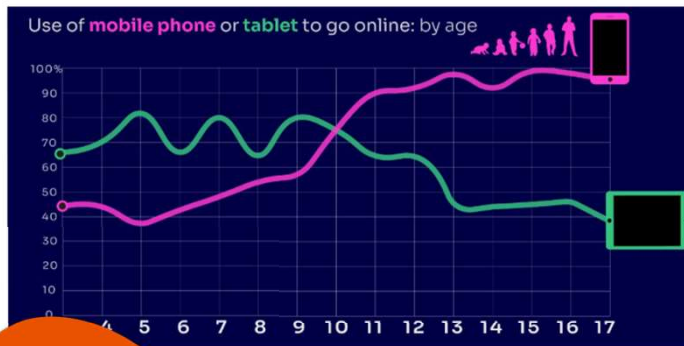
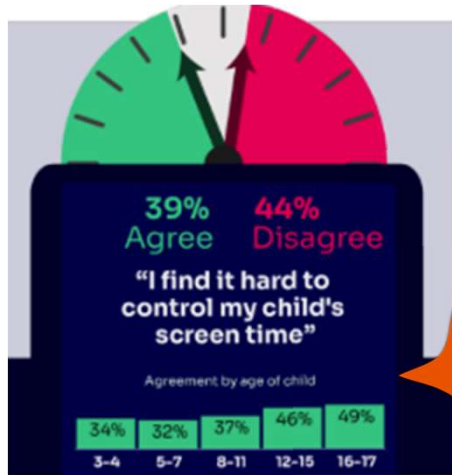
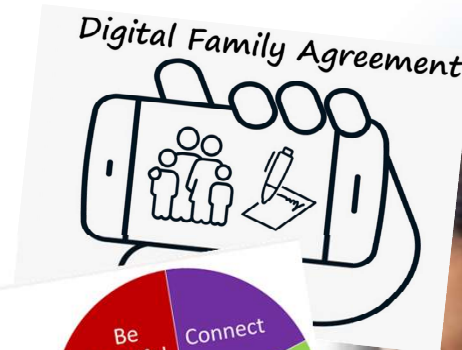


PARENT ONLINE SAFETY



DID YOU KNOW?



tip

Children's Commissioner



Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

Online Gaming: 8-17s

Playing games with others

- 55%** Played against or with someone else they know
- 25%** Played against or with someone they don't know outside game

In-game chat (m...)

- Chat to people they know
- 22%** Chat to people they don't know outside the game

?

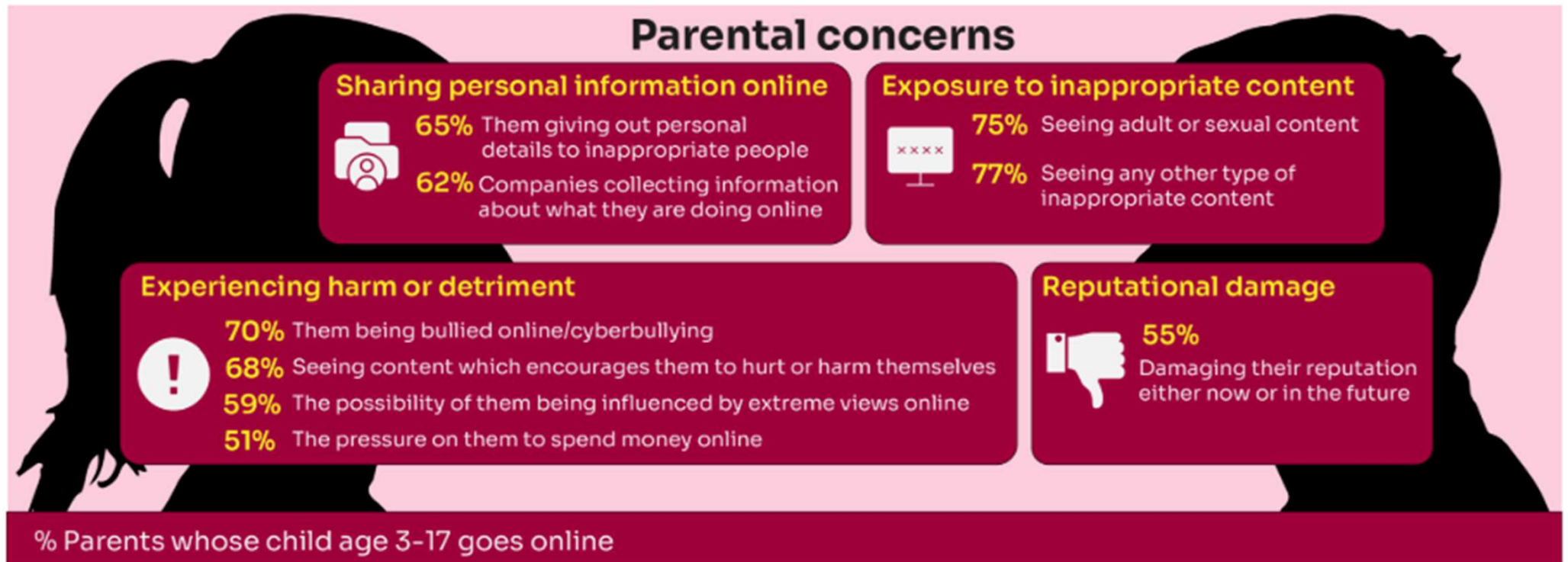




What are you most **WORRIED** about when your child is **ONLINE**?



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





SafeguardED

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**, 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**.



PARENTSAFE

Keeping your children safe: online & beyond

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

LGfL

SafeguardED

parentsafe.lgfl.net



SUPERVISION AND PARENTAL CONTROLS

LGfL 

SafeguardED



What **RULES** do **YOU SET** about being online?

Information their child can share online (49%)

Spending money online (52%)

Who you can interact with online

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

Types of websites and apps they can use (41%)

Where and when devices can / can't be used

Video content their children are allowed to watch online (67%)



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



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

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*

Signed: *Sophie Mum Dad*

Today's date: *24th March*

Date we will review this: *24th May*



Parent/carer will:

Why?

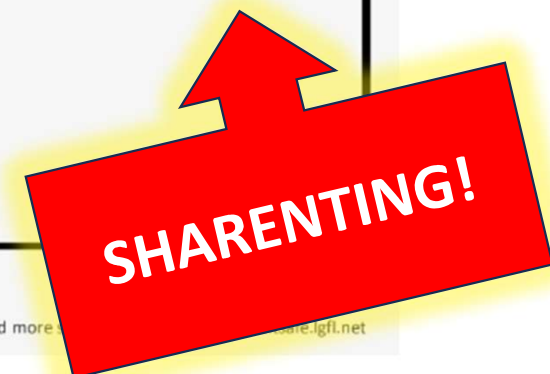
Put our devices down when you want to talk to me/us so we can model good behaviour

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*



SafeguardED

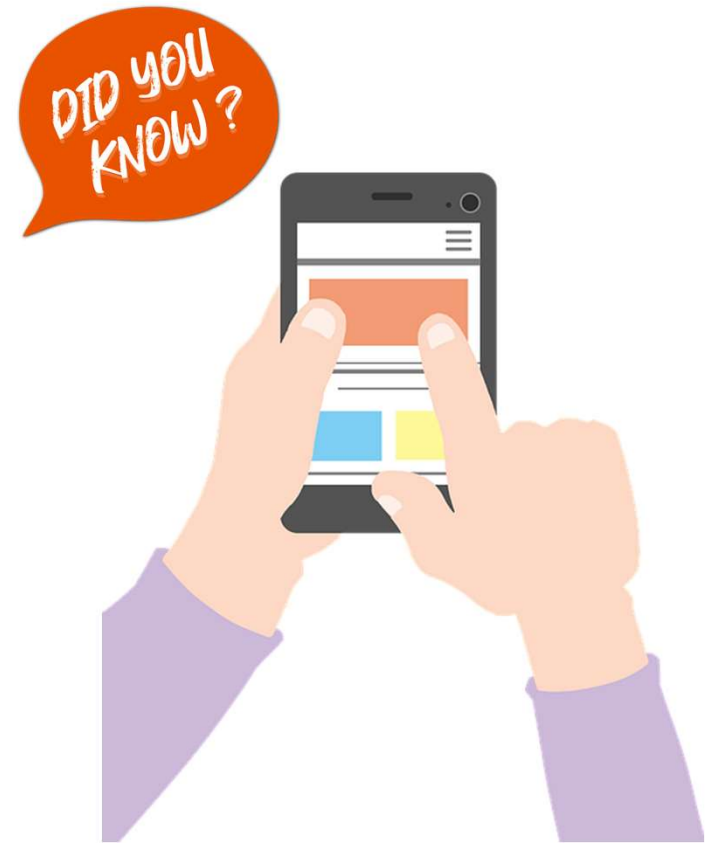
parentsafe.lgfl.net

Download me again and find more parentsafe.lgfl.net




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 how long** your child can go online for



Visit www.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:



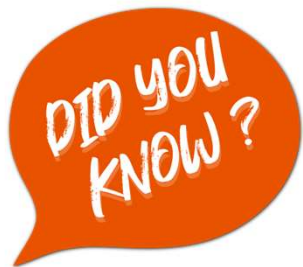
VIEW ALL

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

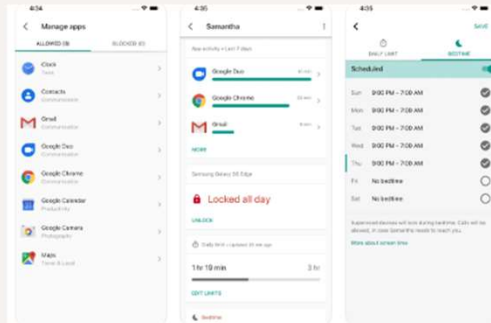
SAFE SETTINGS, CONTROLS & MONITORING

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?).



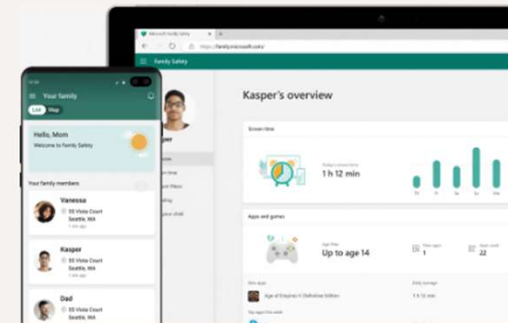
[Apple Screen Time](#)

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



WHY DOES THIS MATTER?

- Young people **can get around age restrictions** on apps and websites, increasing the risk of them coming to harm online
- Many children have online profiles that make them appear older than they actually are – exposing them to **content inappropriate for their age**
- **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**.



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

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

Remember!



- Before signing up to any app/site, **check that your child meets the minimum age** requirement for the platform to understand the risks
- 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. Encourage them to **ask you for advice** if they are unsure.
- Stress the importance of **not sharing personal information** with online 'friends'
- Keep **passwords confidential**
- **Check their privacy settings**, emphasising the importance of not sharing personal information with strangers, and emphasising the confidentiality of passwords are all important steps
- You can **report any content**, e.g. a post, image or harmful, misleading or damaging comment
- Remember that **reporting doesn't guarantee immediate** removal, as platforms assess reported content based on their respective rules and policies

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