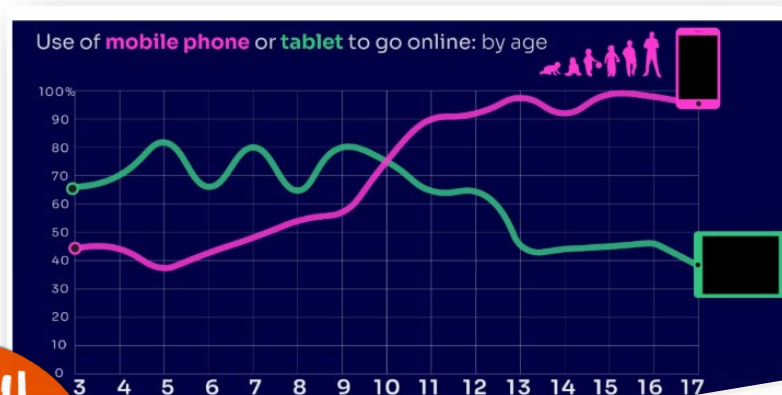


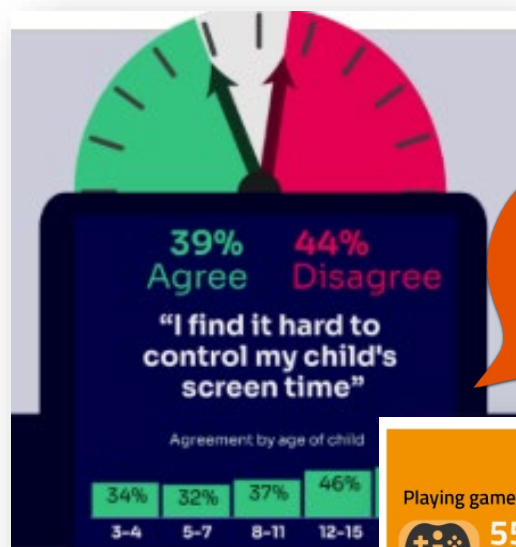
NEW
for
2025

ONLINE SAFETY

Information and Guidance for Parents and Carers



Digital Family Agreement



DID YOU
KNOW?

Online Gaming: 8

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



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



Children's
COMMISSIONER



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



LGfL

SafeguardED

ONLINE SAFETY Part A

Information and Guidance for Parents and Carers

Part A

1. Talking to your child about life online
2. Device use and ownership
3. Supervision & parental controls



This presentation brings together:

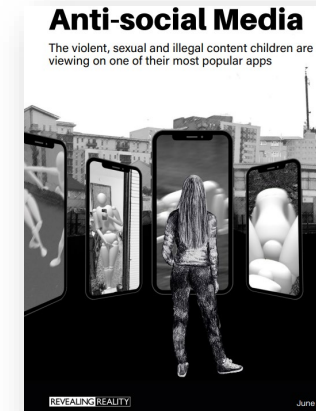


- **Key Findings from:**

- [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





1. TALKING TO YOUR CHILD ABOUT LIFE ONLINE

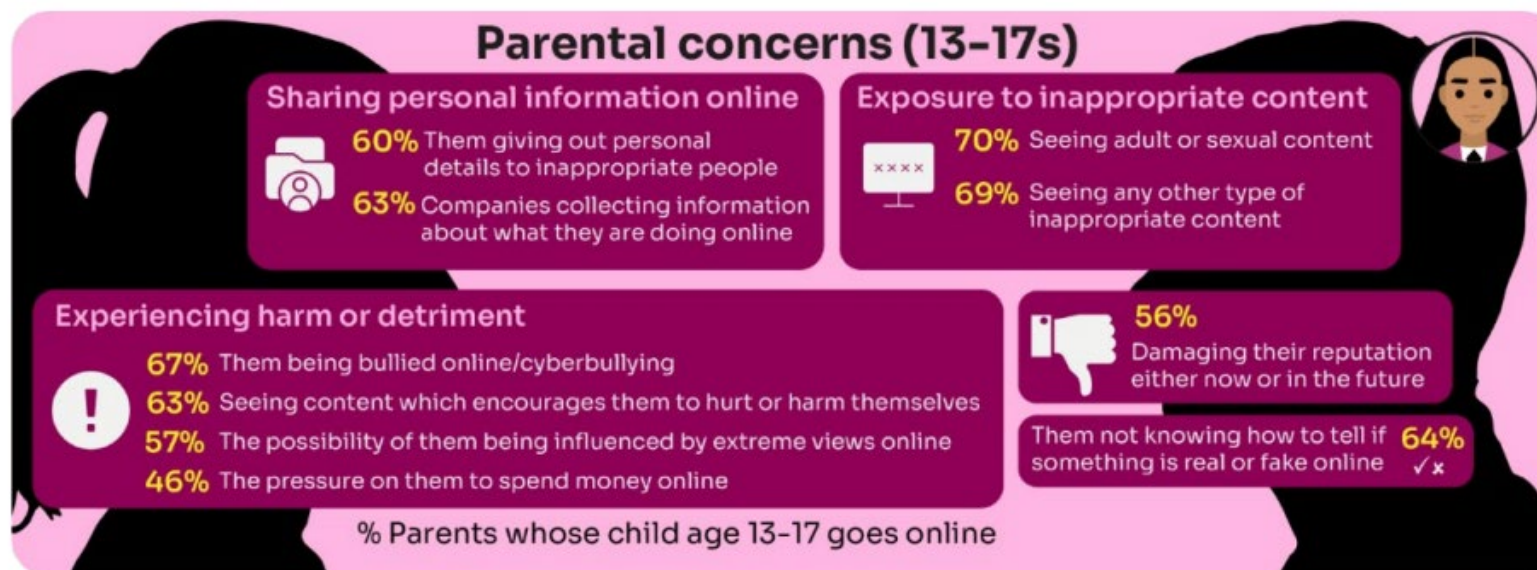
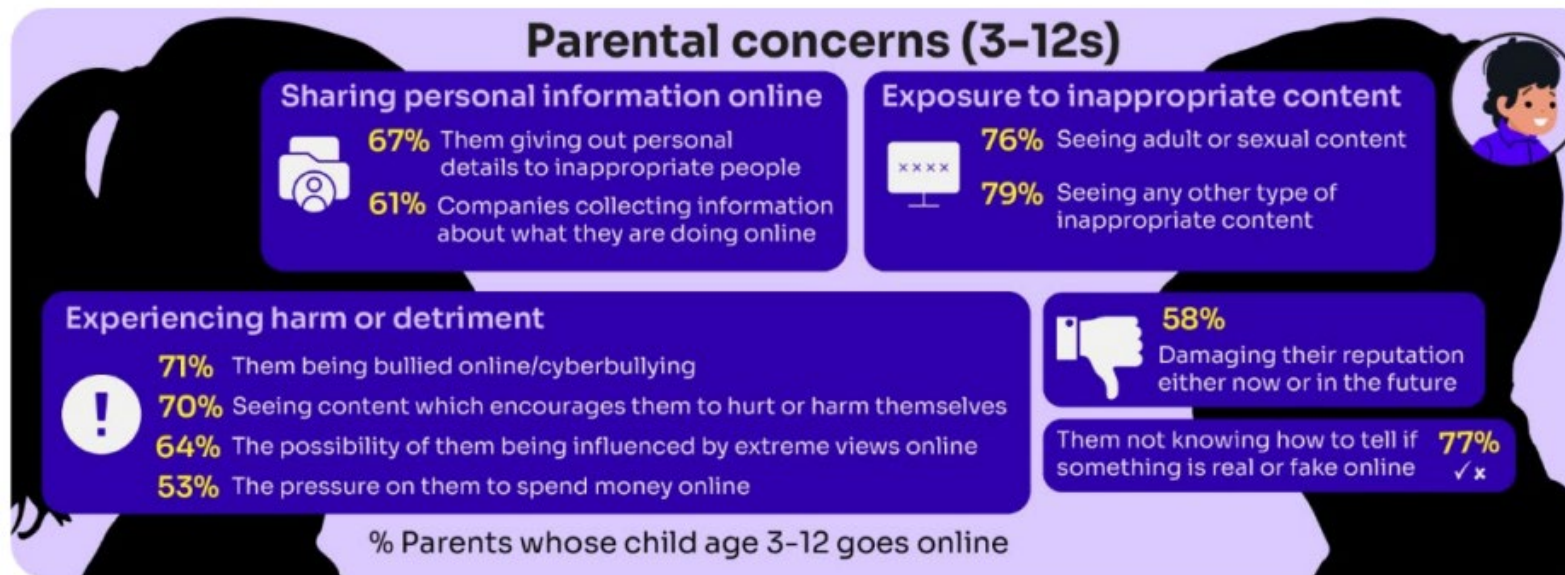


What are you most **WORRIED** about when your child is **ONLINE**?



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

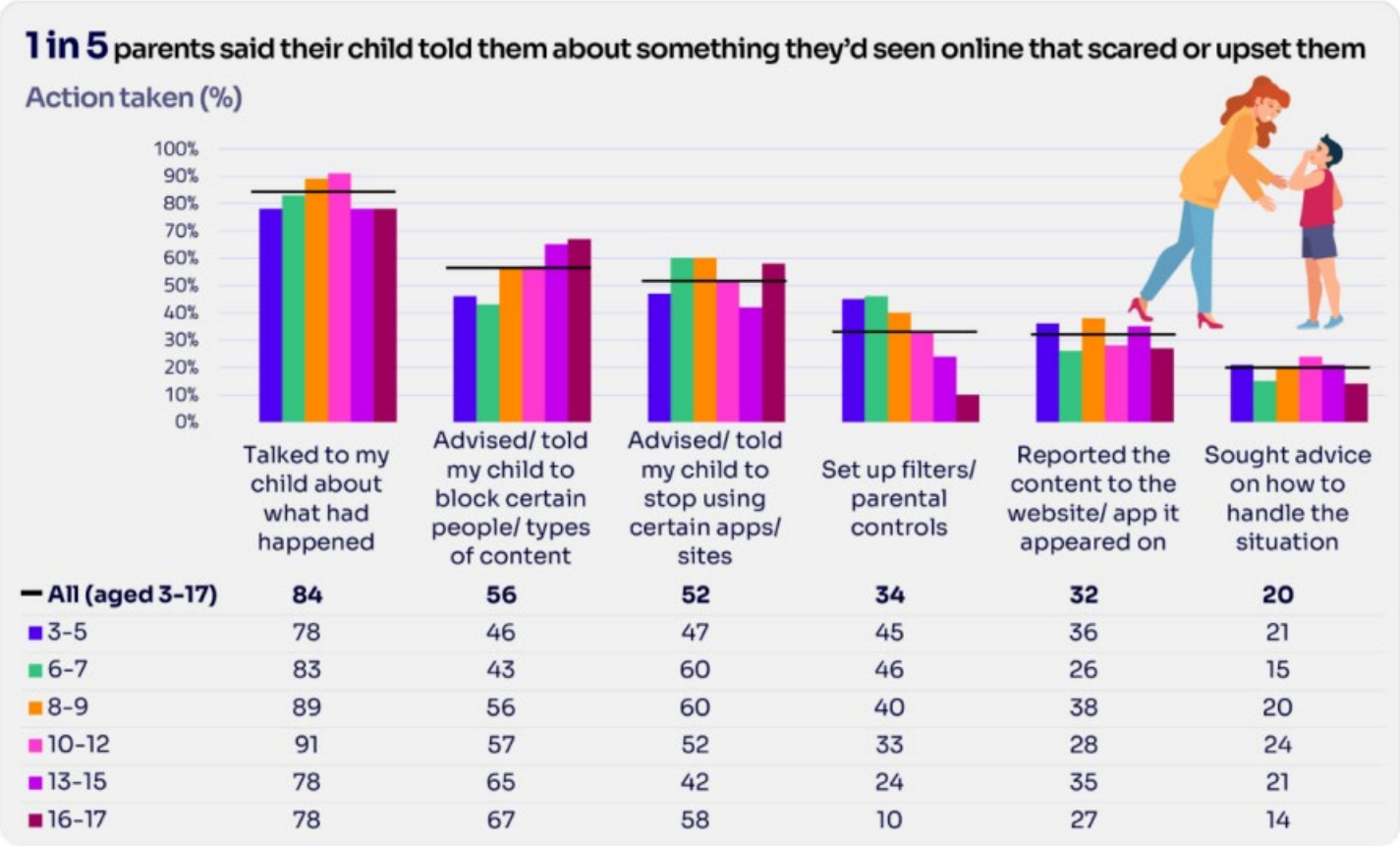
Source: Children and parents: media use and attitudes report 2025





Are you **CONFIDENT** to **TALK TO YOUR CHILD?** Is your child confident to **TALK TO YOU?**

WHAT WOULD YOU DO?
Are there any areas you would not feel confident or comfortable to discuss?



Younger children are more likely to tell a parent if they see something worrying or nasty online:

- 92% of 8-12-year-olds say that they would tell a parent
- 85% of 13-17s say that they would tell a parent



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

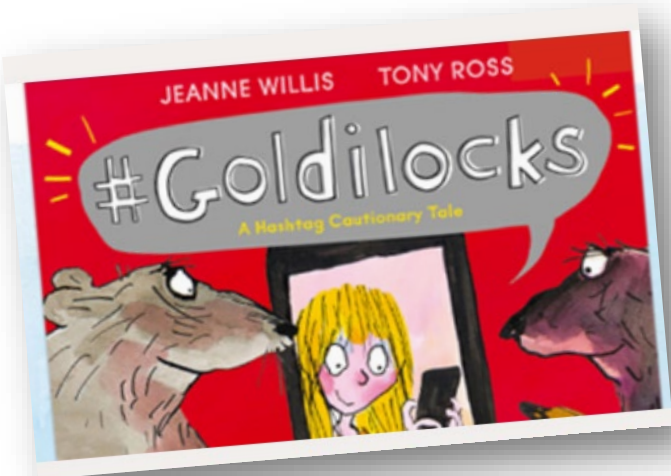
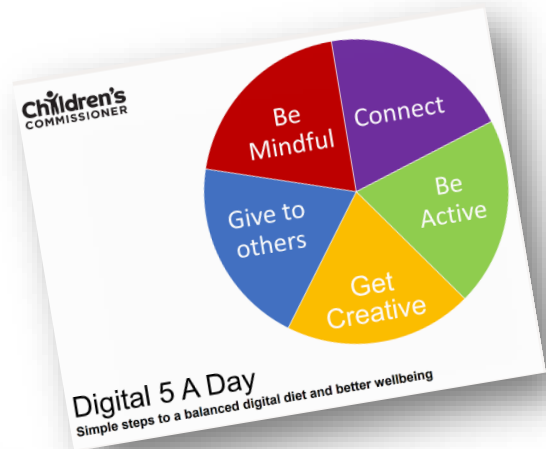
TOP TOPICS (porn, bullying, ...)

SEX & RELATIONSHIPS

HELP & REPORTING



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

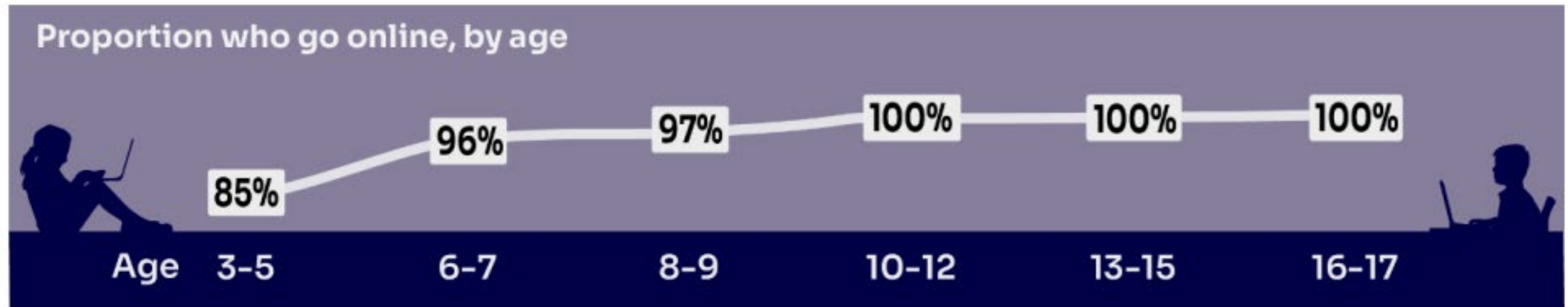




2. DEVICE USE AND OWNERSHIP

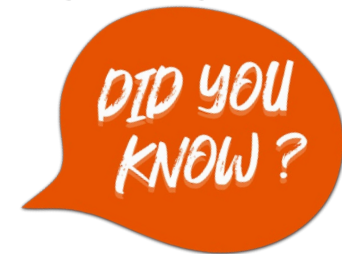


HOW MUCH DO YOU KNOW about your child's life online?



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**

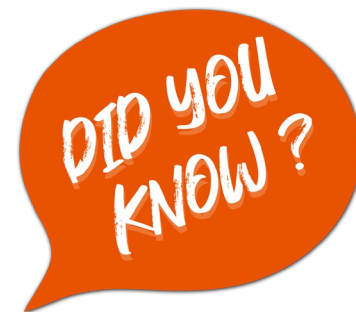




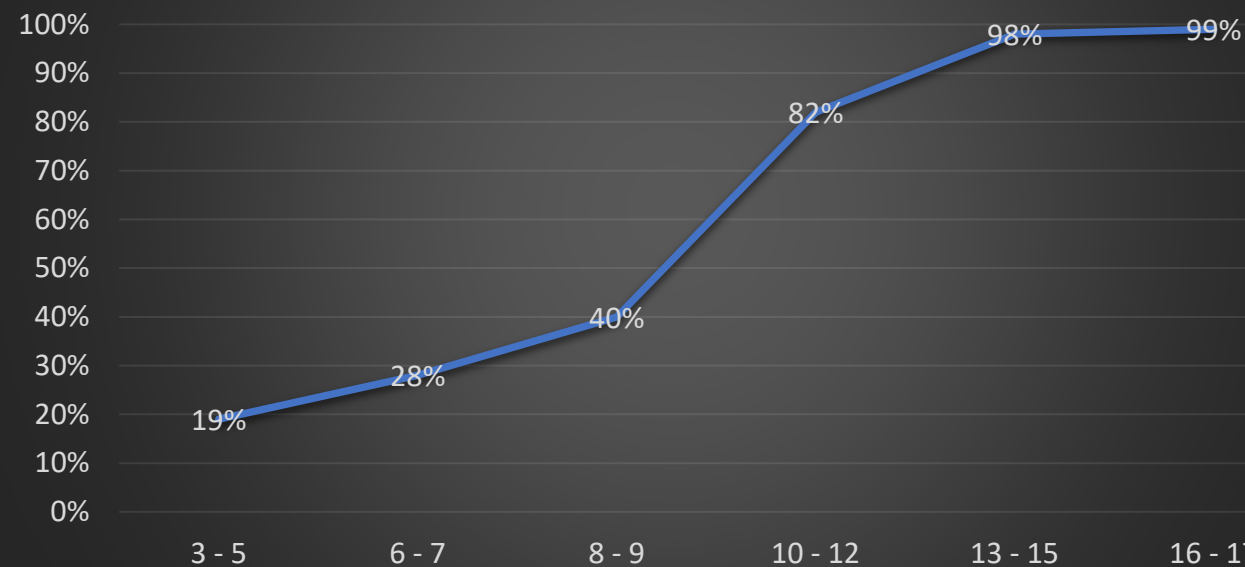
Does your child have their **OWN MOBILE PHONE?** If so, is it a **SMART PHONE?**



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

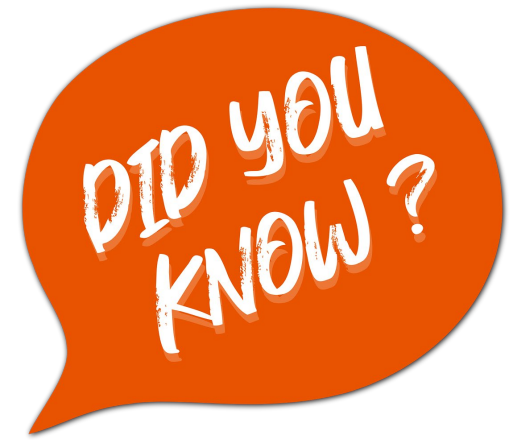
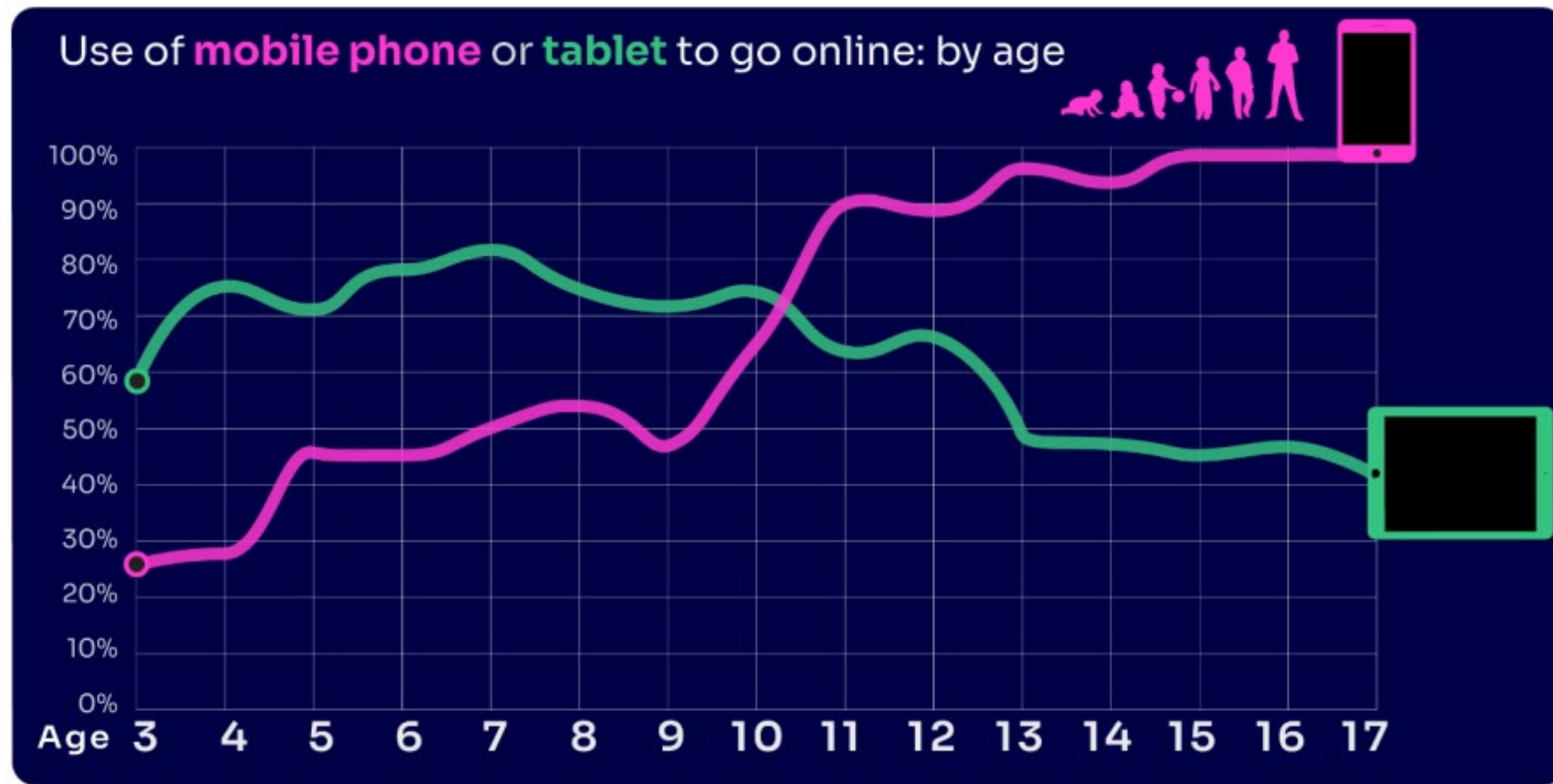


REMEMBER IT'S YOUR CHOICE

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

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



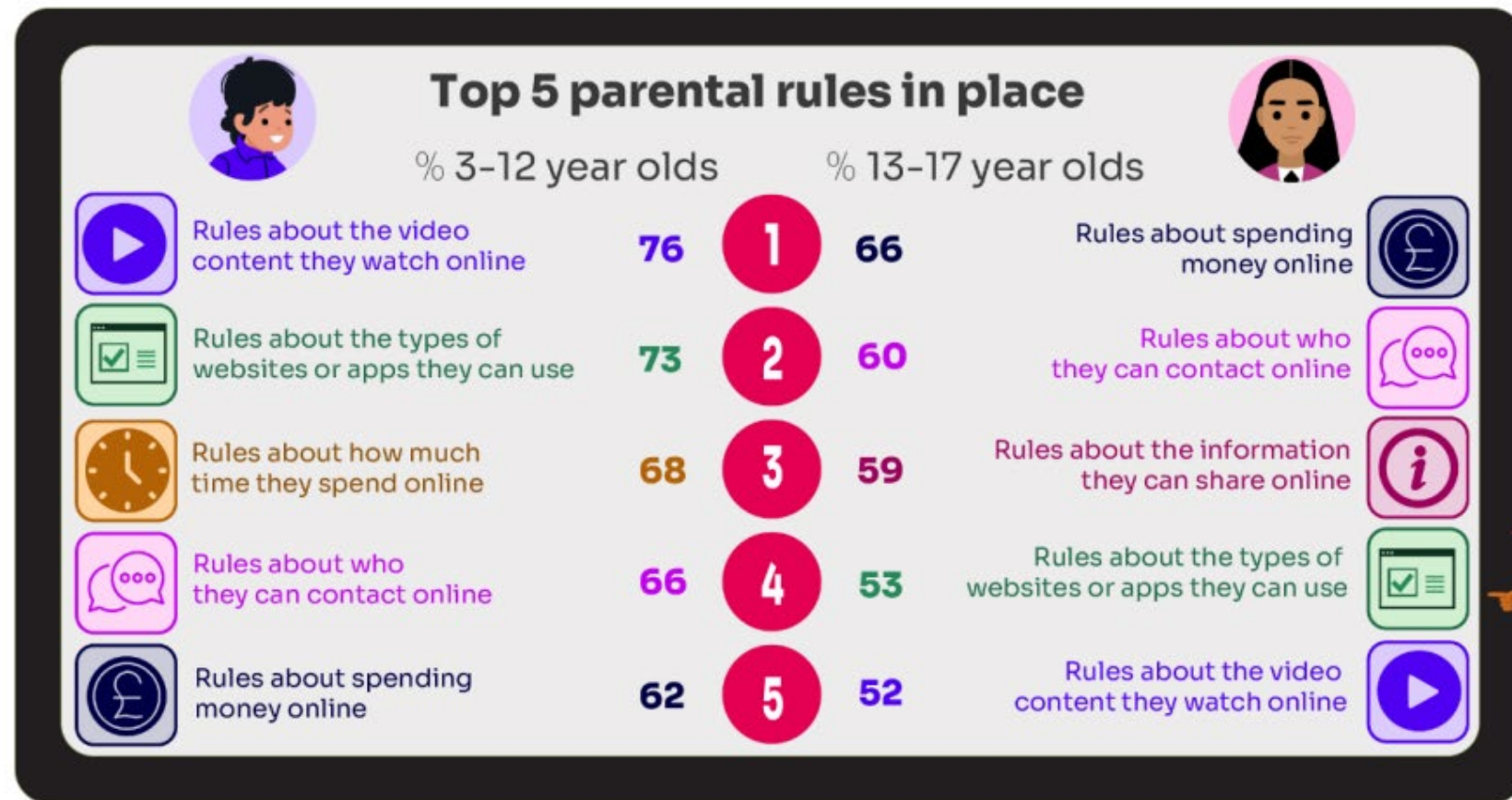
3. SUPERVISION AND PARENTAL CONTROLS



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

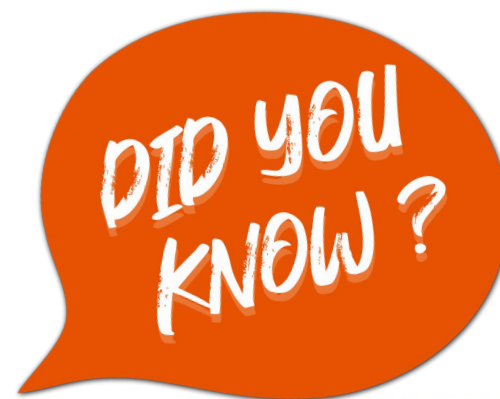
What do you do that **WORKS**?

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





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/carers 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*

SHARENTING!

LGfL

SafeguardED

parentsafe.lgfl.net

Download me again and find more... parentsafe.lgfl.net



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 who's children go online)

**Being nearby and regularly
checking what they do**

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



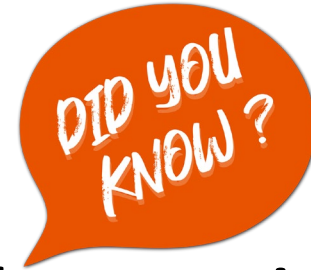
**Asking about what they are
doing or have been doing online**

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

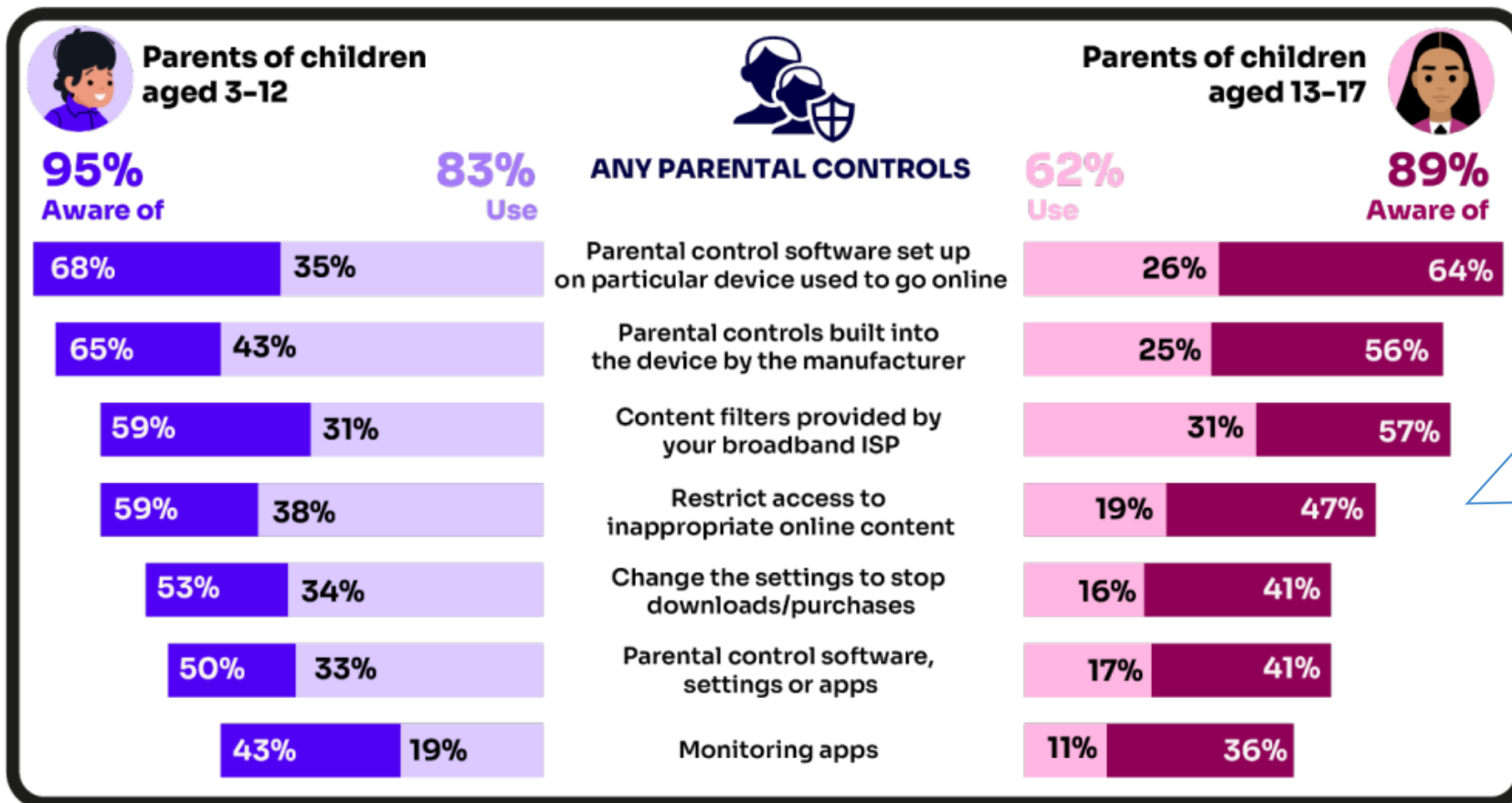
They are important because they allow you to:

- **Block and filter** upsetting or inappropriate content or sites
- **Plan what time and how long** your child can go online for





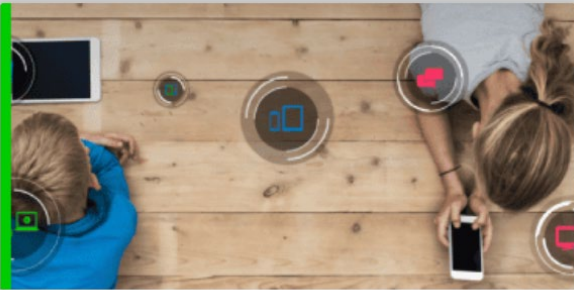
Are you **AWARE** of these **PARENTAL CONTROL TOOLS**? Which ones have **YOU USED**?



'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:



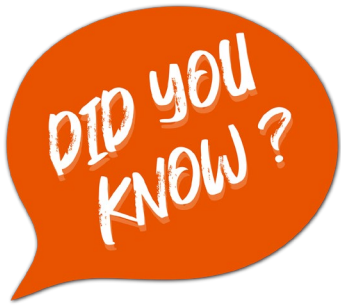
VIEW ALL

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

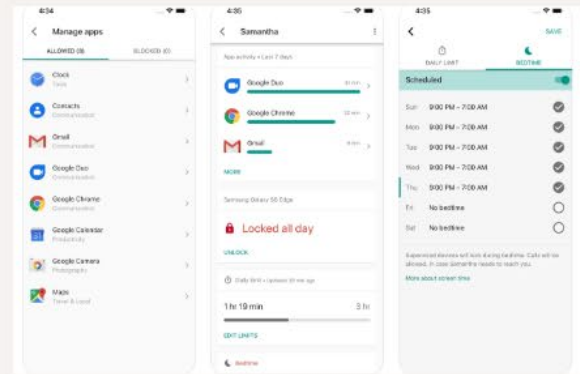
SAFE SETTINGS, CONTROLS & MONITORING

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?).



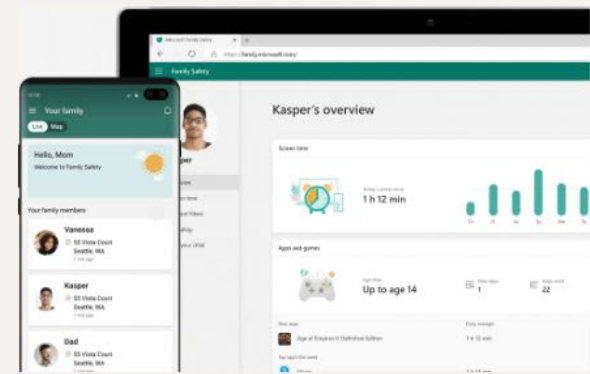
Apple Screen Time

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



SafeguardED

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*

