

2022

# Online Safety

## For parents and carers

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



WIKIPEDIA  
The Free Encyclopedia



The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimise the associated risks.

At what age  
can my child  
start social  
networking?

## 13 year olds and upwards



TikTok



Instagram



Facebook



Snapchat



Twitter



YouTube



Houseparty



Kik



Bebo



YouNow



Habbo



Reddit



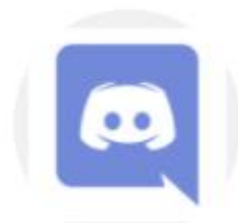
Tumblr



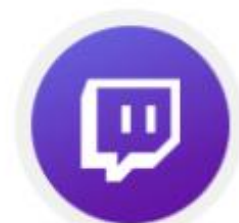
Yubo



Whisper



Discord



Twitch



Omegle



AskFm

## 16 year olds and upwards

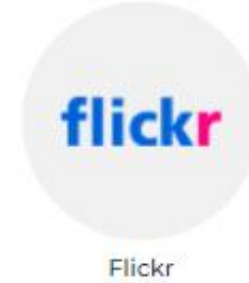
At what age  
can my child  
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networking?



WhatsApp



LinkedIn



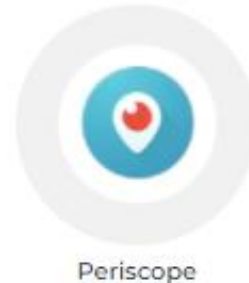
Flickr



Vimeo



MySpace



Periscope



# Conduct

## Balancing Screen Time

Typically at this age children will start to be more active online so it's important to equip them with the tools to strike a healthy balance between the time they spend on and offline, especially as they start to get their own devices.



# How are children using screens?




**35%**  
own a  
smartphone



**93%**  
are online almost  
13.5 hours a week



**74%**  
play games online for  
nearly 10 hours a week



**Nearly  
8 out of 10**  
of 8- 11s use YouTube to watch  
cartoons, funny videos and  
music videos

Source: [Ofcom Children and Parents  
Media use and attitudes report 2018](#)



# Conduct

## Screen time benefits

- **Screen use provides a range of opportunities for creativity and learning – 70% of parents strongly agree that using devices is essential for their child’s development**

Source: Internet Matters Look both ways report.

- **Screens can be a great tool to allow children to maintain relationships with family and friends.**
- **Screens can provide much needed down-time at the end of the school day.**





# Conduct

## Screen time challenges

- Peer pressure from friends to stay online and the way certain platforms are developed to keep users engaged can make it harder for children to switch off.
- As children get more active online there is an increased risk that they might stumble across inappropriate content that can have a negative impact on their digital wellbeing.
- Long periods of passive screen time (i.e bingeing on box sets) could have a physical effect on their development (i.e. eyes, brain), sleep cycle and behaviour







# Conduct

Online behaviour & sharing



**Children need to be aware of the impact that their online activity can have on both themselves and others, and how other people may perceive them because of what they say and do online.**



**It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information, photos and videos that they may have posted.**



**When using the internet, it's important to keep personal information (that could identify who they are) safe and not share it with strangers.**





# Content

What children see online



**Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social media, online games, streams and websites.**



**Live comments and chats alongside other content including videos, streams and games can be hurtful, harmful or unreliable.**



**It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Photos and videos can also be edited or inaccurate.**





# Contact

Online communication



**It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them.**



**If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person (including, but not limited to, a request to meet up or a request for images/videos), it's vital that you report it to the police via:**



**Child Exploitation and Online Protection Centre ([www.ceop.police.uk](http://www.ceop.police.uk)).**



# Online bullying

Also known as 'cyberbullying' - takes place online or using technology.



**Cyberbullying can happen in many different ways including unkind messages or comments, the sharing of embarrassing photos or exclusion from group chats.**



**Children need to understand that their online actions can be just as hurtful as offline actions and that seeking to deliberately hurt or upset someone is always unacceptable.**

# Nudes and sexting

**Sexting is taking and sharing a nude, partially nude or sexually explicit image or video.**



If the person in the image is under-18 then it **breaks the law**. The Protection of Children Act states that it is illegal to create, distribute or possess an indecent image of a child, including images or videos taken by the child themselves (e.g. selfies).



The police take a common sense approach and are not seeking to criminalise young people, but do have a duty of care if asked to investigate.



In the online world, content can get very far, very quickly and young people may lose control of who else sees their image. Knowing an image has been seen by others can be very difficult and traumatic for a young person to experience.



Sexting is a risk even for younger children. A child with access to a device, who can take a photo and send it on, may not understand the possible consequences and just think they're being funny.





# Advice on online contact and grooming

Discuss online friendship with your child - make sure they understand that a person they've never met face-to-face is still a stranger. Discuss what kinds of information they should avoid sharing with strangers.

Ensure they know they can come to you if they have any worries or concerns.

**If you have any suspicions whatsoever about someone who is in contact with your child online then report it to CEOP.**

**You will be shown how to report to CEOP later in this presentation.**






# Advice on online bullying

Discuss online bullying with your child - teach the importance of online respect and make sure they know they can talk to you if they have any worries or concerns.

If they are a victim of this type of behaviour:

 **Do** save the evidence

 **Do** report to your school/ the police

 **Do** use online tools to report and block the perpetrator.



**Don't** deny your child access to a device or service. They may feel punished when they're already the victim.



**Don't** retaliate.



# Advice on nudes and sexting

Discuss sexting with your child - ensure they know that once this kind of content gets out there, it's very difficult to get it back and the consequences of this can be very upsetting.

Make sure they know they can talk to you if they have any concerns or worries.  
Try to remain reassuring and non-judgemental.

With younger children, discuss which parts of their body should be kept private.



**Do** seek advice from your child's school if you need further support.



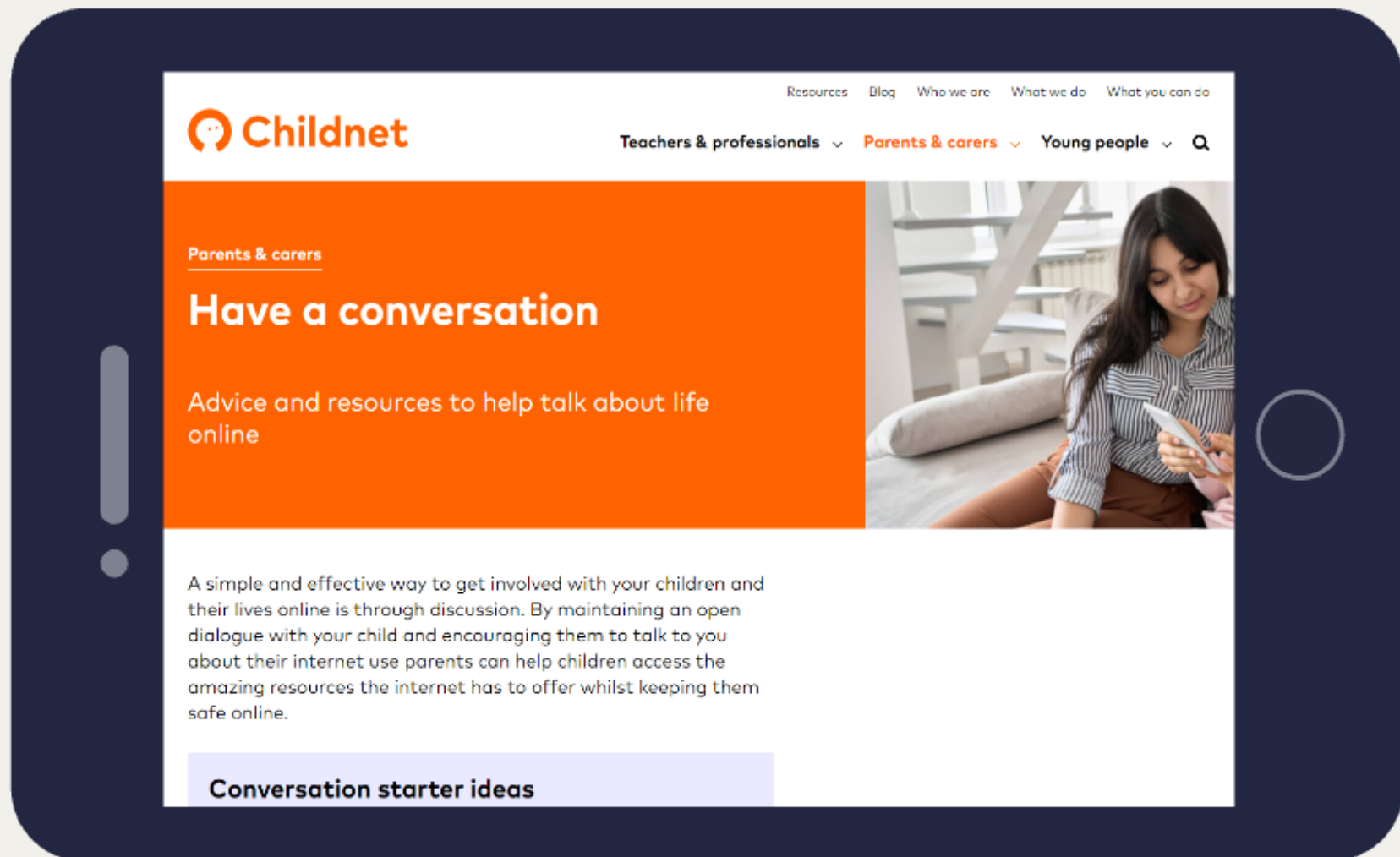
**Do** report to the Police or CEOP if you have any suspicions about the involvement of an adult or think your child has been coerced.





An open and honest dialogue with your child is absolutely key.

Talk to them about their internet use and let them know they can talk to you.

The image shows a tablet displaying the Childnet website. The website has a white header with the Childnet logo (a speech bubble with a face) and the name 'Childnet' in orange. Navigation links include 'Resources', 'Blog', 'Who we are', 'What we do', and 'What you can do'. Below the header are three dropdown menus: 'Teachers & professionals', 'Parents & carers' (which is highlighted in orange), and 'Young people', followed by a search icon. The main content area has an orange background on the left with the text 'Parents & carers' in small white text, 'Have a conversation' in large white text, and 'Advice and resources to help talk about life online' in smaller white text. On the right, there is a photograph of a young woman with long dark hair sitting on a sofa and looking at a tablet. Below the orange section, there is a white section with the text: 'A simple and effective way to get involved with your children and their lives online is through discussion. By maintaining an open dialogue with your child and encouraging them to talk to you about their internet use parents can help children access the amazing resources the internet has to offer whilst keeping them safe online.' At the bottom of this white section is a purple button labeled 'Conversation starter ideas'.

Resources Blog Who we are What we do What you can do

Childnet

Teachers & professionals Parents & carers Young people

Parents & carers

## Have a conversation

Advice and resources to help talk about life online

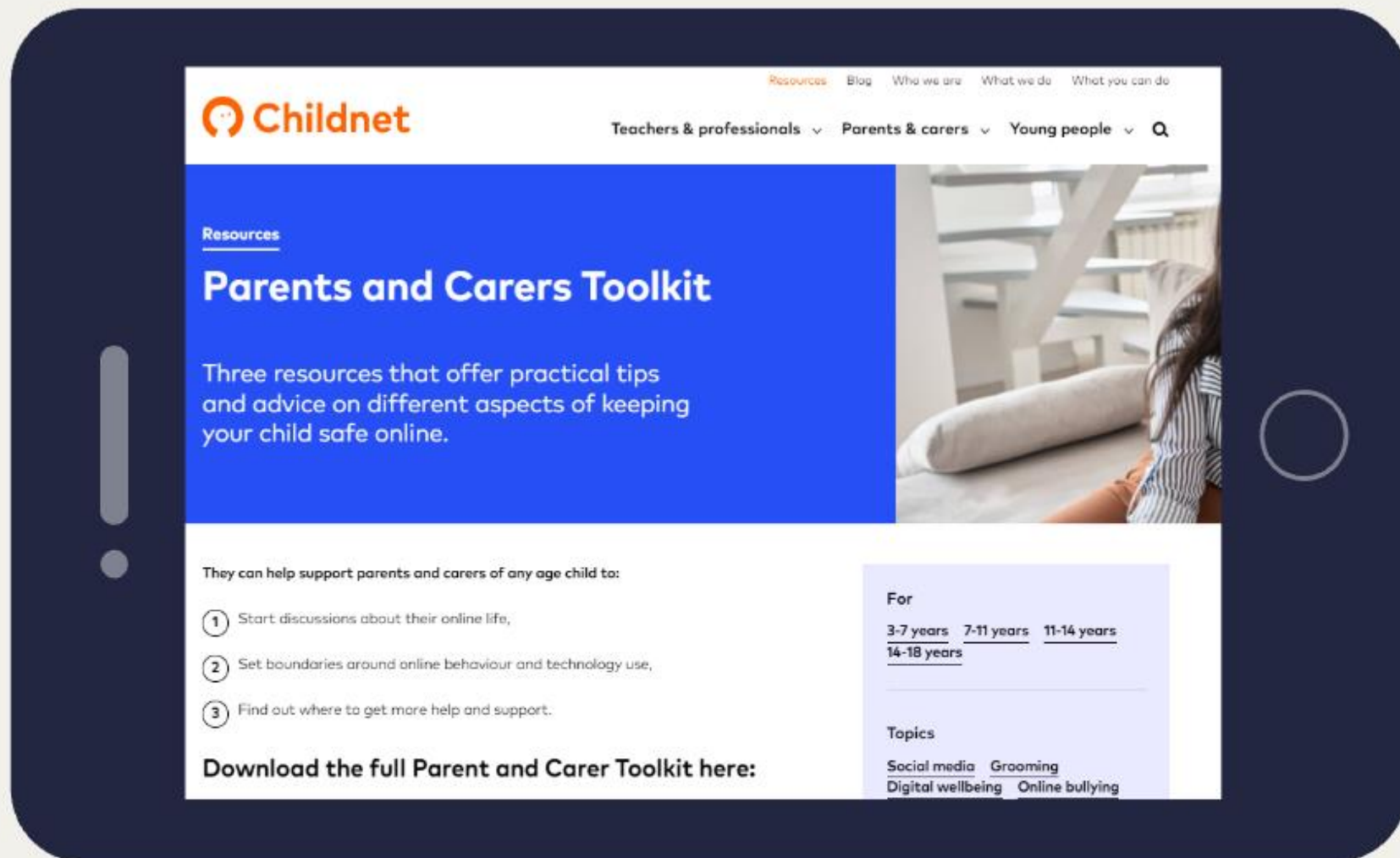
A simple and effective way to get involved with your children and their lives online is through discussion. By maintaining an open dialogue with your child and encouraging them to talk to you about their internet use parents can help children access the amazing resources the internet has to offer whilst keeping them safe online.

Conversation starter ideas

[childnet.com/parents-and-carers/have-a-conversation](https://childnet.com/parents-and-carers/have-a-conversation)

Consider setting a family agreement to open discussion.

Establish boundaries and your expectations as a family.



The screenshot shows the Childnet website's 'Parents and Carers Toolkit' page. The page features a blue header with the Childnet logo and navigation links for 'Resources', 'Blog', 'Who we are', 'What we do', and 'What you can do'. Below the header, there are dropdown menus for 'Teachers & professionals', 'Parents & carers', and 'Young people', along with a search icon. The main content area has a blue background with the title 'Parents and Carers Toolkit' and a sub-header 'Resources'. The text describes three resources for keeping children safe online. A list of three points follows, detailing how the toolkit can help parents and carers. On the right side, there are sections for 'For' (with links for 3-7 years, 7-11 years, 11-14 years, and 14-18 years) and 'Topics' (with links for Social media, Grooming, Digital wellbeing, and Online bullying). A call to action at the bottom of the main content area says 'Download the full Parent and Carer Toolkit here:'. The entire page is displayed on a dark blue tablet-like background with a vertical slider on the left and a circular home button on the right.

Resources

## Parents and Carers Toolkit

Three resources that offer practical tips and advice on different aspects of keeping your child safe online.

They can help support parents and carers of any age child to:

- 1 Start discussions about their online life,
- 2 Set boundaries around online behaviour and technology use,
- 3 Find out where to get more help and support.

Download the full Parent and Carer Toolkit here:

For

[3-7 years](#) [7-11 years](#) [11-14 years](#)  
[14-18 years](#)

Topics

[Social media](#) [Grooming](#)  
[Digital wellbeing](#) [Online bullying](#)

[childnet.com/toolkit](https://childnet.com/toolkit)

Filtering software  
and settings can  
help block  
unwanted content.

Look at filters on  
individual devices  
and from mobile &  
internet providers

internetmatters.org In partnership with sky

About us REPORT ISSUE 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](#)

**Broadband & mobile networks**

Select the device from the dropdown list

Select the device

[VIEW ALL](#)

**Smartphones and other devices**

Select the device from the dropdown list

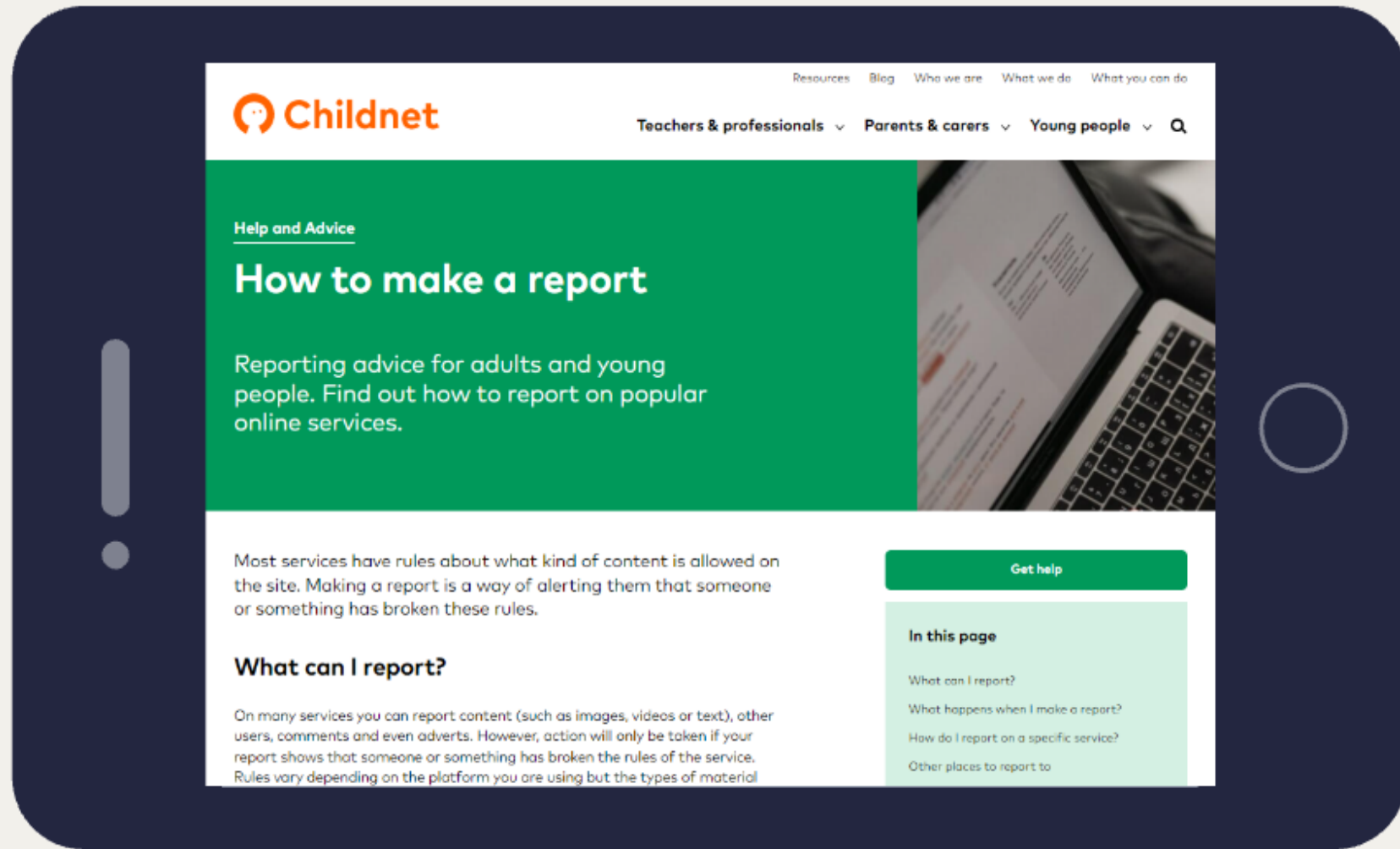
Select the device

[VIEW ALL](#)

[internetmatters.org/parental-controls/](https://internetmatters.org/parental-controls/)

Familiarise yourself with safety and privacy settings on the services your family uses.

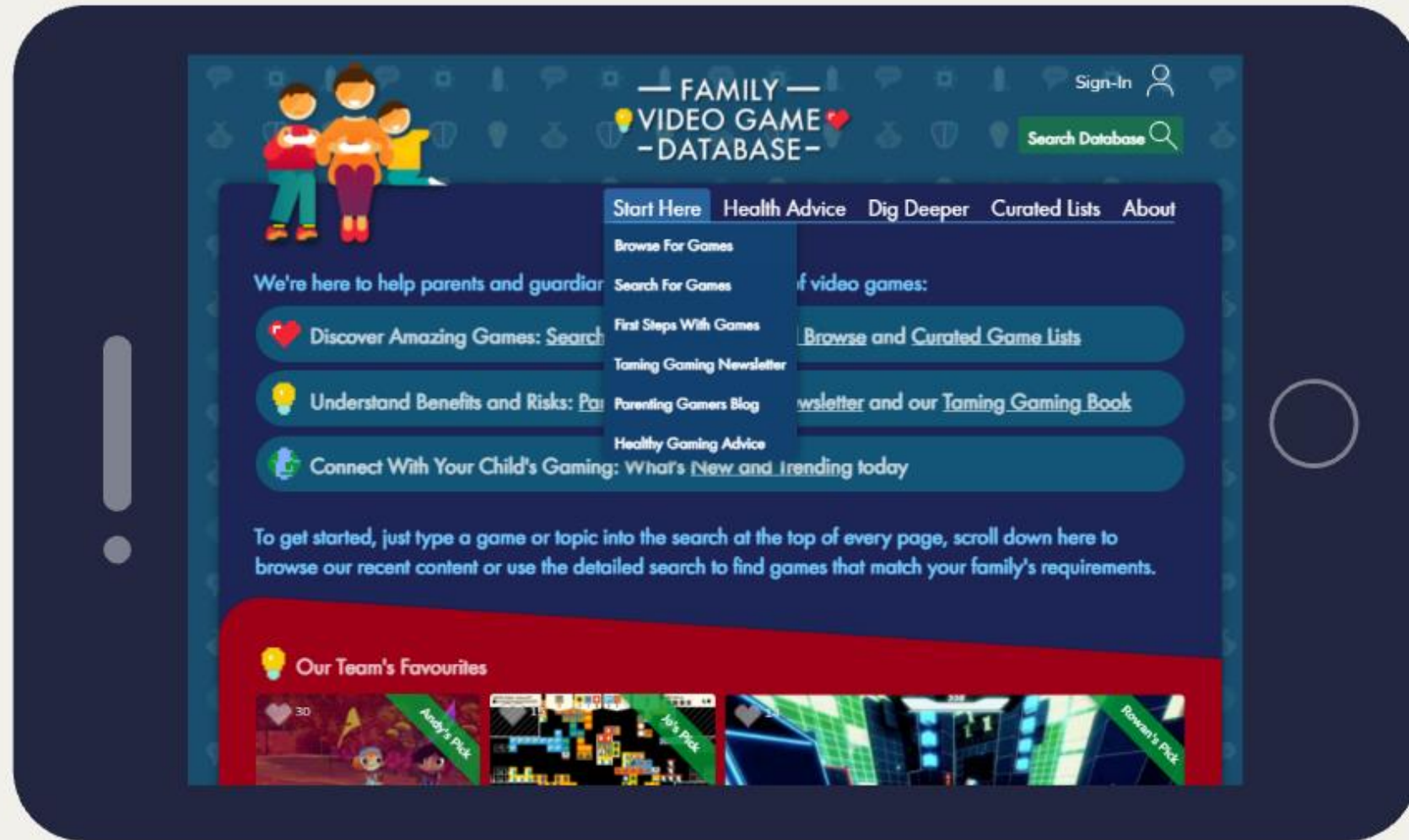
Learn how to report, block and mute other users on games and social media.



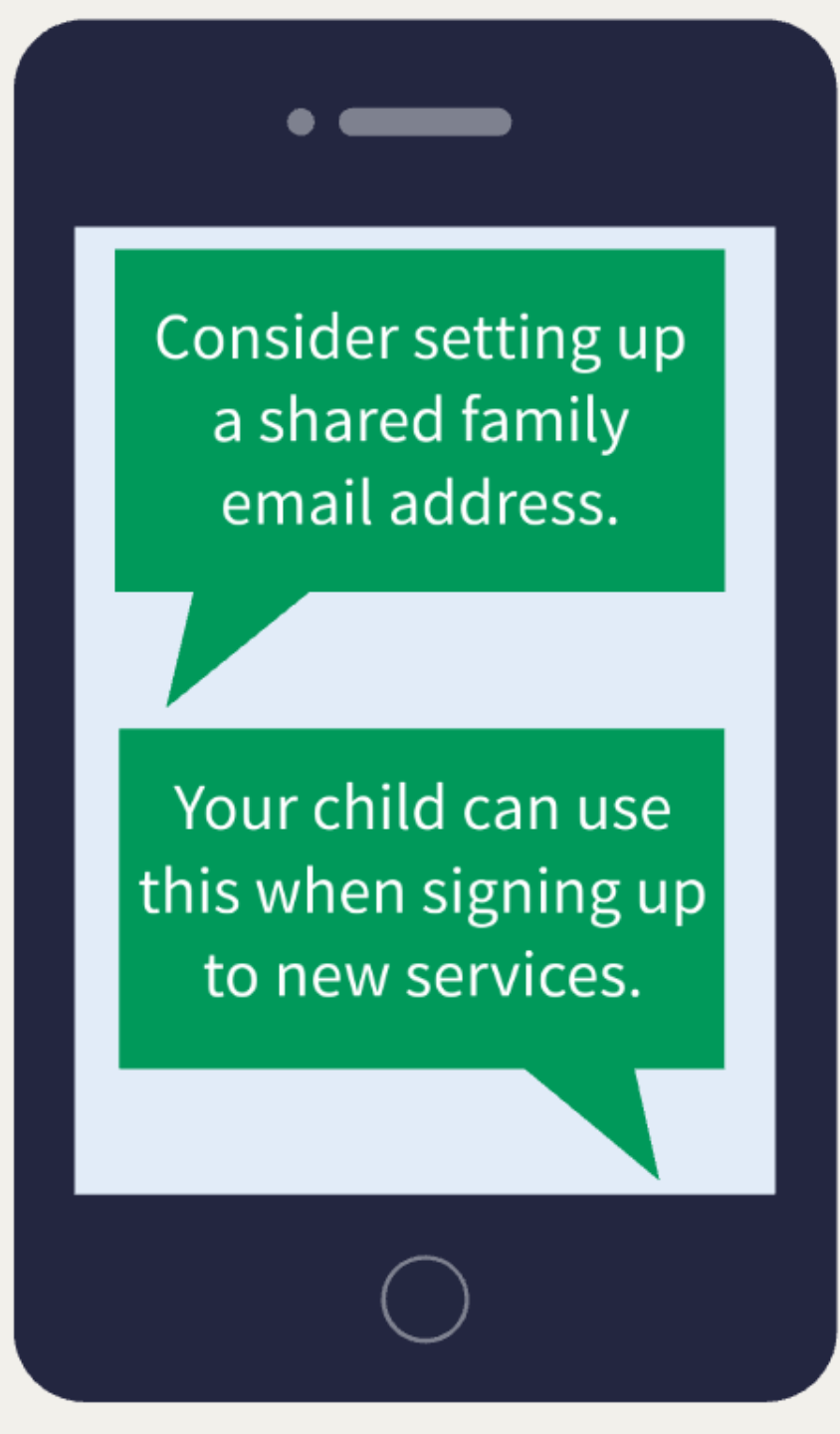
[childnet.com/how-to-report](https://childnet.com/how-to-report)

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...



taminggaming.com

A dark blue smartphone with a white home button. The screen displays two green speech bubbles. The top bubble points to the right, and the bottom bubble points to the left.

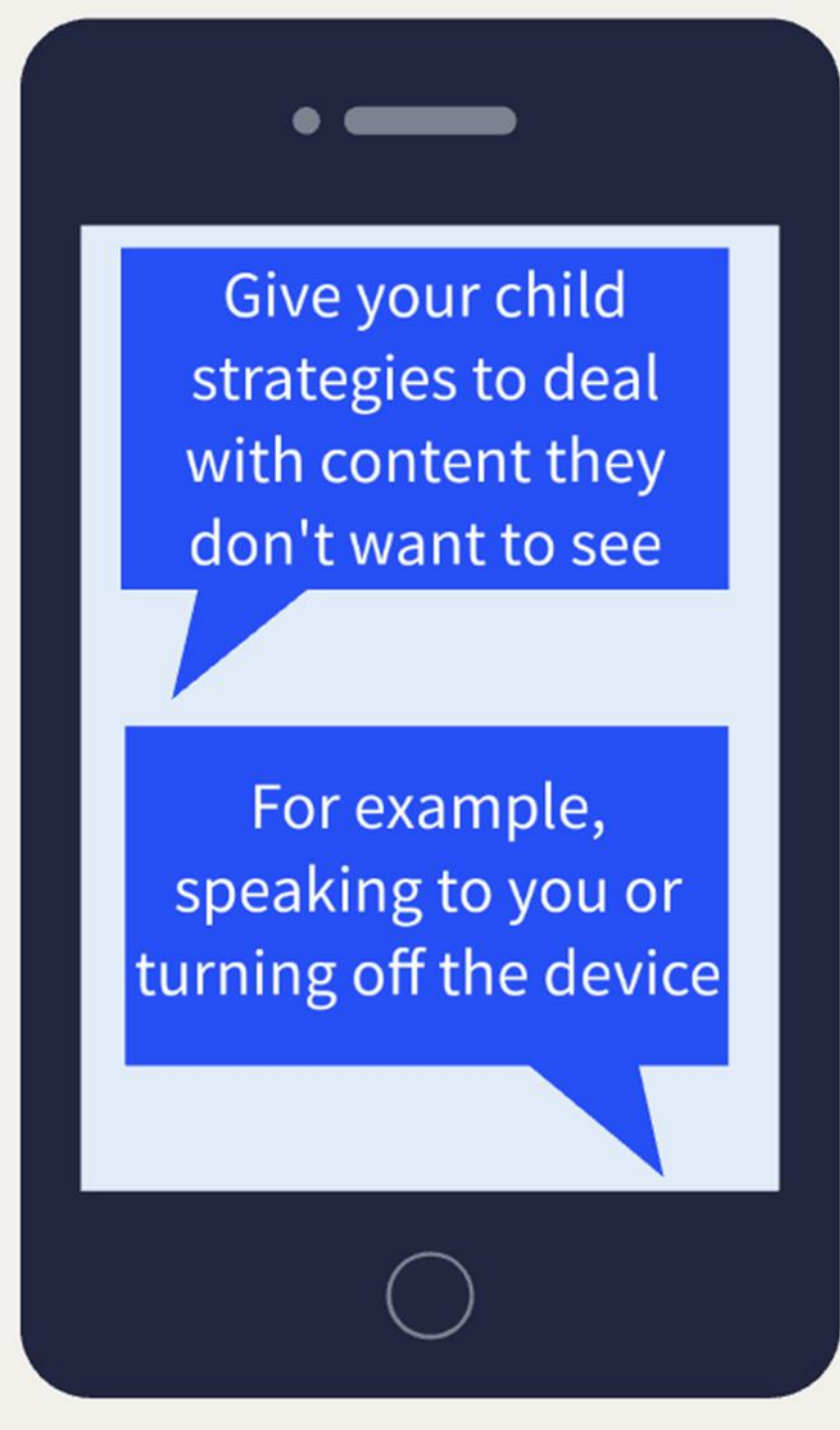
Consider setting up  
a shared family  
email address.

Your child can use  
this when signing up  
to new services.

A dark blue smartphone with a white home button. The screen displays two orange speech bubbles. The top bubble points to the left, and the bottom bubble points to the right.

Encourage your  
child to always  
**'think before you  
post'**

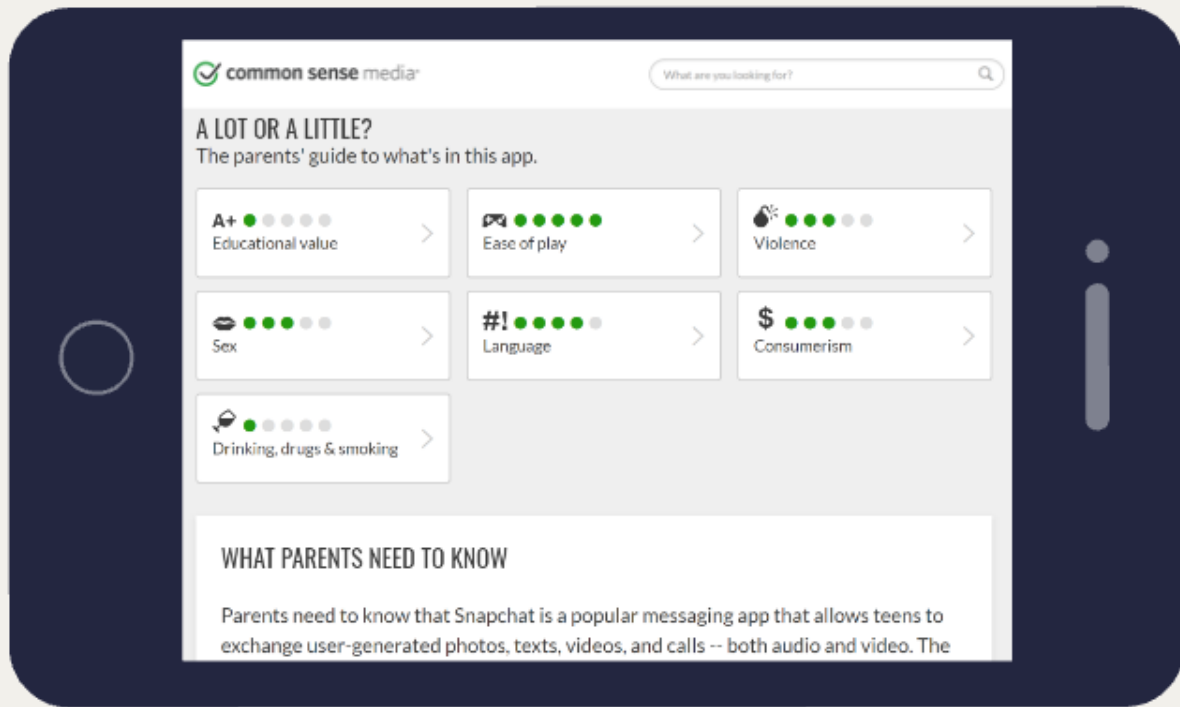
Lead by example and  
discuss the content  
you share on social  
media too

A dark blue smartphone with a white home button. The screen displays two blue speech bubbles. The top bubble points to the left, and the bottom bubble points to the right.

Give your child  
strategies to deal  
with content they  
don't want to see

For example,  
speaking to you or  
turning off the device

# Other useful resources...



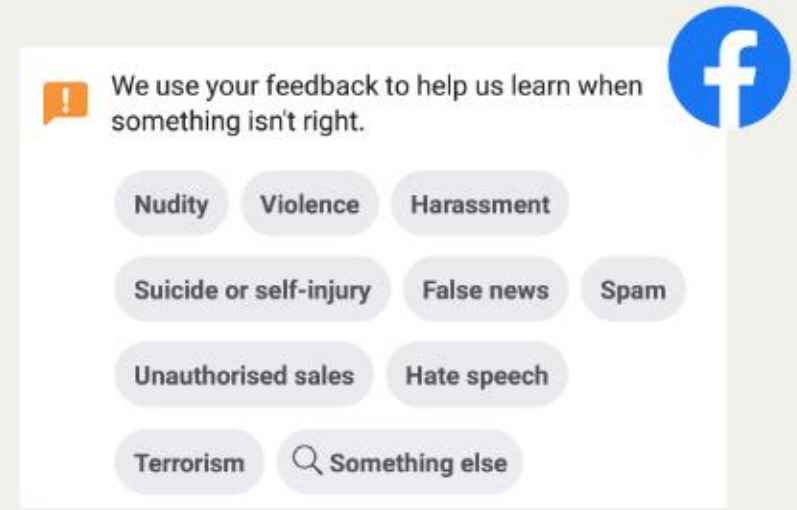
[commonsensemedia.org](https://www.commonsensemedia.org)



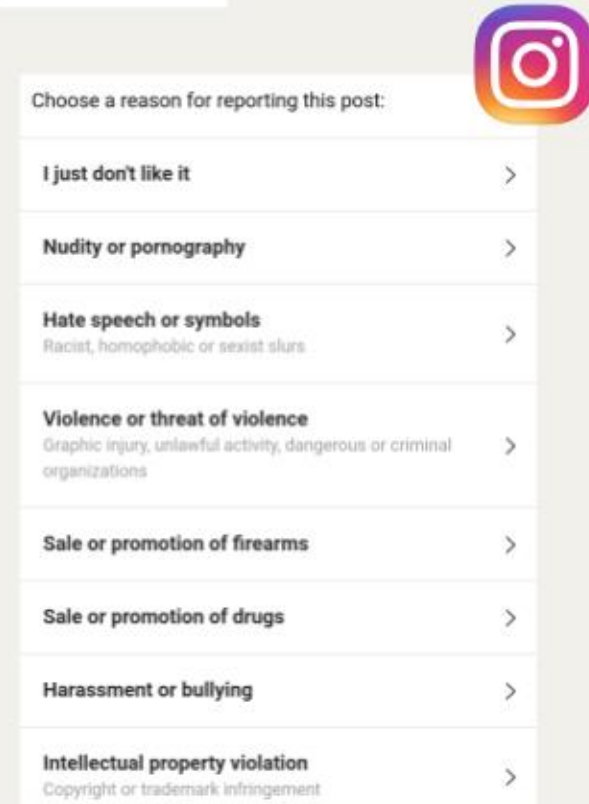
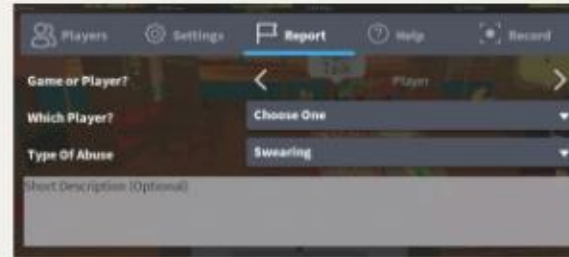
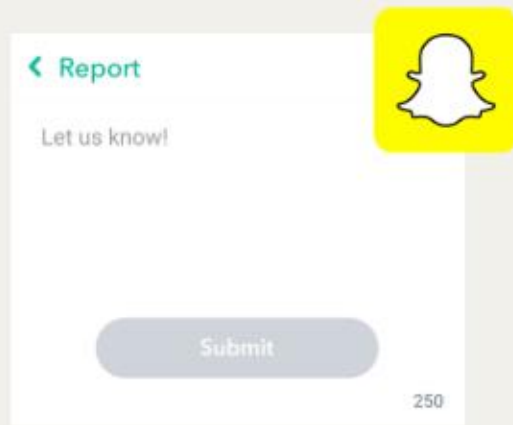
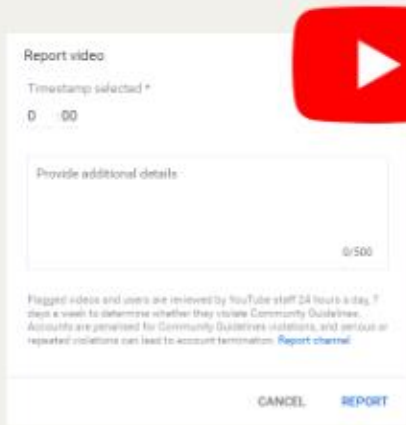
[askaboutgames.com](https://www.askaboutgames.com)

# Making a report

Look out for these symbols on the post, comment or user profile you want to report



Choose a reason for reporting



Fill out the form with as much detail as possible and press send to inform the platform's safety team.



# Follow up inadequate responses to reports on other services here:

The screenshot shows the 'Report Harmful Content' website. At the top left is the logo with an exclamation mark and the text 'REPORT HARMFUL CONTENT'. To the right are two buttons: 'Report' (red) and 'Advice' (blue). Below this is the heading 'We can help you report:' followed by eight circular icons in a 2x4 grid, each with a label underneath: Threats (crosshair), Impersonation (person), Bullying or Harassment (two people), Self Harm or Suicide Content (hand with knife), Online Abuse (speech bubble with symbols), Violent Content (fist), Unwanted Sexual Advances (hand with heart), and Pornographic Content (XXX). A 'Find out more' button is centered below the icons. A red banner contains the text: 'If you or the person you are helping is in immediate danger please contact the police dialling 999'. Below the banner are two columns of information. The left column features the 'ACT' logo (Action Counters Terrorism) and text: 'Action Counters Terrorism: If you've seen something online that supports, directs or glorifies terrorism, report it here.' with a 'Report Terrorist Activity' button. The right column features the 'IWF' logo (Internet Watch Foundation) and text: 'We are unable to take reports of sexual images of under 18s. You can report sexual images of under 18s online directly to the Internet Watch Foundation.' with a 'Report Child Sexual Abuse Imagery' button.

**REPORT HARMFUL CONTENT** Report Advice

**We can help you report:**

- Threats
- Impersonation
- Bullying or Harassment
- Self Harm or Suicide Content
- Online Abuse
- Violent Content
- Unwanted Sexual Advances
- Pornographic Content

[Find out more](#)

If you or the person you are helping is in immediate danger please contact the police dialling 999

**ACT** ACTION COUNTERS TERRORISM  
Action Counters Terrorism: If you've seen something online that supports, directs or glorifies terrorism, report it here.  
[Report Terrorist Activity](#)

We are unable to take reports of sexual images of under 18s. You can report sexual images of under 18s online directly to the Internet Watch Foundation.  
**IWF** Internet Watch Foundation  
[Report Child Sexual Abuse Imagery](#)

[reportharmfulcontent.com](https://reportharmfulcontent.com)

# Report any suspected grooming to CEOP:

The screenshot shows the CEOP website's reporting page. At the top left is the CEOP logo with the text "Child Exploitation and Online Protection command" and "A National Crime Agency command". At the top right, there is a link "If you need to hide this site quickly, just click here" and a red "Quick exit" button with a running person icon. The main heading asks, "Are you worried about online sexual abuse or the way someone has been communicating with you online?". Below this is the instruction "Make a report to one of CEOP's Child Protection Advisors". There are three columns of information: "Should I make a report to CEOP?", "What happens when I make a report?", and "How can CEOP help me?". Each column has a brief explanation and a right-pointing arrow. At the bottom, there is a prominent yellow "Make a report" button with a pencil icon. Below the button is a message: "If you have been a victim of sexual online abuse or you're worried this is happening to someone you know, let us know safely and securely".

**Child Exploitation and Online Protection command**  
A National Crime Agency command

If you need to hide this site quickly, just click here **Quick exit**

## Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

**Should I make a report to CEOP? →**  
If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

**What happens when I make a report? →**  
One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.

**How can CEOP help me? →**  
Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.

**Make a report**

If you have been a victim of sexual online abuse or you're worried this is happening to someone you know, let us know safely and securely

[ceop.police.uk](https://ceop.police.uk)

# Start on a positive note...



## Conversation Starters

What do you like most about the internet and why?  
What's your favourite game/app/site?

Do you like to be creative online?  
What have you created?

(It could be anything from a picture or video to creating their own games, sites or apps.)

The internet offers brilliant opportunities for making connections with others. Who do you like to keep in touch with online and what apps/-services do you use?

# Keep the conversation going...

Do you have any tips for how to be positive and show respect online?

What could you do if someone online is making you or someone you know feel worried or upset?

How might you know if you are using the internet/technology too much?

How does the internet make you feel? Do different apps/games makes you feel differently?

Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?

Help me!  
Can your child show you how to do something better/safer online?

# What we're doing in school to tackle online safety issues...

E-Safety lessons in Computing lesson

Celebrate internet safety day

Assemblies

PSHE curriculum

RSE curriculum

Staff Safeguarding training