

# Online Safety

## For parents and carers

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Advisory Teacher

**BDSIP** | HELPING  
STUDENTS  
SHINE



**What are children using?**

**How can we keep them safe?**



# THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

## ONLINE LIFE

99%

of children went  
online in 2021

## Who owns a mobile phone?

24%

of 3 to 7-year-olds

60%

of 8 to 11-year-olds

98%

of 12 to 17-year-olds

# THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022



## GAMING AMONG CHILDREN



**18%** of 3-4s



**38%** of 5-7s



**69%** of 8-11s



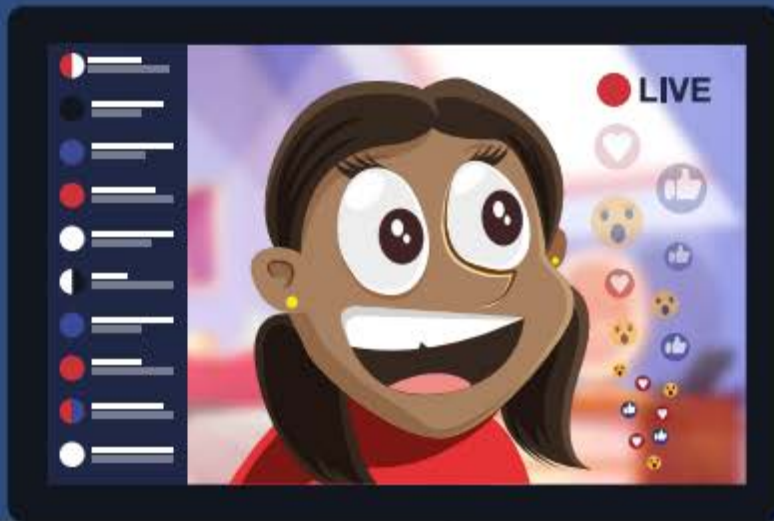
**76%** of 12-15s



**73%** of 16-17s

# THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

## SOCIAL MEDIA AND LIVE STREAMING



Age groups	Children who use live streaming apps	Children who use social media
3 to 4-year-olds	32%	21%
5 to 7-year-olds	39%	33%
8 to 11-year-olds	54%	64%
12 to 15-year-olds	73%	91%
16 to 17-year-olds	79%	97%

What does your child love doing online?  
What services and devices do they use?



**ROBLOX**



**FORTNITE**

Google



 YouTube



WIKIPEDIA  
The Free Encyclopedia



**NETFLIX**

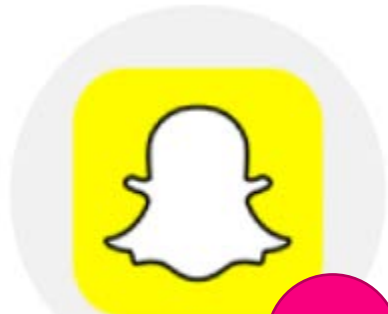


The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimise the associated risks.



YouTube

13



Snapchat

13



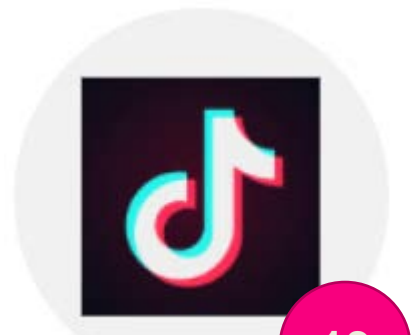
Instagram

13



WhatsApp

16



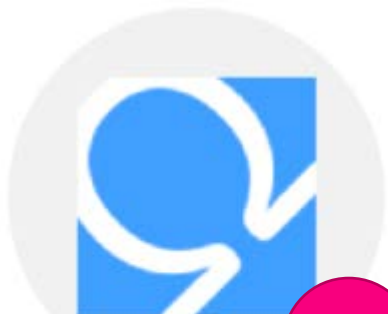
TikTok

13



Yubo

13



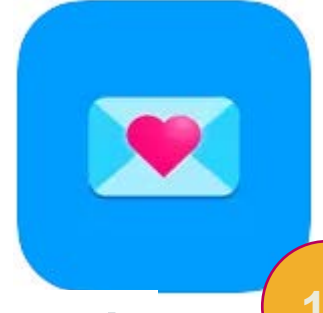
Omegle

13



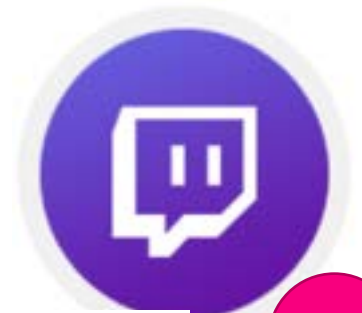
HiPal

12



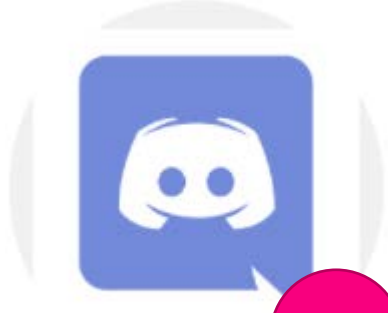
Sendit

12



Twitch

13



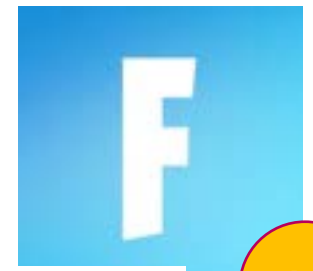
Discord

13



Roblox

7



Fortnite

12



Social Media

**What Parents Need to Know about HiPal**



Social Media Mental Health

**What Parents Need to Know about Social Media & Mental Health**



Social Media

**What Parents Need to Know about TikTok**



Gaming

**What Parents Need to Know about Call of Duty: Modern Warfare II**

<https://nationalonlinesafety.com/guides>

Add To Watchlist

Watchlist



Online Bullying

**What Parents Need to Know about How to Combat Online Bullying**



Social Media

**What Parents Need to Know about Amigo**



Gaming

**What Parents Need to Know about Overwatch 2**



Social Media

**What Parents Need to Know about Sendit**



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



## THE CONTENT DESCRIPTORS



# Risks of using apps / sites / games that aren't age appropriate...

**Content**

**Contact**

**Conduct**

**Commerce**

# Content

Children engage with and / or are exposed to potentially harmful content:

- Violent, gory, graphic, racist, hateful and extremist
- Pornography (legal and illegal), sexualisation of culture, body image norms
- Age-inappropriate content, mis/disinformation
- Some online content is not suitable for children and may be hurtful or harmful.

Content could be via social media, online games, streams and websites.





Portrait of a young woman with purple hair.  
© [unreadable] / [unreadable]





# Contact

Children experience and / or are targeted by potentially harmful contact:

- Harassment, stalking, hateful behaviour
- Sexual harassment, grooming, taking and sharing child sexual abuse material
- Radicalisation, extremist recruitment

When children make new friends online they could be sharing personal information with them



# Commerce

Child as the consumer can experience:

- Identity theft, fraud, phishing, financial scams, online gambling
- Inappropriate advertising, sextortion, streaming child sexual abuse



# Conduct

Children need to be aware of the impact that their online activity can have on both themselves and others:

- Bullying, hateful or hostile peer activity e.g. trolling, exclusion, shaming
- Making, sending / sharing explicit images

It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information, photos and videos that they may have posted.



**So you  
got **naked**  
online...**

A resource  
provided by SWGfL



# THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

## ONLINE BULLYING

**4 in 10** children were bullied. How many of them were bullied online?

**74%** of 8–11s 

 **92%** of 12–15s

**84%** of 16–17s 

# Online bullying

- Online bullying can happen in many different ways including:
  - unkind messages or comments,
  - sharing embarrassing photos,
  - exclusion from group chats

**Do** save the evidence

**Do** report and block

**Don't** punish your child

**Don't** retaliate



# THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

## PARENTAL CONCERNS



**4 in 10**

parents were concerned  
about their child's screen time



**18**

**CENSORED**

**7 in 10**

parents were concerned about  
age-inappropriate content



**6 in 10**

parents were concerned about  
content promoting self-harm



**5 in 10**

parents were concerned about  
extremist content online

# Internet Matters – social media concerns



Location sharing apps



My child is affected by content online



Posting embarrassing images on social media



Online gaming with strangers



My 11 year old wants a social media account



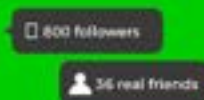
Chatting online to strangers



Online actions hurting others



Cyberbullying



Social media followers



Too much time on social media



Posting inappropriate selfies



Sharing too much personal information online

# Help your children stay safe online – work as a TEAM...



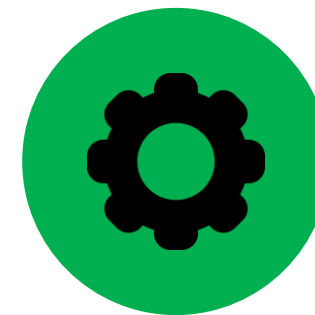
**Talk**



**Explore**



**Agree**



**Manage**

# Talk about staying safe online

- Talk to your child about their internet use and let them know they can talk to you

What sites do you visit?  
What do you enjoy  
doing online?

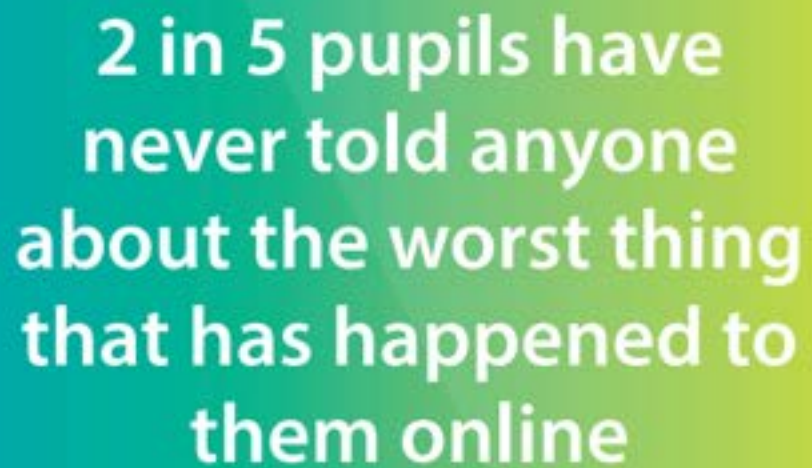
How do you stay safe  
online? Any tips for  
me?!  
Do you know where to  
go for help?

If not you, who your child can  
talk to, e.g. teacher, Childline

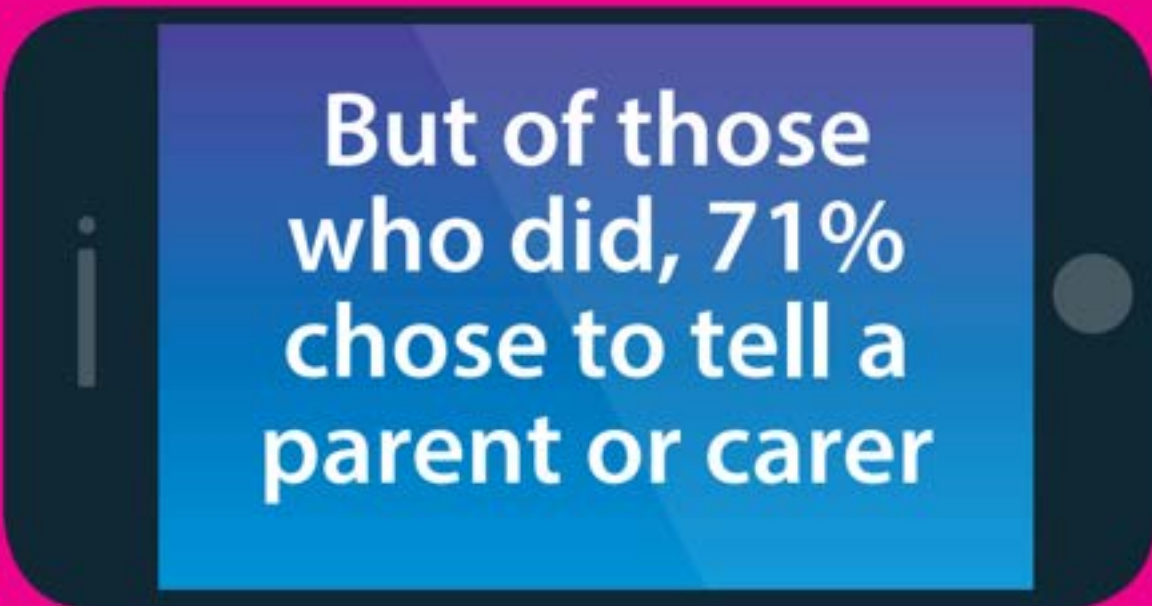
SEND advice for parents -  
Internet Matters

A large smartphone graphic with a black border and a white home button at the bottom. The screen is filled with a yellow-to-orange gradient.

**73% of pupils trust parents on online safety, but only 56% talk about it more than once a year**

A smaller smartphone graphic with a black border and a white home button at the bottom. The screen is filled with a teal-to-green gradient.

**2 in 5 pupils have never told anyone about the worst thing that has happened to them online**

A smaller smartphone graphic with a black border and a white home button at the bottom. The screen is filled with a blue-to-purple gradient.

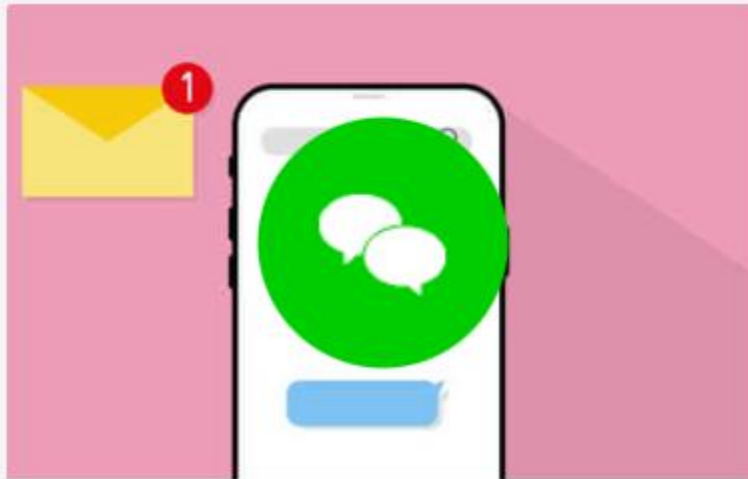
**But of those who did, 71% chose to tell a parent or carer**

# Explore their online world together

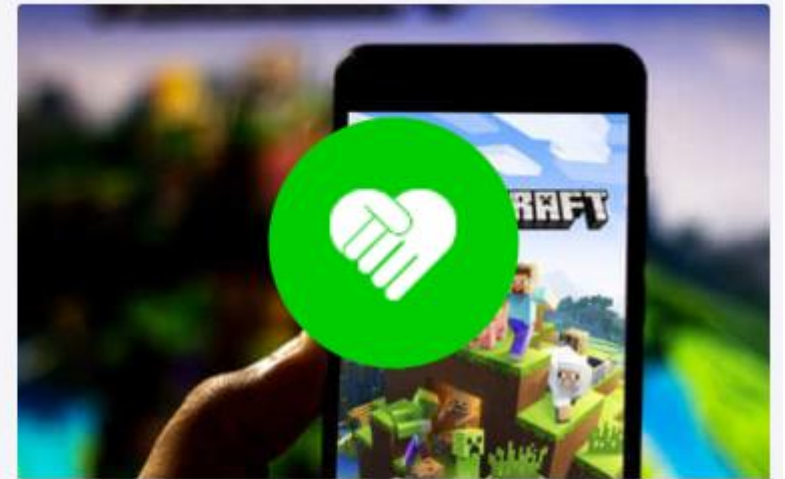
- Get involved with your child's life online
- Learn about the apps, games and devices they use
- Play their favourite games with them, try out their favourite apps...
- <https://www.internetmatters.org/resources/apps-guide/>



**Social networking and  
messaging apps**



**Social gaming and live  
streaming apps**



**Anonymous and decoy  
apps**



# Agree rules about what's OK and what's not

- **Clarify** what is allowed... or not
- **Establish** ground rules like no phones at the dinner table or in the bedroom at night-time
- **Agree** shared expectations to reduce arguments and keep everyone safe and healthy
- <https://www.childnet.com/resources/family-agreement/>



# Finding the right digital balance



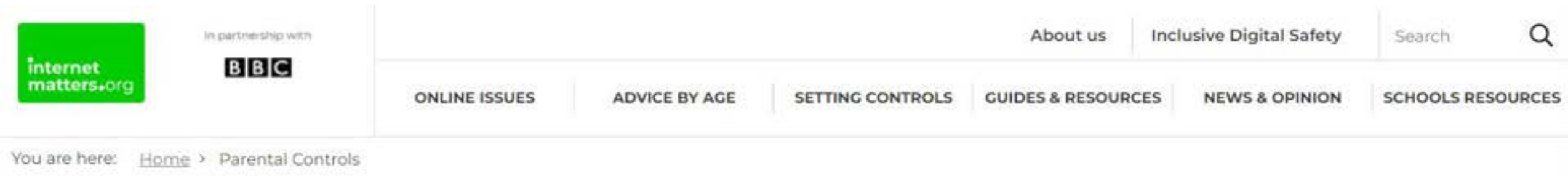
## Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

- **Connect** – play with friends and family both online and offline
- **Be active** – take time off and get active
- **Get creative** – don't just browse internet
- **Give to others** – be positive online
- **Be mindful** – take a break and ask for help if needed

# Manage your family's settings and controls

- <https://www.internetmatters.org/parental-controls/>



The screenshot shows the top navigation bar of the Internet Matters website. On the left is the 'internet matters.org' logo. To its right, it says 'In partnership with' followed by the BBC logo. On the right side of the header, there are links for 'About us', 'Inclusive Digital Safety', and a search icon. Below these are several menu items: 'ONLINE ISSUES', 'ADVICE BY AGE', 'SETTING CONTROLS', 'GUIDES & RESOURCES', 'NEWS & OPINION', and 'SCHOOLS RESOURCES'. At the bottom left of the header, it says 'You are here: Home > Parental Controls'.

## Parental Controls

Give your child a safe space to explore their curiosity online.

Our step by step guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience.

[SEE SET UP SAFE CHECKLIST](#)



## How to set parental controls

Many parents are put off using controls and settings as they think they will be difficult to set up, or complicated to use. With our step by steps guides, we can help make it simple and straightforward.

### Smartphones and other devices

Select the device from the dropdown list



VIEW ALL

### Entertainment & Search engines

Select the device from the dropdown list



VIEW ALL

### Broadband & mobile networks

Select the device from the dropdown list



### Social media

Select the device from the dropdown list



# Manage your family's settings and controls

Google Family Link



Apple Family Sharing



Windows devices



Manage app access, set screen time etc.

Set it up  
before you  
wrap it up



# Help your children stay safe online – work as a TEAM...



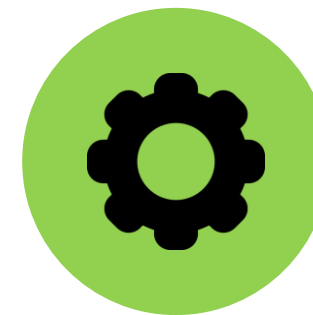
**Talk**




**Explore**



**Agree**



**Manage**



Consider setting up  
a shared family  
email address.


Your child can use  
this when signing up  
to new services.





Encourage your  
child to always  
**'think before you  
post'**

Lead by example and  
discuss the content  
you share on social  
media too



Give your child  
strategies to deal  
with content they  
don't want to see

For example,  
speaking to you or  
turning off the device

