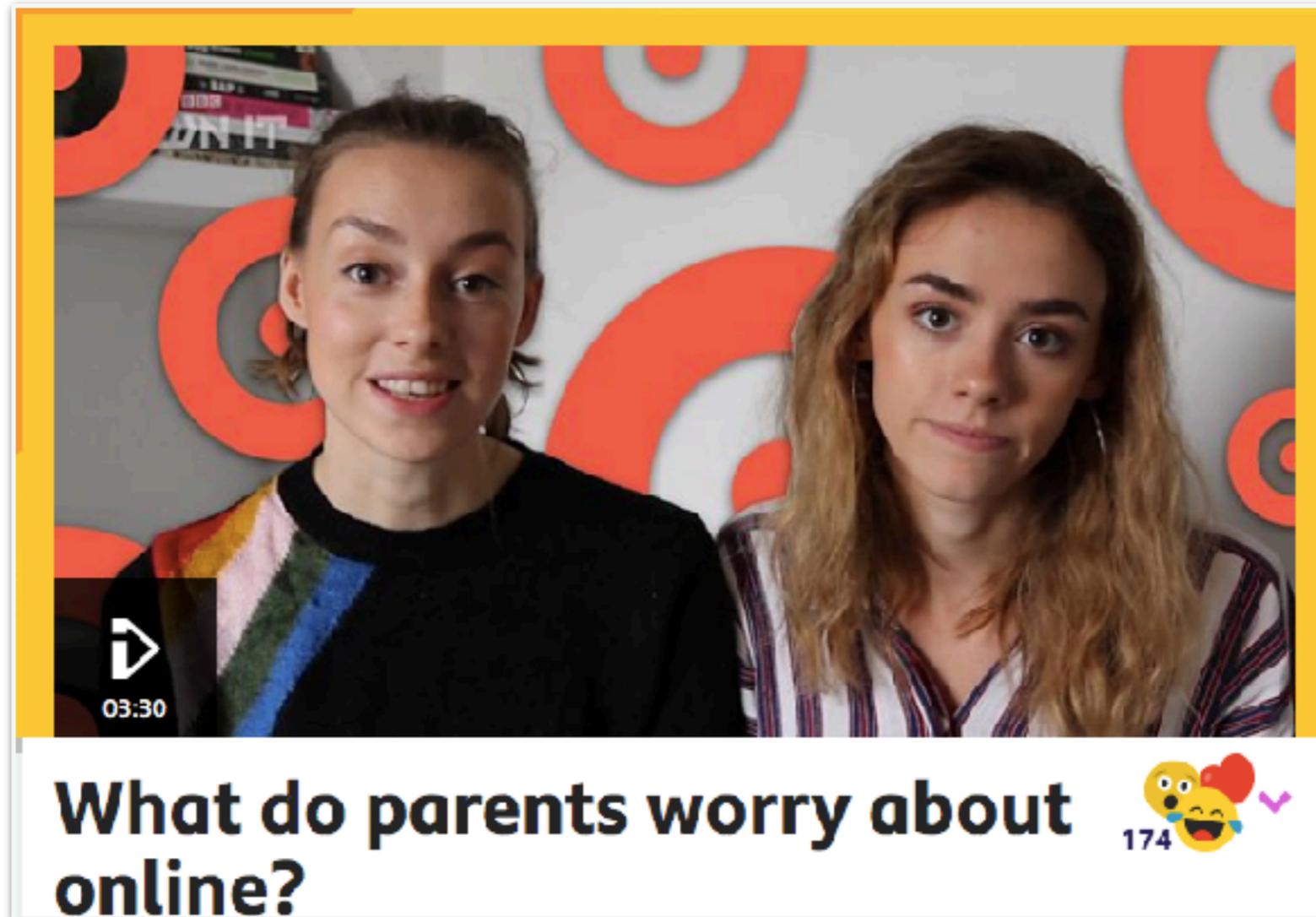


# Online Safety

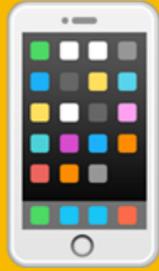
Parents



# What do you worry about?



[https://www.bbc.com/ownit/take-control/what-do-parents-worry-about-online?  
collection=handling-parents](https://www.bbc.com/ownit/take-control/what-do-parents-worry-about-online?collection=handling-parents)



Using Social Media



Home learning, homework  
or research



# What are your children doing online?



Playing Online Games



Creating or watching video

# Children's Digital Playground (6-12)

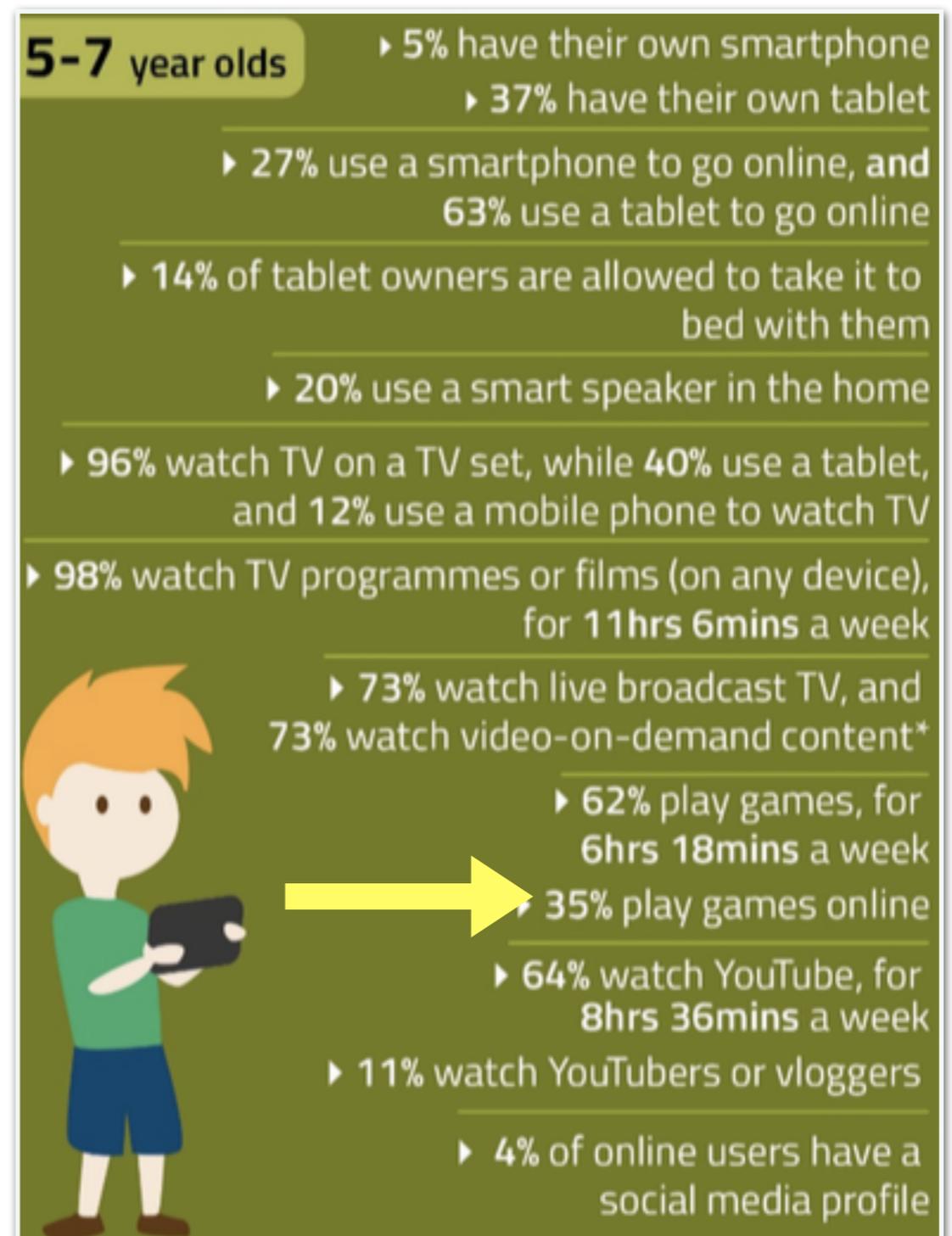
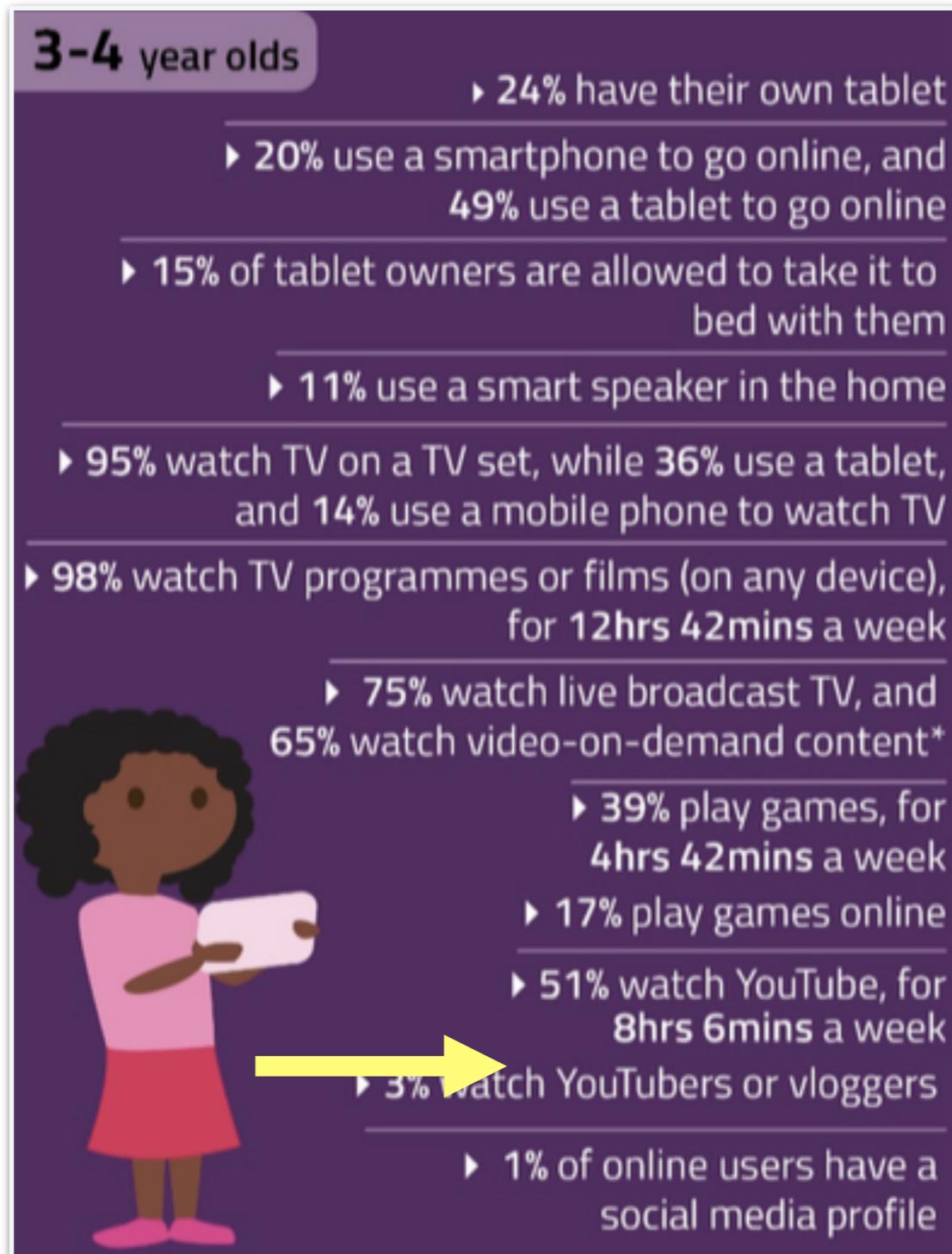


## What are your children doing online?

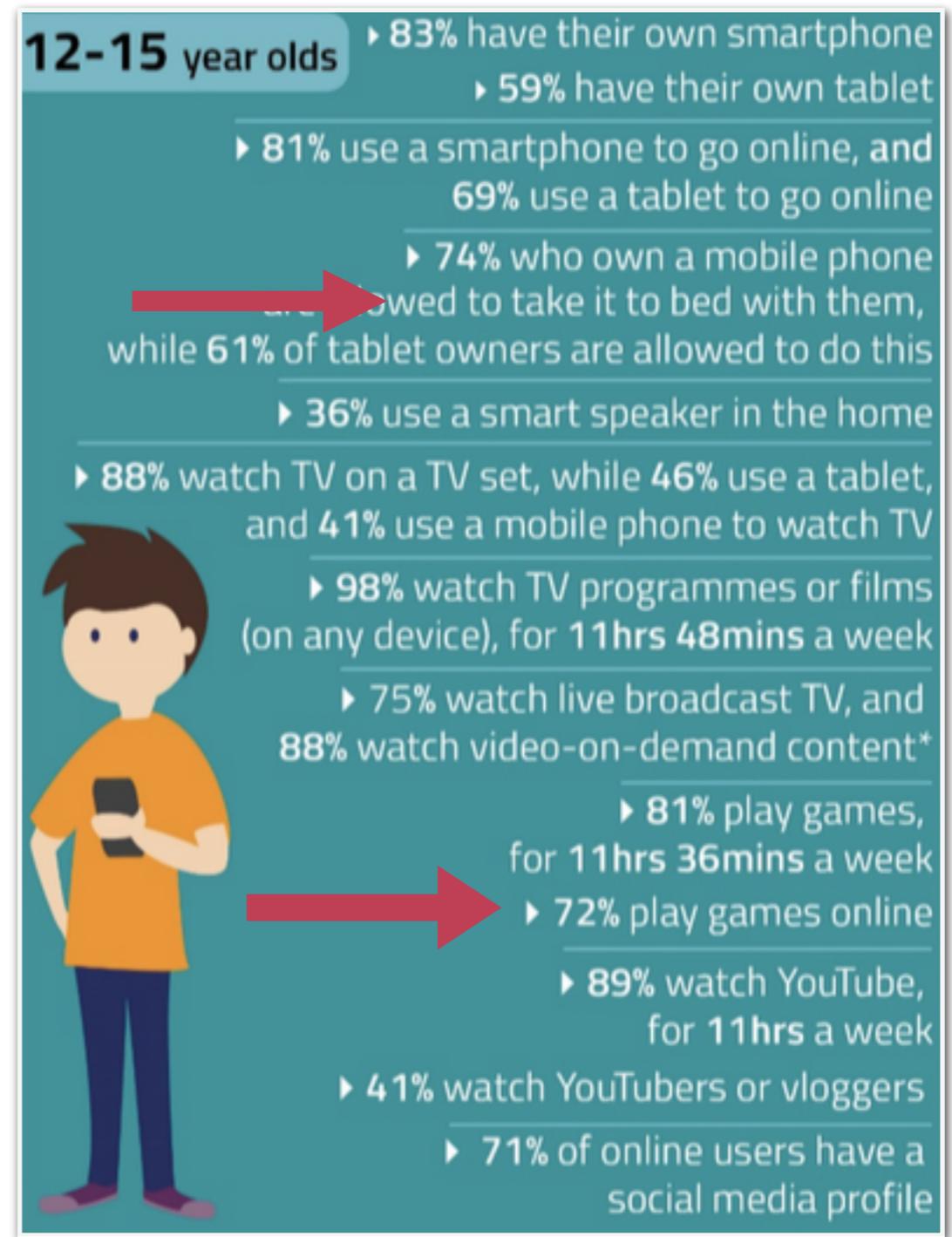
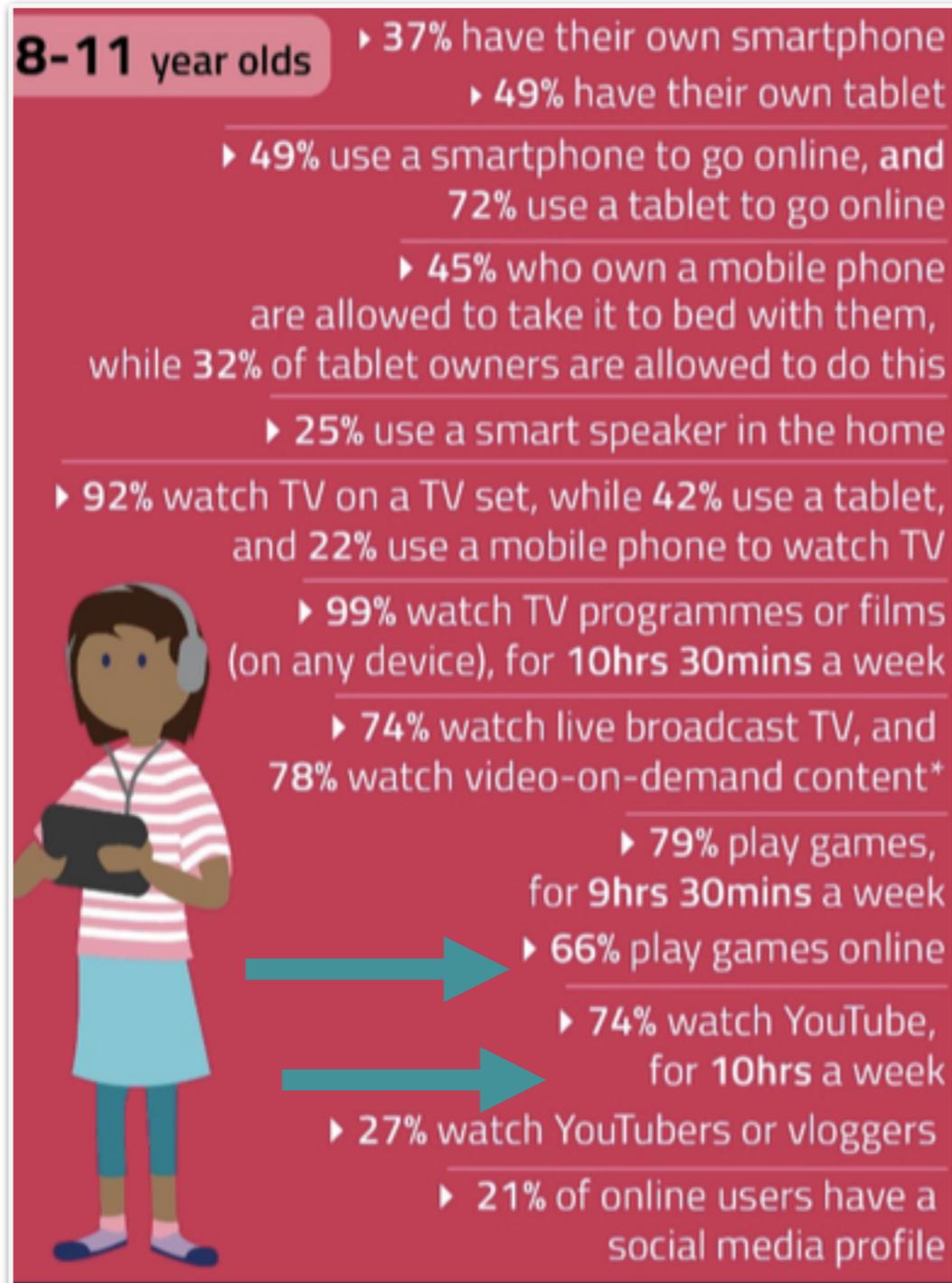
- Watch videos on **YouTube**
- **Play a range of online games** from Roblox and Fortnite to Toca Boca mobile games
- Older children use apps such as Tik Tok to post **videos online and live-stream**
- Some may also be using platforms like **Snapchat and Instagram** although minimum age is 13
- Use **educational apps** to supplement learning



# Latest Research



# Latest Research



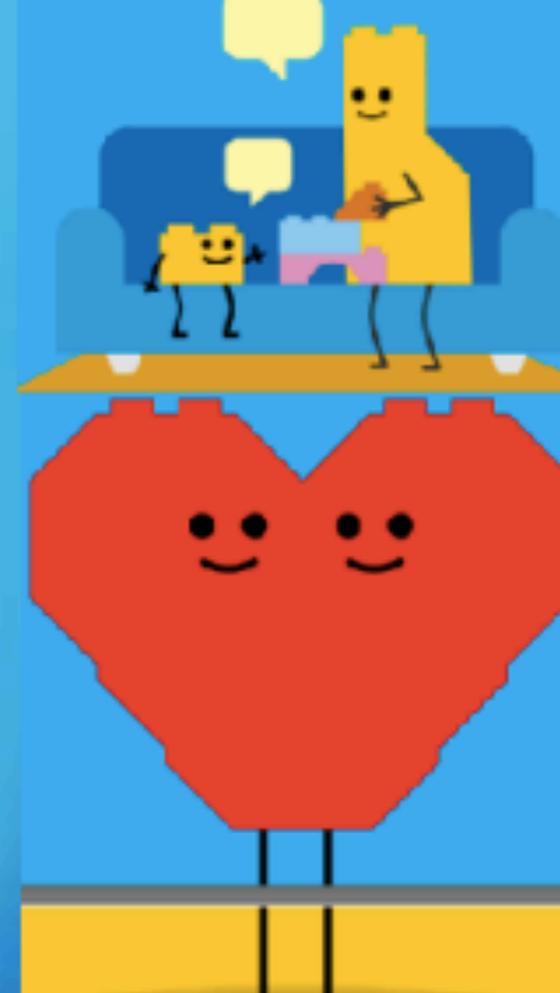
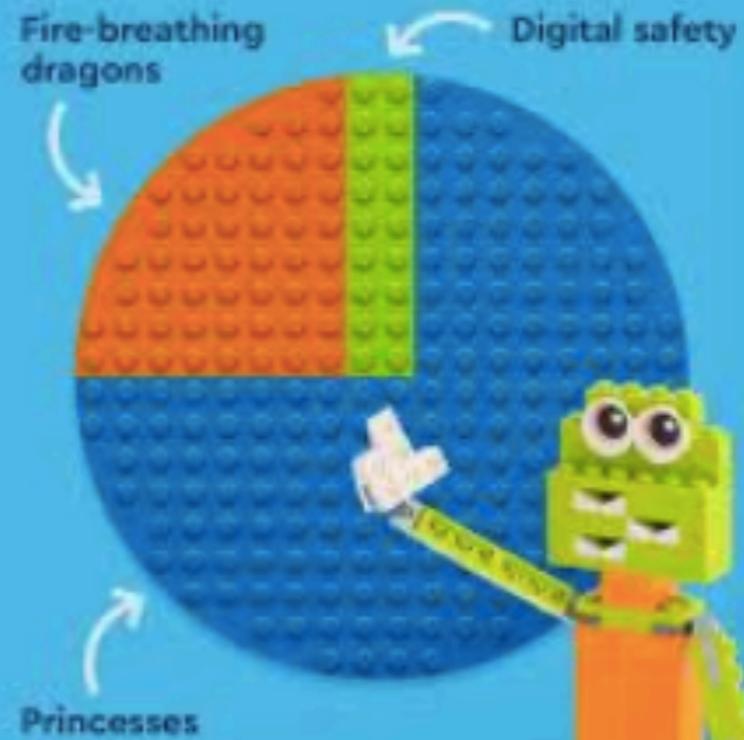
**917**  
minutes

Average time children spend online a week

Average time we talk to them about digital safety in their entire childhood

**46**  
minutes

Rough estimate of time we spend talking to children about:



**What can you do?**

# Supporting your son or daughter

- Take an interest.
- Engage with them.
- Use technology with them.
- Do not become a 'sharent' - lead by example.
- Talk to other parents about any issues.
- Open minded to technology.



# Digital Five a Day

- Aims to provide practical steps to achieve a healthy and balanced digital diet.
- Promotes positive behaviours and mental wellbeing.



# 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.



# Test your home filtering

TEST FILTERING Personal Schools Business Public Sector



## Personal Internet Filter Test

Children, particularly younger children, can be bothered by things they see online, and filters can be a helpful tool in reducing the chances of coming across something upsetting.

Managing access to online content is very much an art and whilst no filter or parental controls tool is 100% effective, this utility will help you test the main components of any filtering or parental controls (if they are active) on your Broadband or mobile connection.

All the major Broadband and mobile operators provide filtering or parental controls. To find out more about these including instructions on activating them can be found on the Internet Movers website.

[Test My Internet Filter](#)

TEST FILTERING

### Results for Filter Test: **Passed**

Establishment Type:	Personal
Organisation:	Joe Bloggs
Postcode:	1 31 3VF
IP Address:	62.252.201.33
Network:	NTI

### Child Sexual Abuse Content

Tests whether you are blocking websites on the IWF Child Abuse Content URI List.

✔ It appears that your Internet Service Provider or filtering solution includes the IWF URI Filter list, blocking access to Child Sexual Abuse content online.

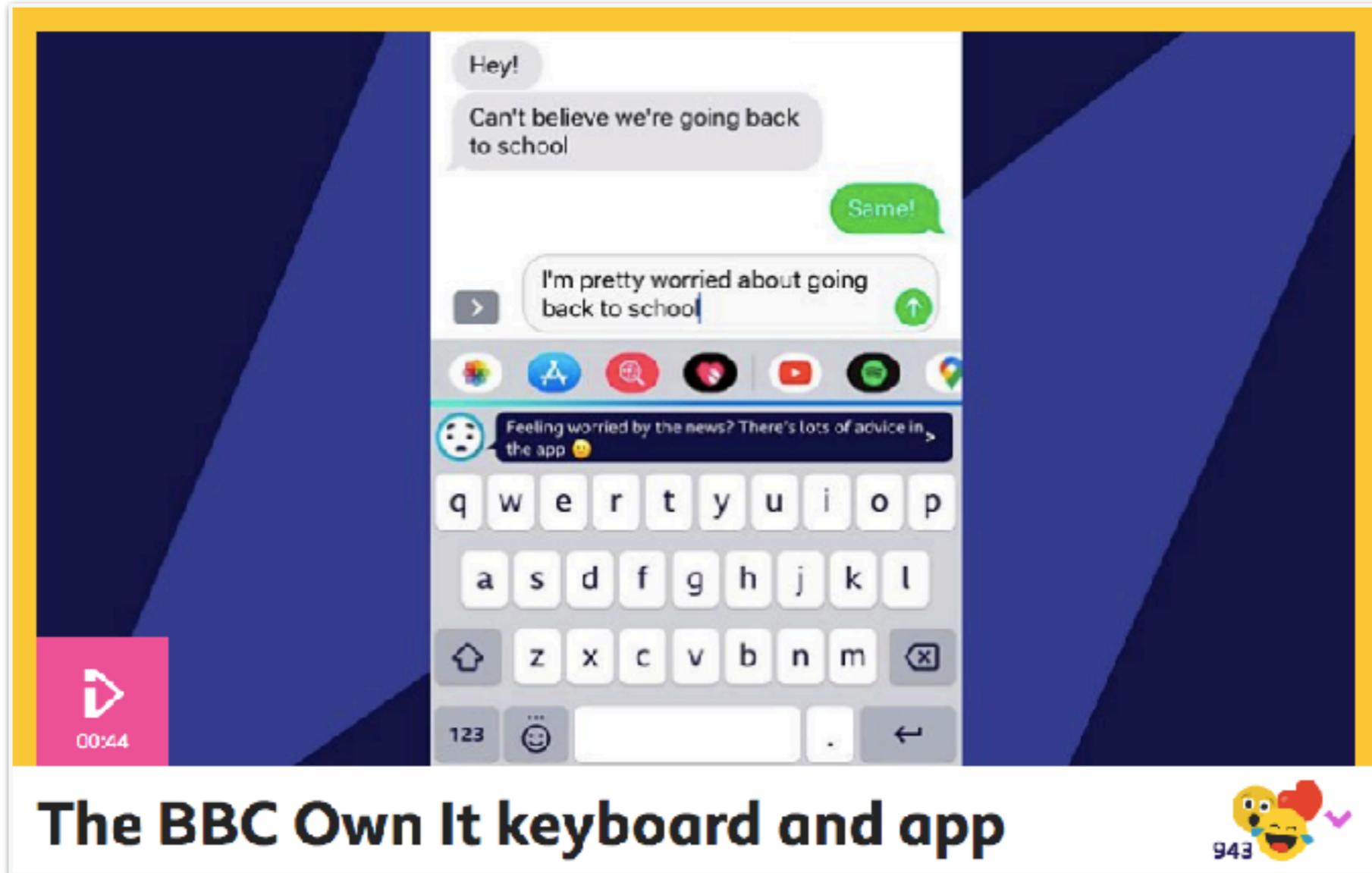
### Adult Content Filter Test

Test whether your Internet filter blocks access to pornography websites.

✔ It appears that your filtering solution includes blocking for online pornography.

<http://testfiltering.com/personal/>

# BBC Own IT app



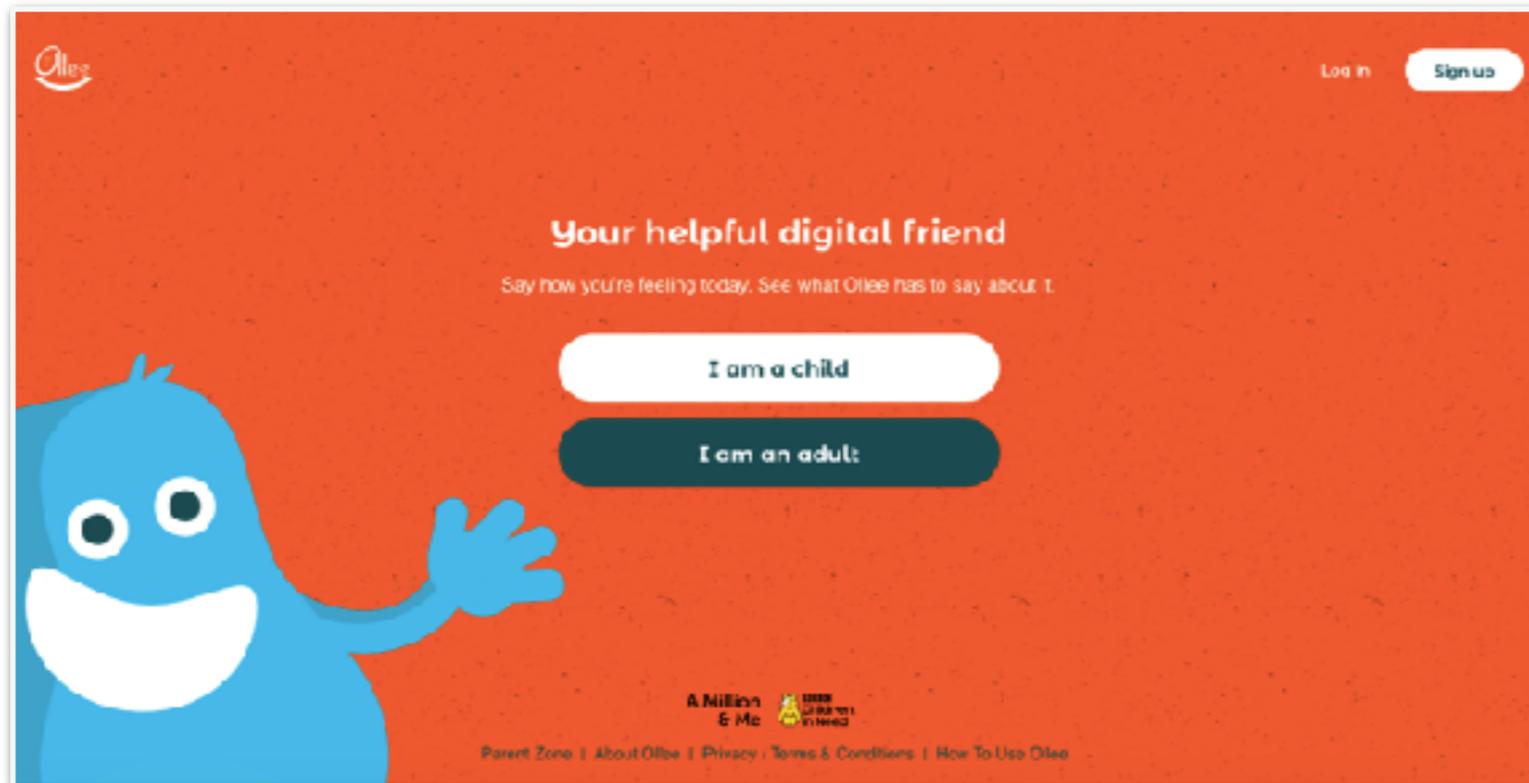
**The BBC Own It keyboard and app**



<https://www.bbc.com/ownit/take-control/own-it-app>

# Ask Ollee

A virtual friend who is there to help you with your wellbeing!



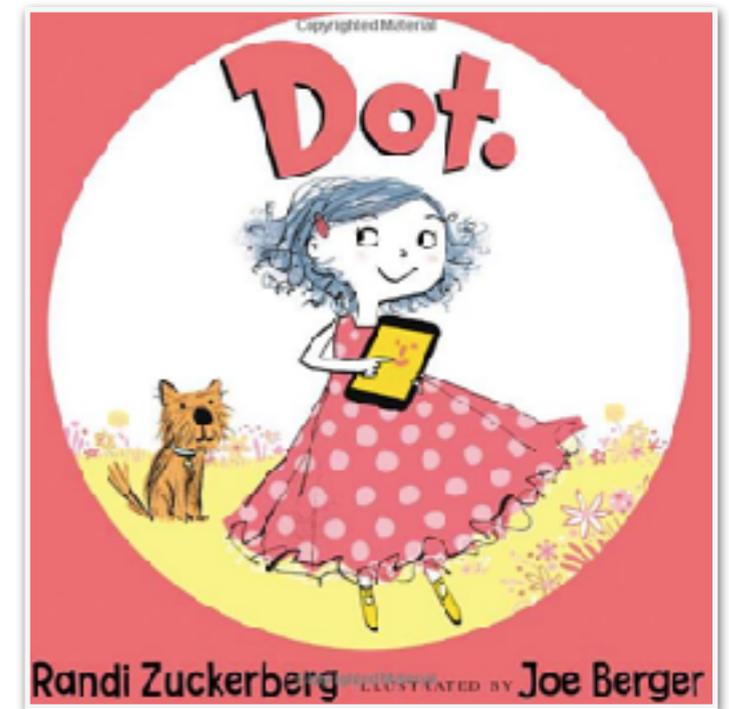
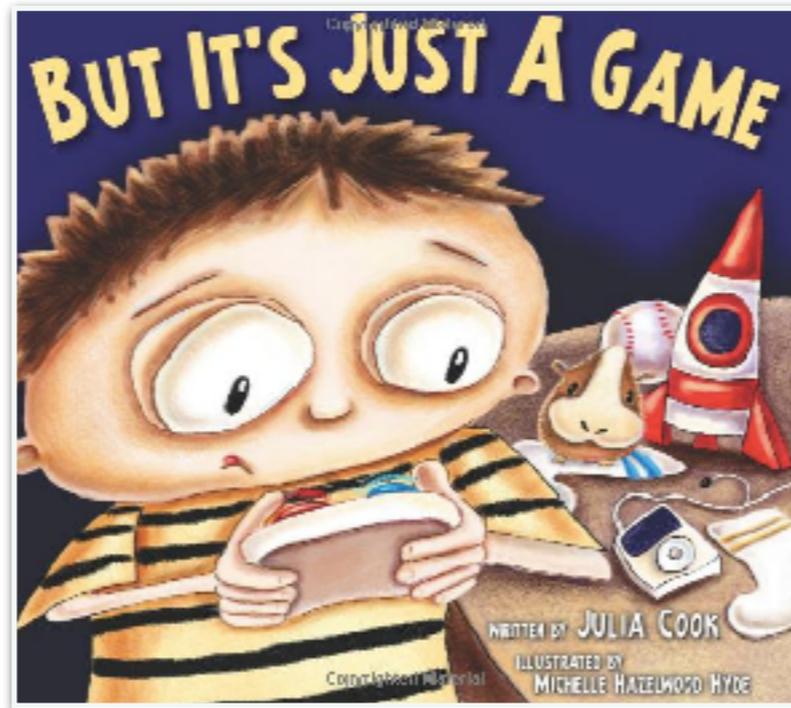
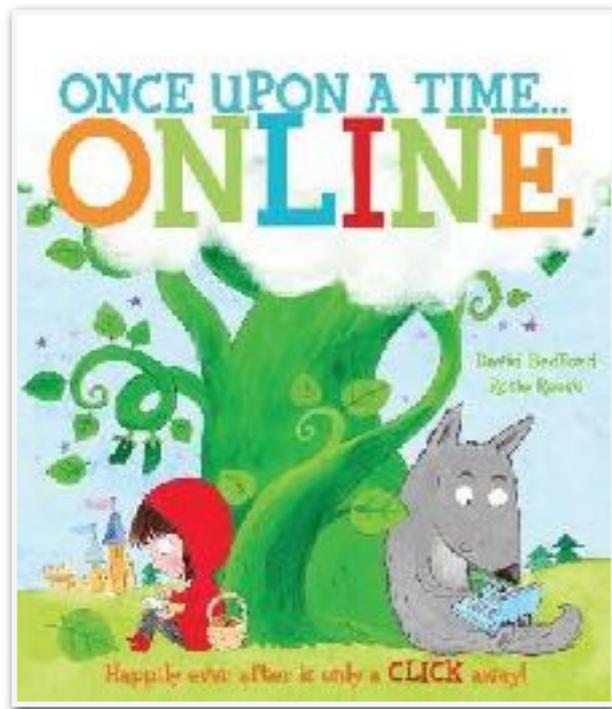
Tell your child that being friendly and interested in others and sharing interests is the way to form strong relationships.

Show this in your own friendships: they will see that being kind and empathetic is how to keep friendships alive.

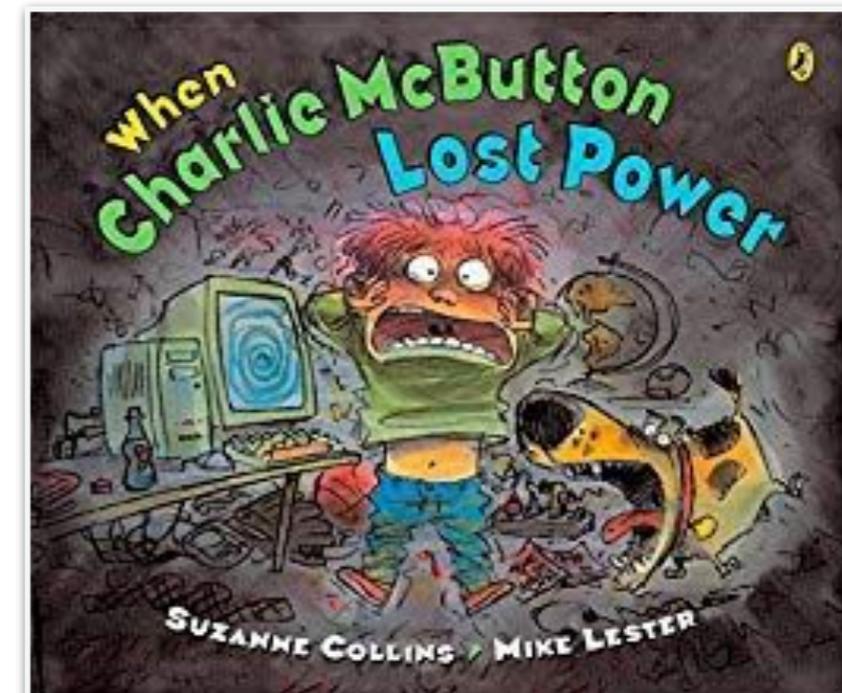
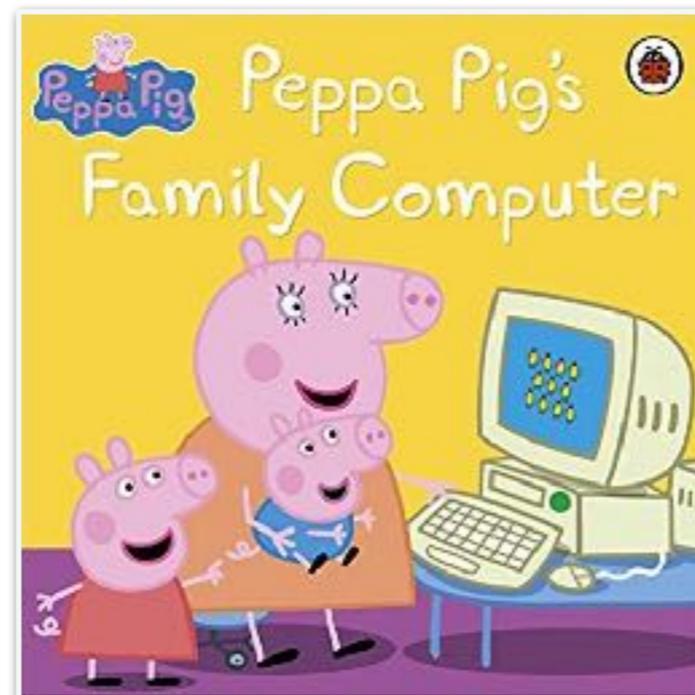
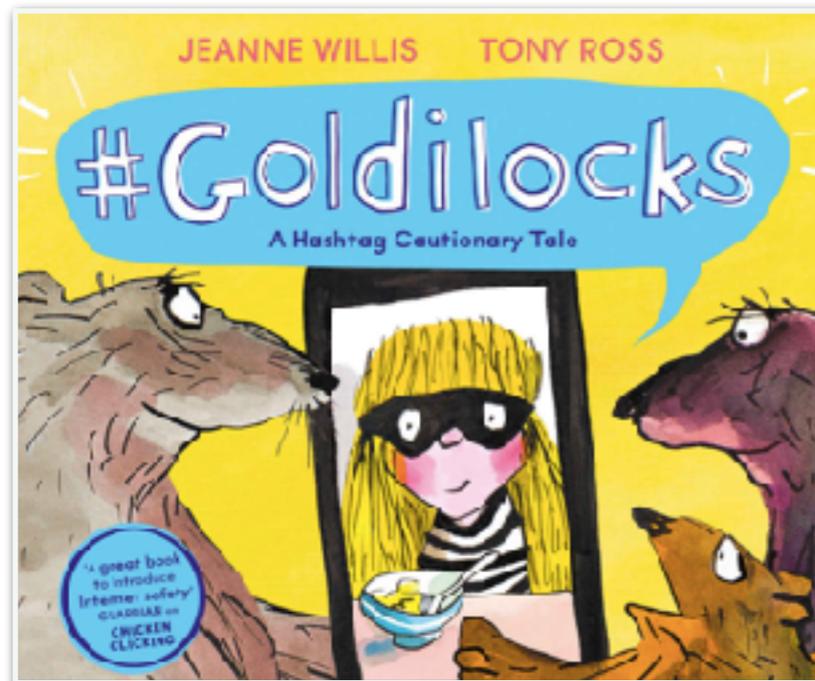
 Good advice

 Not for me

<https://app.olee.org.uk/#/welcome>



# Online Safety Books



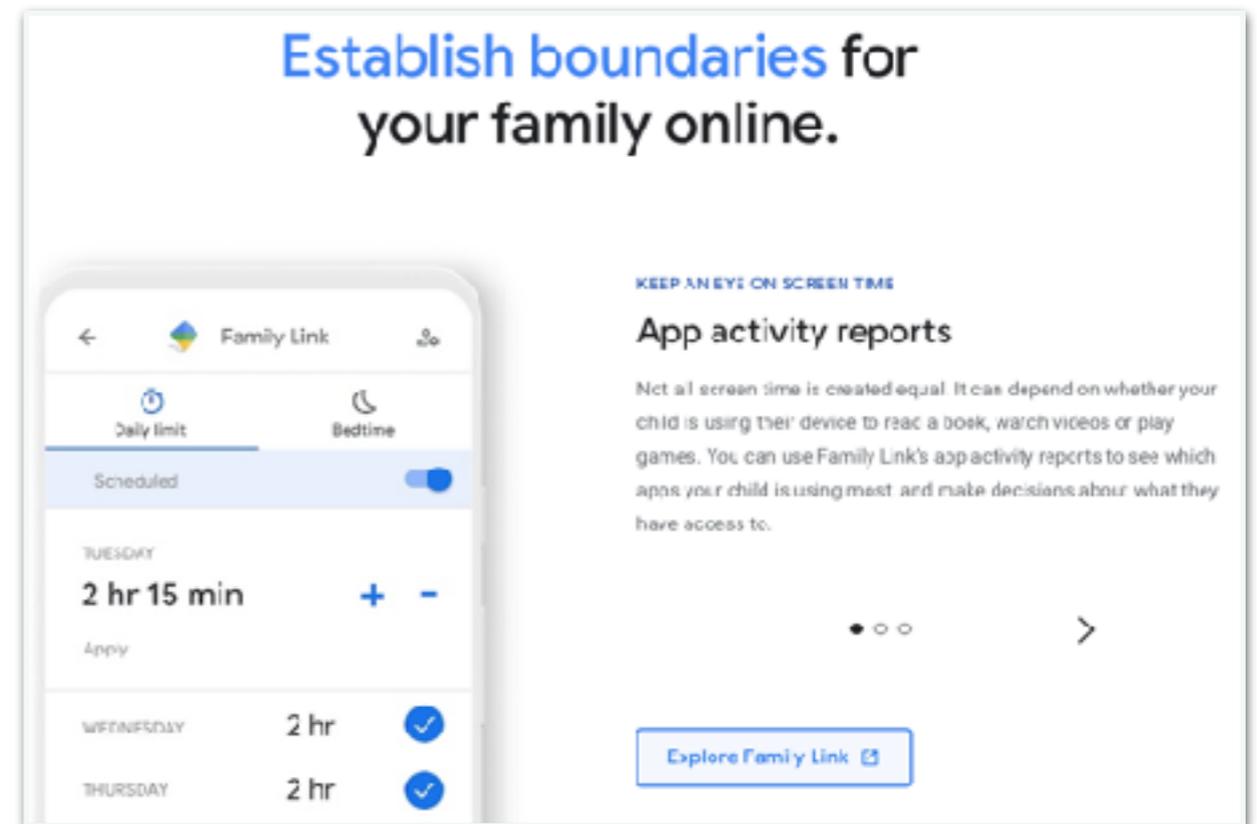
A stylized illustration of a computer monitor. The monitor has a thick black bezel and a grey base. The screen is white and displays the text "Parental Controls" in a bold, green, sans-serif font, centered horizontally and vertically.

# Parental Controls



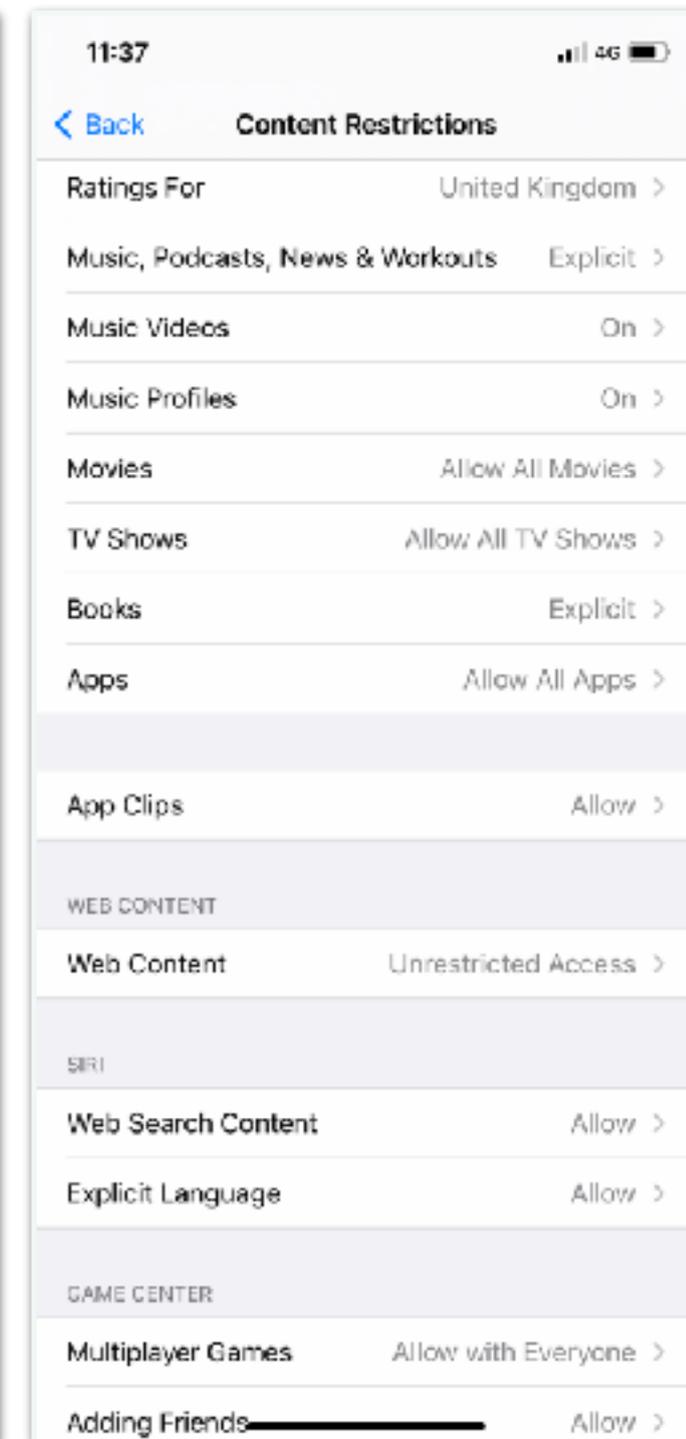
# Google Family Link

- Available on App and Android Stores.
- Monitor Screen Time.
- Manage Apps.
- Set sleep time.
- See where they are.



# Apple Parental Control

- Restrict Apps
- Set time limits
- Filter web content
- Restrict the game centre.



# Support for you

- You can always speak to:
  - CEOP
  - NSPCC
  - School
- Or for more general information you can visit these sites:
  - UK Safer Internet Centre (<https://www.saferinternet.org.uk/>)
  - Internet Matters (<https://www.internetmatters.org/>)
  - The Parent Zone (<https://parentzone.org.uk/home>)