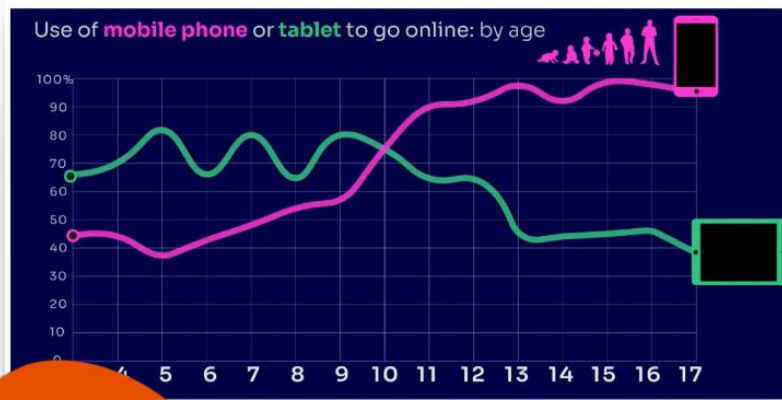
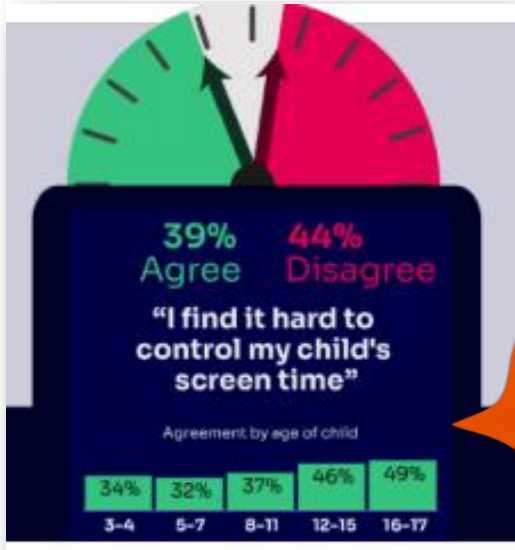


Safeguarding Information Evening

Online Safety



DID YOU KNOW?



tip



?





Rucstall
PRIMARY SCHOOL

Housekeeping





Rucstall
PRIMARY SCHOOL

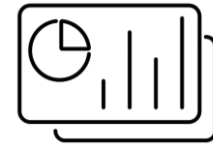
Housekeeping





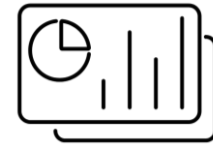
Rucstall
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Housekeeping



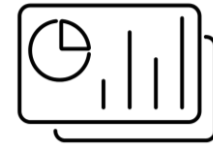


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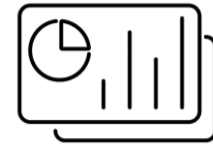


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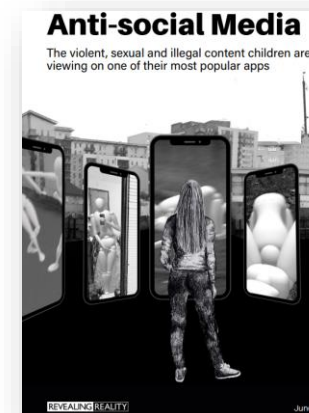
Housekeeping



This presentation brings together:

Key Findings from:

- [Children and parents: Media Use and Attitudes report](#)
- [Children's Online User Ages 2023 Quantitative Research Study](#)
- [Children's Media Lives: Year 10 findings – 19 April 2024](#)
- [Revealing-Reality Anti-social Media Report 2023](#)
- [Internet Watch Foundation Annual Report 2023](#)





Rucstall
PRIMARY SCHOOL

Safeguarding Information Evening

Online Safety

We will cover:

- Talking to your child
- Owning a phone
- Supervision and parental controls
- Social Media and Gaming



Rucstall
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TALKING TO YOUR CHILD ABOUT LIFE ONLINE

LGfL 

SafeguardED

What parents are most **WORRIED**
about when their child is **ONLINE**.



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

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

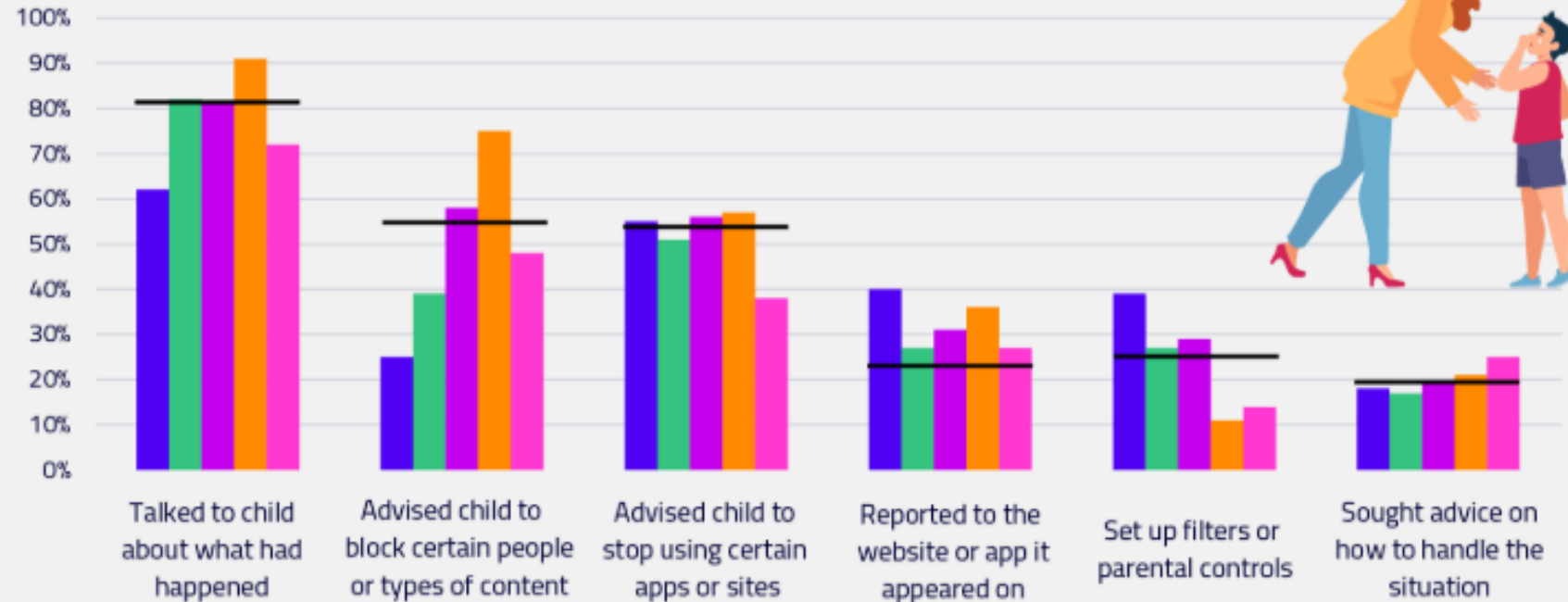


55%

Damaging their reputation either now or in the future

1 in 5 parents said their child told them about something they'd seen online that scared or upset them

Action taken (%)



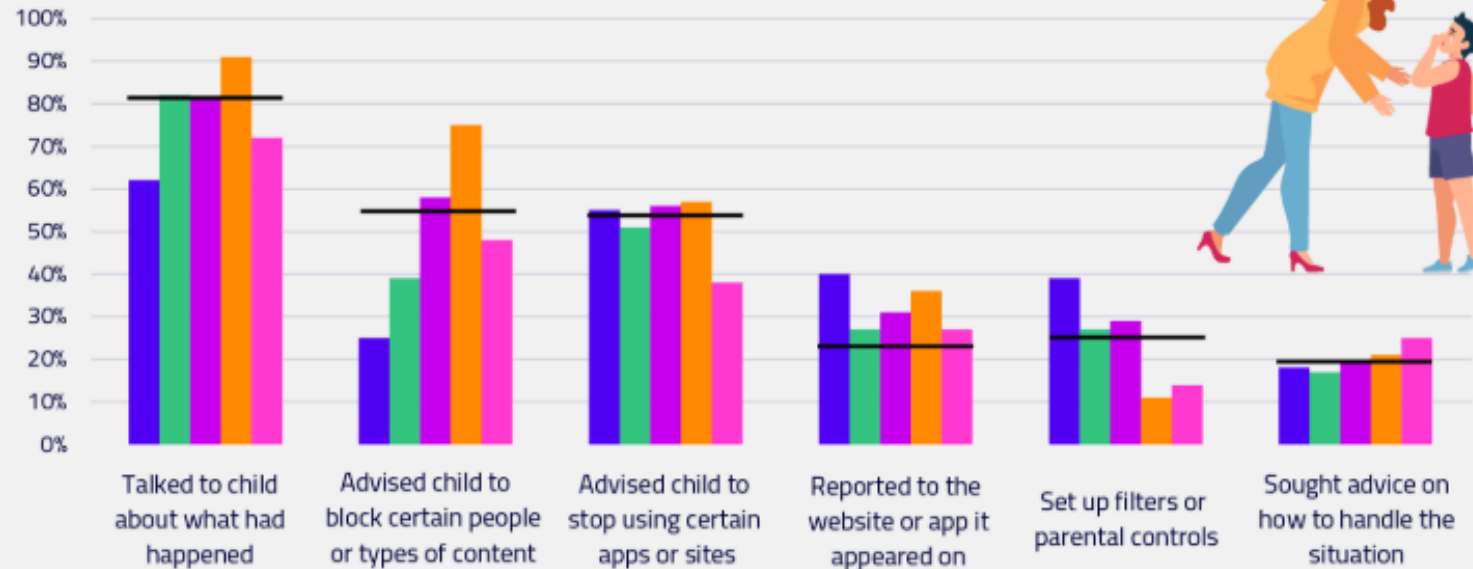
	Talked to child about what had happened	Advised child to block certain people or types of content	Advised child to stop using certain apps or sites	Reported to the website or app it appeared on	Set up filters or parental controls	Sought advice on how to handle the situation
— All (aged 3-17)	81	54	53	32	23	19
■ Aged 3-4	62	25	55	40	39	18
■ Aged 5-7	82	39	51	27	27	17
■ Aged 8-11	81	58	56	31	29	19
■ Aged 12-15	91	75	57	36	11	21
■ Aged 16-17	72	48	38	27	14	25

WHAT WOULD YOU DO?

Are there any areas you would not feel confident or comfortable to discuss?

When your child told them about something they'd seen online that scared or upset them

Action taken (%)



Age Group	Talked to child about what had happened	Advised child to block certain people or types of content	Advised child to stop using certain apps or sites	Reported to the website or app it appeared on	Set up filters or parental controls	Sought advice on how to handle the situation
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Aged 8-11	81	58	56	31	29	19
Aged 12-15	91	75	57	36	11	21
Aged 16-17	72	48	38	27	14	25

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).



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



- It's your choice
- Stay involved
- Don't quiz them
- Join in
- 'Show me how...'
- Lead by example
- Reassure them

Don't let others dictate when the right time is to use tech.

Make time to communicate, talk about what they are doing. What do they enjoy? What makes them laugh?

Have regular conversations. What's their favourite app? What is the best site to learn new things from?

Watch them play a game and join in. Who are they playing with? Do they know the other players?

Ask their advice to help you with your privacy settings, who you should add as a friend, are there any risks?

Children learn as much from watching as they do from being told not to do something, so model good behavior.

Tell them that they won't get in trouble and that you are always there to help.

PARENTSAFE

Keeping your children safe: online & beyond

This page is for parents - if you are a teacher, click [here](#)

It's never easy to know how to keep our children safe when they aren't with us, and sometimes even when are, if we don't know what's happening in their lives or on their devices! Who are they talking to, what are they doing, are they okay? Don't despair though...scroll through this page for help or click a button to go straight to a particular topics.

TOP TIPS RIGHT NOW

SAFE SETTINGS & CONTROLS

WHAT'S THAT APP?

TALKING TO CHILDREN

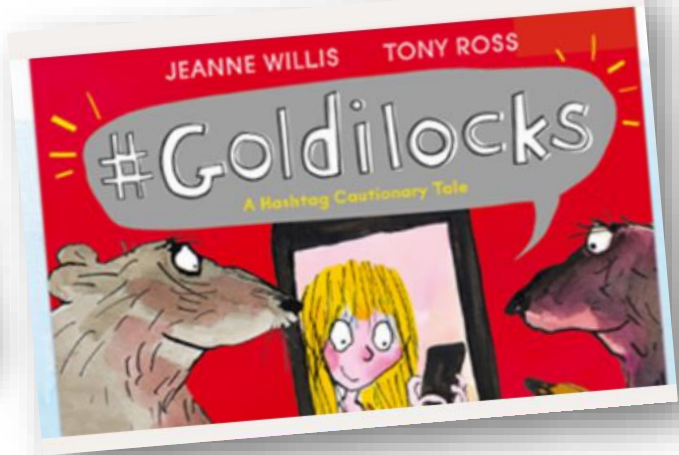
SCREENTIME

TOP TOPICS (porn, bullying, ...)


SEX & RELATIONSHIPS

HELP & REPORTING

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





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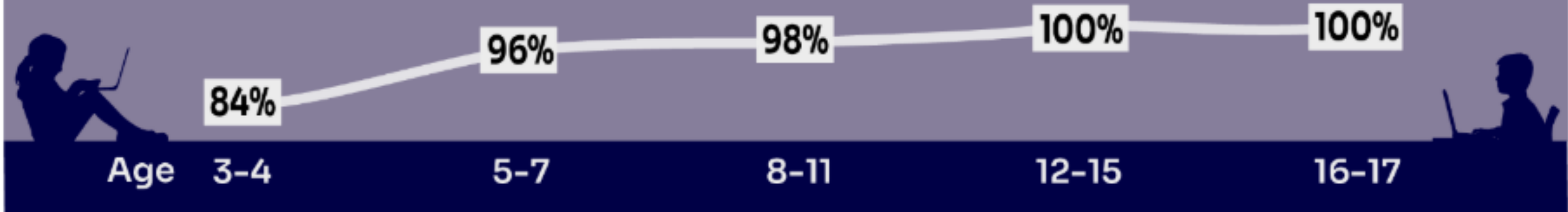
DEVICE USE AND OWNERSHIP

LGfL 

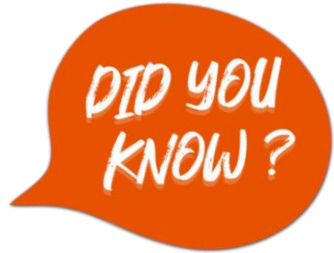
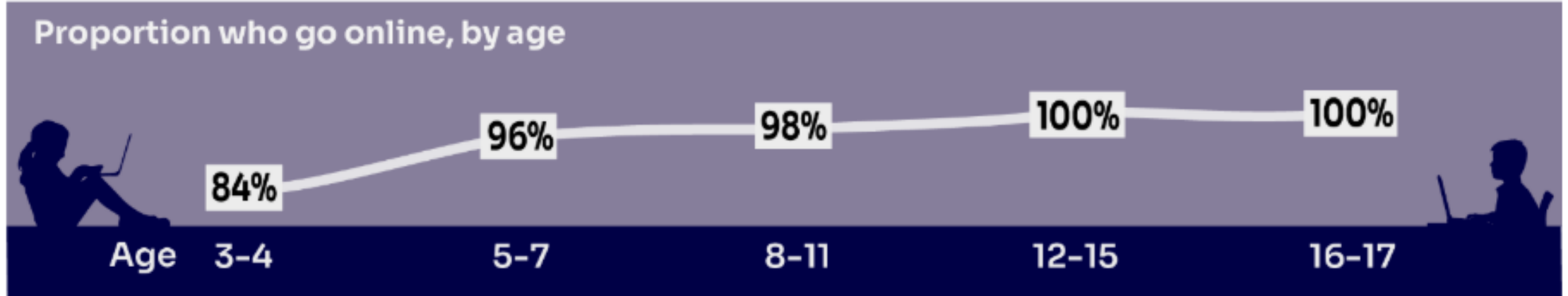
SafeguardED



Proportion who go online, by age



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



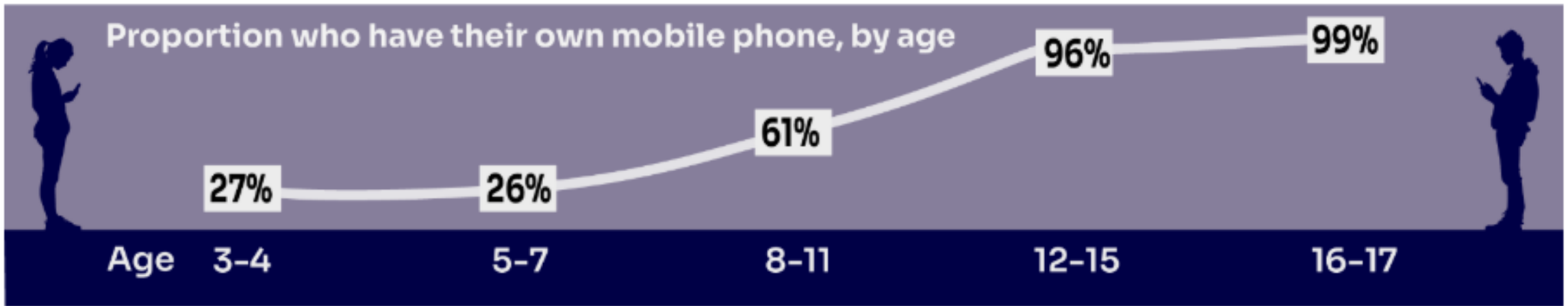
Almost all children (96%) aged 3 – 17 went online in 2023, highlighting the centrality of the internet in their lives:

- Younger children commonly use tablets to go online
- Older children are more likely to use mobile phones

Does your child have their **OWN MOBILE PHONE**?

If so, is it a **SMART PHONE**?

What **AGE** do you think is appropriate?



SMARTPHONE or 'NON'-SMART / BRICK phone?

REMEMBER IT'S PARENT CHOICE

SMARTPHONE or 'NON'-SMART / BRICK phone?



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

SMARTPHONE or 'NON'-SMART / BRICK phone?



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

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- Internet access
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- Limited parental controls

SMARTPHONE Free Childhood Campaign



SMARTPHONES ARE FUELLING A MENTAL HEALTH CRISIS

3x

Teens with problematic smartphone-use are twice as likely to have anxiety and three times as likely to have depression

King's College London, 2014

1 in 5

UK 16 to 18 years olds say that their social media has made them feel that 'life is not worth living'

Parasocial Post, 2014

53%

The number of children referred to emergency mental healthcare in England has soared by 53% in three years

Royal College of Psychiatrists, 2014



SMARTPHONE Free Childhood Campaign



SMARTPHONES ARE HIJACKING OUR DOPAMINE REWARD PATHWAYS

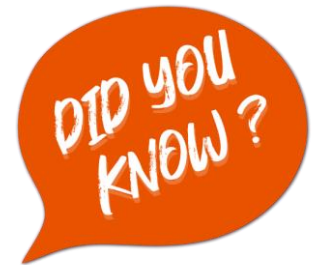
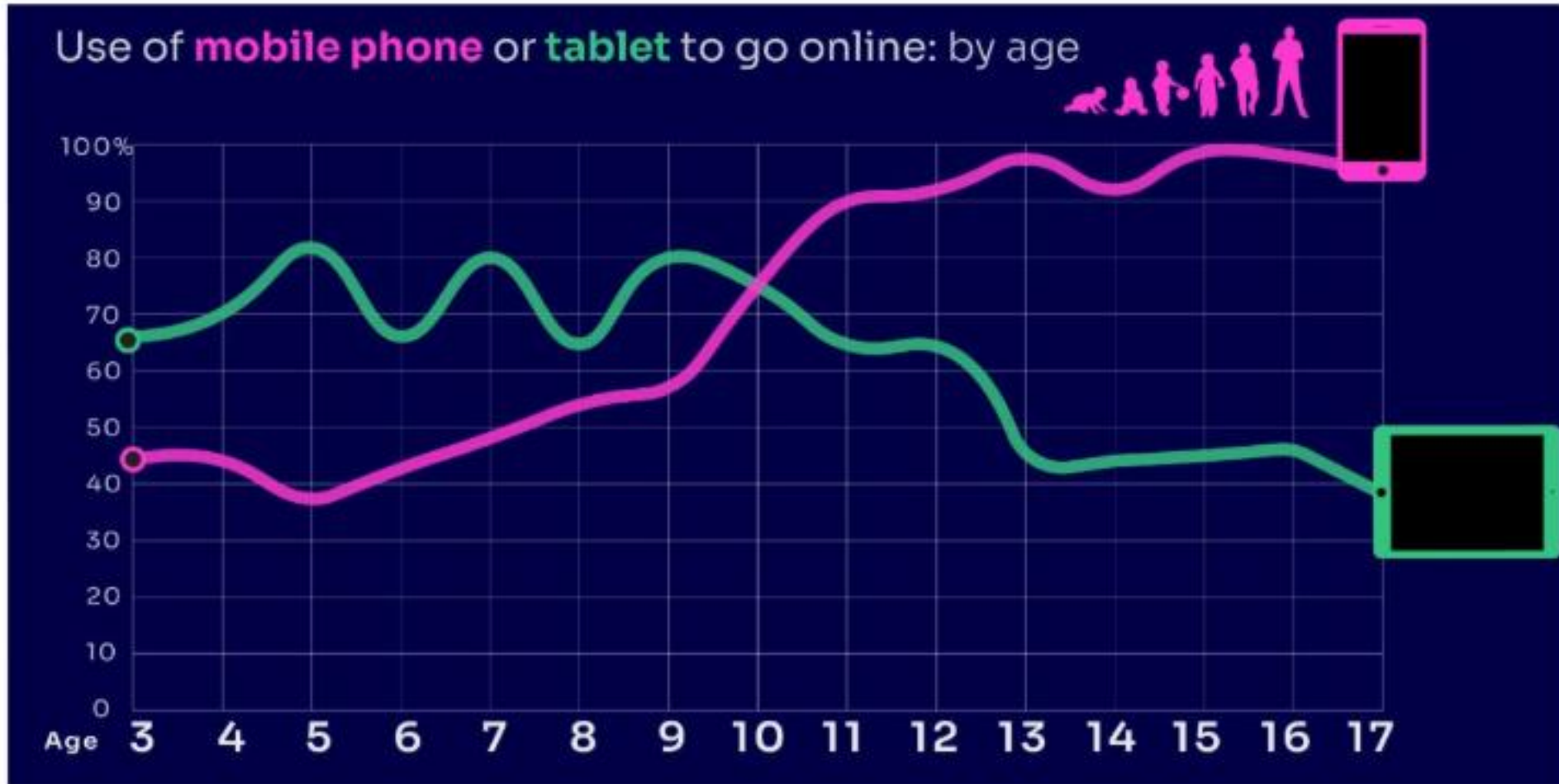
Phones and social media give us a spike of dopamine so we want to do it more and more.

Companies have tapped into this, constantly hijacking our dopamine reward pathways, and changing our brain chemistry.

JONATHAN
HAIDT
The Anxious
Generation



How the Great Rewiring
of Childhood Is Causing
an Epidemic of Mental Illness



- 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.



Leaflet for parents:

- understanding risk
- using tech for good
- healthy habits and tips
- when best to get a phone

Secondary school ready?

Pointers for family conversations about safety

Use and watch good tech

- Choose technology that supports learning – e.g. maths, languages and BBC Bitesize.
- Enjoy quality TV as a family - avoid endless short-reel videos on individual devices. For ideas see: commonsensemedia.org
- Ask your school for device recommendations.

Follow school phone policy

- Read the school's policy to support the school and reinforce the messages at home.
- Consider, does your child have the skills to manage a smart phone? Would a more basic phone be better to start with?
- Agree Home Rules for device use too – such as: familyagreement.lgfl.net

Form good daily habits

- Limit gaming to the weekends – school nights will be busy with homework and clubs.
- Follow minimum age restrictions on apps and games.
- Avoid mindless scrolling. Be mindful of what you digitally consume.
- Read quality books at bedtime.
- Create a study area at home without mobile devices.
- Keep phones and gaming out of bedrooms.
- Buy an alarm clock and consider a "weekly planner" to



Real online harms

The NSPCC calls the internet the "Wild West," because extreme and harmful content is easily accessible on mainstream social media and contact with strangers via platforms and games is all too frequent. Children don't always understand the meaning of words nor the impact of viewing/hearing extreme content. They get excited by new friendship groups and often struggle to self-regulate on these highly addictive apps, which nudge children to share photos, videos and location. Schools have behaviour policies which include expectations of online behaviour. Children who reuse rude words they've heard online or share inappropriate content could face serious consequences.

- Be involved and set security passcodes on children's devices. Consider limiting access to this 'junk food' type tech

SUPERVISION AND PARENTAL CONTROLS

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



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:

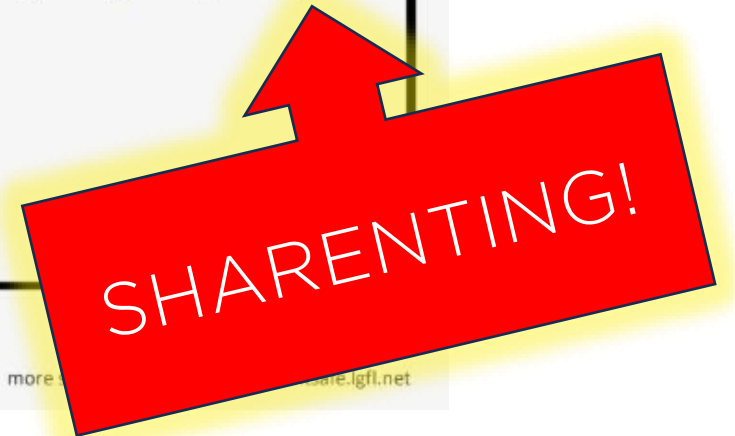
I can tell mum or dad and they won't judge me
I can talk to Ms Patel at school
I can contact Childline or The Mix

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



Risks of SHARENTING?

(when parents share photos of their children online)



Risks of **SHARENTING**?

(when parents share photos of their children online)

- Identity theft



Risks of **SHARENTING**?

(when parents share photos of their children online)

- Identity theft
- Permanence of digital content



Risks of **SHARENTING**?

(when parents share photos of their children online)

- Identity theft
- Permanence of digital content
- Losing control of images



Risks of **SHARENTING**?

(when parents share photos of their children online)

- Identity theft
- Permanence of digital content
- Losing control of images
- Exposure to child predators



Risks of SHARENTING?

(when parents share photos of their children online)

- Identity theft
- Permanence of digital content
- Losing control of images
- Exposure to child predators
- Creates their children's digital footprints before they are old enough to consent to it



Do you **SUPERVISE** your child's online activity?

HOW?

UNDER 12

More likely to be nearby /
regularly check what their child
does online
(59%)

12 - 15

Ask their child about what
they are doing online
(72%)

16 - 17

Ask their child about what they
are doing online
(42%)

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

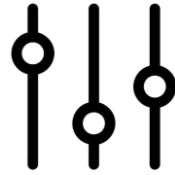


These do not come as standard so it's worth checking.

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





High awareness of technical control tools among parents, BUT many are choosing not to use them.

Around **four in ten parents** who know about content filters prefer to rely on their child's ability to navigate online content rather than to have a technical filter.

'I prefer to supervise my child's online use by talking to them about setting rules'
(39%)

Visit www.internetmatters.org/parental-controls/
for parental control guides

Search for a guide

I'm looking for...



Select type

ENTERTAINMENT & SEARCH ENGINES

SOCIAL MEDIA

BROADBAND & MOBILE NETWORKS

DEVICES

GAMING

102 results found



Roblox parental controls



WhatsApp privacy guide



Apple iPhone and iPad
parental control guide



android

Android Smartphone guide



FORTNITE

Fortnite parental controls



SAMSUNG

Samsung smartphones and
tablets parental controls



YouTube parental controls



Google Family Link guide



YouTube Kids

YouTube Kids parental
controls guide



PS5

PlayStation 5 (PS5) parental
controls



TikTok parental controls



EE broadband parental
controls



Video guide



How to set up WhatsApp for children's safety

WhatsApp privacy guide

Controls & Settings guide

WhatsApp's privacy settings allow you to restrict who can see your child's messages and location. There are also ways to block delete or report users on the platform to promote internet safety and risk management.

 [DOWNLOAD GUIDE](#)

 [EMAIL GUIDE LINK](#)



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

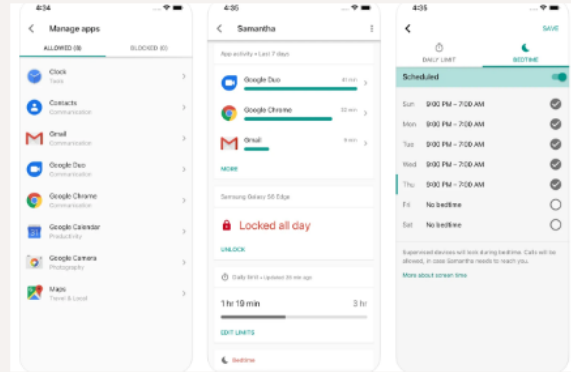
SAFE SETTINGS, CONTROLS & MONITORING

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?).



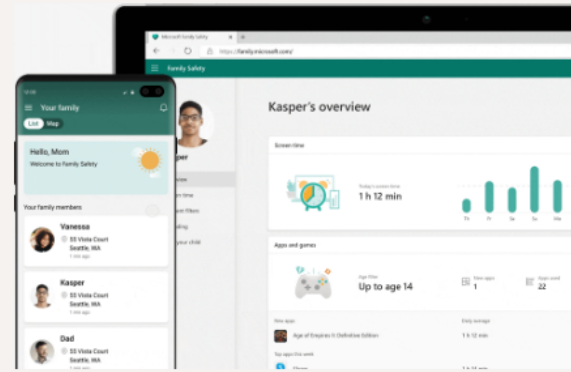
Apple Screen Time

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

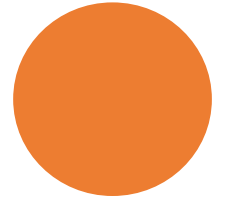


Microsoft Family Safety

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

REMEMBER

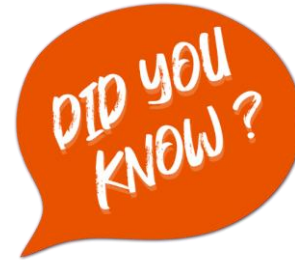
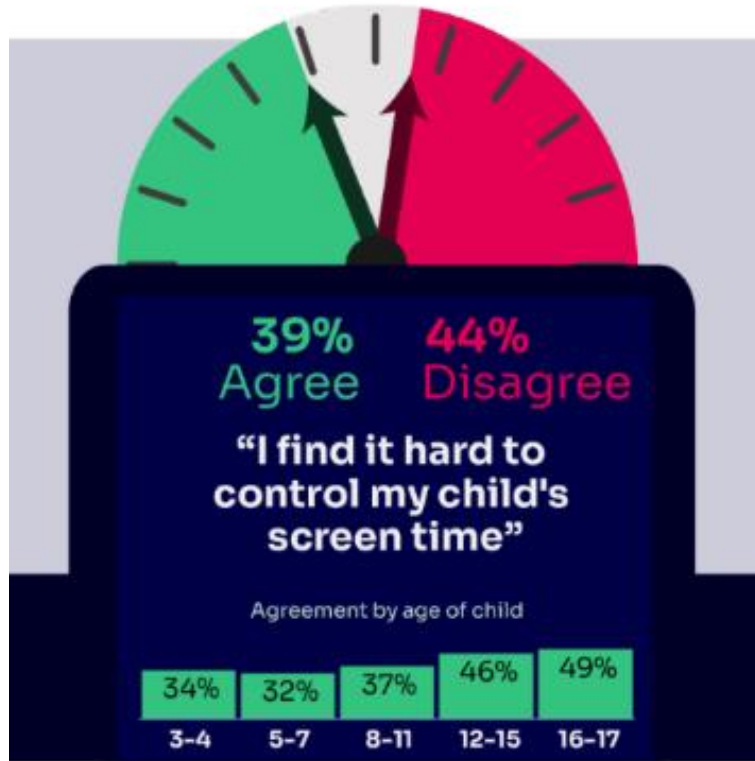
- As children get older, restrictions and controls you use will change, but only at a pace you feel is appropriate for your child, not pressure from your child *“because everyone else is allowed”*
- Content filters are never 100% effective, at some point your child may come across inappropriate or upsetting content, so *make time to talk regularly*



SCREENTIME

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



Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

<https://www.childrenscommissioner.gov.uk/digital/5-a-day/>

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

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

LGfL 
SafeguardED

DID YOU KNOW?

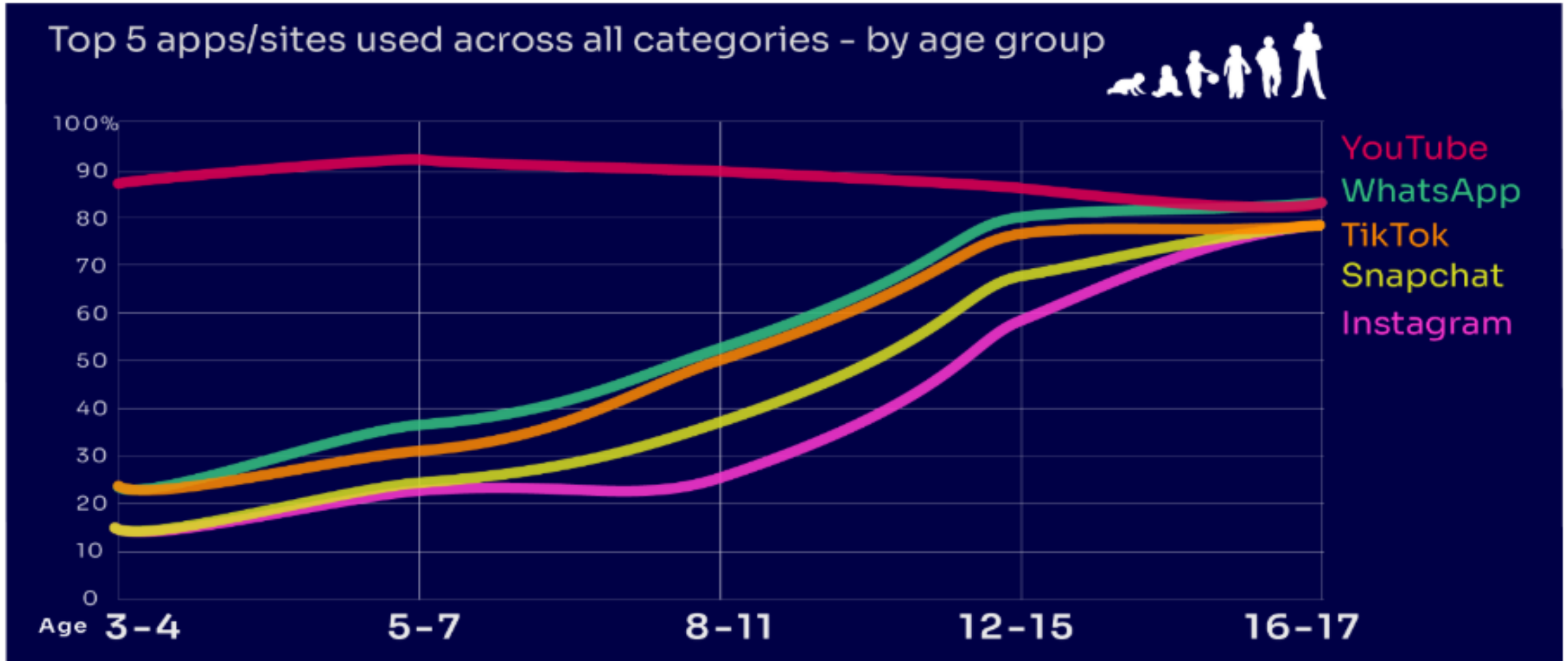
45% of 8-11s feel that **their parents' screentime is too high**

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

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

SOCIAL MEDIA AND GAMING

Are you FAMILIAR WITH THE APPS and GAMES your child is on?



Are you **FAMILIAR WITH THE APPS** and **GAMES** your child is on?

- under two in ten of all 3-4-year-olds use **Instagram** and/or **Snapchat**
- this rises to eight in ten among 16-17s

- under a quarter of all 3-4-year-olds use **WhatsApp**
- this rises to over eight in ten of all 16-17-year-olds

DO YOU 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.

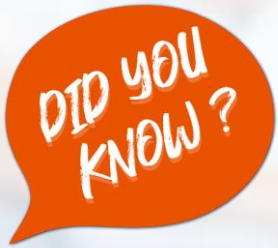
“I don’t think I could live without Snapchat anymore.... I’ve got all my friends on it, and we have like group chats where we all call, like, all the time, and we text each other and Snap each other”
Suzy, 12

WHY DOES THIS MATTER?

- 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:

(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



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 can
you do?



WhatsApp
safety guide for
parents

internet
matters.org

13+
WhatsApp's
minimum age
in the UK

58%
Kids aged 3-17
who use
WhatsApp

37%
Kids under 13
who use
WhatsApp



5 tips to keep kids safe on WhatsApp

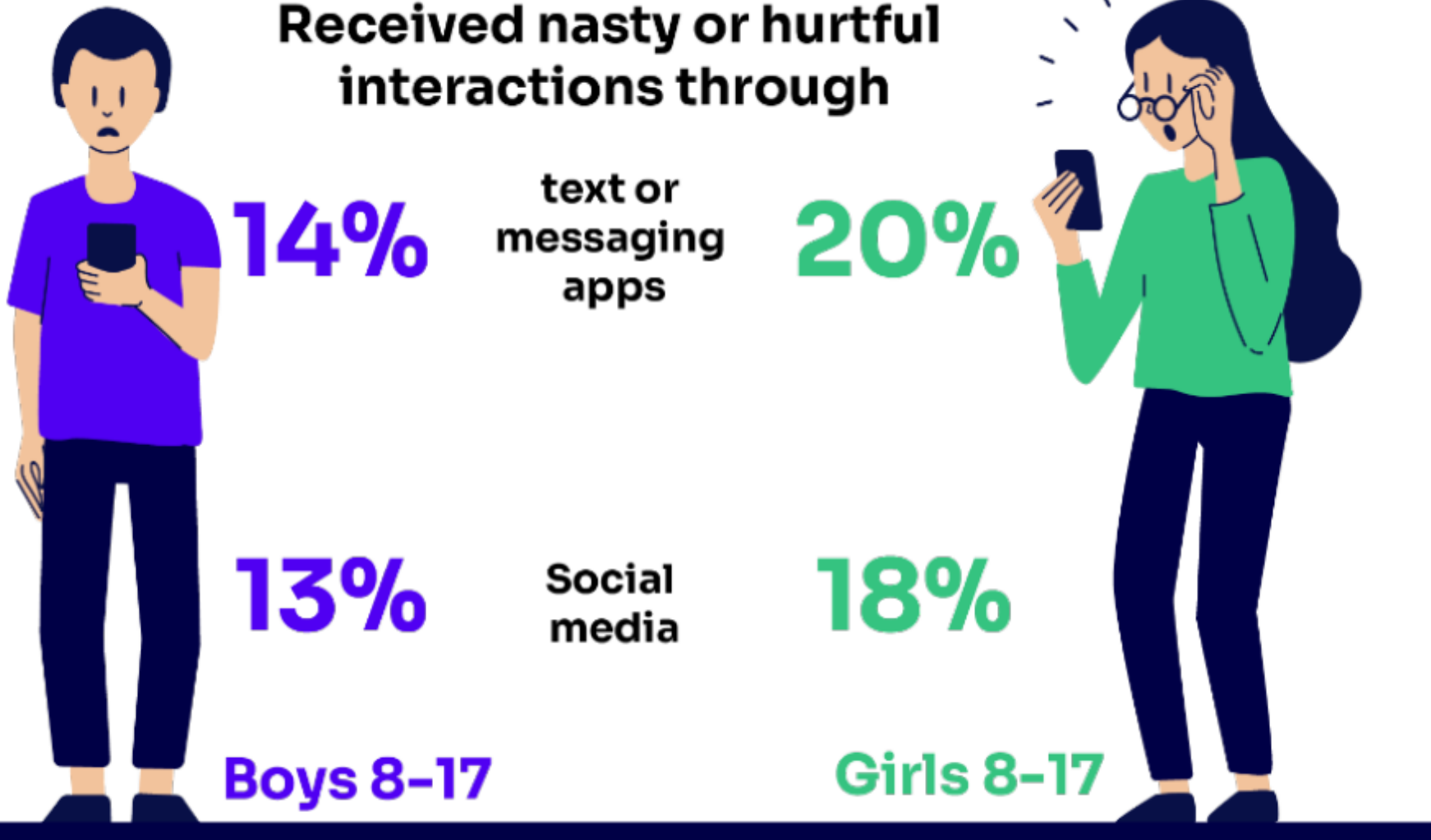
- 1 Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.
- 2 Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review 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.

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?

Received nasty or hurtful interactions through



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
- **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**



Find ratings and reviews for parents on apps, games and social media at commonsensemedia.org

Movies	TV	Books	Games	Podcasts	Apps	YouTube	Parent Tips and FAQs	Celebrating Co
By Age			By Topic			By Platform		
Preschoolers (2-4)			Screen Time			TikTok		
Little Kids (5-7)			Learning			Snapchat		
Big Kids (8-9)			Social Media			Minecraft		
Pre-Teens (10-12)			Cellphones			Roblox		
Teens (13+)			Online Safety			Fortnite		
			Identity and Community			Discord		
			More ...			More ...		



APP

Snapchat

✓ age 16+ ★★★★★

Send moments in photos, watch curated content; use wisely.

Devices: [iPhone](#), [iPod Touch](#), [iPad](#), [Android](#) (2011)

▶ [Watch our review](#)

APP

Discord

✓ age 13+ ★★★★★

Voice and video chat; slick features, some mature content.

Devices: [iPhone](#), [iPod Touch](#), [iPad](#), [Mac](#), [Android](#), [Windows app](#) (2017)



[See full review](#)



[See full review](#)

AGE REQUIREMENTS



Are **YOU** aware of the **MINIMUM AGE REQUIREMENT** for social media?

84% of parents of 3-17s were aware of a minimum age requirement to have a profile on social media apps

BUT ONLY
32% of parents knew the correct age requirement (13 yrs)

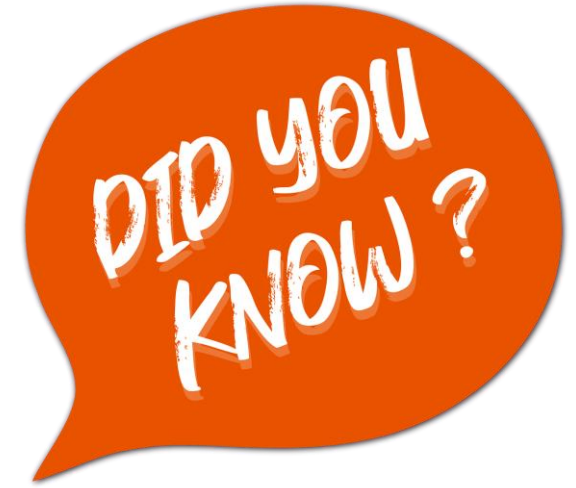
More than a third (36%) say they would allow their child to have a profile on sites or apps before they had reached the minimum age.

Find ratings and reviews for parents on apps, games and social media at www.common sense media.org

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

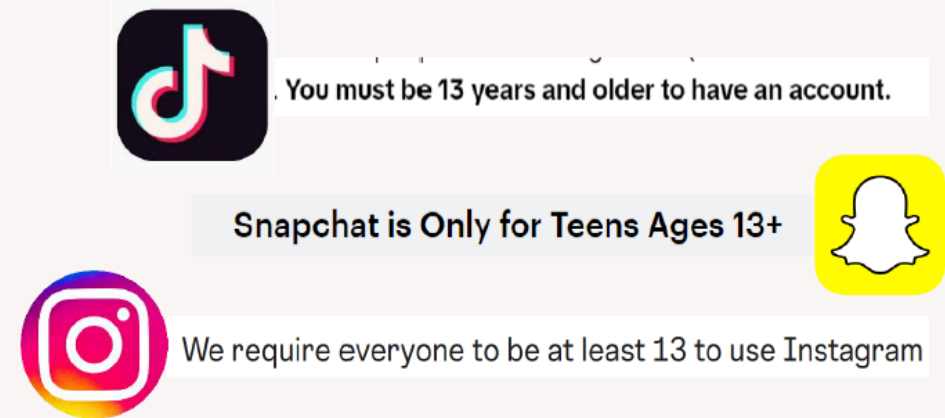
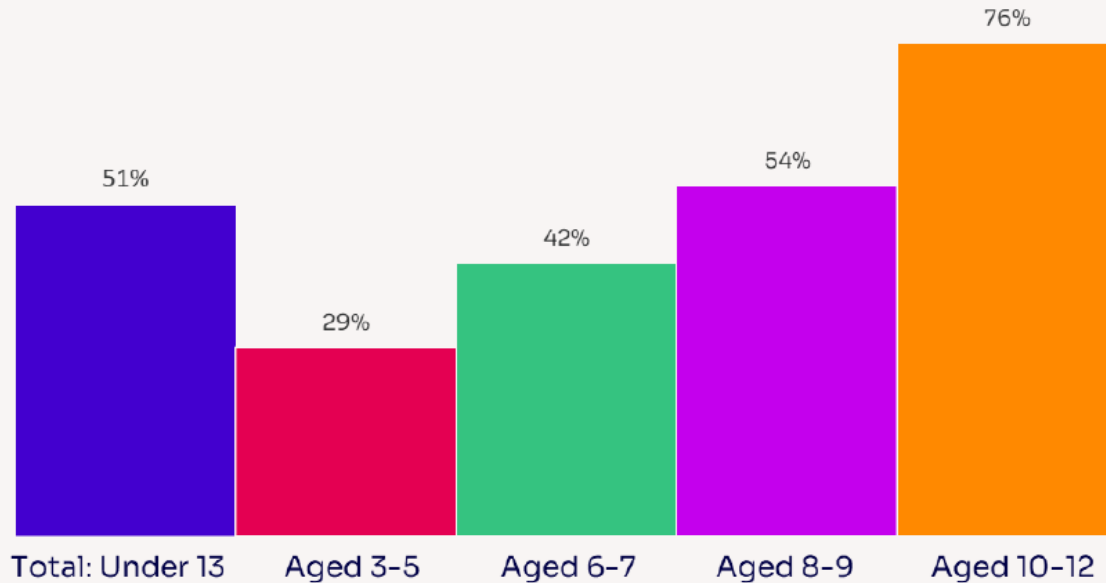
What about YOUNG PEOPLE?

- Nearly eight in ten children are aware of minimum age requirements
- Four in ten admit to giving a fake age online to access a new app/site
- 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%)



Around half of children under 13 use social media and 38% have their own profile on at least one platform

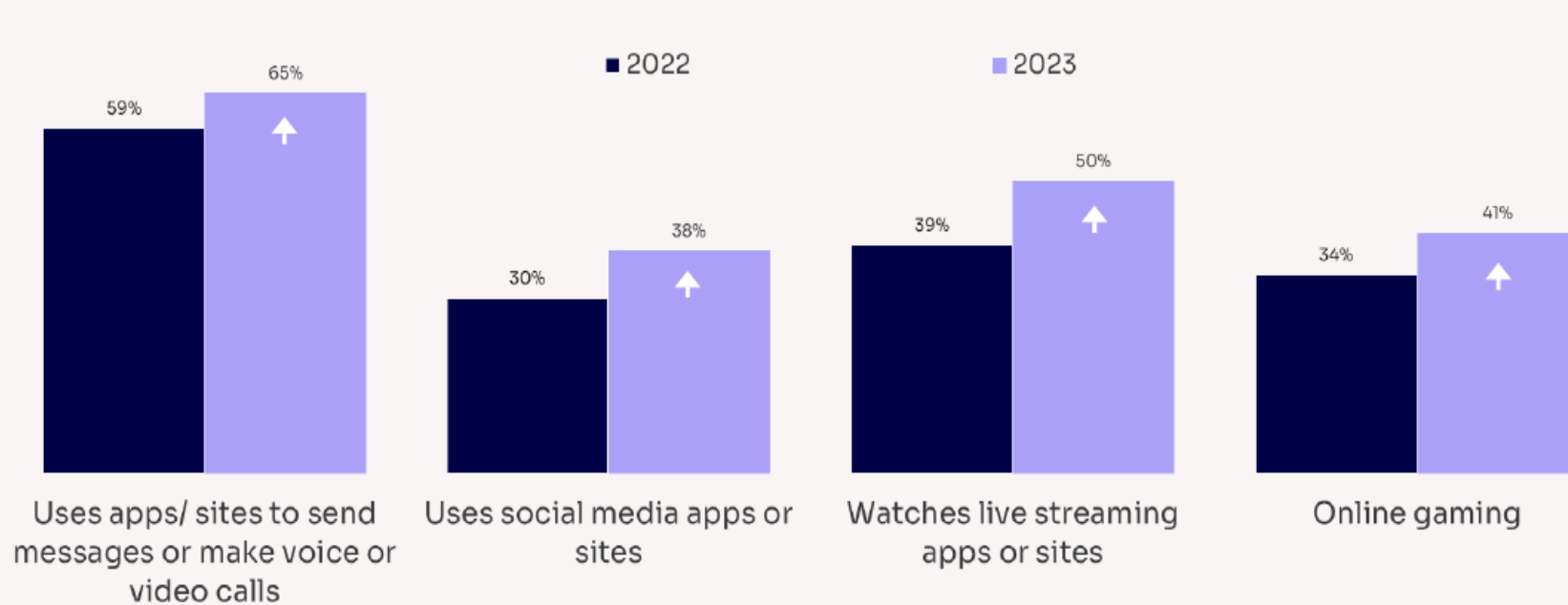
%age who use social media



Given the 13+ minimum age requirement on most of these social media platforms, it is notable that half (51%) of children under 13 use them.

Five to seven-year-olds are increasingly present online

Proportion of children aged 5-7- who do the following:



Arrows show significant differences (95% level) between 2022 and 2023



More are using WhatsApp, TikTok and Instagram this year, too

5–7-year-olds are also **independent** in their use of certain sites/apps!

- Many have their own profiles on several social media platforms:

YouTube/YouTube
Kids (48%)

WhatsApp
(11%)

Instagram
(9%)

- **32%** of parents reported that their child uses them **on their own**:

Parents increasingly likely to say they **would allow their child to have a social media profile**

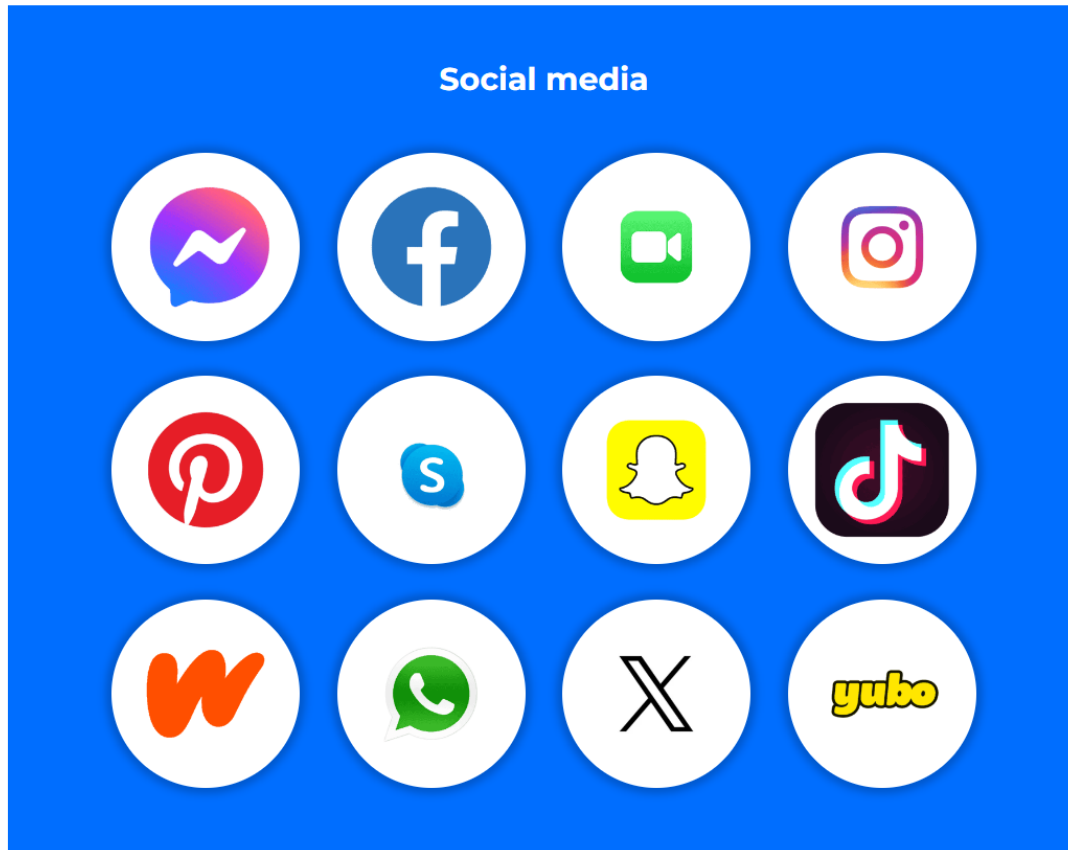
Three in ten (30%) agreeing they 'would allow [their] child to have a profile on these sites or apps before they had reached the minimum age

STAYING SAFE ONLINE AND REPORTING

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.

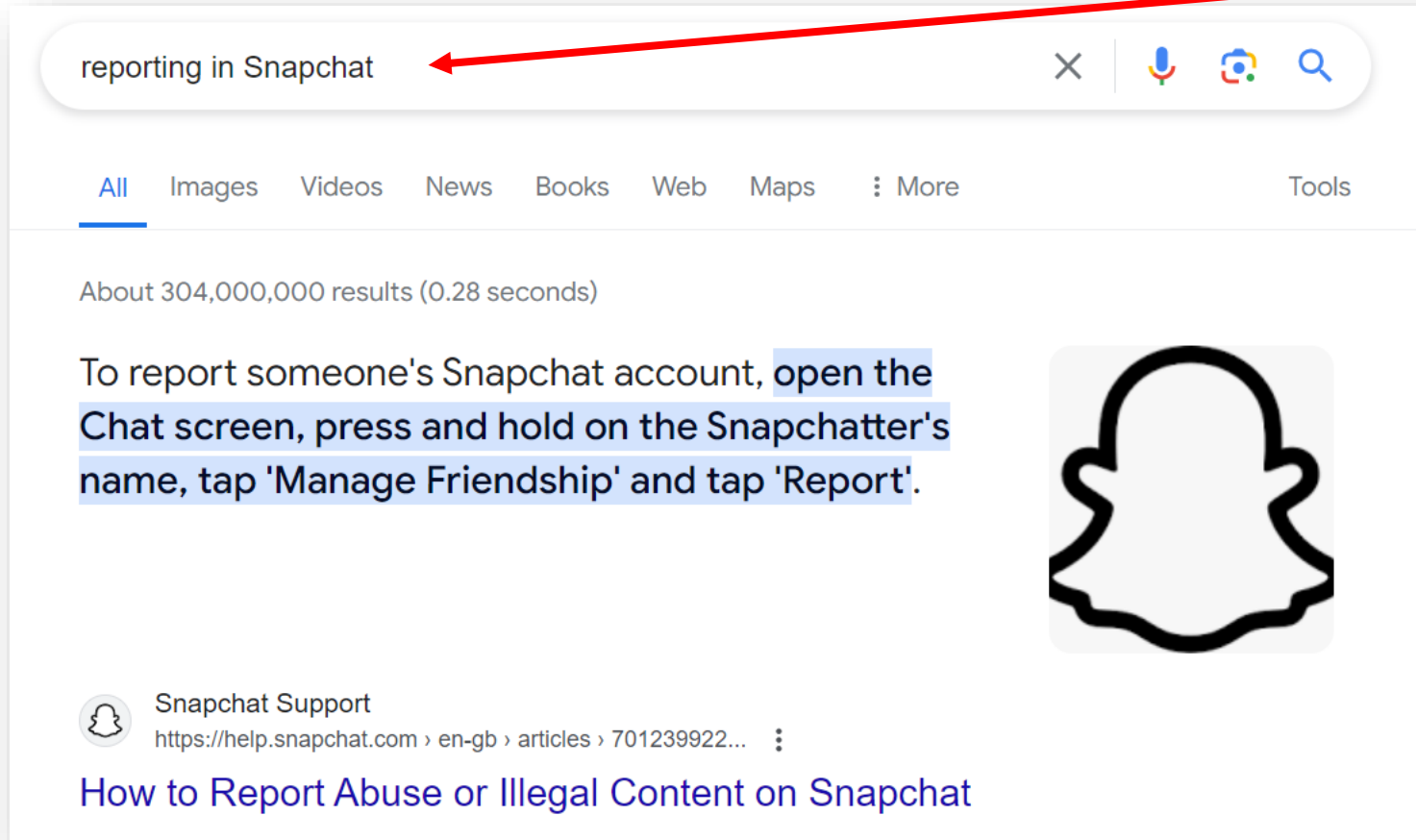


Internet Matters has helpful guides for social media apps and sites at internetmatters.org/parental-controls/social-media

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

RESOURCES AND SUPPORT

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 &

parentsafe.lgfl.net



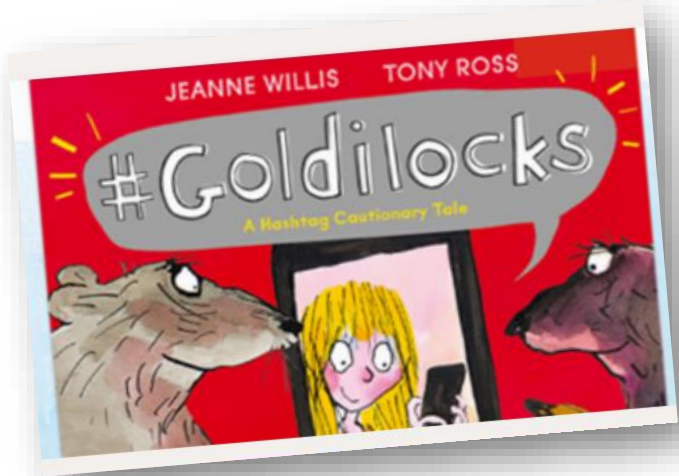
LGfL  **SafeguardED**

gang
LGfL 

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





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.

ONLINE TUTORS KEEPING CHILDREN SAFE



GUIDANCE FOR PARENTS & CARERS

YOU MIGHT GET A TUTOR FROM SCHOOL, THE NATIONAL TUTORING PROGRAMME, A GOOGLE SEARCH OR A RECOMMENDATION. BUT ANYONE CAN CALL THEMSELVES A TUTOR, SO HOW CAN YOU KEEP YOUR CHILDREN SAFE WHILE THEY CATCH UP?

1) Select the right tutor

- o Get to know them first - ask about qualifications, experience (freelance? umbrella body?) & approach
- o Take up references and speak to them if you can
- o Ask to see a DBS (criminal record) check. NB - private tutors can only get the basic check; (don't let a DBS give you a false sense of security though)
- o Find out which platform they will use and its safety features



2) Establish clear rules

- o Sessions must always be arranged via you; the tutor should not contact your child directly between sessions, send private messages or change communication platform
- o A tutor is not a friend – they should behave in a professional way, like a teacher
- o Sessions must not be recorded without your approval
- o Try to be in the room for all sessions, especially for younger children, and certainly the first time
- o Your child should not join a session from a bedroom. If this is unavoidable, pop in frequently, ensure they are fully dressed at all times, point the camera away from beds & personal information, and blur or change the background



3) Make sure your child knows

- o The rules apply to them and the tutor
- o A tutor is a teacher not a friend
- o Neither tutor nor child should share personal information, private messages or photos & videos
- o They must never meet without your approval or communicate on a different platform
- o Who their trusted adults are at home and school
- o They can tell you if they are asked to keep a secret or anything happens or is said that is strange or makes them feel uncomfortable, scared or upset



FIND MORE SAFEGUARDING RESOURCES TO SUPPORT
PARENTS AT [PARENTSAFE.LGFL.NET](https://parentsafe.lgfl.net)

LGfL DigiSafe



SafeguardED

parentsafe.lgfl.net

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



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 support for parents at parentsafe.lgfl.net

Where to get help in school?

Designated Safeguarding Leads.

DSL: Mrs Griffiths

Deputy DSLs: Mr Blake
Ms Baugh
Mrs Lomax

- Talking to your child
- Owning a phone
- Supervision and parental controls
- Social media, gaming and age restrictions

