

EE warns parents against giving children under 11 a smartphone

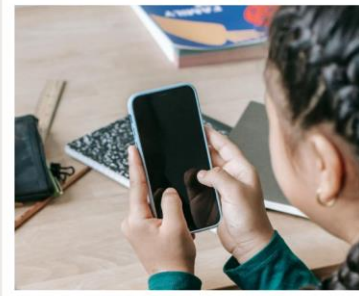
Guidance comes after calls for a total ban for under-16s and a statutory ban on mobile phone use in schools



Concern has grown about the negative impact that excessive screen and smartphone use has on young people's wellbeing. Photograph: Matt Cardy/Getty Images
Primary school children should not be given smartphones by their parents, one of the UK's largest mobile phone operators has warned.
EE is advising parents that children under 11 should be given old-fashioned brick or "dumb" phones that only allow them to call or text instead.
"EE recommends that children under 11 should use non-smart devices with limited capabilities, such as feature phones, ensuring they can make texts and calls but restrict access to social media or inappropriate content," the company said.
It is thought to be the first time a UK mobile operator has offered such advice.

Stronger guidance and controls needed to protect children from screen time, Education Committee finds

25 May 2024



For young children, the benefits of screen time are significantly outweighed by the risks, a report by the Education Committee has found.

Specially designed smartphone for children launches in the UK

MARTIN LANDI, PA TECHNOLOGY CORRESPONDENT



A child-safe smartphone, with built-in age-appropriate guardrails and remote monitoring capabilities for parents, has launched in the UK for the first time.

TALKING TO YOUR CHILD ABOUT LIFE ONLINE

Australia plans social media ban for under-16s



GETTY IMAGES | Anthony Albanese says his government consulted with parents, social media platforms and experts about the age limit

Only 3% of UK 12-year-olds don't have a smartphone.



IT'S GOOD
TO TALK



Children and parents: media use and attitudes report 2024 (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

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).

LGfL

SafeguardED

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

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**

<https://parentsafe.lgfl.net/>



<https://www.childnet.com/parents-and-carers/>



<https://www.internetmatters.org/>



<https://www.ceopeducation.co.uk/parents/>



<https://www.common sense media.org/>



<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>



<https://nationalcollege.com/parents>

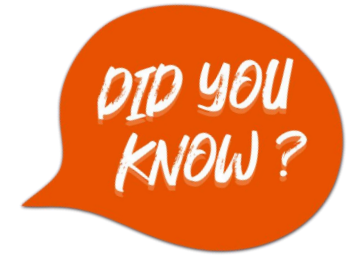
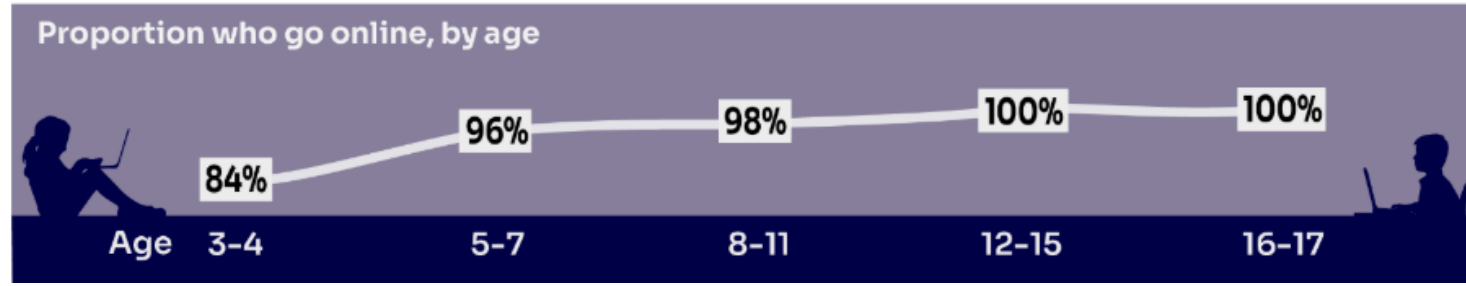




DEVICE USE AND OWNERSHIP

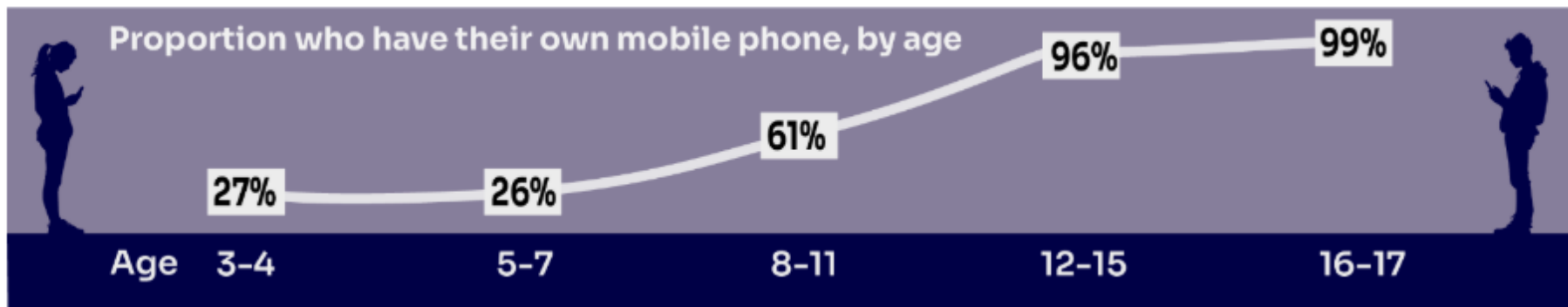


HOW MUCH DO YOU KNOW about your child's life online?



Almost all children (96%) aged 3 – 17 went online in 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



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



REMEMBER IT'S YOUR CHOICE

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

Smart phone pressures....

- FOMO
- Managing screen time / phone addiction
- Keeping children safe from harmful content
- How to monitor use (no longer a shared family computer)



SUPERVISION AND PARENTAL CONTROLS

LGfL 

SafeguardED



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

Information their child can share online (49%)

Spending money online (52%)

Who you can interact with online

While parental concerns in some areas have increased considerably, their **enforcement of rules appears to be diminishing**, partly because of **resignation** about their **ability to intervene** in their children's online lives.

Types of websites and apps they can use (41%)

Where and when devices can / can't be used

Video content their children are allowed to watch online (67%)



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/carer will:

Why?

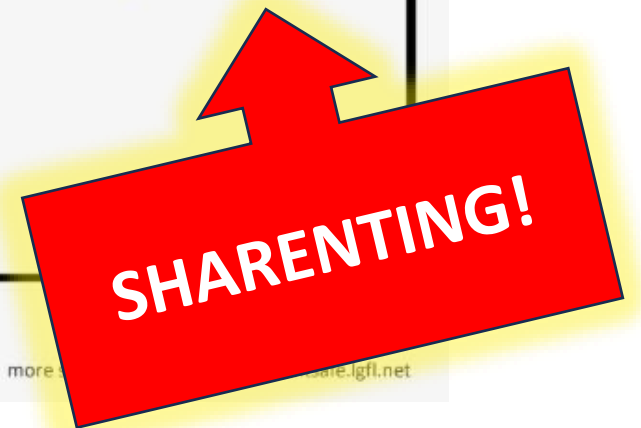
Put our devices down when you want to talk to me/us so we can model good behaviour

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 parentsafe.lgfl.net



SafeguardED

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
- Potential exposure to child predators
- Creates their children's digital footprints before they are old enough to consent to it



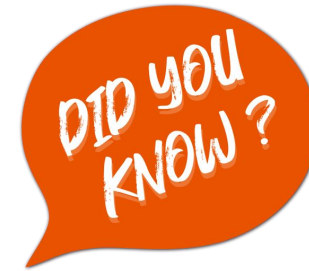


Have you set up parental **CONTROLS/PRIVACY SETTINGS** for **ALL DEVICES** and **NETWORKS**?

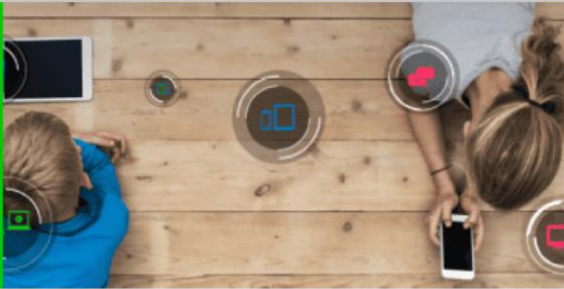
- Controls have to be set up on both the **broadband connection** AND each individual device
- These **do not come as standard** so it's worth checking
- They are important because they allow you to:
 - **Block and filter** upsetting or inappropriate content or sites
 - **Plan what time and how long** your child can go online for



Content filters are never 100% effective, at some point your child may come across inappropriate or upsetting content, so **make time to talk regularly**



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

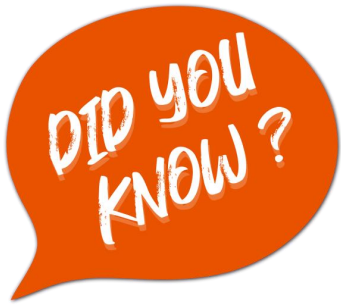
Select the social media app or platform from the dropdown list:


[VIEW ALL](#)

Video games & consoles

Select the video game or console from the dropdown list:


[VIEW ALL](#)



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

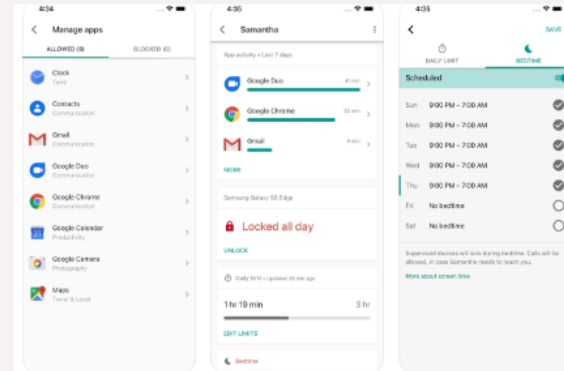
SAFE SETTINGS, CONTROLS & MONITORING

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?).



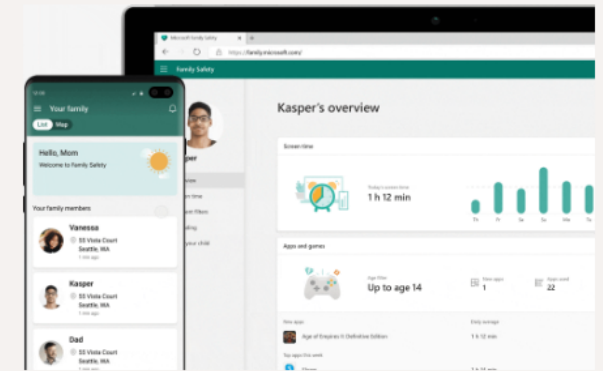
[Apple Screen Time](#)

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

SCREENTIME

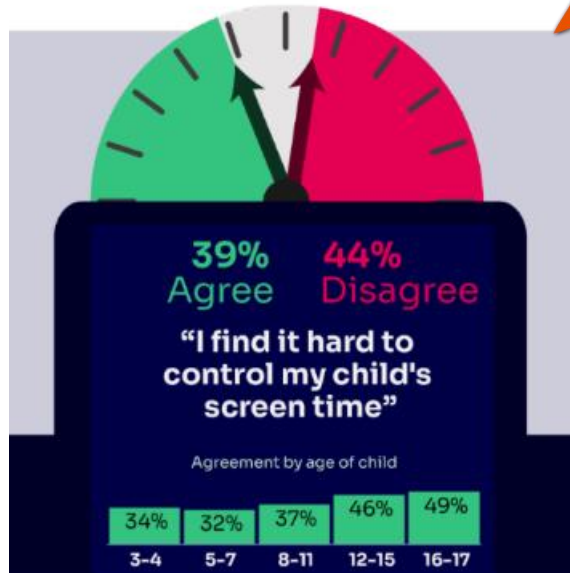
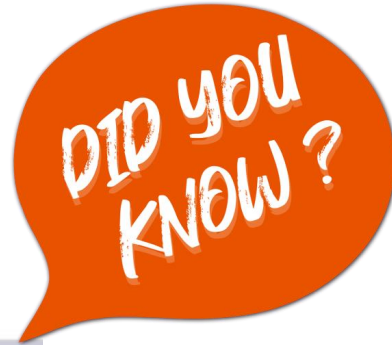
LGfL 

SafeguardED



WORRIED about their **SCREENTIME**?

Do you know **HOW LONG YOUR CHILD SPENDS** online daily?



- Children spent an average **3 hours 5 minutes per day** accessing the internet, across smartphones, tablets and computers
- Four in ten (39%) parents of children aged 3-17 report finding it **hard to control their child's screentime.**

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



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. #sitlessmovemore



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 – try 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.





How does your child feel about **YOUR SCREENTIME vs THEIRS?**

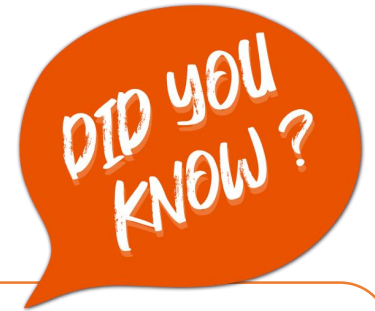
“ When I grow up, I want to be an iPhone so my mum will talk to me ”
~ London pupil

Download me again from safeposters.lgfl.net

LGfL
SafeguardED

MAKES YOU THINK...
Talk to your child about their device use, but remember yours, too

LGfL
SafeguardED



45% of 8-11s feel that their parents' screentime is too high

35% of 8-17s feel that their own screentime is too high

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



SOCIAL MEDIA, APPS AND GAMING

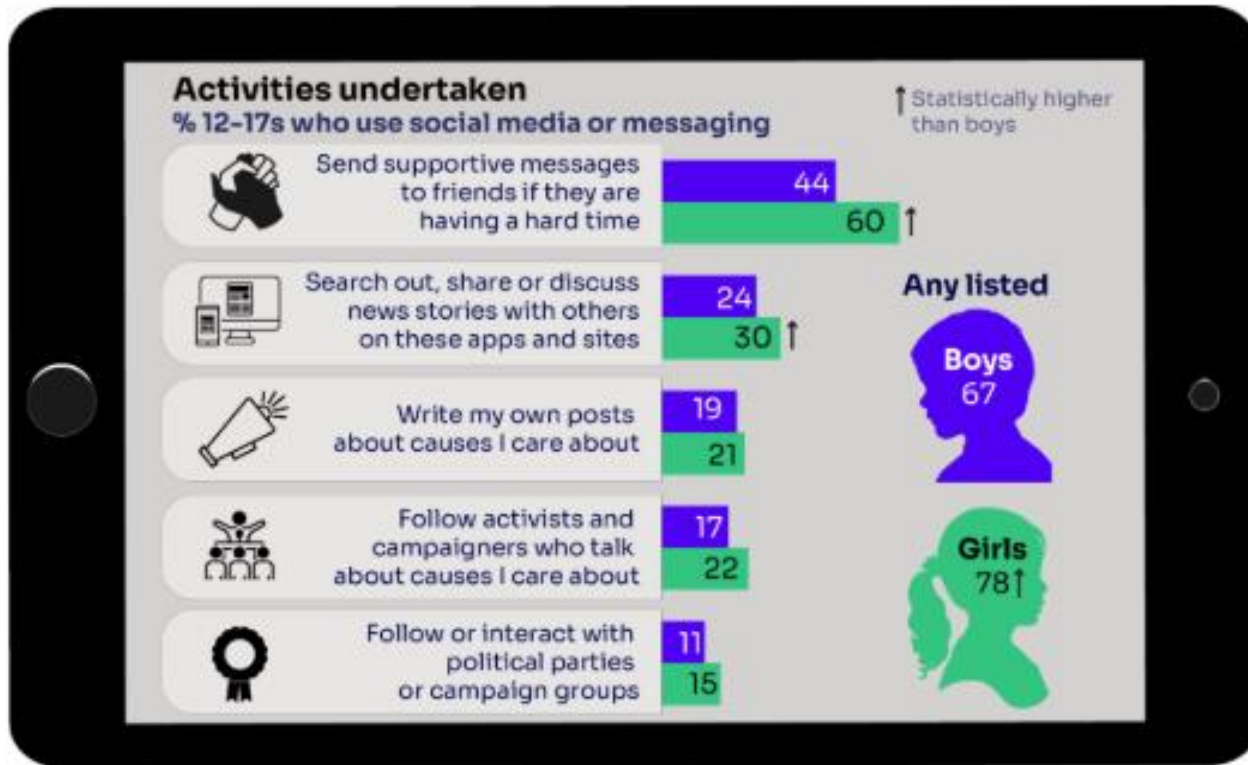
LGfL 

SafeguardED



KNOW WHAT THEY DO on social media?

Eight in ten (81%) of all children aged 8-17 use at least one social media app/site for following friends, people and organisations, reading, liking or sharing content



Many used sites and apps like **TikTok** and **Instagram** to consume content

Snapchat was the most favoured platform to message and communicate with friends.

“I don’t think I could live without Snapchat anymore.... I’ve got all my friends on it, and we have like group chats where we all call, like, all the time, and we text each other and Snap each other” **Suzy, 12**

Go to apps.lgfl.net for guidance on apps and social media sites



What are the challenges?

- Young people **can get around age restrictions** on apps and websites, increasing the risk of them coming to harm online
- Many children have online profiles that make them appear older than they actually are – exposing them to **content inappropriate for their age**
- **Addictive algorithms can make it harder to take a break** and maintain a healthy balance between time on and offline
- Algorithms can also target content similar to what you've already selected/liked/shared. This can prevent you from finding new ideas and perspectives, create **misinformation** and **reinforce stereotypes**.



What might they NOT BE TELLING YOU?

Nearly six in ten (58%) 8-17s use **multiple profiles** on at least one social media platform:

DID YOU KNOW?

Up to a quarter had changed their date of birth on their profile since initially setting it up:

- Facebook (24%)
- TikTok (23%)
- Instagram and X/Twitter (both 19%)

(23%) said it was because one account was **just for parents/family** to see

13% said one account was **for the 'real me' and another contained edited/filtered posts or photos**



SECRET



What about **WHATSAPP**?

Do you know the **minimum age** to use this?

What are the **risks**?



- Unwanted contact** to contact somebody on WhatsApp, all you need is their phone number, which could expose you to unwanted messages or calls
- Inappropriate content** messages are end-to-end encrypted which means that the **content cannot be monitored**. This means that your child could see or hear harmful or upsetting content e.g. pornography or violence.
- Location sharing** **live location** feature means that your child could reveal their current location to others
- Cyberbullying** children could be bullied, feel left out or deliberately excluded or removed from groups
- Oversharing** privacy features, such as disappearing and 'view once' messages, might mean that your child feels safe to reveal private or risky information or images. However, there is always a risk that this could be copied and shared

What are the age restrictions on social media?



13

Facebook
Twitter
Instagram
Snapchat
TikTok
Kik
Ask.fm
Houseparty
Periscope
Tumblr
Reddit
Pinterest



13+

Whatsapp
YouTube
WeChat
Whisper
Yubo



(13+ means with parental consent)

16

LinkedIn



18

Tinder
Bumble



A

LGfL

SafeguardED

APPS



WHATSAPP - texting, video sharing app
 • Allows users to text, send images/videos/ audio and video chat
 • Does not require cell service, an internet connection



SNAPCHAT - photos and video sharing app
 • Users send "disappearing content"
 • Content can still be saved or screenshot
 • Story posts can be visible for up to 24 hours



KIK MESSENGER
 • Users text in group chats and direct messages
 • Certain features encourage chatting with strangers by searching for common interests



TIKTOK - short video sharing app
 • Users can create and view videos
 • Limited privacy settings
 • Leaves kids vulnerable to cyber bullying and explicit content



WIZZ - social discovery, chatting app
 • Encourages meeting new people from around the world via video chatting
 • App has been linked to sextortion scams



DISCORD - text and voice app/games
 • Users can form groups or "servers" to share voice, video, and text messages
 • Popular with classmates



LIVEME - broadcasting/live streaming app
 • Users can live stream or join other's live videos
 • Users can give and receive virtual gifts (can require in app purchases)



TUMBLR - blogging app/writers
 • Users create their own sites to post text, images, audio, videos
 • Popular for spread of drug use, offensive language, and pornography



ROBLOX
 • Users play a variety of games and chat with others
 • Be aware of in app purchases (Robux), "condo games", and individual chat features



ASK FM - anonymous app/questions
 • Users can post or ask anonymous questions to other profiles
 • Frequently used to share nude, harassing, and even sexualized comments



BEREAL - photo sharing app
 • Users post one photo a day of what they are doing
 • When enabled, the app shares the exact location the picture was taken



OMEGLE - anonymous video chatting app/questions
 • Slogan is "talk to strangers"
 • Randomly pairs users with other users to video chat



VAULT APPS - apps used to hide messages, photos, videos, browser history, etc.
 Calculator, Audio Manager, App Lock, Best Server Folder



WHISPER - anonymous social posting app
 • Randomly assigned usernames allow users to post anonymous content
 • Geolocation services pinpoint where users are

At the National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [thenationalcollege.com](https://www.thenationalcollege.com).

What Parents & Educators Need to Know about WHATSAPP

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients – not even WhatsApp itself can read them! The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

...MSG ME...

WHAT ARE THE RISKS?

EVOLVING SCAMS
WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer instead of a question. Scammers – part a scam where fraudsters trigger a verification message by requesting to log in to your account, then (posing as the WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS
To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. Therefore, if a child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that the child might be added to a group chat or community (by one of their friends, for example) containing other people that they don't know.

CHAT LOCK
In 2023, WhatsApp introduced a feature that lets users keep their chats in a separate 'locked chats' folder, saved behind their phone's passcode, fingerprint or face ID authentication. They subsequently developed an additional feature – 'Secret Code' – where users set a unique password for their locked chats. Unfortunately, this function creates the potential for young people to hide conversations and content they suspect their parents wouldn't approve of (such as age-inappropriate material).

ONLINE

'VIEW ONCE' CONTENT
The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive texts, knowing that the recipient can't re-open them later to use as evidence or misquotes. People used to be able to screenshot this disappearing content – but a recently added WhatsApp feature now blocks this, citing protection of privacy.

FAKE NEWS
WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than 10 times on the app now display a "forwarded many times" and a double arrow icon. This makes users aware that the message they've just received is far from original, and might not be entirely factual, either.

VISIBLE LOCATION
WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child is safe while out. However, anyone on a user's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

COMMUNITIES AND GROUPS
A community is a collection of related groups on WhatsApp. They can consist of thousands of users. Communities can often be used by scammers to target large groups, hoping someone clicks on their link or responds to their requests. In communities and groups, there are multiple ongoing conversations, which results in pressure to respond. Members – even if they are not each other's contacts – will be able to see any messages sent into the group.

Advice for Parents & Educators

EMPHASISE CAUTION
Encourage children to treat unexpected messages with caution: get them to consider whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS
It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. You can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if a child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

DISCUSS GROUP CHATS
Make children aware that there could be members of a group that they don't know well and that words can be misinterpreted. Encourage them to leave a good impression, to avoid joining in if conversations turn towards bullying, and to respond to such situations in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable – or for any reason, in fact.

THINK BEFORE SHARING
Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and too common – for content that a user posts to be shared more widely, even publicly on social media. Encourage children to consider how an impulsive message or forwarding might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY
Check in with the child about how they're using WhatsApp, making sure they know you only have their safety at heart. If you spot a 'locked chats' folder, you might want to talk about the sort of content they've stored in there, who they're talking to, and why they want to keep these chats hidden. Also, if children send any 'view once' content, it could be helpful to ask them why.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

WakeUpWednesday

The National College

Source: <https://blog.whatsapp.com/en-gb/faq-verify> | <https://www.whatsapp.com/07708839231311> | <http://blog.whatsapp.com/07708839231311/help/faq/whatsapp-scams> | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/faq-lock-mocking-your-number> | <https://www.ons.gov.uk/online-safety> | <https://www.ons.gov.uk/online-safety>

@wake_up_weds **/www.thenationalcollege** **@wake.up.wednesday** **@wake.up.weds**

Users of this guide do so at their own discretion. No liability is entered into. Release date: 30.09.2023 Last reviewed: 30.05.2024

WhatsApp safety guide for parents



5 tips to keep kids safe on WhatsApp

- 1 Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.
- 2 Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.
- 3 Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.
- 4 Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.
- 5 Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.



Visit <https://www.internetmatters.org/resources/whatsapp-safety-a-how-to-guide-for-parents/#whatsapp-safety-tips> for advice for parents





Do you know the **DIFFERENCE** between an **'ONLINE' FRIEND** and a real one? How does this differ from your **CHILD'S VIEW**?

- Are you familiar with who they are in **contact** with whilst playing games?
- Have you asked about the **chat** facility?
- Do you know the **content** and **age restrictions** for these games?



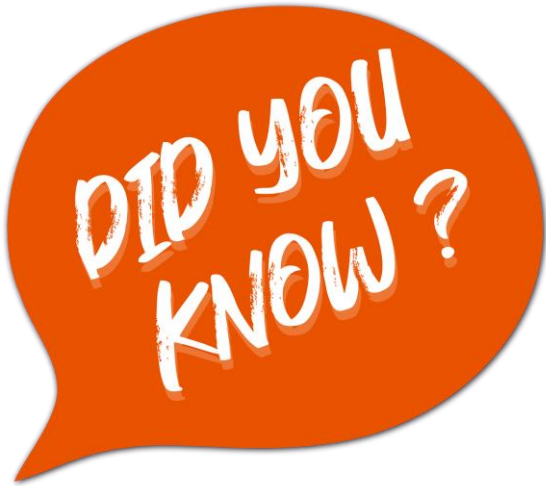
How can **YOU GET INVOLVED?**



- **ASK** what type of games your child enjoys – are they **age-appropriate**?
- **PLAY** games together - keep the tech in **shared spaces** rather than bedrooms
- **TALK** about **who they are playing** with - what **information** are they sharing?
- **EXPLAIN** what is/isn't **appropriate to share**, e.g. personal details to identify them/location
- **AGREE** how they will spend their **money** online
- **DISCUSS** what they would do if they were **bullied** online, and what steps to take
- **DECIDE** **how long is appropriate** to play in one session - how many sessions a day
- **SETUP** these restrictions in **parental settings** with your child

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

- Preschoolers (2-4)
- Little Kids (5-7)
- Big Kids (8-9)
- Pre-Teens (10-12)

By Topic

- Screen Time
- Learning
- Social Media
- Cellphones
- Online Safety
- Identity and Community
- More ...

By Platform

- TikTok
- Snapchat
- Minecraft
- Roblox
- Fortnite
- Discord
- More ...

All Games

Showing All Games

Age Range 2 - 18 years Platforms 0 selected Content Limits 0 set Character Strengths 0 selected Rated Highly For 0 selected Genres 0 selected Topics 0 selected

New Releases

Call of Duty: Black Ops 6 age 18+ ★★★★★

The Legend of Zelda: Echoes of Wisdom age 9+ ★★★★★

Star Wars Outlaws age 13+ ★★★★★

World of Warcraft: The War Within age 14+ ★★★★★

Luigi's Mansion 2 HD age 8+ ★★★★★

Paper Mario: The Thousand-Year Door age 8+ ★★★★★

Stellar Blade age 17+ ★★★★★





RISKS AND NEGATIVE EXPERIENCES

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**

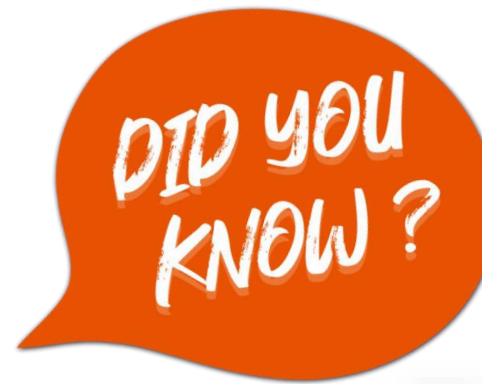
Unbearable **pressure to view hardcore** pornography even if they do not want to

Degrading acts and **violence against women**

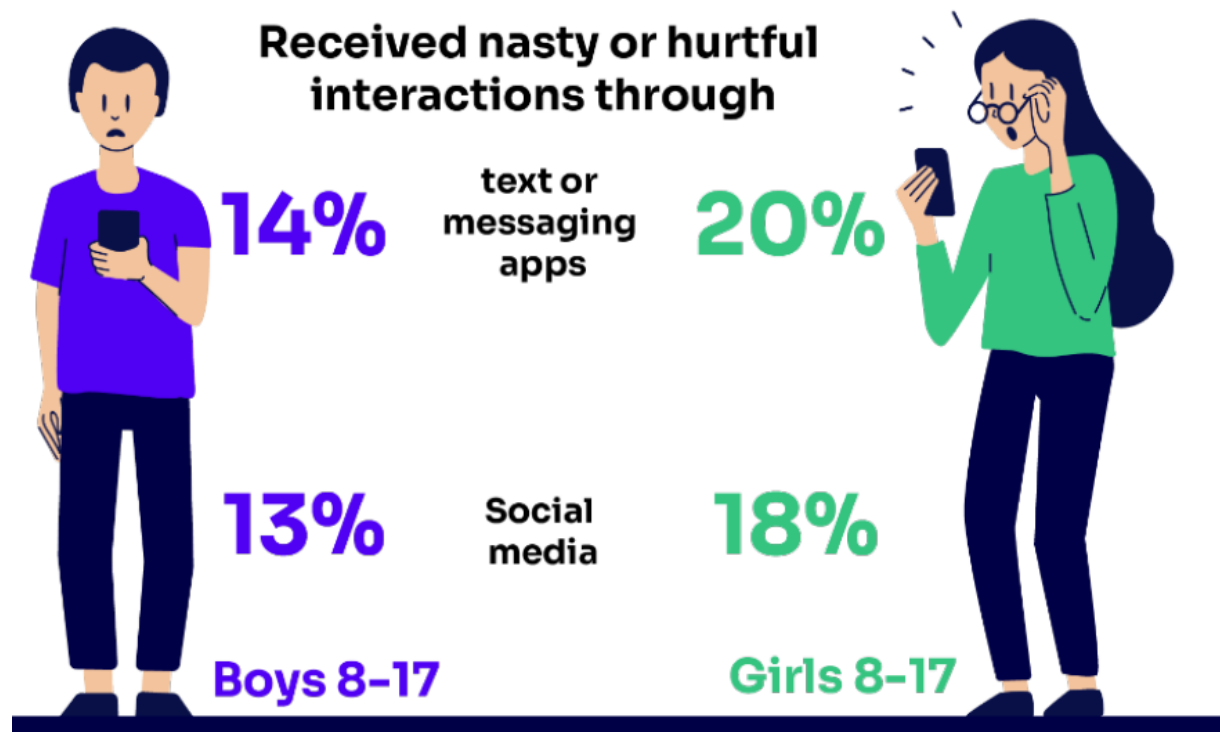
Think it is **reflective of real life or healthy relationships**

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**



On their device, in their hand, in their home.



- 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. Can lead to **'sextortion'**

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

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

"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." Girl 13

Source: Children and parents: Media use and attitudes report 2023

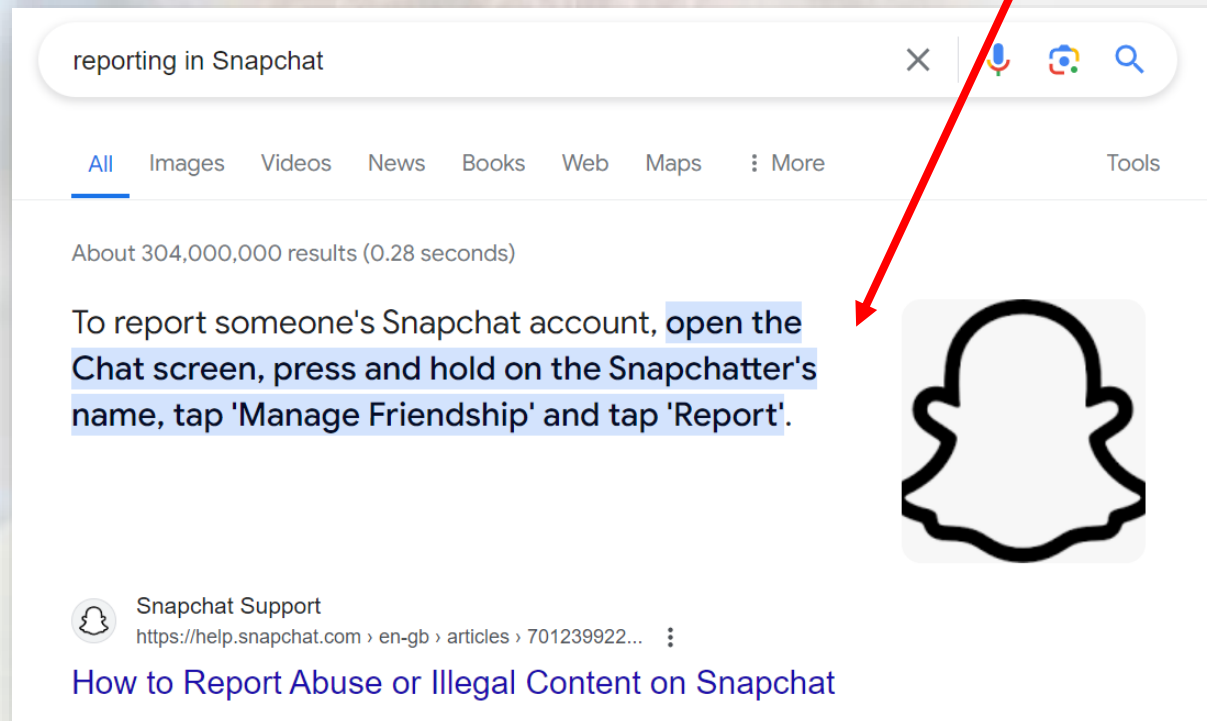
Being safer while live streaming

- **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

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




reporting in Snapchat

All Images Videos News Books Web Maps More Tools

About 304,000,000 results (0.28 seconds)

To report someone's Snapchat account, **open the Chat screen, press and hold on the Snapchatter's name, tap 'Manage Friendship' and tap 'Report'**.



Snapchat Support
<https://help.snapchat.com/en-gb/articles/701239922...>

[How to Report Abuse or Illegal Content on Snapchat](#)

LGfL

SafeguardED

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

S

SAFE

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.



M

MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.



A

ACCEPTING

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



R

RELIABLE

Information you find on the internet may not be true, or someone online may be lying about who they are.



T

TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

**THINK
U
KNOW
.CO.UK**

You can report online abuse to the police at www.thinkuknow.co.uk



LGfL 

SafeguardED



RESOURCES AND SUPPORT

LGfL 

SafeguardED

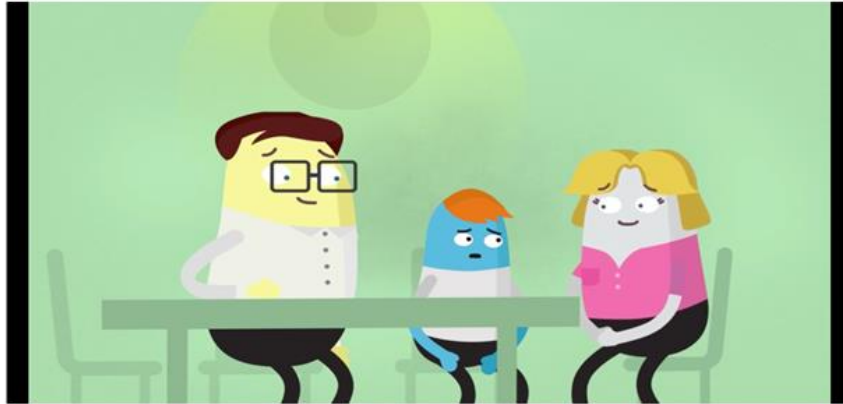
YOU don't need to be an **EXPERT ... be a PARENT**



- **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**.

So, what can parents 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?

<https://parentsafe.lgfl.net/>



<https://www.childnet.com/parents-and-carers/>



<https://www.internetmatters.org/>



<https://www.ceopeducation.co.uk/parents/>



<https://www.common sense media.org/>



<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>



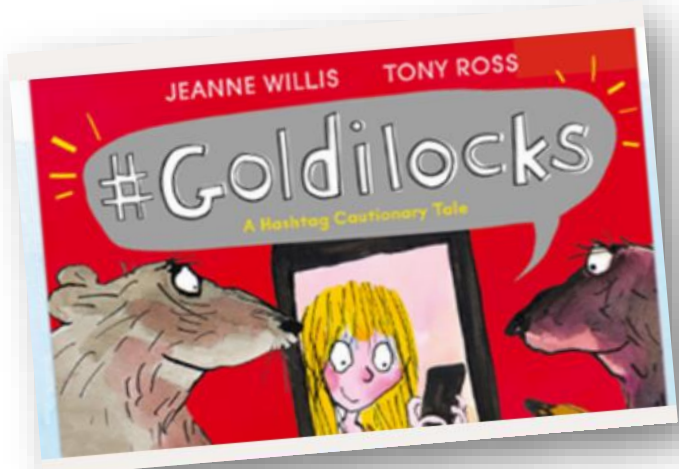
<https://nationalcollege.com/parents>



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





LGfL

Don't show them your vest even if it's your best,



SafeguardED

undressed.lgfl.net



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.

[Home](#) > [Parents](#) > [Online safety information for parents and families](#)

Online safety information for parents and families

Helping your child stay safe online.

In the current digital age, we know that parents want to help keep their children safe online. The following websites and links have some excellent information and we are always happy to signpost parents to other sources of support. The links below have some excellent up to date advice on gaming, live streaming etc.

 [CEOP Report button](#) We have also put together some guidance from CEOP; this is the official Police organisation that helps protect children online. Children can use the CEOP button to report online issues and abuse.



Our Internet Safety event was led by Paul Hay and there is lots of information on his website. Please click [here](#). Paul can also be contacted for advice on paul.hay@pclstraining.com

PEGI Ratings...these are for games and there is lots of advice online about why certain games have a particular rating. The [ask about games](#) website has lots of information and there is a PDF help sheet below.



In this section

[Newsletters](#)

[Uniform](#)

[Attendance and absence](#)

[Clubs and Wraparound Care](#)

[School Meals & Coolmilk](#)

[Medicines in school](#)

[Online payments](#)

[Helping in school](#)

[Parentmail](#)

[Community information, support for families & children's mental health and wellbeing.](#)



QUESTIONS?