

Computing and Online Safety Workshop

Friday 6th June 2025





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



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

Parental concerns

Sharing personal information online



65% Them giving out personal details to inappropriate people

62% Companies collecting information about what they are doing online

Exposure to inappropriate content



75% Seeing adult or sexual content

77% Seeing any other type of inappropriate content

Experiencing harm or detriment



70% Them being bullied online/cyberbullying

68% Seeing content which encourages them to hurt or harm themselves

59% The possibility of them being influenced by extreme views online

51% The pressure on them to spend money online

Reputational damage



55%

Damaging their reputation either now or in the future

% Parents whose child age 3-17 goes online



Are you **CONFIDENT** to **TALK TO YOUR CHILD**?

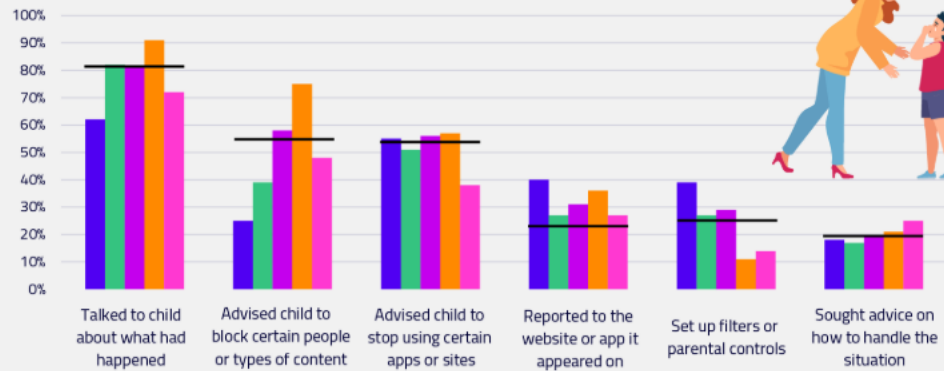
Is your child confident to **TALK TO YOU**?

WHAT WOULD YOU DO?

Are there any areas you would not feel confident or comfortable to discuss?

1 in 5 parents said their child told them about something they'd seen online that scared or upset them

Action taken (%)



| | | | | | | |
|-----------------|----|----|----|----|----|----|
| All (aged 3-17) | 81 | 54 | 53 | 32 | 23 | 19 |
| Aged 3-4 | 62 | 25 | 55 | 40 | 39 | 18 |
| Aged 5-7 | 82 | 39 | 51 | 27 | 27 | 17 |
| Aged 8-11 | 81 | 58 | 56 | 31 | 29 | 19 |
| Aged 12-15 | 91 | 75 | 57 | 36 | 11 | 21 |
| Aged 16-17 | 72 | 48 | 38 | 27 | 14 | 25 |

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

- **Two-thirds of 8-11-year-olds** say that they would always tell someone (66%)
- **Almost half of 12-15s and 16-17s** (49% and 45% respectively).

Source: Children and parents: media use and attitudes report 2024

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

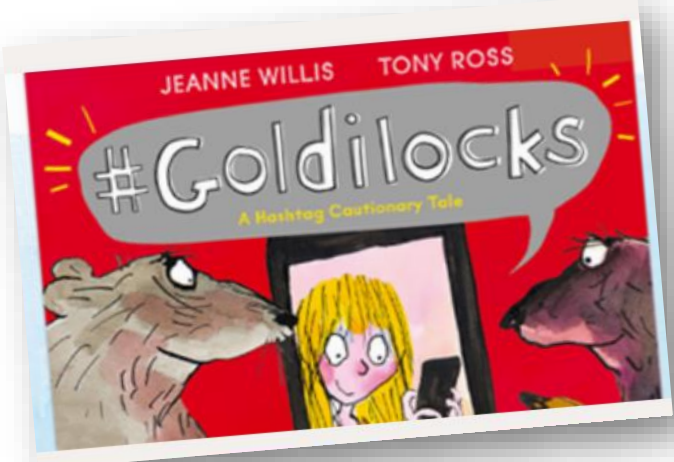
HELP & REPORTING

LGfL 


SafeguardED

parentsafe.lgfl.net

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!



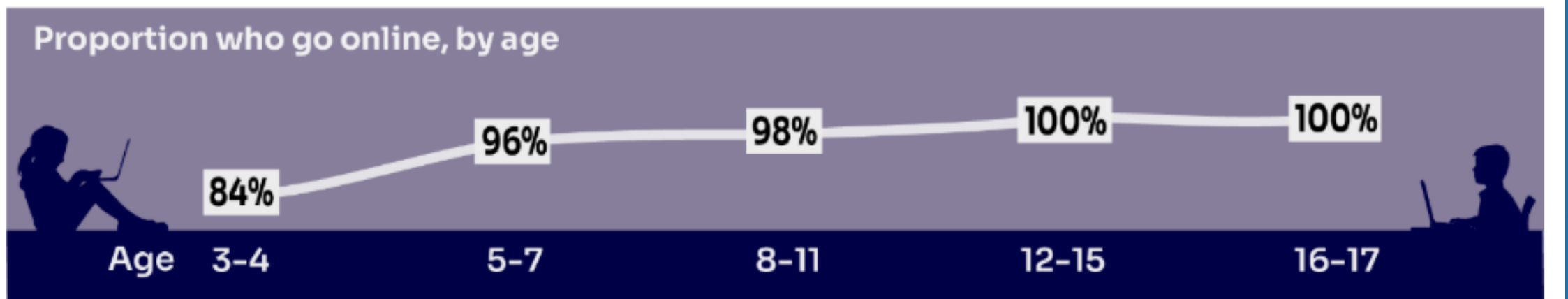
PARENTSAFE

Keeping your children safe: online & beyond





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



Almost all children (96%) aged 3 - 17 went online in 2023, highlighting the centrality of the internet in their lives:

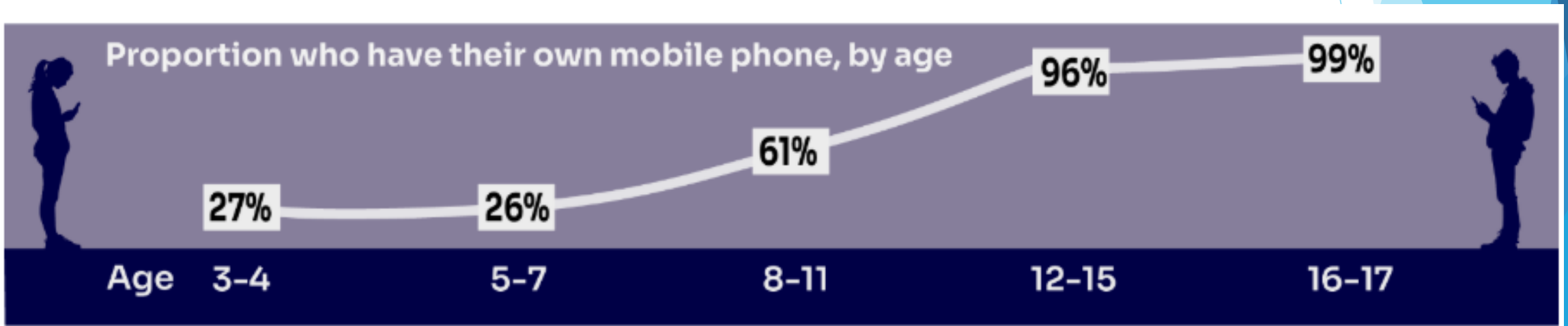
- Younger children commonly use **tablets** to go online
- Older children are more likely to use **mobile phones**

DID YOU KNOW?



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

What **AGE** do you think is appropriate?





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

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/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*

Signed: *Sophie Mum Dad*

Today's date: *24th March*

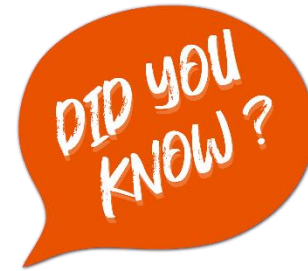
Date we will review this: *24th May*

Download me again and find more support for parents at parentsafe.lgfl.net



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



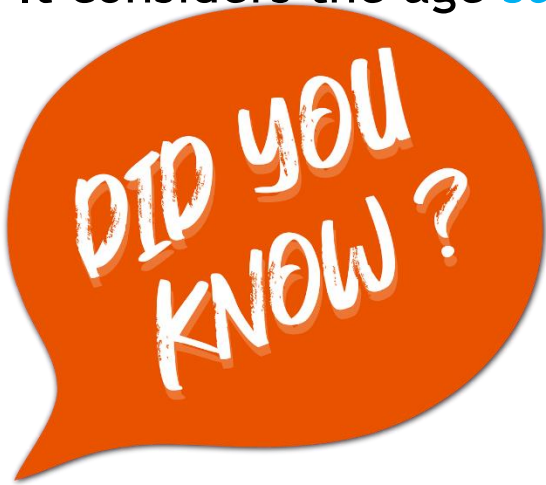
REMEMBER

- ▶ 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*.



PEGI helps parents to make informed decisions when buying video games:

- The age rating confirms that the game content is appropriate for players of certain age
- It considers the age **suitability** of a game, **not the level of difficulty**



TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS



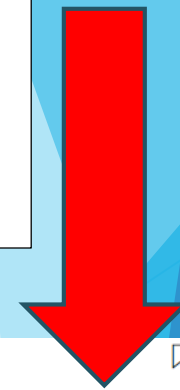
THE CONTENT DESCRIPTORS



Find ratings and reviews for parents on apps, games and social media at [commonsensemedia.org](https://www.commonsensemedia.org)



| Movies | TV | Books | Games | Podcasts | Apps | YouTube | Parent Tips and FAQs | Celebrating Co |
|--------------------|----|-------|------------------------|----------|------|--------------------|----------------------|----------------|
| By Age | | | By Topic | | | By Platform | | |
| Preschoolers (2-4) | | | Screen Time | | | TikTok | | |
| Little Kids (5-7) | | | Learning | | | Snapchat | | |
| Big Kids (8-9) | | | Social Media | | | Minecraft | | |
| Pre-Teens (10-12) | | | Cellphones | | | Roblox | | |
| Teens (13+) | | | Online Safety | | | Fortnite | | |
| | | | Identity and Community | | | Discord | | |
| | | | More ... | | | More ... | | |



APP
Snapchat
✓ age 16+ ★★★★★
Send moments in photos, watch curated content; use wisely.
Devices: iPhone , iPod Touch , iPad , Android (2011)

See full review



APP
Discord
✓ age 13+ ★★★★★
Voice and video chat; slick features, some mature content.
Devices: iPhone , iPod Touch , iPad , Mac , Android , Windows app (2017)

See full review



Visit parentsafe.lgfl.net/ for advice and tips to manage screentime

SCREENTIME

Lots of parents worry about it, but we don't think you should worry about screentime - it's not **how long** they are online but **what and when they are doing** that counts (and the same goes for grown-ups, like in the Will Ferrell video above). You can use the control settings near the top of this page to regulate screen time in general and on specific apps, but beyond that we recommend you follow the Children's Commissioner's 'Digital 5 A Day' and help your children to aim for each of the targets in this pie chart ↪

Children's
COMMISSIONER



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

The UK Chief Medical Officers agree - check out [their version of what counts](#).

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone - when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmove more



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed - make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea - you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features - by using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



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SafeguardED

Smartphone Free Childhood Initiative

<https://smartphonefreechildhood.co.uk/about>



SafeguardED



Questions/discussion

