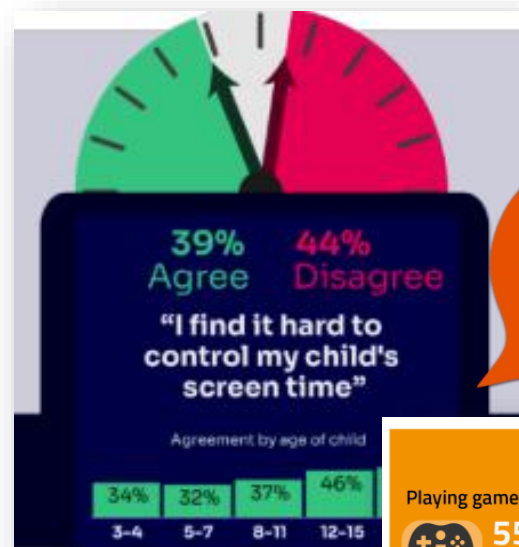


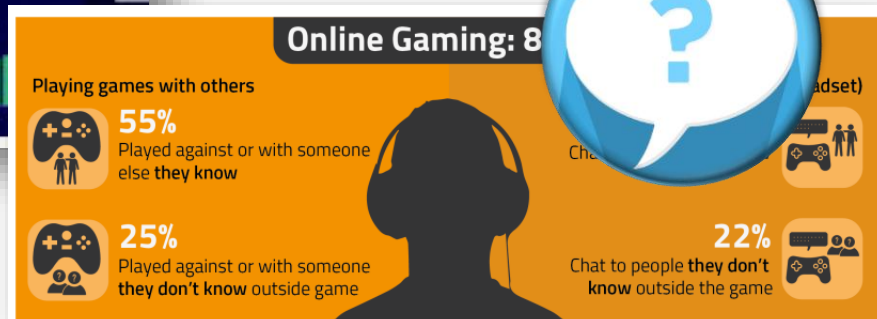
NEW
for
2025

ONLINE SAFETY Part C

Information and Guidance for Parents and Carers



DID YOU KNOW?



ONLINE SAFETY

Information and Guidance for Parents and Carers

Part C



- 7. Risks and negative experiences
- 8. Staying safe online
- 9. Critical thinking-can you trust what you read online?
- 10. Resources and support

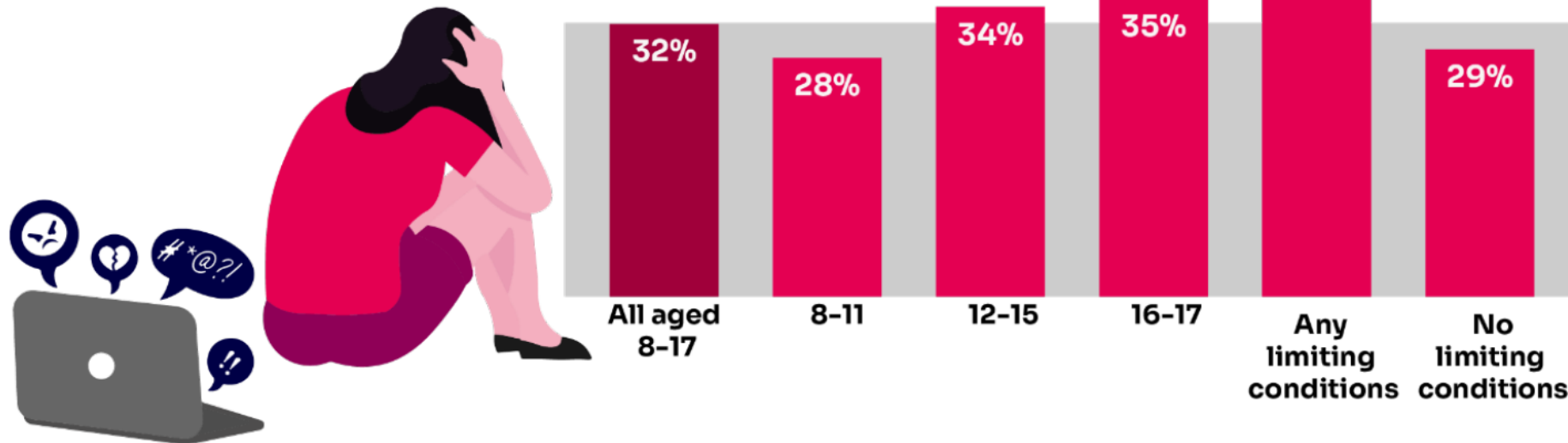




7. RISKS AND NEGATIVE EXPERIENCES

Summary of children's negative experiences

In the past 12 months, have you seen anything online that you found worrying or nasty in some way that you didn't like?



BUT Only 20% of parents report their child telling them about this in the same time frame.

Source: Children and parents: Media use and attitudes report

So what are the **RISKS**?

content: being exposed to **illegal**, inappropriate, or **harmful** content, for example: **pornography**, **fake** news, **racism**, **misogyny**, **self-harm**, **suicide**, **anti-Semitism**, **radicalisation**, and **extremism**.

contact: being subjected to harmful online **interaction** with other users; for example: peer to **peer pressure**, commercial **advertising** and **adults posing as children** or young adults with the intention to **groom** or **exploit** them for **sexual**, **criminal**, **financial** or other purposes

conduct: online **behaviour** that increases the likelihood of, or **causes, harm**; sharing and receiving **explicit images** (e.g. **nudes** and semi-nudes and/or **pornography** and online **bullying**

commerce: risks such as online **gambling**, **inappropriate advertising**, **phishing** and or **financial scams**



PARENTSAFE

Keeping your children safe: online & beyond

TOP TOPICS (porn, bullying, extremism, fake news...)

We have selected our top two or three resources to help parents on six key themes, which we think are important to all families. Take a look and see what you think - even if you think it may not apply to you.

Body Safe

Accessing Pornography

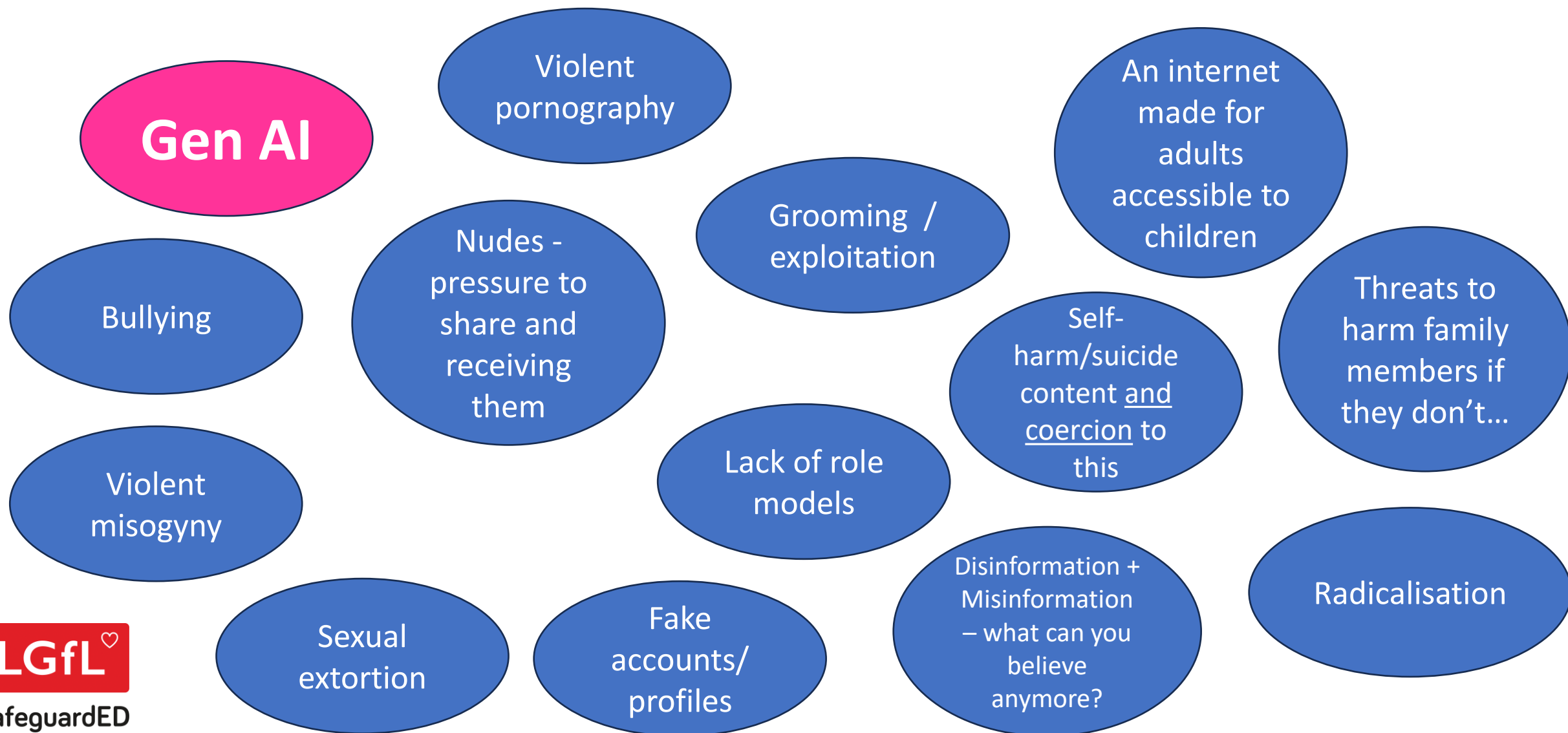
Bullying

Extremism & Radicalisation

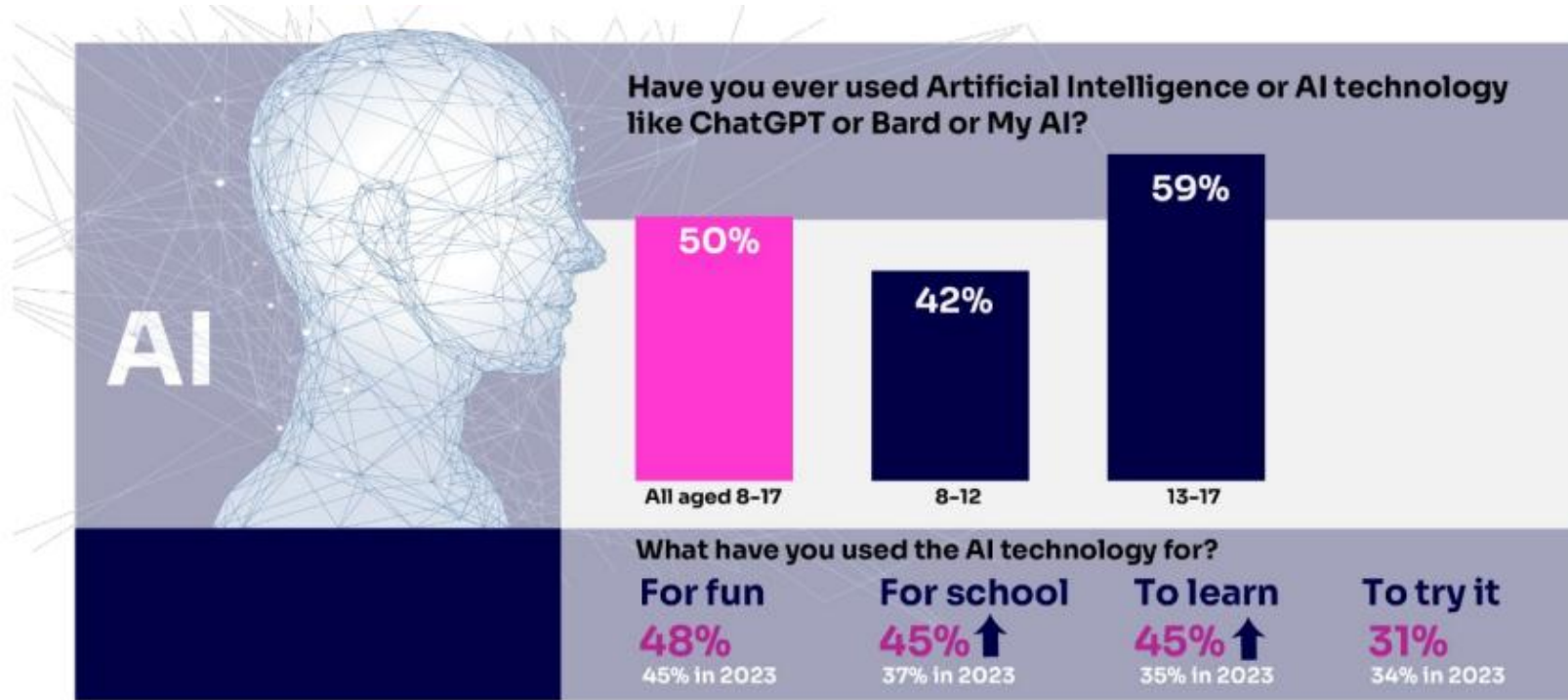
Gangs & County Lines

Fake News & Hoaxes

Current issues that schools are dealing with right now Include:



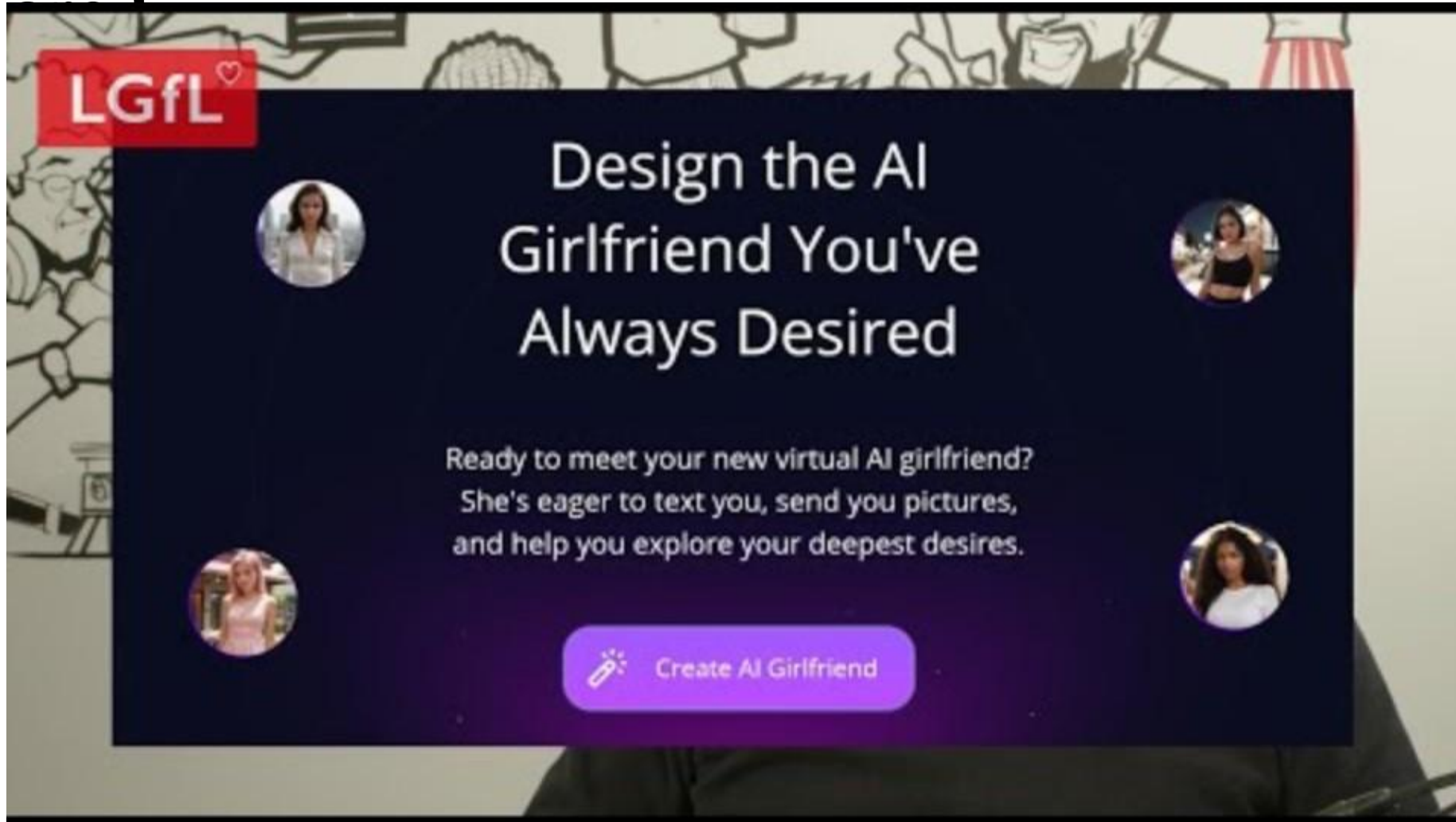
Half of children say they use artificial intelligence (AI) tools



Childnet Cheat Sheet GenAI
PDF Format (844.65kB)



Generative AI – what do you think the risks are ?



Generative AI – find out how nudify apps might impact young people or why a teenager might make friends with a chatbot



Financially Motivated Sexual Extortion – ‘SEXTORTION’

“I recently got tricked into sending nudes to whom I thought was a girl, but I now know to be a grown man. They threatened to post my nudes on socials unless I paid them. At first, they wanted £20 so I sent it to them. Then they came back asking for £30, £50, sometimes more.”

Boy aged 16, Childline

“I sent nudes to this boy on Snapchat. I thought I could trust him, but I was wrong cos he saved the images to his camera roll. Now he’s threatening to post them to my friends and family unless I do stuff on FaceTime. I don’t know how to handle this, I’ve never been so anxious in my life.”

Girl aged 15, Childline



Learn about FMSE



Talk with your child about FMSE



Know how to support your child and where to report if they become a victim of FMSE

What does FMSE look like?

If your child has been approached by an offender, they may tell you that they have been:

- contacted by an online account they do not know but appears to be another child or young person
- quickly engaged in a sexually explicit conversation. This may include the offender sharing indecent content first
- pressured into taking nude or semi-nude photos or videos. Or, they may have been blackmailed with images that have been digitally manipulated or **AI-generated**
- blackmailed into sending money or meeting another financial demand, such as buying a pre-paid gift card

Financially Motivated Sexual Extortion (FMSE): advice for parents and carers

How to talk to your child and access support if they need help

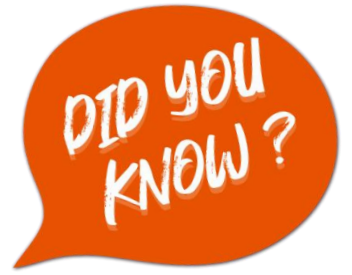


Parents and carers template letter

Dear parent/guardian,

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

Livestreaming



Sixteen per cent of children livestream their own videos

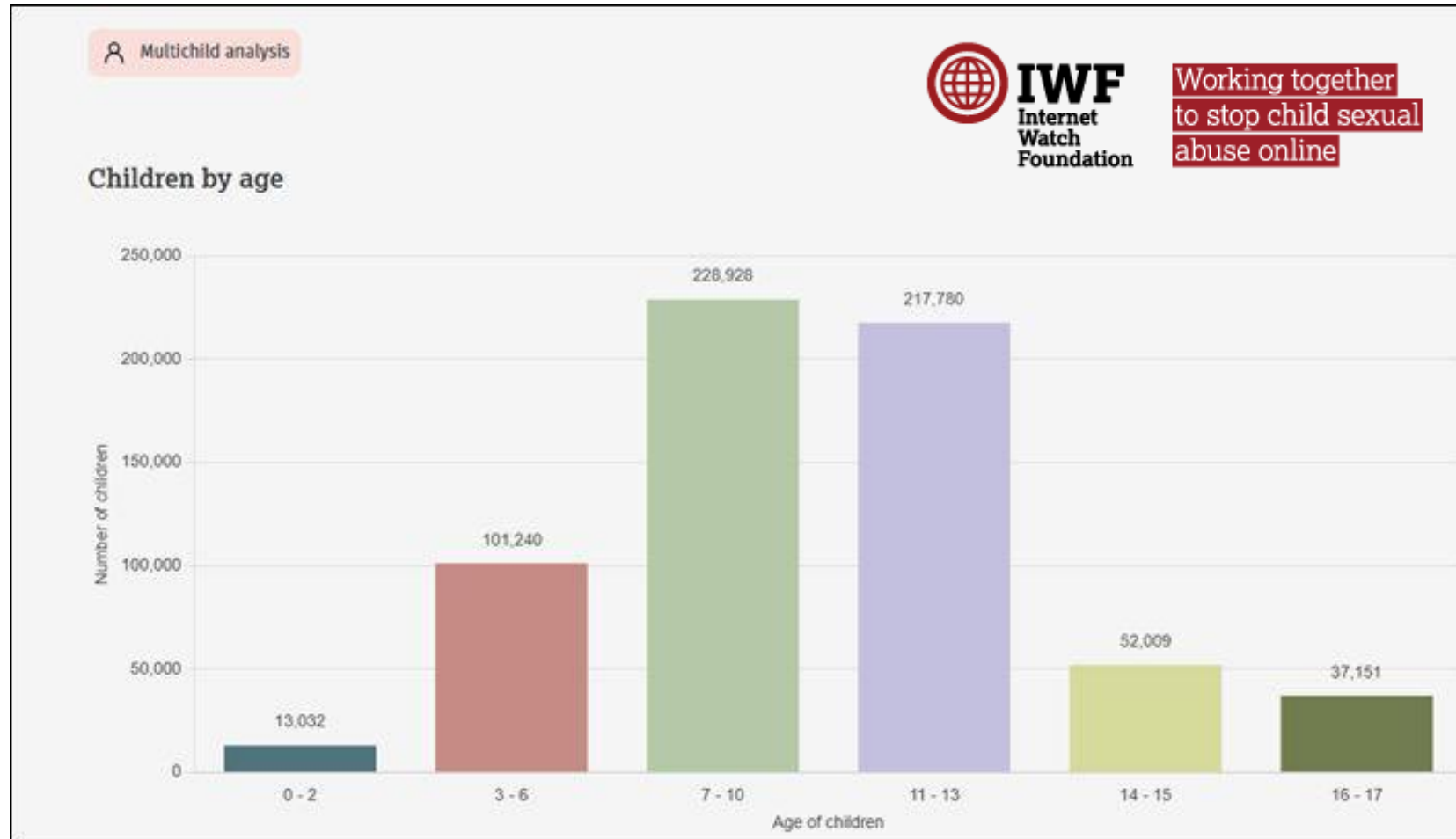
- 3-9 year-olds (1 in 10)
- 10-12 year-olds (2 – 10)



Why does this **MATTER?**

There were more 7-10-year-olds in child sexual abuse material (CSAM) images found by IWF than 11-13s in 2024

It can also affect younger children



Source: IWF Annual Data & Insights Report 2024, published April 2025

Being safer while live streaming



- **Talk** to them about what they are sharing
- Use devices in **public spaces** e.g. lounge not bedroom
- Check privacy and safety **settings** on the app/site
- Be wary of **requests to chat in private**
- Know **Support and Reporting** functions

So, what can **YOU** do?



Sharing Nudes / Semi-Nudes

Older girls (aged 16-18) were more likely than boys to have ever been exposed to potentially uncomfortable or unwanted types of contact:

DID YOU
KNOW?

Asked to share
naked/half-dressed
pictures of themselves

24%

Receiving pictures or
videos of naked / half-
dressed people

32%

Early in the year: Taylor (13) received messages from people she did not know that **included nude images or inappropriate messages.**

“I’d probably get one or two messages a month. They want [to add you on Snapchat] because on Snapchat, you can send pictures that you can’t get away with on Instagram.”

End of year: She had taken steps to reduce this happening by **no longer adding people on Snapchat after they had messaged her on Instagram or using Snapchat’s Quick Add feature to talk to strangers.**

“It [receiving an inappropriate message from a stranger] hasn’t happened in a long time. Maybe once in the last year... It doesn’t happen much anymore because I don’t really talk to people I don’t know any more.”

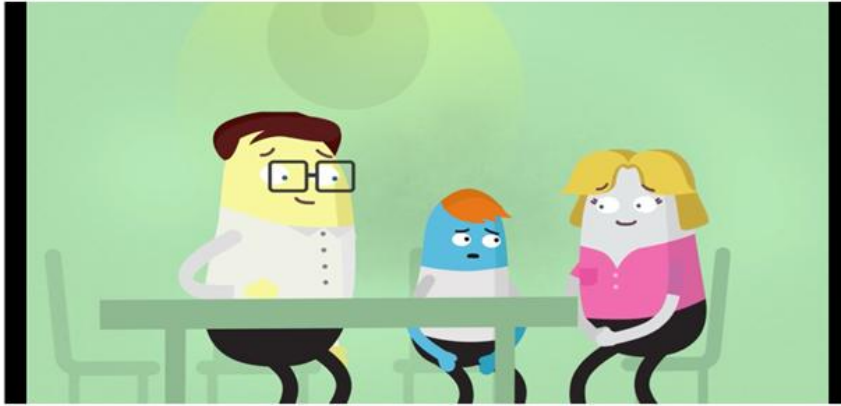
One 15-year-old* who contacted Childline said:

[NSPCC Targeting of Girls Online Report](#)

“I’ve been sent lots of inappropriate images online recently, like pictures of naked people that I don’t want to see. At first I thought they were coming from just one person, so I blocked them. But then I realised the stuff was coming from loads of random people I don’t know. I’m going to try and disable ways people can add me, so hopefully I’ll stop getting this stuff.”

So, what can **YOU** do?

Nude Selfies: Understanding Why



Nude Selfies: Talking to your child



Nude Selfies: When should I be worried?



Nude Selfies: Where to get help



youtu.be/XjV0lKYpakk?si=6ONdtZJRjfB6bSRj – what parents and carers need to know
youtu.be/E5LA2nKHVZ0?si=gU3_jXFF51TU3vTq – when should you be worried?

Pornography

Average age children first view pornography is 13

Substantial proportions viewed it at a much younger age – **27% by age 11 and 10% by the age of 9**

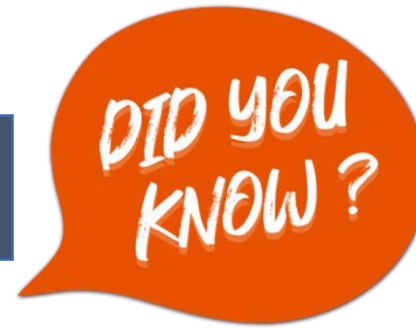
Unbearable **pressure** to view hardcore pornography even if they do not want to

Degrading acts and **violence against women**

Think it is **reflective** of real life or **healthy relationships**

Pornography sites are not the only way, or even the most popular way, that young people access online porn

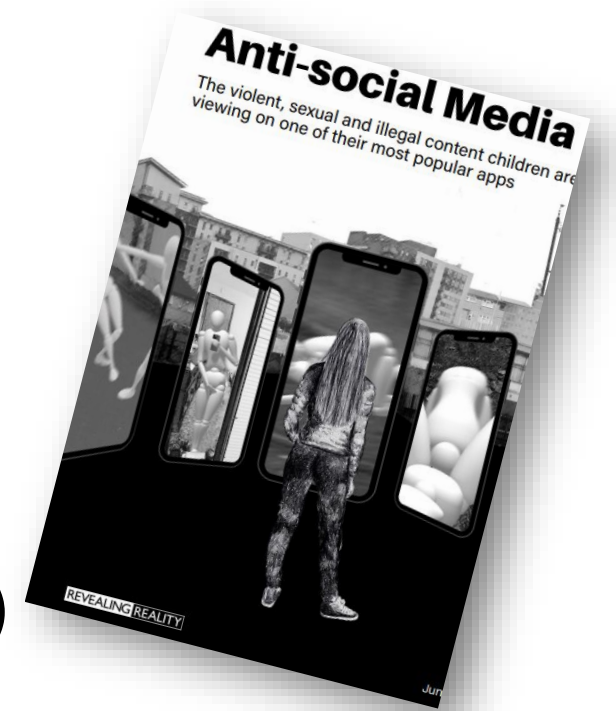
Wide **prevalence** of on **social media platforms** such as Twitter, **Snapchat** and **Instagram**



Would you know how to talk to your child about pornography?

Snapchat: 'It's our evening news...'

- **Disturbing, graphic and illegal content:**
 - Fights / beatings / stabbings / raids
 - Sexual assaults, sex acts involving children, CSAM
 - Sale of weapons and drugs online(Some see this type of content several times a day, daily)
- **Wouldn't consider reporting** – seen what happens to a 'grass'
- While other children use Snapchat's built-in filters to add funny effects to their selfies, the filter these children experience is the **normalisation of humiliation, aggression, violence and crime**



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



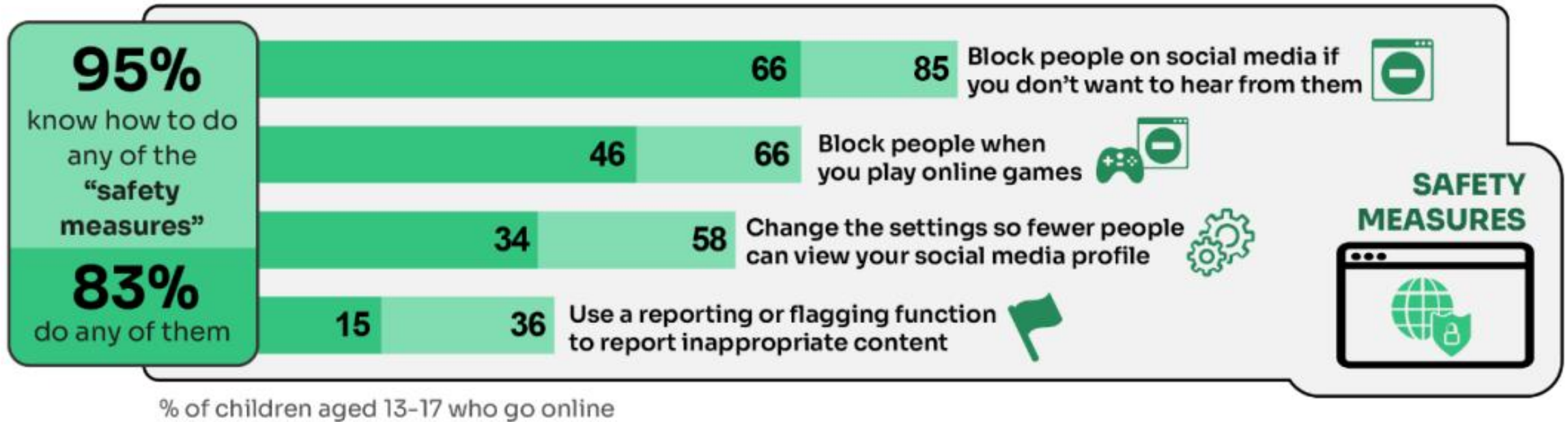
SafeguardED

Go to reporting.lgfl.net to find out more



8. STAYING SAFE ONLINE AND REPORTING

What do **YOUNG PEOPLE** do to **STAY SAFE ONLINE**?



Only 15% had used a reporting or flagging function
(36% were aware of these functions)

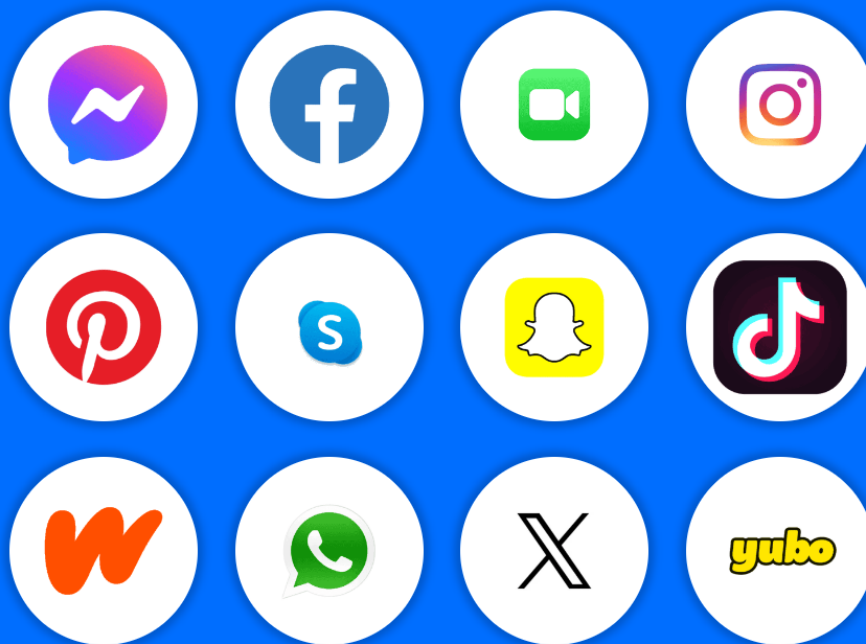


Do **YOU** know **HOW TO REPORT** to apps / sites?

Step-by-step Guides

Click on the guides for step-by-step instructions to set controls on popular devices.

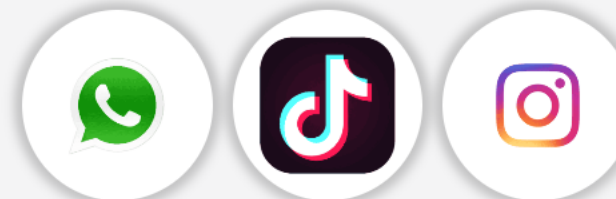
Social media



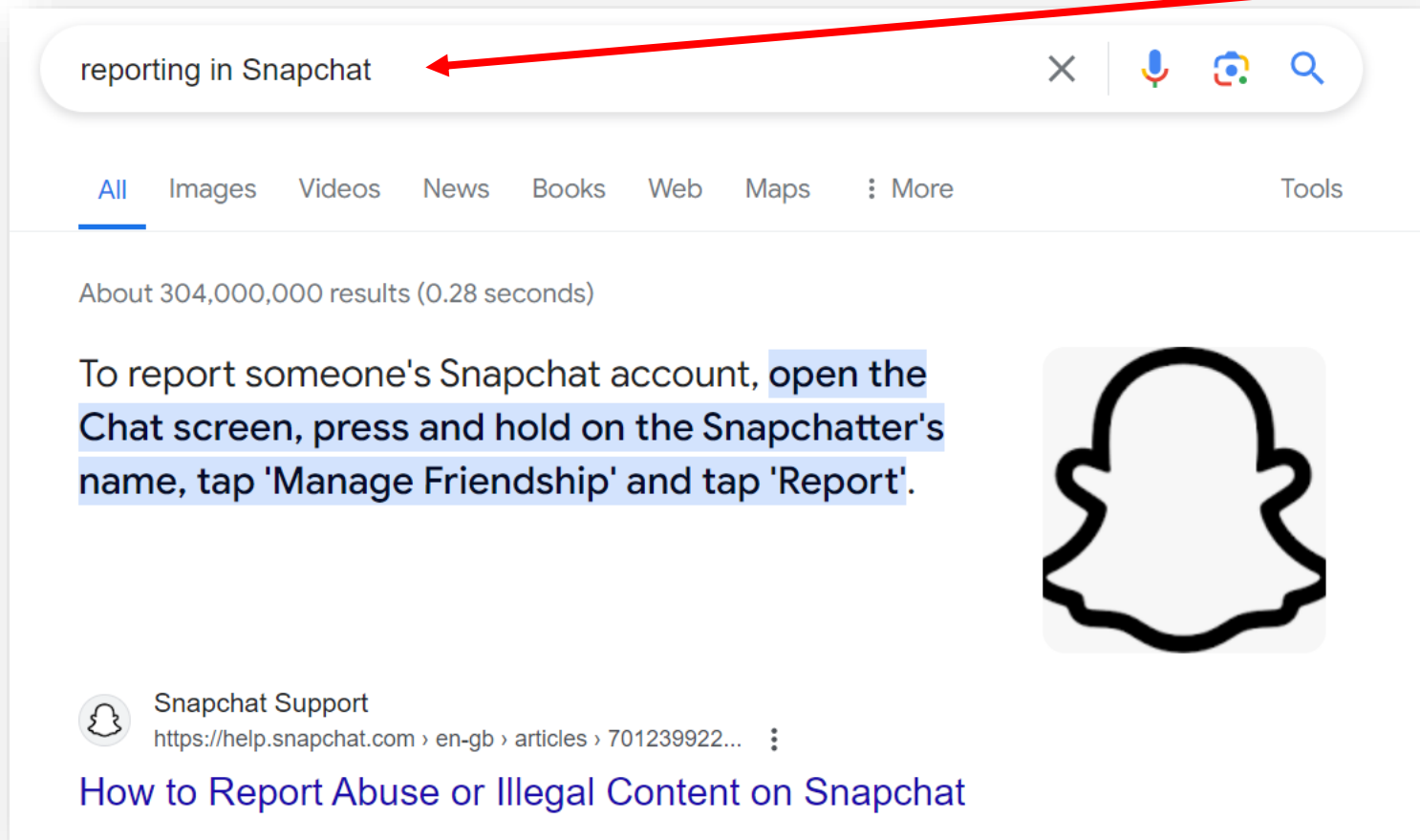
Internet Matters has helpful guides for social media apps and sites at

internetmatters.org/parental-controls/social-media

Popular Parental control guides



[Search our step by step guide](#)



A simple **Google search** with the site name, e.g. '**reporting in Snapchat**' will bring up the steps to take and signpost to the reporting page

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

UK Reporting Helplines and Services for Children and Young People

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shared online



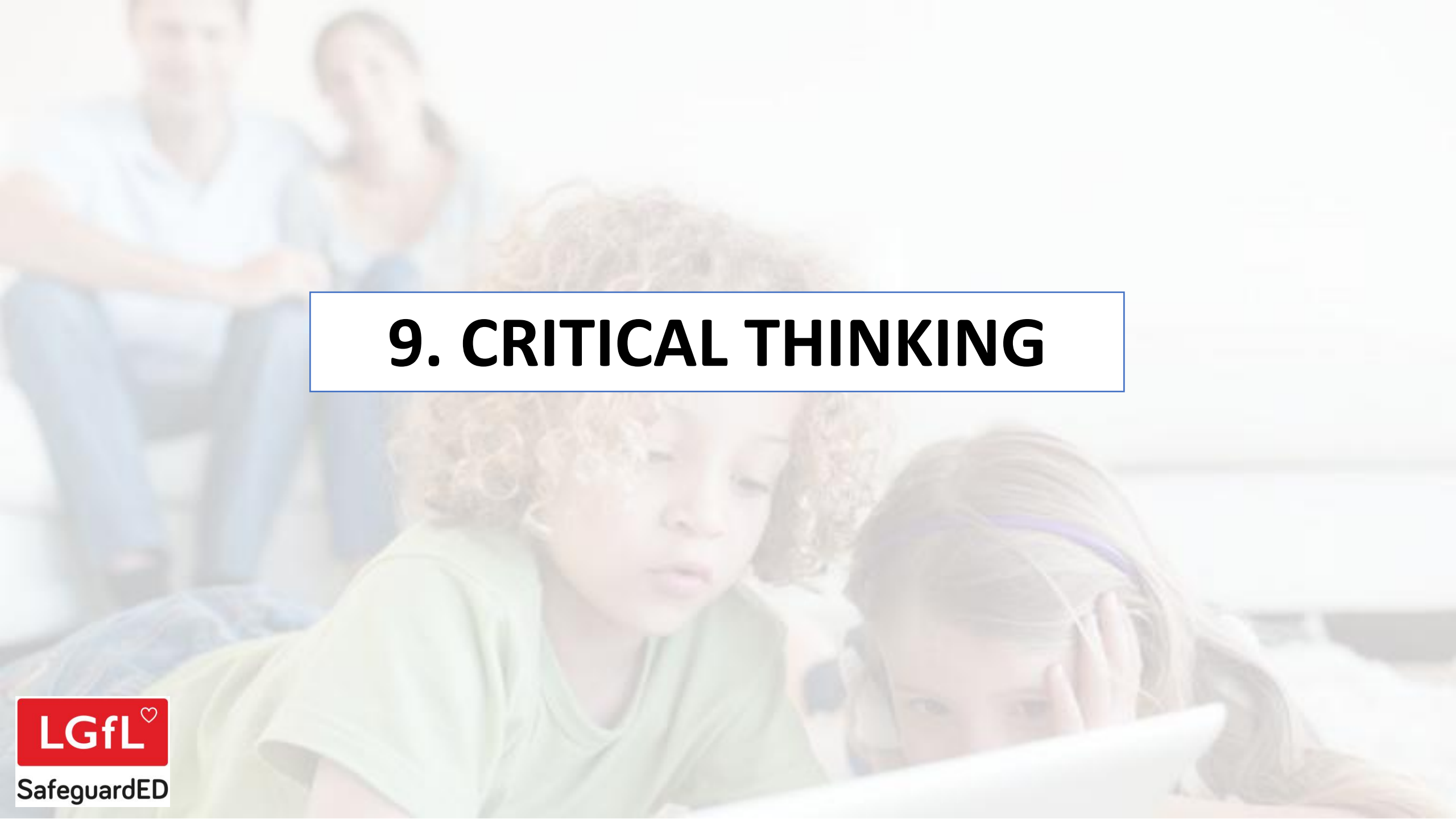
ChildLine

A free, private and
confidential service
where CYP can talk
about anything to a
trained counsellor,
online or on the
phone



SafeguardED

Go to reporting.lgfl.net to find out more

A blurred background image showing a group of children and two adults in a classroom or library setting. In the foreground, two young children are looking down at a tablet or book. In the background, a man and a woman are sitting and talking to another group of children.

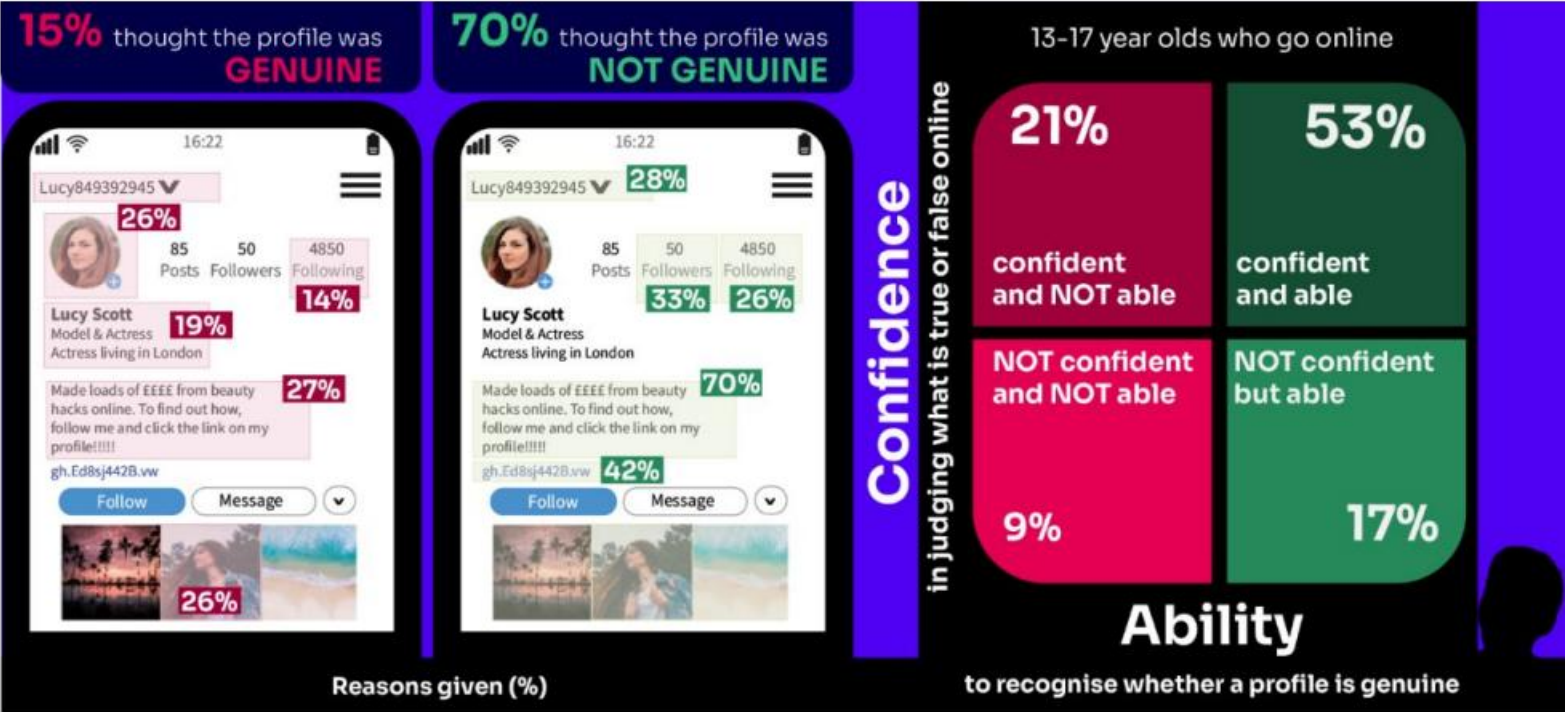
9. CRITICAL THINKING



Does your child **TRUST** everything they see online?

For young teenagers (12-15s), although TikTok continues to be their most-used single source for news, their most trustworthy source for news is their family.

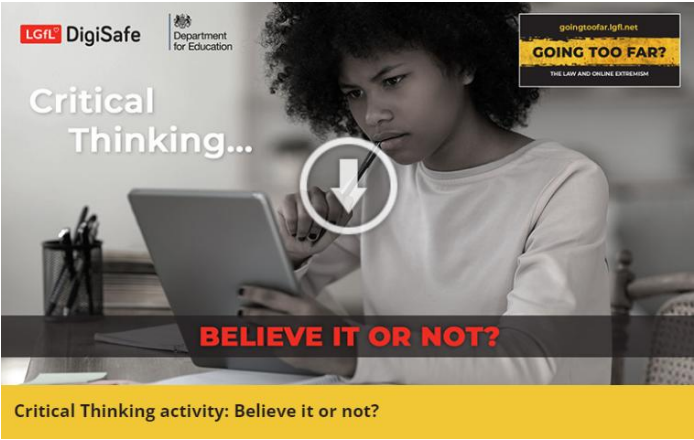
Sixteen and seventeen-year-olds are less sure of their ability to distinguish the real from the fake online than they were last year



SafeguardED

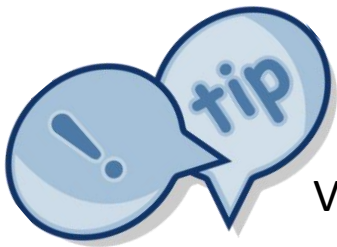
Try our Critical Thinking Quiz at believe.lgfl.net

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



32% of 8-17s had seen something they found **worrying or nasty** online in the past 12 months

59% of parents were concerned about them being influenced by **extremist** content



Visit goingtoofar.lgfl.net to find out how to help children:

- recognise extremist behaviour and content on social media/apps/games
- understand actions likely to attract police investigation
- get help
- report concerns

Are they aware of the **implications** their actions could have?

Could they be breaking the law?

Or putting themselves or others at risk?

Visit goingtoofar.lgfl.net to find out more.

Let's take this quiz
together at
takingastand.lgfl.net



WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

1. You notice lately there are lots of posts from a group appearing on your page which are offensive and racist.

What can you do about it?



WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

- Nothing, just ignore them
- Report them directly via the site's report button
- Select the option to unfollow or stop seeing posts from this group

WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM



2. Your class are all talking about this funny meme. It's making fun of people from another country, and some of the comments are really rude.

There are lots of 'likes'.

How could you respond?

WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

- 'Like' it – after all it can't do any harm
- Join in the comments so you can also be part of the group
- Share it
- Report it directly to the site as racism
- Talk to a trusted adult for advice

WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

3. This pop star tweets a post showing how she's lost weight by taking these diet pills- she says the first 100 people can get it half price.

What could you do?



WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

- Buy them straight away
- Think about her motives - she might be being paid to advertise it
- Check the reviews
- Discuss with a parent/carer before buying anything online
- Do your research and to find out more about this subject

WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

9. An influencer you came across shared a link where you can meet new friends and chat anonymously without worrying about getting in trouble with the law.

What could you do?



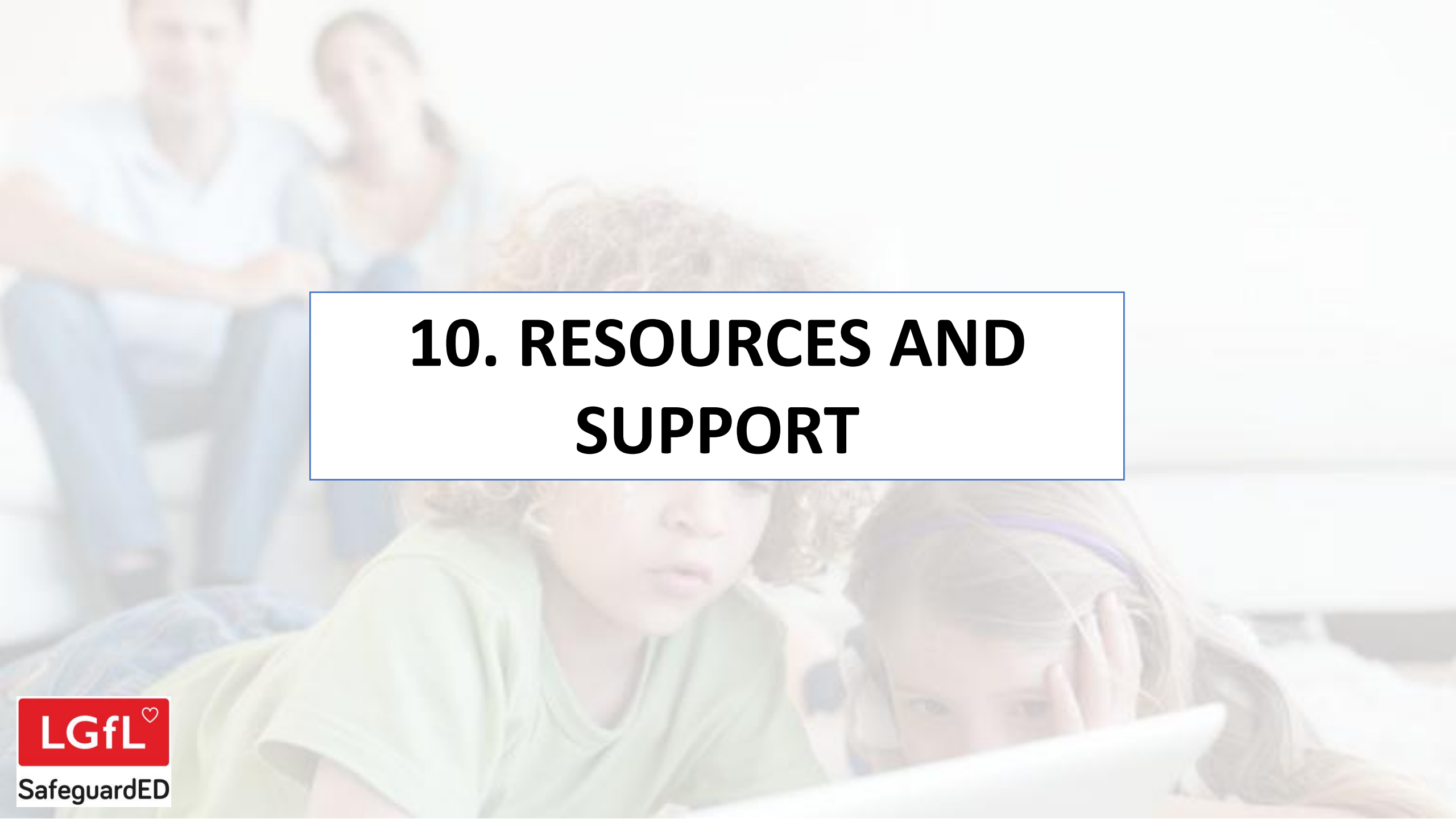
WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

- Join the chat, after all it's anonymous so it can't do any harm
- Invite one of your friends to come along so you can both make new friends
- Check with a trusted adult at home or school



10. RESOURCES AND SUPPORT

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



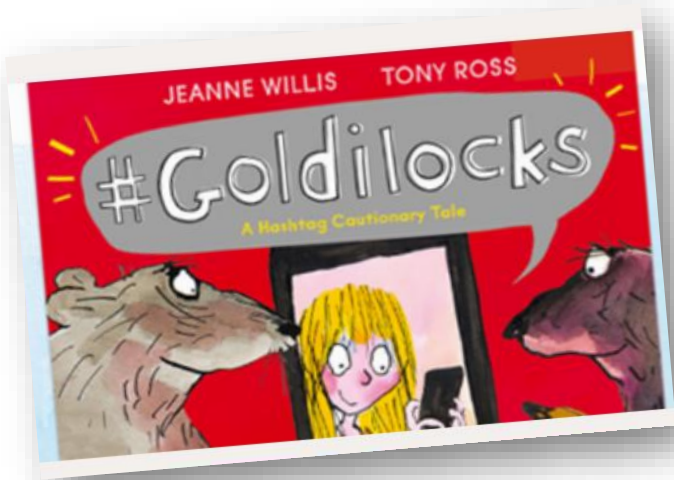
LGfL  **SafeguardED**



SafeguardED

TALKING TO CHILDREN ABOUT LIFE ONLINE

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





SIX TOP TIPS

For Parents To Keep Your Children Safe Online

SafeguardED

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 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.

ONLINE TUTORS KEEPING CHILDREN SAFE



GUIDANCE FOR PARENTS & CARERS

YOU MIGHT GET A TUTOR FROM SCHOOL, THE NATIONAL TUTORING PROGRAMME, A GOOGLE SEARCH OR A RECOMMENDATION. BUT ANYONE CAN CALL THEMSELVES A TUTOR, SO HOW CAN YOU KEEP YOUR CHILDREN SAFE WHILE THEY CATCH UP?

1) Select the right tutor

- o Get to know them first - ask about qualifications, experience (freelance? umbrella body?) & approach
- o Take up references and speak to them if you can
- o Ask to see a DBS (criminal record) check. NB - private tutors can only get the basic check; (don't let a DBS give you a false sense of security though)
- o Find out which platform they will use and its safety features



2) Establish clear rules

- o Sessions must always be arranged via you; the tutor should not contact your child directly between sessions, send private messages or change communication platform
- o A tutor is not a friend – they should behave in a professional way, like a teacher
- o Sessions must not be recorded without your approval
- o Try to be in the room for all sessions, especially for younger children, and certainly the first time
- o Your child should not join a session from a bedroom. If this is unavoidable, pop in frequently, ensure they are fully dressed at all times, point the camera away from beds & personal information, and blur or change the background



3) Make sure your child knows

- o The rules apply to them and the tutor
- o A tutor is a teacher not a friend
- o Neither tutor nor child should share personal information, private messages or photos & videos
- o They must never meet without your approval or communicate on a different platform
- o Who their trusted adults are at home and school
- o They can tell you if they are asked to keep a secret or anything happens or is said that is strange or makes them feel uncomfortable, scared or upset



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

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

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

LGfL

SafeguardED

parentsafe.lgfl.net