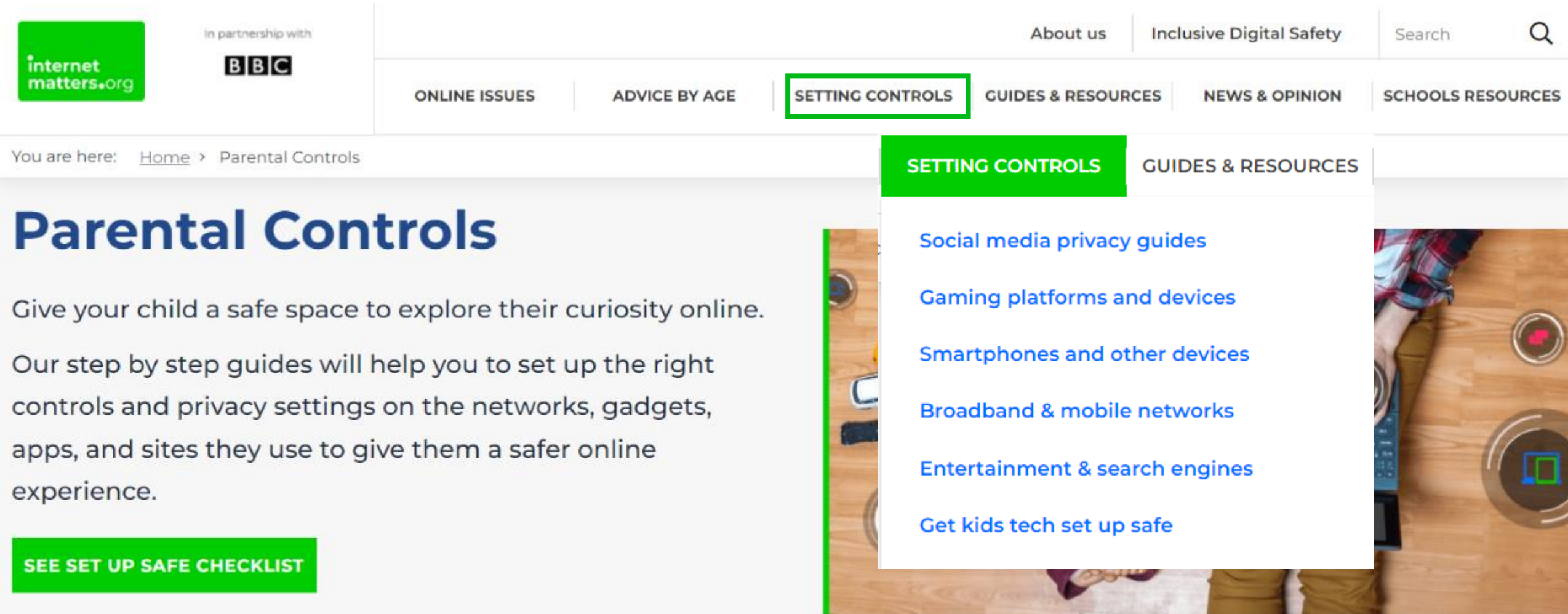


Can use to limit children to one particular app / website



Manage your family's settings and controls

<https://internetmatters.org>



The image shows a screenshot of the internetmatters.org website. The top navigation bar includes the internetmatters.org logo, a partnership with BBC, and links for About us, Inclusive Digital Safety, and a search function. The main navigation menu features categories like ONLINE ISSUES, ADVICE BY AGE, SETTING CONTROLS (highlighted with a green box), GUIDES & RESOURCES, NEWS & OPINION, and SCHOOLS RESOURCES. Below the navigation, a breadcrumb trail reads "You are here: Home > Parental Controls". The main heading is "Parental Controls" in large blue font. The introductory text states: "Give your child a safe space to explore their curiosity online. Our step by step guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience." A green button labeled "SEE SET UP SAFE CHECKLIST" is visible. A dropdown menu is open under "SETTING CONTROLS", listing: "Social media privacy guides", "Gaming platforms and devices", "Smartphones and other devices", "Broadband & mobile networks", "Entertainment & search engines", and "Get kids tech set up safe".

internetmatters.org

In partnership with BBC

About us | Inclusive Digital Safety | Search

ONLINE ISSUES | ADVICE BY AGE | **SETTING CONTROLS** | GUIDES & RESOURCES | NEWS & OPINION | SCHOOLS RESOURCES

You are here: [Home](#) > Parental Controls

Parental Controls

Give your child a safe space to explore their curiosity online.

Our step by step guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience.

[SEE SET UP SAFE CHECKLIST](#)

SETTING CONTROLS | GUIDES & RESOURCES

- [Social media privacy guides](#)
- [Gaming platforms and devices](#)
- [Smartphones and other devices](#)
- [Broadband & mobile networks](#)
- [Entertainment & search engines](#)
- [Get kids tech set up safe](#)

Supporting children and young people with SEND

Advice hubs:

- Connecting and sharing online
- Staying safe while browsing
- Online gaming
- Inclusive digital safety resource centre
- Connecting safely online



internetmatters.org/inclusive-digital-safety/advice-for-parents-and-carers/supporting-children-with-send/

Set it up
before you
wrap it up





bit.ly/onlinep24

