

SAFER INTERNET PARENT WORKSHOP

11.02.25

39% Agree 44% Disagree
"I find it hard to control my child's screen time"
Agreement by age of child

| Age Group | Agree | Disagree |
|-----------|-------|----------|
| 3-4 | 34% | 66% |
| 5-7 | 32% | 68% |
| 8-11 | 37% | 63% |
| 12-15 | 46% | 54% |
| 16-17 | 49% | 51% |

Use of mobile phone or tablet to go online: by age

| Age | Mobile Phone Use (%) | Tablet Use (%) |
|-----|----------------------|----------------|
| 4 | 65 | 40 |
| 5 | 80 | 40 |
| 6 | 75 | 40 |
| 7 | 85 | 40 |
| 8 | 80 | 40 |
| 9 | 85 | 40 |
| 10 | 85 | 40 |
| 11 | 90 | 40 |
| 12 | 95 | 40 |
| 13 | 95 | 40 |
| 14 | 95 | 40 |
| 15 | 95 | 40 |
| 16 | 95 | 40 |
| 17 | 95 | 40 |

Digital Family Agreement

Children's Commissioner Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

- Be Mindful
- Connect
- Give to others
- Be Active
- Get Creative

Online Gaming: 8-17s

| Category | Percentage | Description |
|---------------------------|------------|---|
| Playing games with others | 55% | Played against or with someone else they know |
| In-game chat (messaging) | 22% | Chat to people they don't know outside the game |

LGfL SafeguardED

tip

DID YOU KNOW?

?

Image of a family (father, mother, and child) looking at a tablet together.

Lisa Perren and Rachel Whitely

Safer Internet Day 2025 | Tuesday 11 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

Minimum Age Restrictions for Social Media Platforms

13

16

18



X (former Twitter) TikTok

QUIZ
TIME

Minimum Age Restrictions for Social Media Platforms

Can you sort the social media platforms into the correct categories?

13



16



18



ONLINE SAFETY - KAPOW

Kapow
Primary™



| | Online safety |
|---------------|--|
| Online safety | Online safety Y1 (5 lessons) Learning how to stay safe online and how to manage feelings and emotions when someone or something has upset us. |

| | Online safety |
|---------------|---|
| Online safety | Online safety Y2 (4 lessons) Learning: how to keep information safe and private online; who we should ask before sharing things online and how to give, or deny permission online. |

| | Online safety |
|---------------|---|
| Online safety | Online safety Y3 (5 lessons) Learning: the difference between fact, opinion and belief; and how to deal with upsetting online content. Knowing how to protect personal information online. |

| | Online safety |
|---------------|--|
| Online safety | Online safety Y4 (5 lessons) Searching for information and making a judgement about the probable accuracy; recognising adverts and pop-ups; understanding that technology can be distracting. |

| | Online safety |
|---------------|---|
| Online safety | Online safety Y5 (5 lessons) Learning about app permissions; the positive and negative aspects of online communication; that online information is not always factual; how to deal with online bullying and managing our health and wellbeing. |

| | Online safety |
|---------------|---|
| Online safety | Online safety Y6 (6 lessons) Learning to deal with issues online; about the impact and consequences of sharing information online; how to develop a positive online reputation; combating and dealing with online bullying and protective passwords. |

Autumn 1

Online Safety agreements to be signed
at the end of the unit

Findings from the 'Pace of change' (2015) report.

- Children more likely than their parents to talk about private things online that they do not share face-to-face.
- Most parents first talk to their children about online safety between 7-10 years old.
- Parents aware of controls.

internet
matters.org

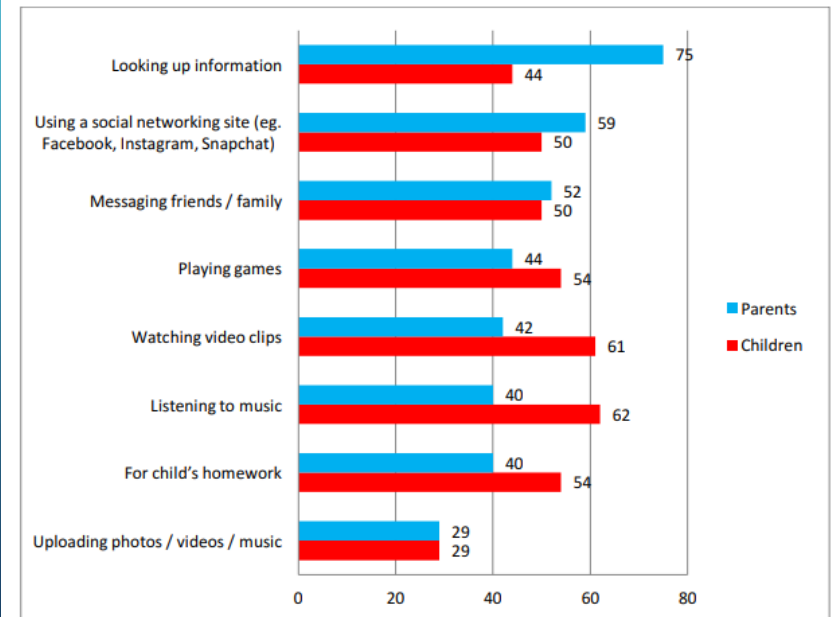
Pace of Change Report

Research focused on how parents and children differ in their use of the internet

December 2015

REASONS FOR GOING ONLINE

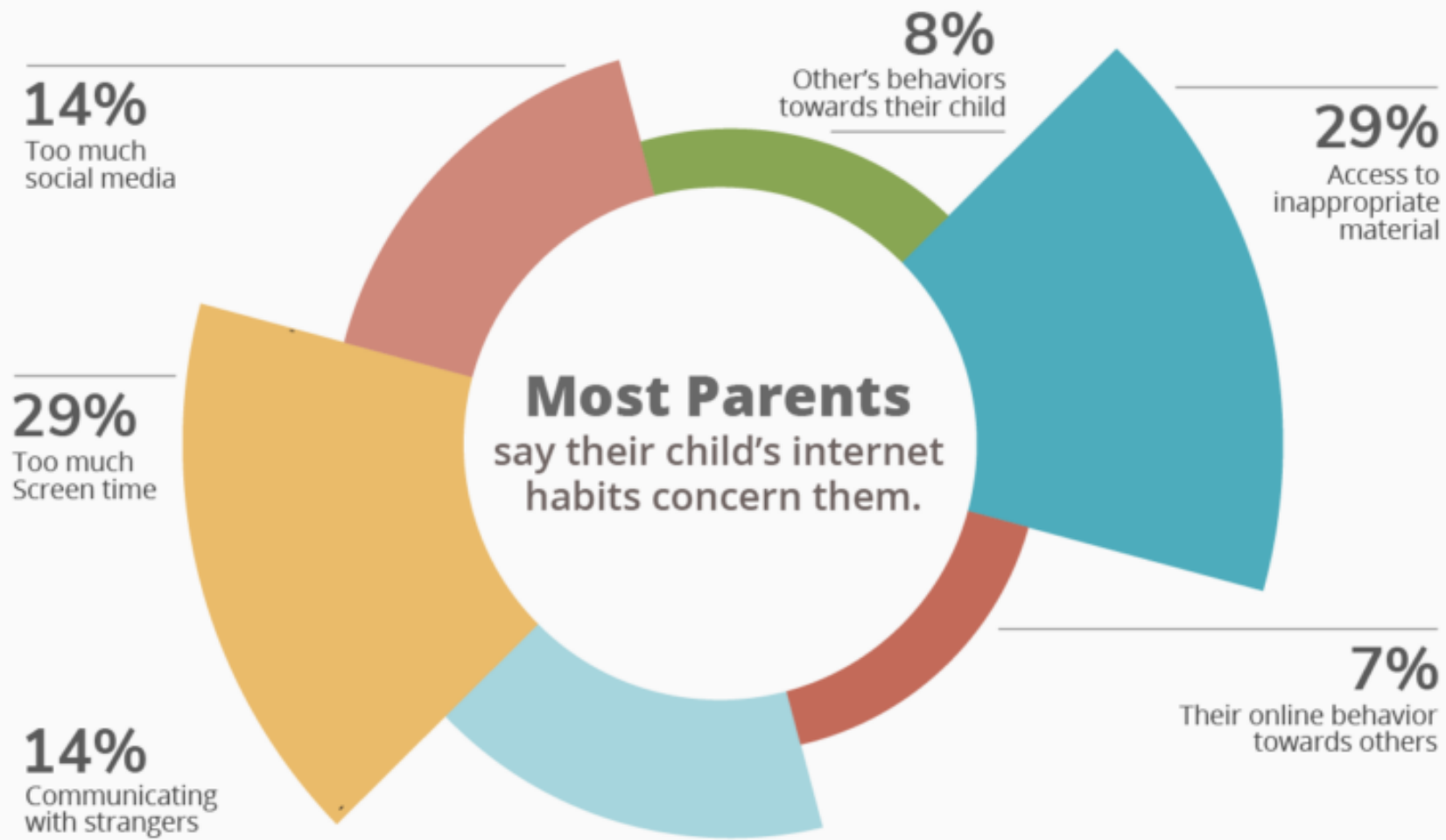
What do you normally go online / on the internet for?
n=2010 children / 1001 parents



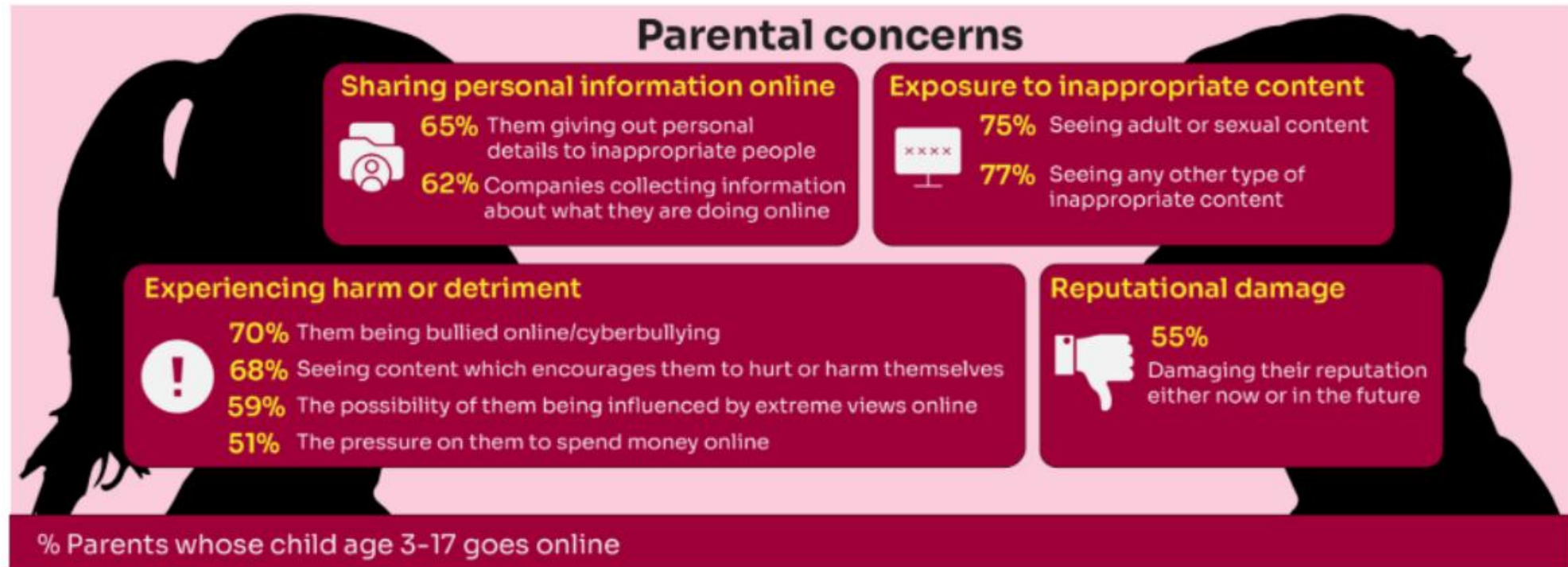
What are you most **WORRIED** about when your child is **ONLINE**?



What's **most concerning** to parents?



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



WHAT KIND OF DIGITAL PARENT? ARE YOU!

LIMITER PARENTS



DIGITAL LIMITERS raise their kids offline.
They prefer to keep their kids away from the Internet, and often strictly limit screen time.

Limiters' kids are DIGITAL EXILES.
They are kept out of the digital world for as long as possible.

ENABLER PARENTS

DIGITAL ENABLERS trust their kids online.
They respect their kids' ability to make their own choices online, and take their cues from how other families use technology.

Enablers' kids are DIGITAL ORPHANS.
They explore the online world without parents to guide them.



MENTOR PARENTS



DIGITAL MENTORS guide their kids online.
They enjoy spending time online with their kids, cultivate their kids' digital skills, and foster online learning.

Mentors' kids are DIGITAL HEIRS.
They inherit their parents' online know-how and engagement.



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

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).

What are your children doing online?

Our findings...

Top apps/websites used:

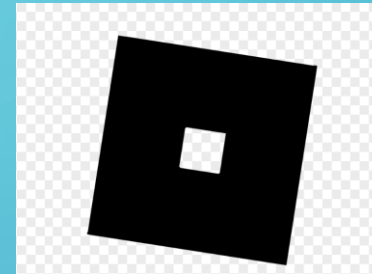
- Brawl Stars
- Fortnite
- Roblox
- Poki
- Minecraft
- Numbot
- TTRockstars
- Netflix/ Disney+
- Youtube
- Duolingo
- Whatsapp
- TikTok

30-40% had a time limit on weekdays and weekends

Most children did not have a time limit on weekdays and weekends

Main concerns for children were sharing personal info., bullying and stranger danger

40% of children were using apps that were not recommended for their age



How we support children's online safety

Find information and safety settings for your child's devices and apps, along with guidance to tackle online issues they may face.



Set up devices safety >



Tackle online issues >



Choose age appropriate apps >



Get tips to talk about online safety >

Keeping children safe online

We all have a part to play in keeping children safe online. Find out how with our online safety guides.



<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

 www.nationalonlinesafety.com

Advice for Parents & Carers

SWAP TO SPOTIFY KIDS

If you're concerned about what your child might hear while streaming music, Spotify Kids is a separate, ad-free service specifically designed for children aged 12 and under. It allows younger users to enjoy human-curated, child-friendly content (such as music and audiobooks) and is available to users with a Spotify Premium Family subscription – meaning that parents can view and manage the content their child listens to.



TALK ABOUT THE RISKS

As with any platform, it's good practice to talk to your child about what they should be aware of when using Spotify. For instance, it's important they're aware never to share any personal information with strangers, and what they should do if they're exposed to inappropriate content. Encourage them to think critically about what they see and hear so that they feel comfortable raising any concerns with you.



CENSOR EXPLICIT CONTENT

Regardless of what type of account your child uses to access Spotify, there is an option to turn off explicit content in the settings – greying out all songs marked with an 'E' tag. If your child has their own individual account, it's easier for them to turn it back on – whereas with a family plan, you're in control and your child can't alter the setting without knowing the password.



KEEP AN EYE OUT

If you're concerned that your child is spending too much time on Spotify or you've noticed they're being particularly secretive about how they're using it, encourage them to talk about what they're listening to. It's always prudent to show an interest in their online habits from the outset – so you're confident they're using apps and services in the right way, for the right reasons, and they're not being drawn into anything they shouldn't be.



SUPPORTING YOUR CHILD AT HOME

- Social Media – report button
- Restrictions on devices – safe settings
- Search engines (Swiggle/Kiddle), Youtube (Spotify Kids)
- Screentime
- Boundaries when using devices – shared passwords, in safe spaces, family accounts (Apple ID), digital family agreement
- Smartphone vs. non-smart/brick phone

USEFUL WEBSITES AND APPS YOU CAN USE TO SUPPORT YOUR CHILD'S SAFETY ONLINE

- Kids360
- Qustodio
- mSpy
- Norton
- Nintendo Switch Parental Controls
- <https://families.google/familylink/>
- <https://www.common sense media.org/>

APPS AND WEBSITES WE USE FOR COMPUTING(INCL. CODING) AND ONLINE SAFETY AT SCHOOL

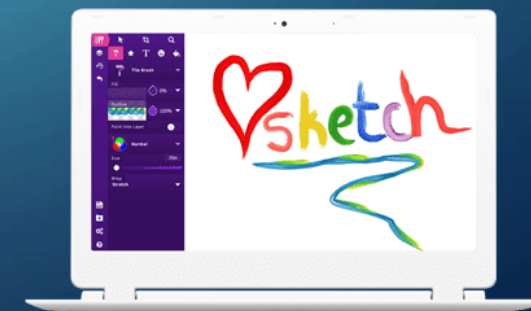
- <https://www.raspberrypi.org/blog/digital-making-at-home-parents-guide/>
- <https://scratch.mit.edu/parents/>
- <https://lab.scratch.mit.edu/face/>
- <https://www.kiddle.co/>
- <https://swiggle.org.uk/>



Animation



Programming



Sketchpad