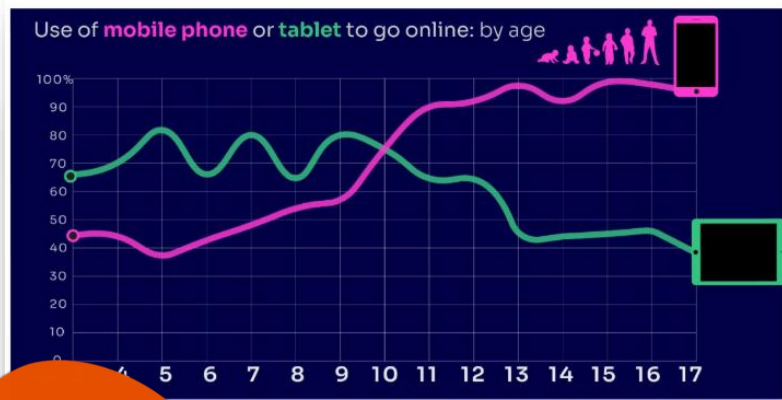
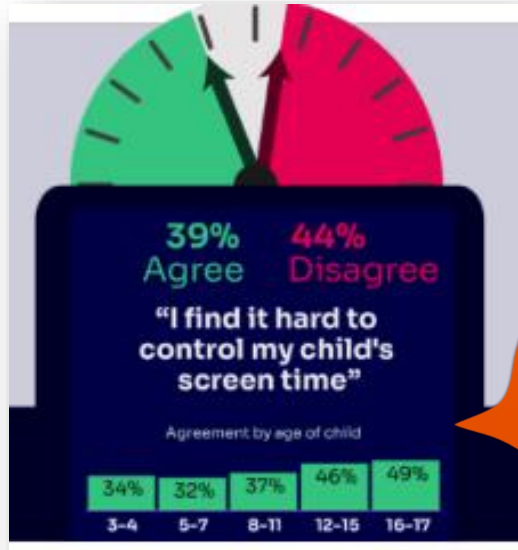
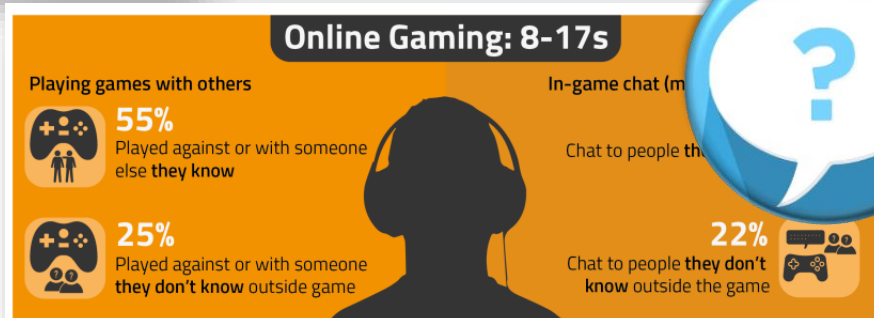


PARENT ONLINE SAFETY

A ready to use Presentation for Schools, Community Groups and Youth Centres



DID YOU KNOW?





TALKING TO YOUR CHILD ABOUT LIFE ONLINE

LGfL 

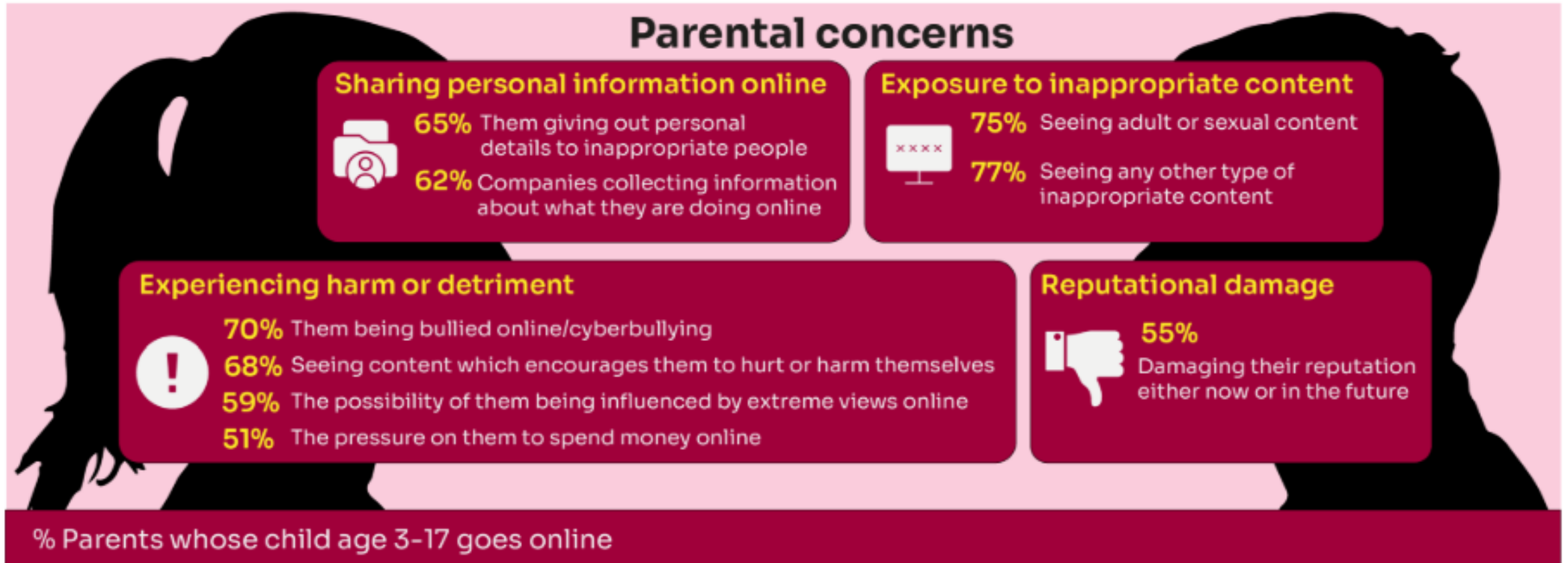
SafeguardED



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



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





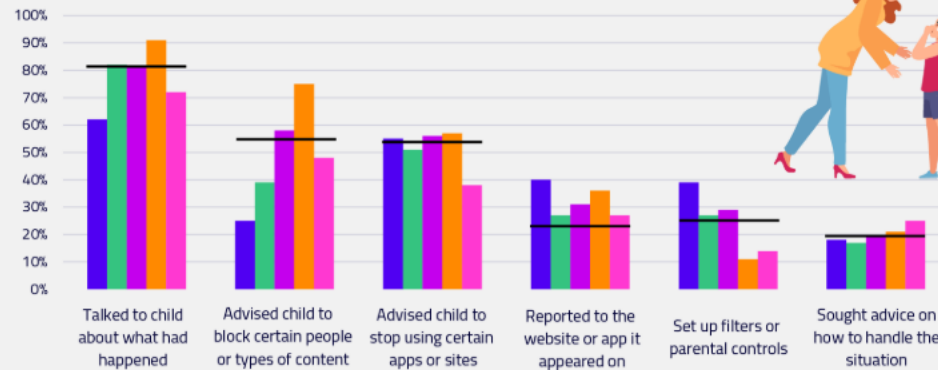
Are you **CONFIDENT** to **TALK TO YOUR CHILD**? Is your child confident to **TALK TO YOU**?

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 (%)



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).

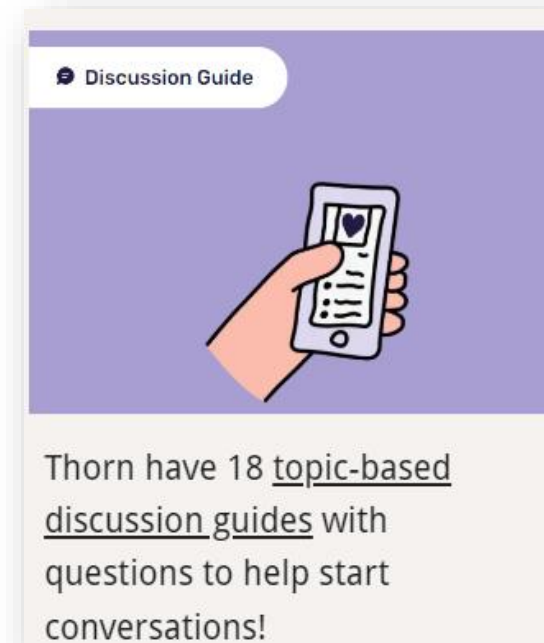
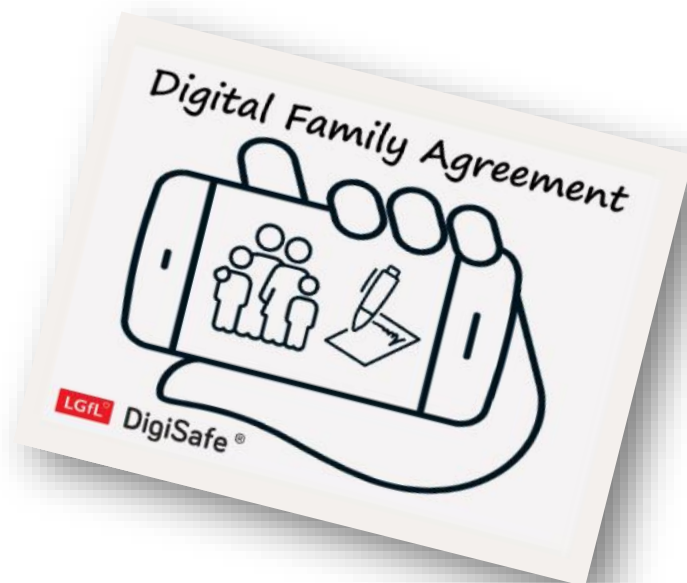
YOU don't need to be an **EXPERT ... be a PARENT**



- **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**.

TALKING TO CHILDREN ABOUT LIFE ONLINE

Find conversation starters, story time ideas and top tips to reinforce key safety messages at parentsafe.lgfl.net



PARENTSAFE

Keeping your children safe: online & beyond



SafeguardED



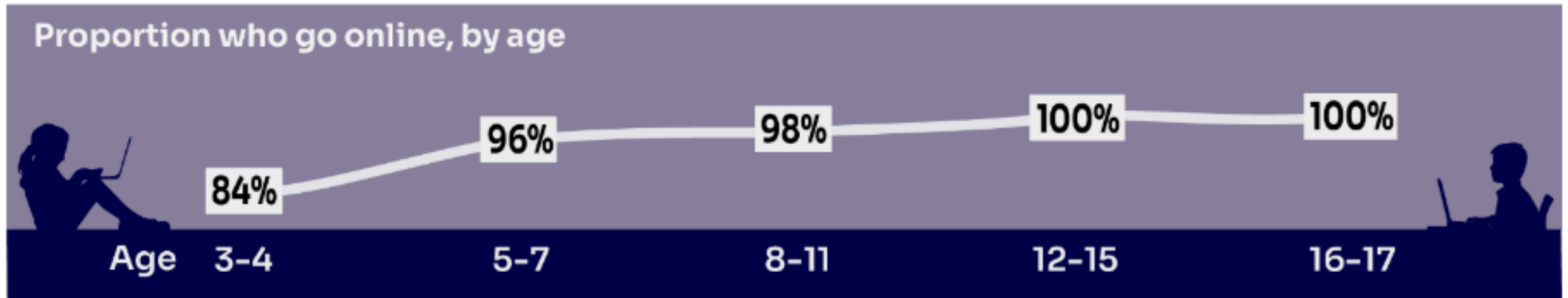
DEVICE USE AND OWNERSHIP

LGfL 

SafeguardED

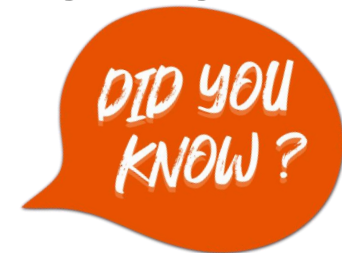


HOW MUCH DO YOU KNOW about your child's life online?



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**





SMARTPHONE or 'NON'-SMART / BRICK phone?

- Internet access
- Social media, apps and games
- Notifications
- Anytime connection
- Parental controls

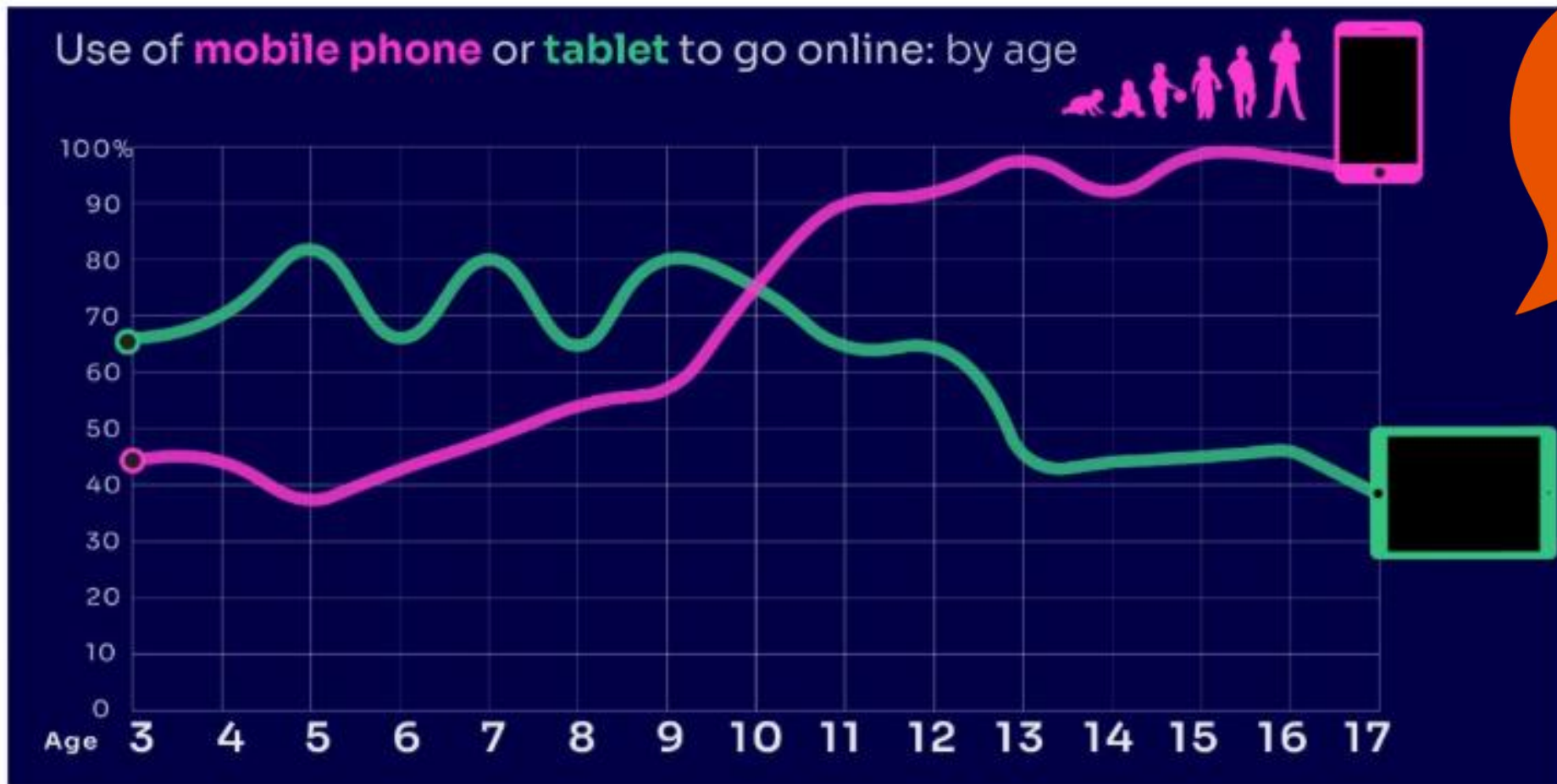


REMEMBER IT'S YOUR CHOICE

Every child and situation is unique,
and you are best placed to know their needs

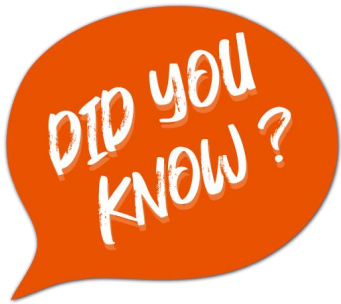
- NO internet access
- Some games
- Anytime phone calls and texts
- Limited parental controls





DID YOU KNOW?

- **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.**



Parental control apps like [Google Family Link](#), [Screen Time](#) and [Microsoft Family](#) can let you set limits across devices, apps and platforms

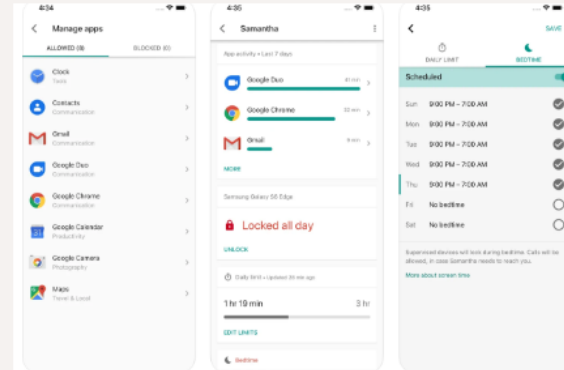
SAFE SETTINGS, CONTROLS & MONITORING

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?).



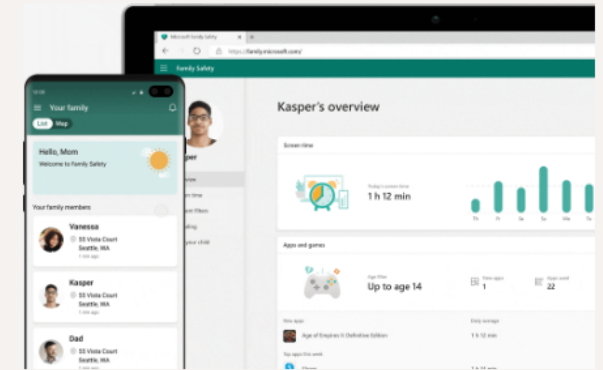
[Apple Screen Time](#)

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

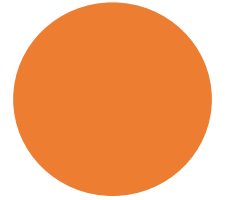


[Microsoft Family Safety](#)

There are no self-regulation features for older teens, but Family Safety is great for the younger ones

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**





RISKS AND NEGATIVE EXPERIENCES

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**

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**

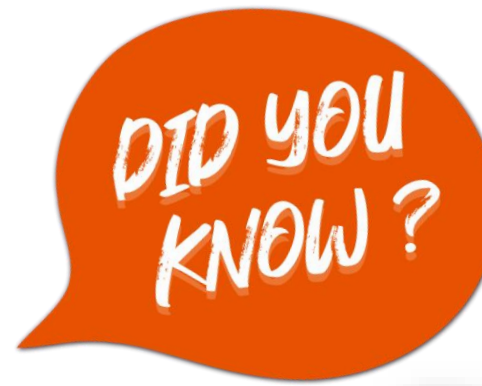
Unbearable **pressure to view hardcore** pornography even if they do not want to

Degrading acts and **violence against women**

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

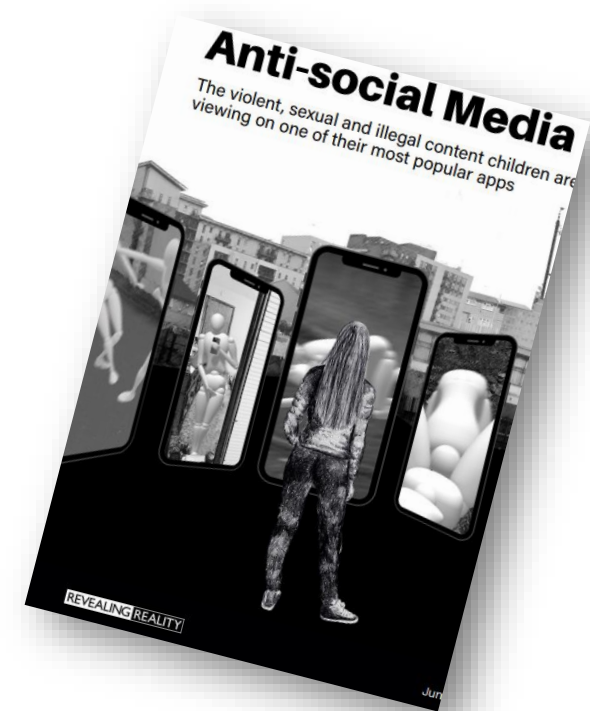
Pornography sites are not the only way, or even the most popular way, that young people access online porn

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



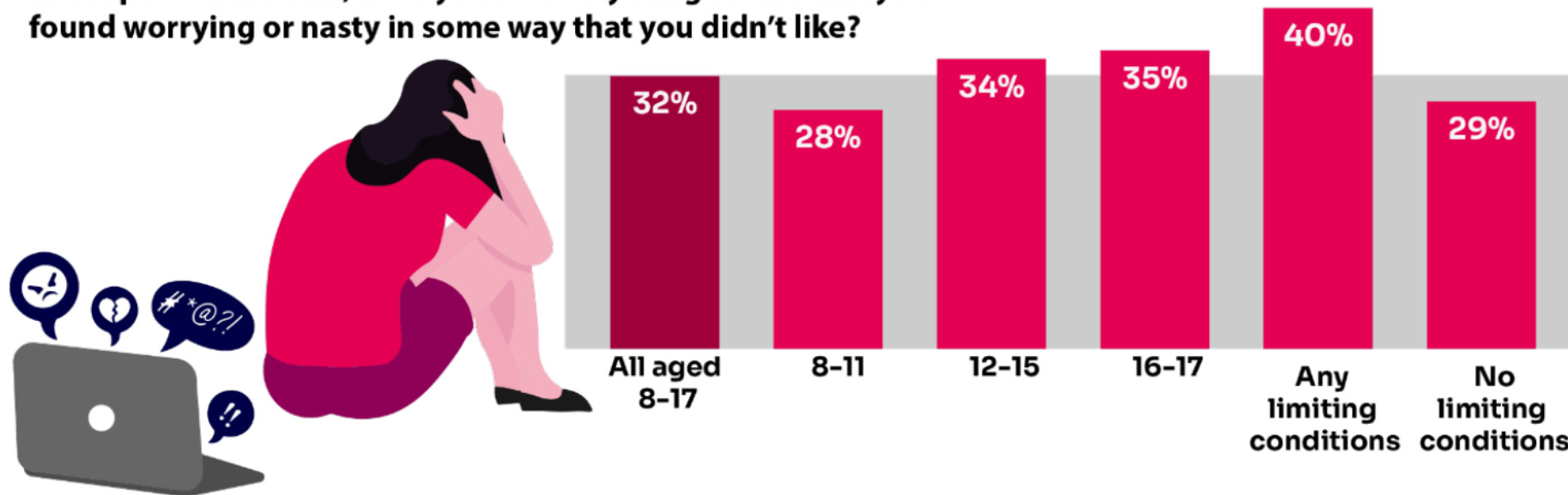
- **Disturbing, graphic and illegal content:**
 - Fights / beatings / stabbings / raids
 - Sexual assaults, sex acts involving children, CSAM
 - Sale of weapons and drugs online(Some see this type of content several times a day, daily)
- **Wouldn't consider reporting** – seen what happens to a 'grass'
- 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**

Snapchat:
'It's our evening news'



Summary of children's negative experiences:

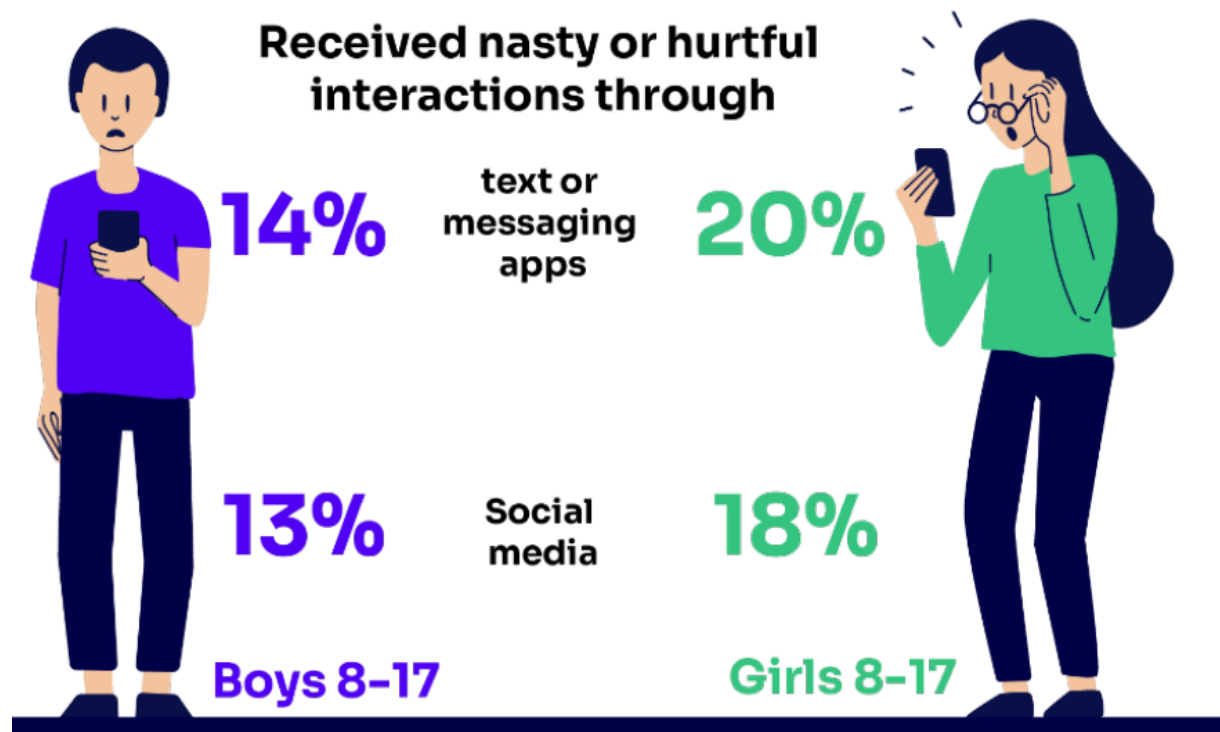
In the past 12 months, have you seen anything online that you found worrying or nasty in some way that you didn't like?



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 2023

Bullying



- Increase in the proportion who have experienced **bullying via social media** apps/sites (18% vs 15% in 2022)
- **girls are more likely** than boys

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:

Asked to share
naked/half-dressed
pictures of themselves
24% (2023) vs 9% (2022)

Receiving pictures or
videos of naked / half-
dressed people
32% (2023) vs 11% (2022)

Early 2022: Taylor (13) received messages from people she did not know that **included nude images or inappropriate messages.**

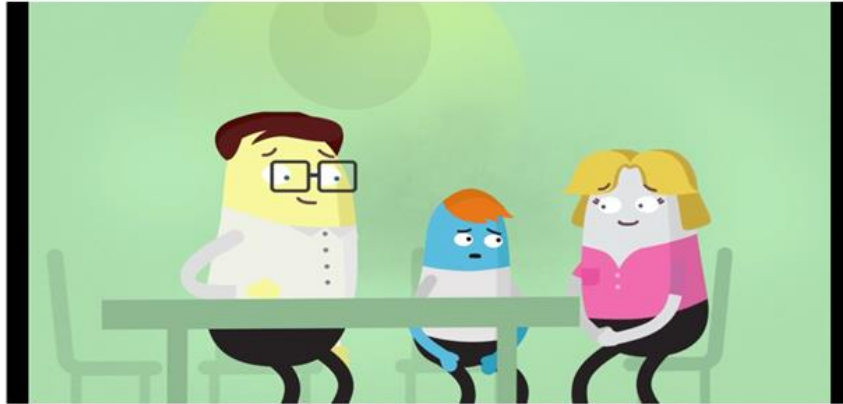
“I’d probably get one or two messages a month. They want [to add you on Snapchat] because on Snapchat, you can send pictures that you can’t get away with on Instagram.”

End of 2022: 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.”

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?

Rise in reporting of financially motivated sexual extortion - **SEXTORTION**

- Type of **online blackmail**
- Involves an adult offender posing as a young person, threatening to release **nude or semi-nude images and/or videos** of a child or young person, unless they pay money
- Victims of any age and gender can be targets - majority of cases have involved **male victims aged 14-18**

Advice for parents or
carers of children
who are being
sexually extorted or
'sextorted'



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.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card.

Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18.

A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Find out more about online blackmail on [CEOP Education's parents and carers website](#).

Talking to your child

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support

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

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





STAYING SAFE ONLINE AND REPORTING

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SafeguardED

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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.



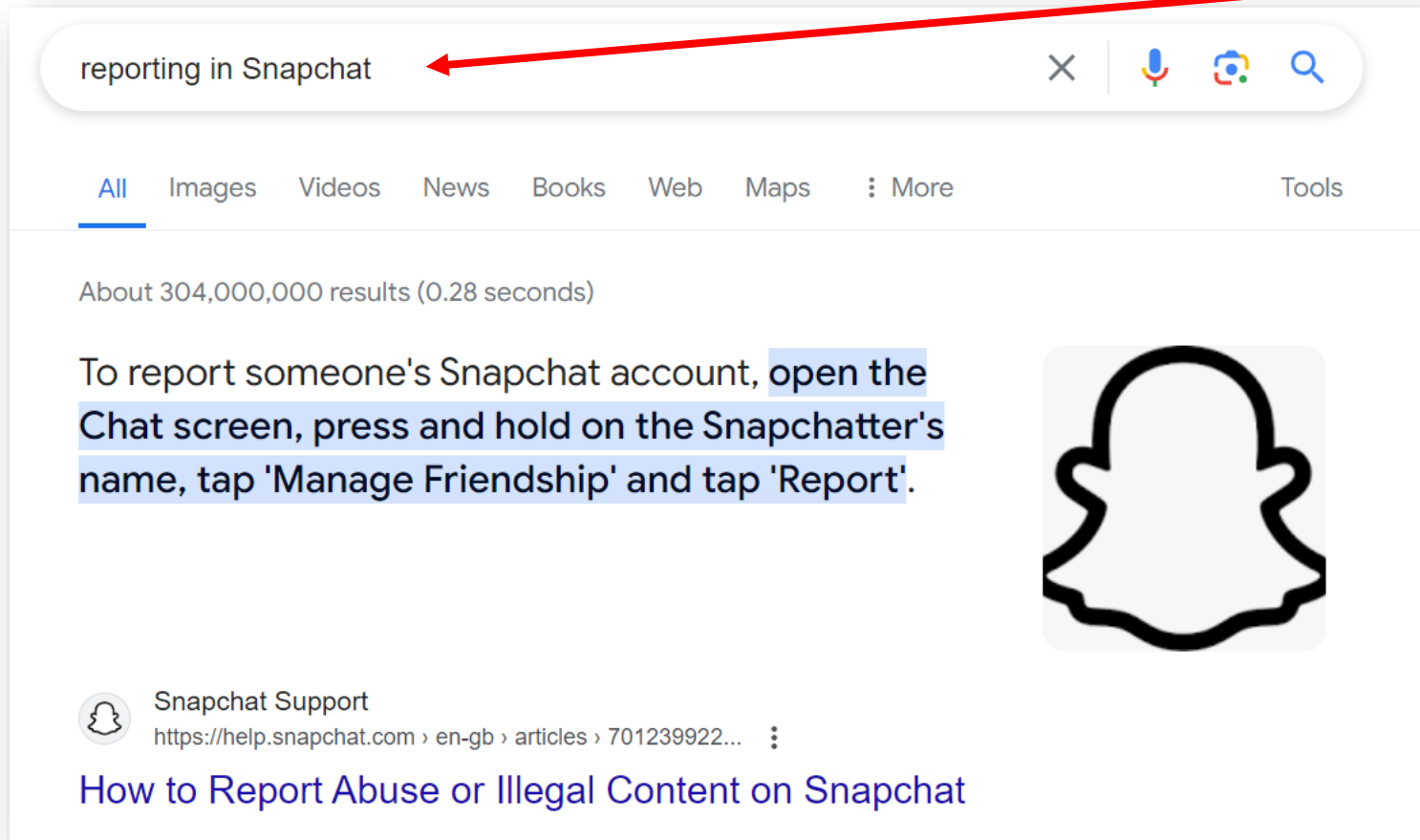
Internet Matters has helpful guides for social media apps and sites at

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



RESOURCES AND SUPPORT

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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



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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.