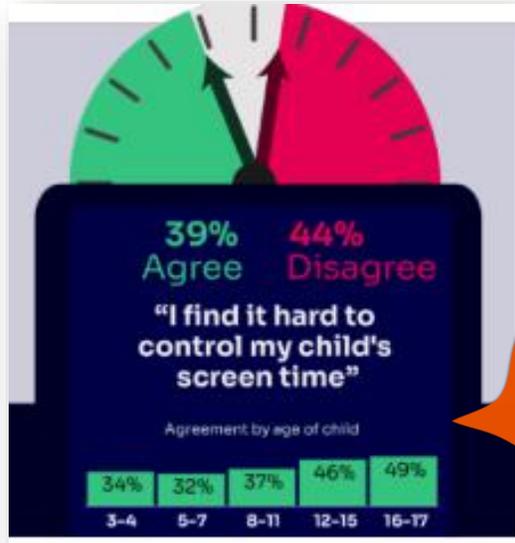# PARENT ONLINE SAFETY

# 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](#)
  - [Evidence on pornography's influence on harmful sexual behaviour among children Report 2023](#)

- **Suggested Resources and Tips for Staff to help Parents/Carers:**
  - keep up with the latest trends, apps and games
  - manage controls and settings
  - talk to children about risk
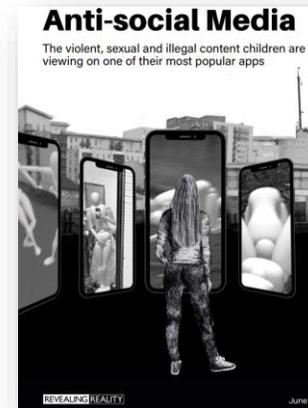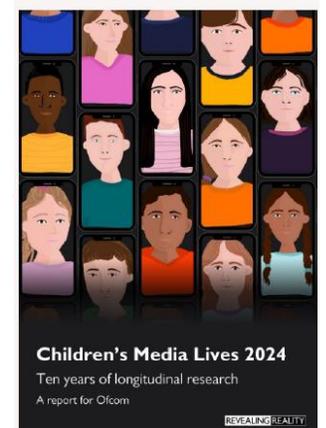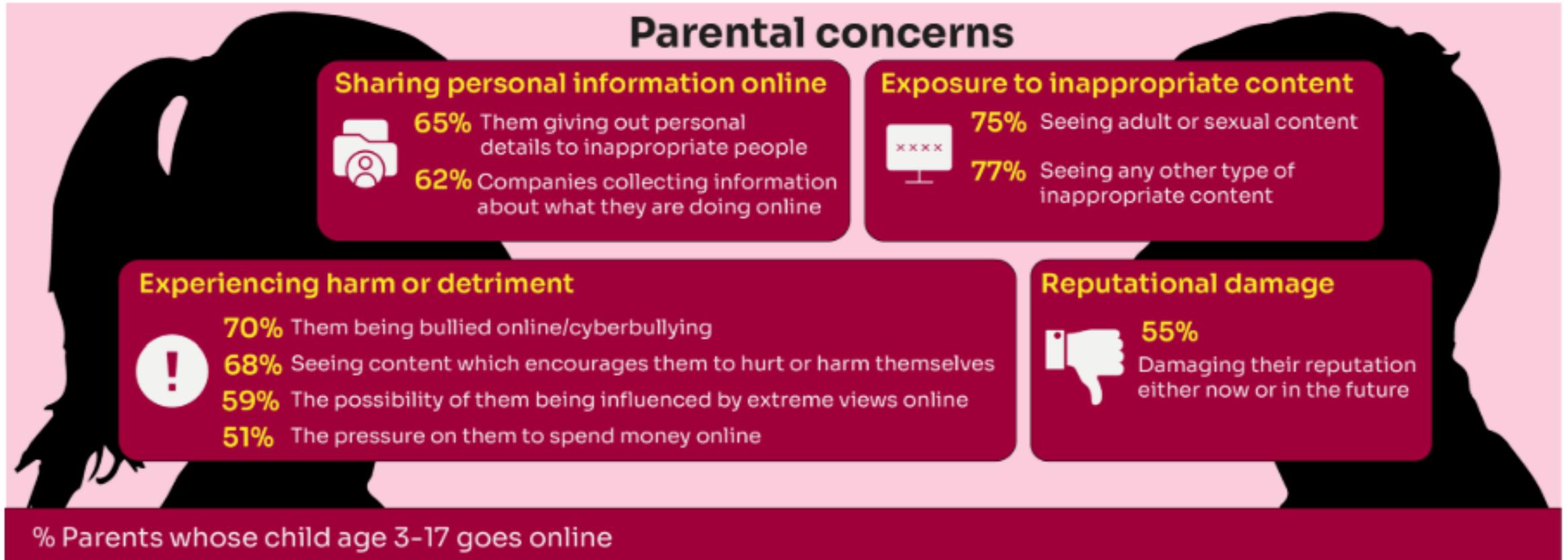
TALKING TO YOUR CHILD ABOUT LIFE ONLINE

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

Summary of parental concerns (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

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Source: Children and parents: media use and attitudes report 2024
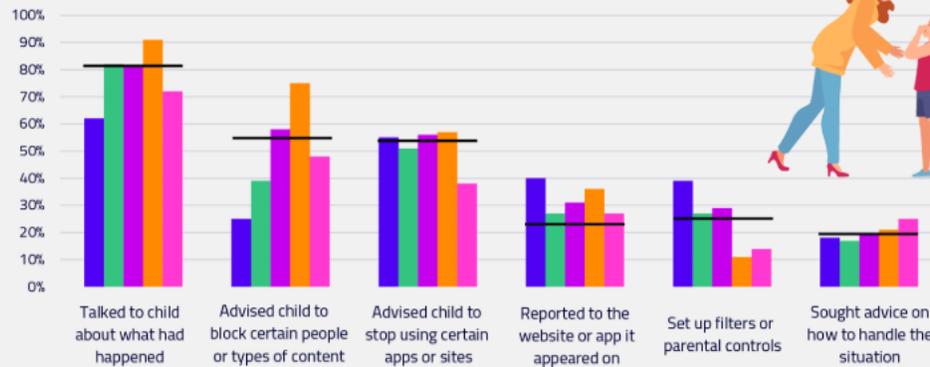
Are you CONFIDENT to TALK TO YOUR CHILD?
Is your child confident to TALK TO YOU?

WHAT WOULD YOU DO?
Are there any areas you would not feel confident or comfortable to discuss?

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

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).

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

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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.

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

parentsafe.lgfl.net

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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!

Children's COMMISSIONER

Be Mindful
Connect
Be Active
Give to others
Get Creative

Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

JEANNE WILLIS   TONY ROSS
#Goldilocks
A Hashtag Cautionary Tale

Digital Family Agreement

LGfL DigiSafe®

PARENTSAFE
eeping your children safe: online & beyond

THE ONLINE ZOO
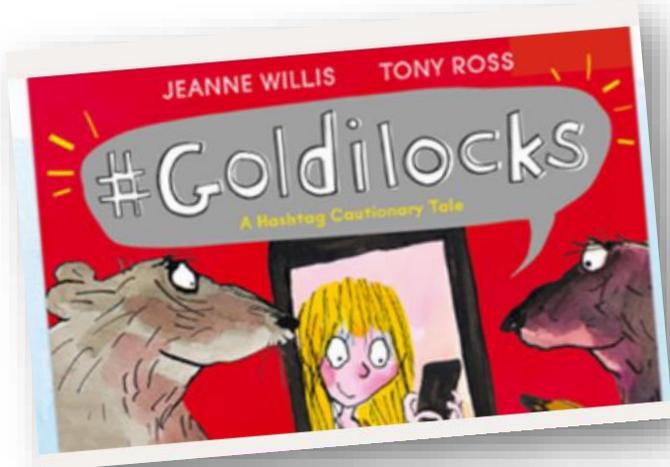
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DEVICE USE AND OWNERSHIP

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

Proportion who go online, by age

Age	3-4	5-7	8-11	12-15	16-17
	84%	96%	98%	100%	100%
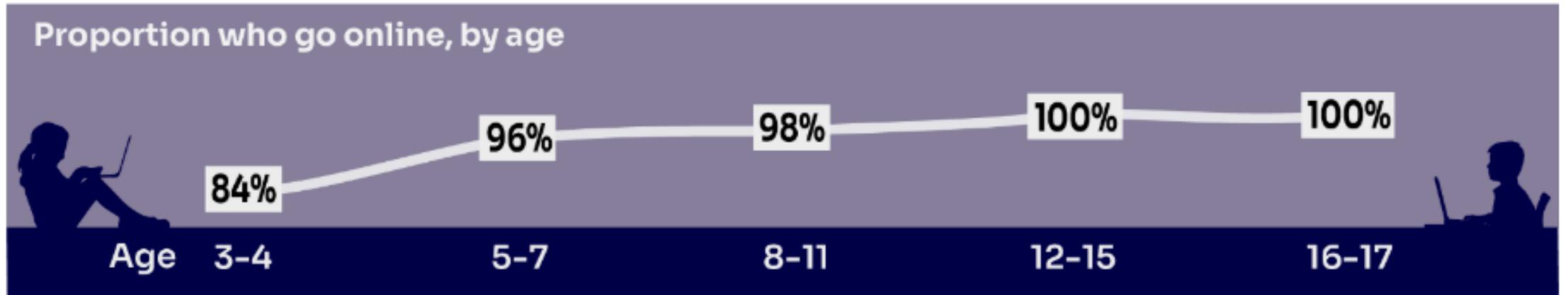
Almost all children (96%) aged 3 – 17 went online in 2023, highlighting the centrality of the internet in their lives:

- Younger children commonly use **tablets** to go online
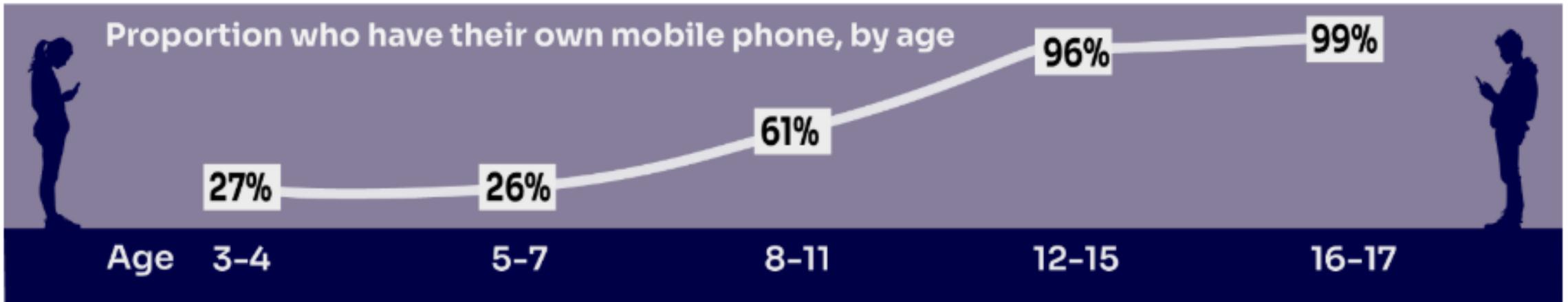- Older children are more likely to use **mobile phones**
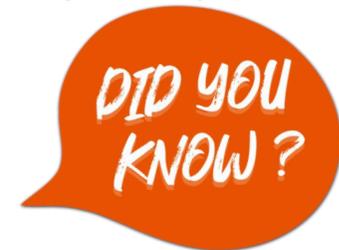
DID YOU KNOW ?

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SMARTPHONE or 'NON'-SMART / BRICK phone?

REMEMBER IT'S <u>YOUR CHOICE</u>
Every child and situation is unique,
and you are best placed to know their needs

- 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

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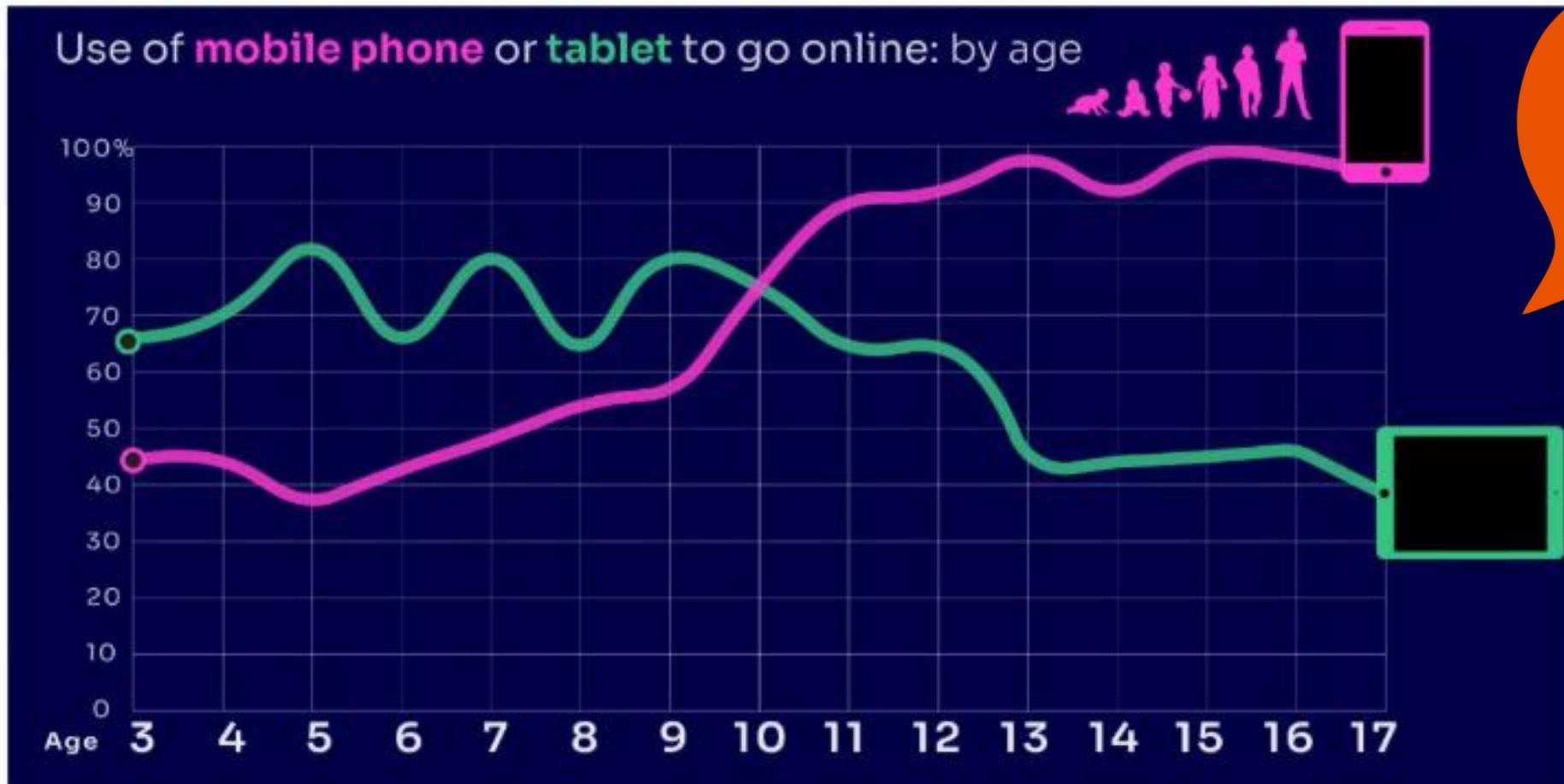
- **By age 11, nine in ten children own their own mobile phone**, distinct from using a family device
- This correlates with **transition from primary to secondary school**.

To help you with the transition of pupils from primary to secondary, why not download our

FREE [Leaflet for parents]:

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

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ISLINGTON
For a more equal future

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?

Spending money online (52%)

Who you can interact with online

Information their child can share online (49%)

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.

Where and when devices can / can't be used

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

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

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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

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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

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 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

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 ... ...fe.lgfl.net

SHARENTING!

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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**

- **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

DID YOU KNOW ?

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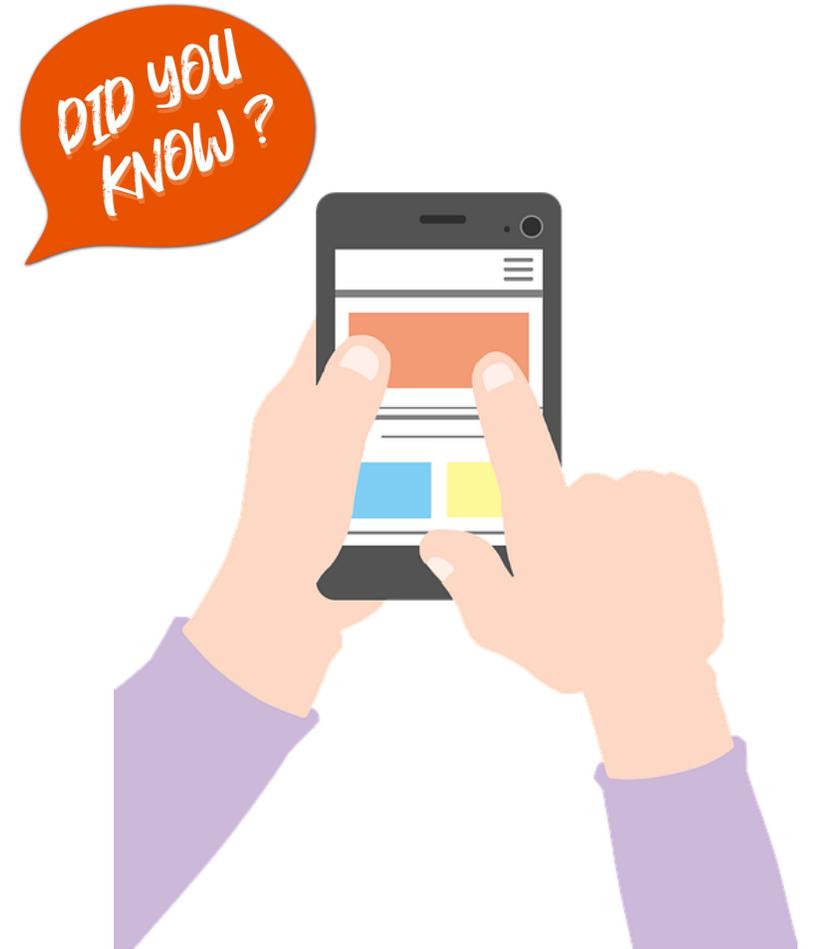
High awareness of technical control tools among parents, <u>BUT</u> **many are choosing not to use them**
WHY DO YOU THINK THIS IS THE CASE?

- 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**

Awareness and use of technical tools among parents of 8-15-year-olds

93% of parents with children aged 8-15 are aware of any "technical controls"

77% use any of them

29%	Parental control software set up on a particular device used to go online	66%
35%	Parental controls built into the device by the manufacturer	62%
31%	Content filters provided by your broadband ISP	58%
33%	Restrict access to inappropriate online content	53%
30%	Change the settings to stop downloads/purchases	50%
28%	Parental control software, settings or apps	49%
16%	Monitoring apps	37%

Technical controls

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

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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

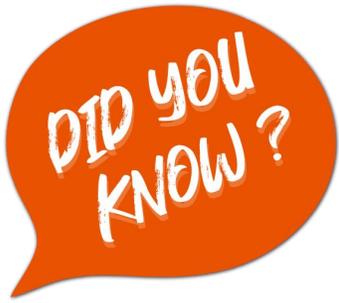Select your network provider from the dropdown list:

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

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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
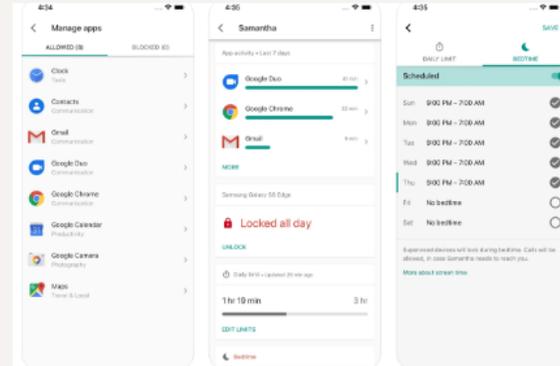
Google Family Link

Digital Wellbeing is the next step for the older ones after Family Link
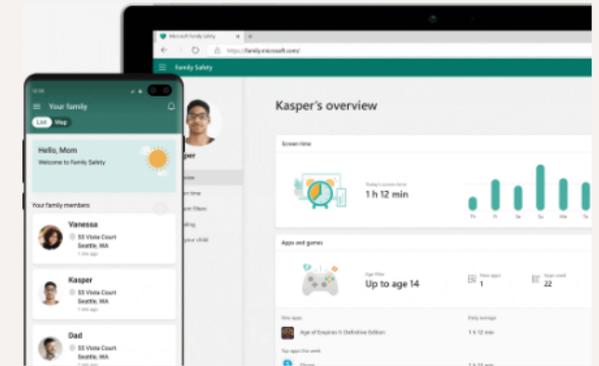
Microsoft Family Safety

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

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Visit [parentsafe.lgfl.net/](#) for additional advice and tips on settings and controls for all devices

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
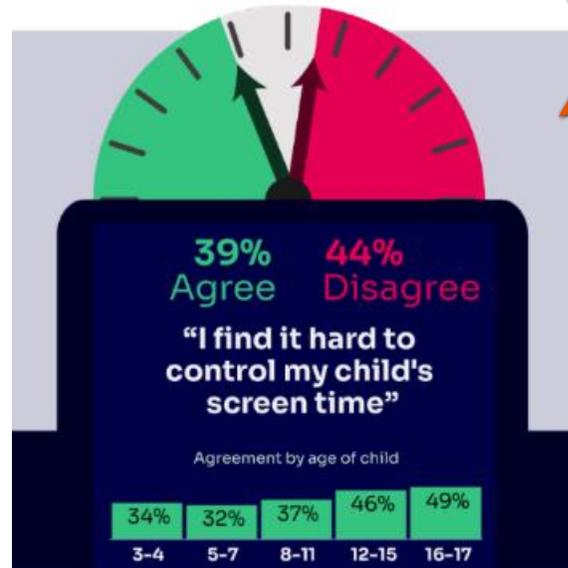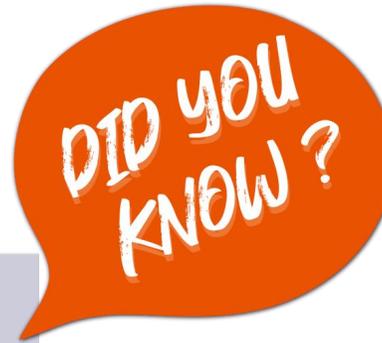
SCREENTIME

WORRIED about their **SCREENTIME??**
Do you know HOW LONG YOUR CHILD SPENDS online daily?

DID YOU KNOW ?

39% Agree   44% Disagree

"I find it hard to control my child's screen time"

Agreement by age of child

34%	32%	37%	46%	49%
3-4	5-7	8-11	12-15	16-17

- 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 screentime.lgfl.net for advice and tips to manage screentime

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

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

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DID YOU KNOW ?
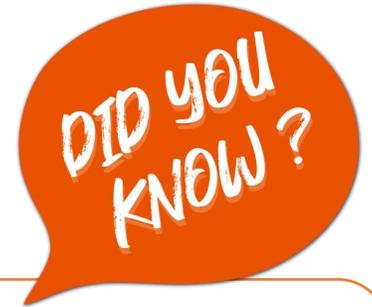
45% of 8-11s feel that ==**their parents' screentime is too high**==

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

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

YouTube is the most popular, but the appeal of many social media platforms varies by age

DID YOU KNOW ?

Top 5 apps/sites used across all categories – by age group

YouTube
WhatsApp
TikTok
Snapchat
Instagram

100%
90
80
70
60
50
40
30
20
10
0

Age 3-4   5-7   8-11   12-15   16-17
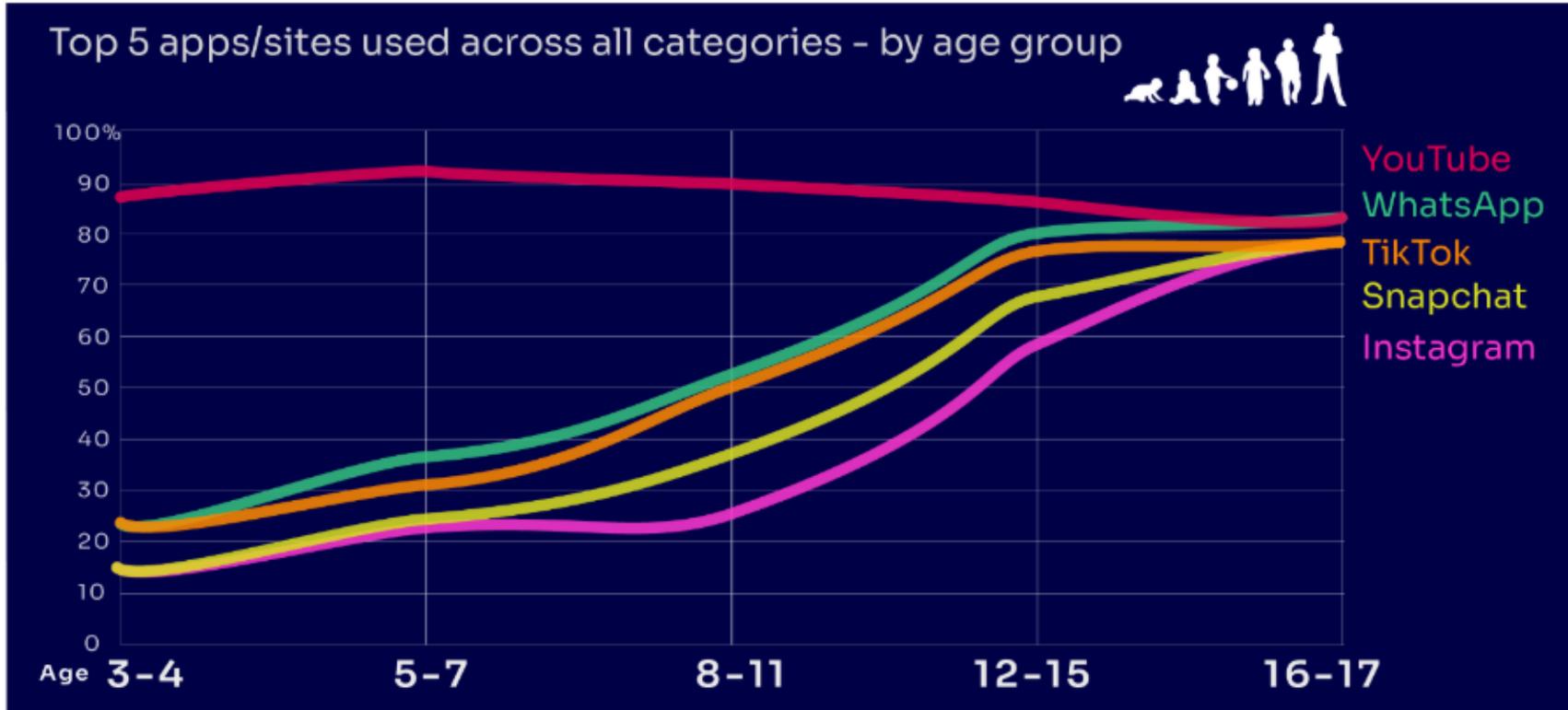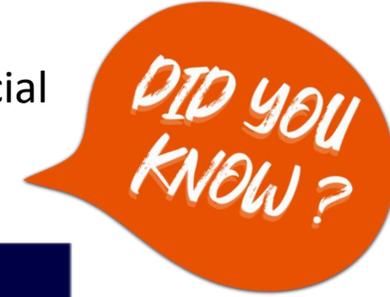
- under two in ten of all 3-4-year-olds use **Instagram** and/or **Snapchat**
- this rises to eight in ten among 16-17s

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

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

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

Activities undertaken
% 12-17s who use social media or messaging

↑ Statistically higher than boys

	Boys	Girls
Send supportive messages to friends if they are having a hard time	44	60 ↑
Search out, share or discuss news stories with others on these apps and sites	24	30 ↑
Write my own posts about causes I care about	19	21
Follow activists and campaigners who talk about causes I care about	17	22
Follow or interact with political parties or campaign groups	11	15

Any listed

Boys 67

Girls 78 ↑

Many used sites and apps like **TikTok** and **Instagram** to consume content
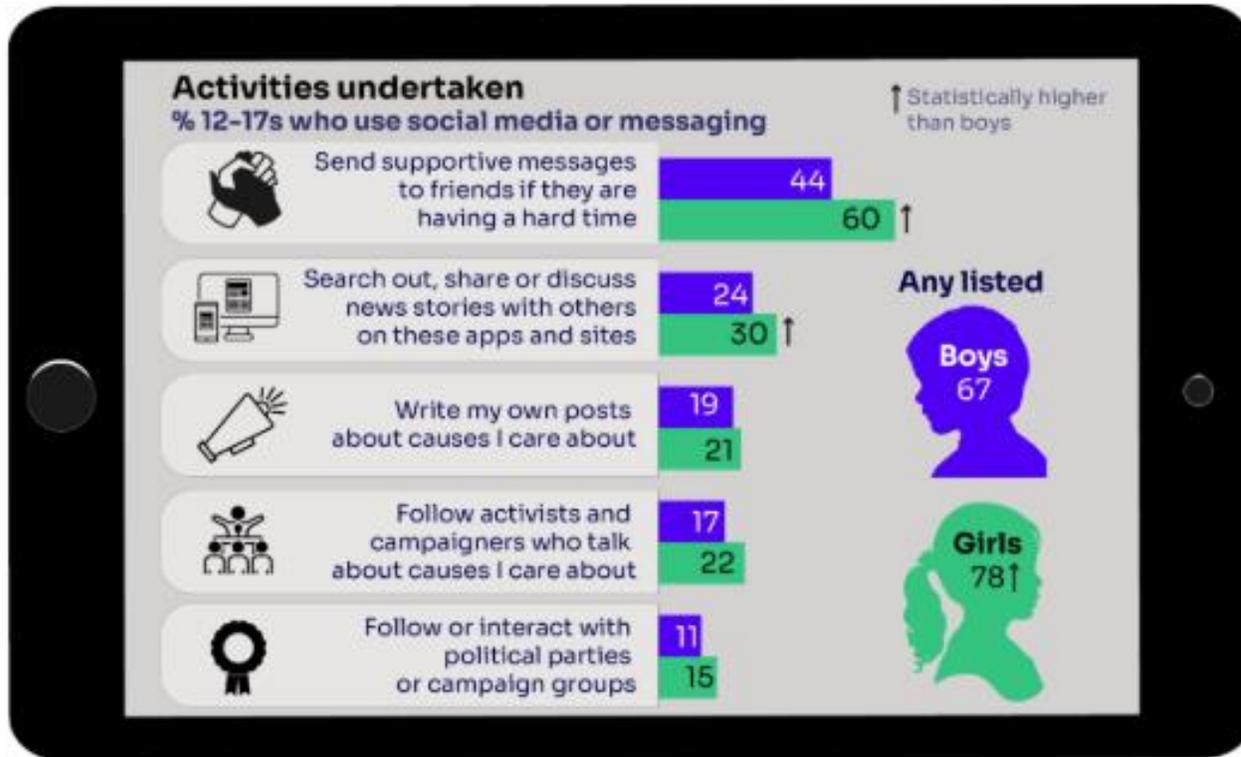
Snapchat was the most favoured platform to message and communicate with friends.

"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

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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**.

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What might they NOT BE TELLING YOU?

DID YOU KNOW ?

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

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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

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What can you do?

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?

Online Gaming: 8-17s

Playing games with others

74%
Played against or with someone else **they know**

32%
Played against or with someone **they don't know** outside game

In-game chat (messaging or headset)

64%
Chat to people **they know**

31%
Chat to people **they don't know** outside the game

Visit gaming.lgfl.net for advice and activities

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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

Visit gaming.lgfl.net for advice and activities to keep them safe

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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**

pegi.info

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

Preschoolers (2-4)

Little Kids (5-7)

Big Kids (8-9)

Pre-Teens (10-12)

Teens (13+)

By Topic

Screen Time

Learning

Social Media

Cellphones

Online Safety

Identity and Community

More ...

By Platform

TikTok

Snapchat

Minecraft

Roblox

Fortnite

Discord

More ...

tip

APP

Snapchat

⊘ age 16+ ★★★☆☆

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

Devices: iPhone . iPod Touch . iPad . Android (2011)

See full 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

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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.commonsensemedia.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%)

DID YOU KNOW ?

SECRET

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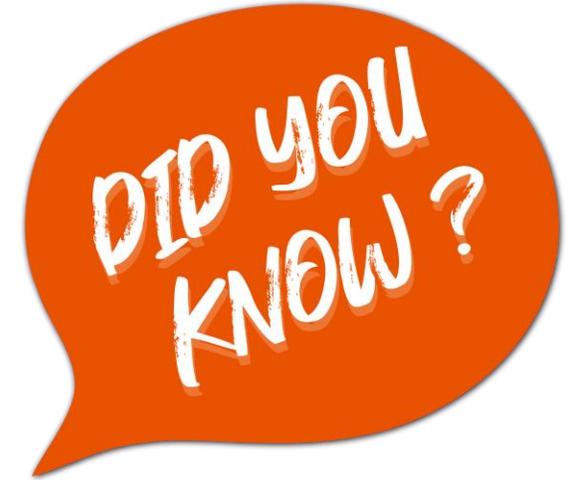
Around half of children under 13 use social media and 38% have their own profile on at least one platform

%age who use social media

Total: Under 13	51%
Aged 3-5	29%
Aged 6-7	42%
Aged 8-9	54%
Aged 10-12	76%

You must be 13 years and older to have an account.

Snapchat is Only for Teens Ages 13+

We require everyone to be at least 13 to use Instagram
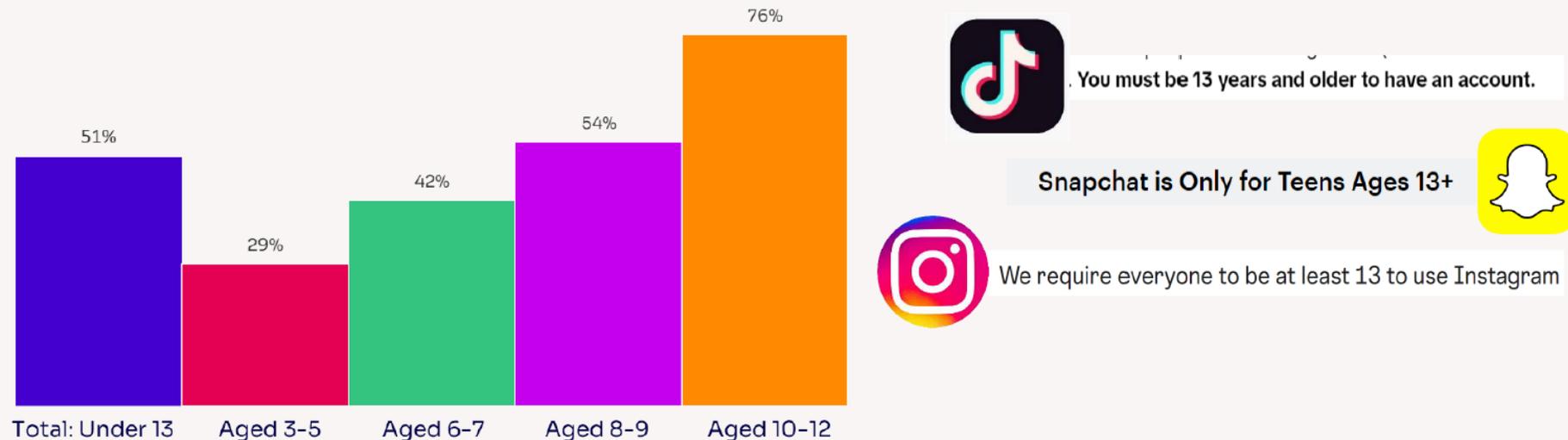
Given the 13+ minimum age requirement on most of these social media platforms, it is notable that half (51%) of children under 13 use them.

Most social media users within each age group have their own profile on one of the apps/sites, with likelihood generally increasing by age

Proportion of **children 8-17 who use each app/site and have their own profile** – by age group of child:

Legend: ■ Total ■ 8-12 year olds ■ 13-15 year olds ■ 16-17 year olds

YouTube (not including YouTube Kids): 67%, 65% ↓, 68%, 72% ↑
Snapchat: 94%, 89% ↓, 97% ↑, 98% ↑
TikTok: 85%, 77% ↓, 91% ↑, 92% ↑
Instagram: 92%, 78% ↓, 96% ↑, 98% ↑
Facebook: 89%, 79% ↓, 90%, 97% ↑
Discord*: 94%, 90% ↓, 95%, 99% ↑
Pinterest*: 76%, 59% ↓, 90% ↑, 87% ↑
Twitch*: 81%, 69% ↓, 84%, 92% ↑
X/Twitter*: 78%, 54% ↓, 77%, 93% ↑
Vimeo: Base size too low

↑ ↓ Significantly higher/lower than the Total at 95% confidence

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Children's Online User Ages 2023 Quantitative Research Study

- Young people **can get around age restrictions** on apps and websites, **increasing the risk of them coming to harm online**

- To understand the **extent to which children are bypassing age checks**, Ofcom researched **how many children have online profiles that make them appear older than they actually are.**

User age of at least 16+*

33% of 8-15s

31% of 8-12s   39% of 13-15s

User age of at least 18+

22% of 8-17s

19% of 8-12s

23% of 13-15s   28% of 16-17s

25% of 13-17s

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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**

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RISKS AND NEGATIVE EXPERIENCES

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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 childre**n 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**

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Keeping Children Safe in Education

Average age children first view pornography is 13

DID YOU KNOW ?

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**

CHILDREN'S COMMISSIONER

Evidence on pornography's influence on harmful sexual behaviour among children

May 2023

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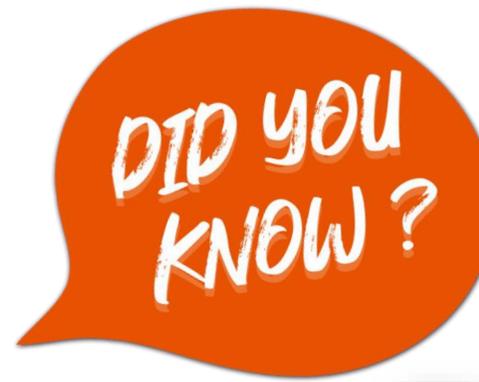
- **Disturbing, graphic and illegal content:**
  - Fights / beatings / stabbings / raids
  - Sexual assaults, sex acts involving children, CSAM
  - Sale of weapons and drugs online

  (Some see this type of content several times a day, daily)

- **Wouldn't consider reporting** – seen what happens to a 'grass'

- While other children use Snapchat's built-in filters to add funny effects to their selfies, the filter these children experience is the **normalisation of humiliation, aggression, violence and crime**

Snapchat:
'It's our evening news'

Anti-social Media
The violent, sexual and illegal content children are viewing on one of their most popular apps

REVEALING REALITY

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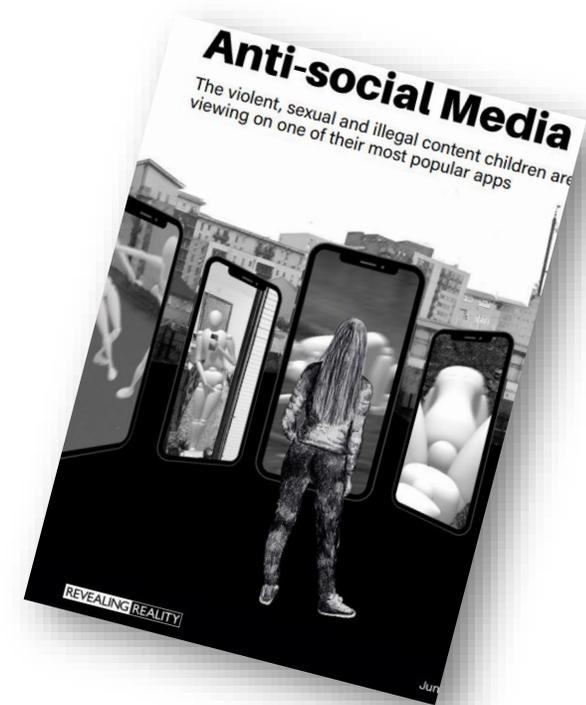
Summary of children's negative experiences:

In the past 12 months, have you seen anything online that you found worrying or nasty in some way that you didn't like?

All aged 8-17	8-11	12-15	16-17	Any limiting conditions	No limiting conditions
32%	28%	34%	35%	40%	29%
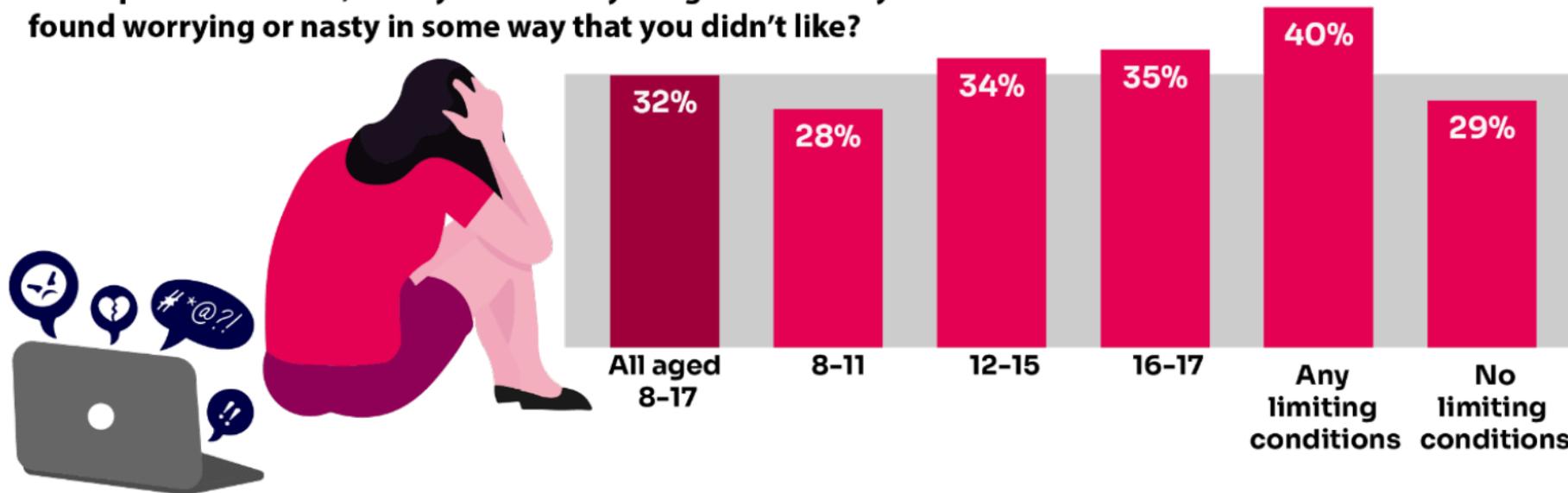
BUT Only 20% of parents report their child telling them about this in the same time frame.

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

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Bullying

Received nasty or hurtful interactions through

	Boys 8-17	Girls 8-17
text or messaging apps	14%	20%
Social media	13%	18%
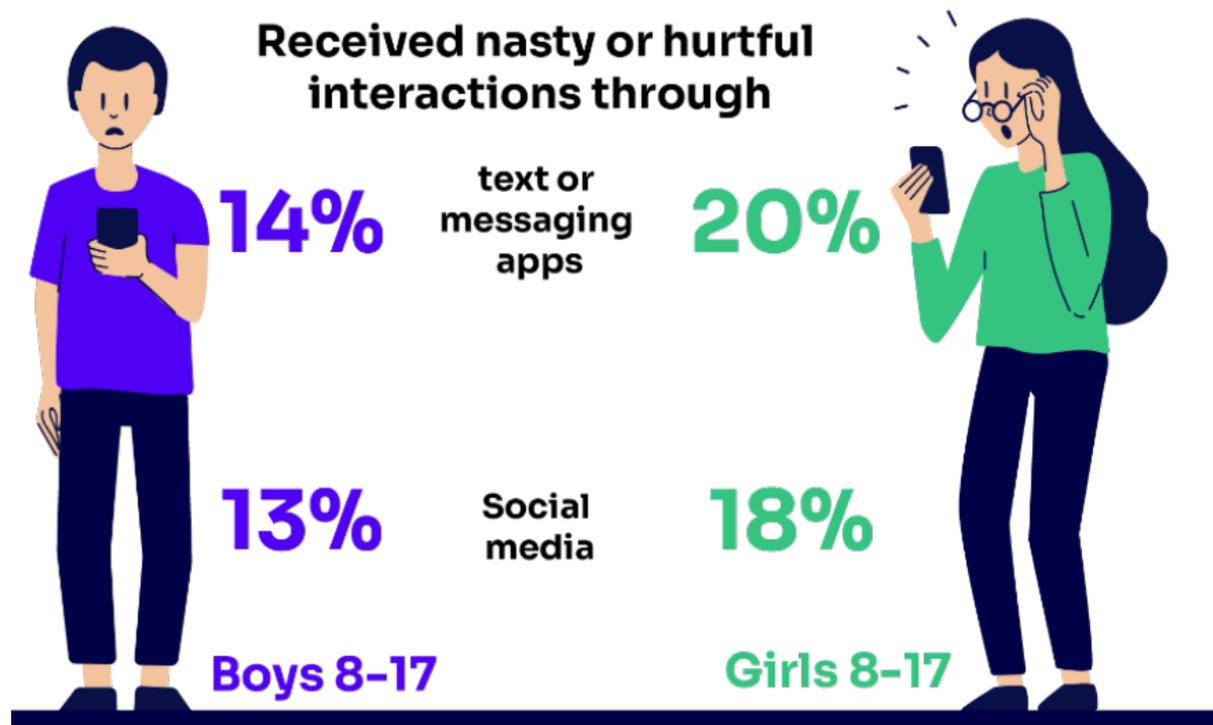
- Increase in the proportion who have experienced **bullying via social media** apps/sites (18% vs 15% in 2022)
- **girls are more likely** than boys

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

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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:

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

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

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

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Early 2022: Taylor (13) received messages from people she did not know that **included nude images or inappropriate messages.**

"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."

End of 2022: She had taken steps to reduce this happening by **no longer adding people on Snapchat after they had messaged her on Instagram or using Snapchat's Quick Add feature to talk to strangers**.

"It [receiving an inappropriate message from a stranger] hasn't happened in a long time. Maybe once in the last year… **It doesn't happen much anymore because I don't really talk to people I don't know any more.**"

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So, what can YOU do?

Nude Selfies: Understanding Why
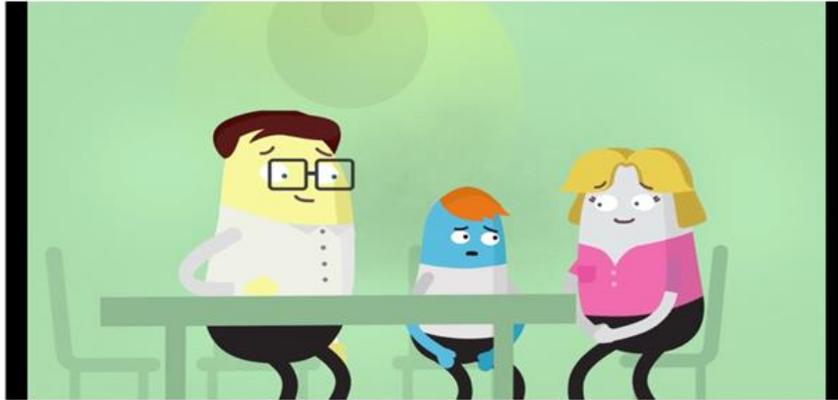
Nude Selfies: Talking to your child

Nude Selfies: When should I be worried?

Nude Selfies: Where to get help

www.thinkuknow.co.uk_

youtu.be/XjV0lKYpakk?si=6ONdtZJRjfB6bSRj – what parents and carers need to know
youtu.be/E5LA2nKHVZ0?si=gU3_jXFF51TU3vTq – when should you be worried?

CEOP

Rise in reporting of financially motivated sexual extortion - SEXTORTION

- Type of online blackmail
- Involves an adult offender posing as a young person, threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money
- Victims of any age and gender can be targets - majority of cases have involved male victims aged 14-18

Advice for parents or carers of children who are being sexually extorted or 'sextorted'

NCA National Crime Agency

CEOP Education from the National Crime Agency

Parents and carers template letter

Dear parent/guardian,

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card.

Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18.

A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Find out more about online blackmail on CEOP Education's parents and carers website.

Talking to your child

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support

https://www.ceopeducation.co.uk/globalassets/professional/guidance/nca_financially_motivated_sexual_extortion_alert_education_eng.pdf

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

THE MIX
Essential support for under 25s

NCA
Young people can report concerns about child sexual abuse and exploitation to NCA

CLICK CEOP
Advice Help Report

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

REPORT REMOVE
Nude image of you online?
We can help take it down.

ChildLine
A free, private and confidential service where CYP can talk about anything to a trained counsellor, online or on the phone

ChildLine
0800 1111

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Go to reporting.lgfl.net to find out more

IWF

DID YOU KNOW?

92% of content removed contained "self-generated" child sexual abuse material

IWF Annual Report 2023
#BehindTheScreens
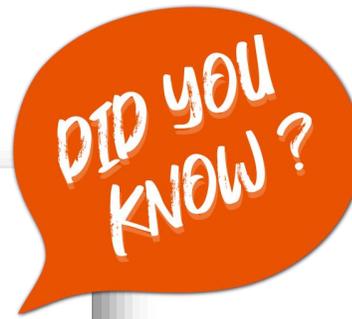
iwf.org.uk/annual-report-2023

'Self-generated' images of 3-6-year-olds by severity

Number of images & videos

(15%)
356 — Category A

(24%)
565 — Category B

(62%)
1,480 — Category C

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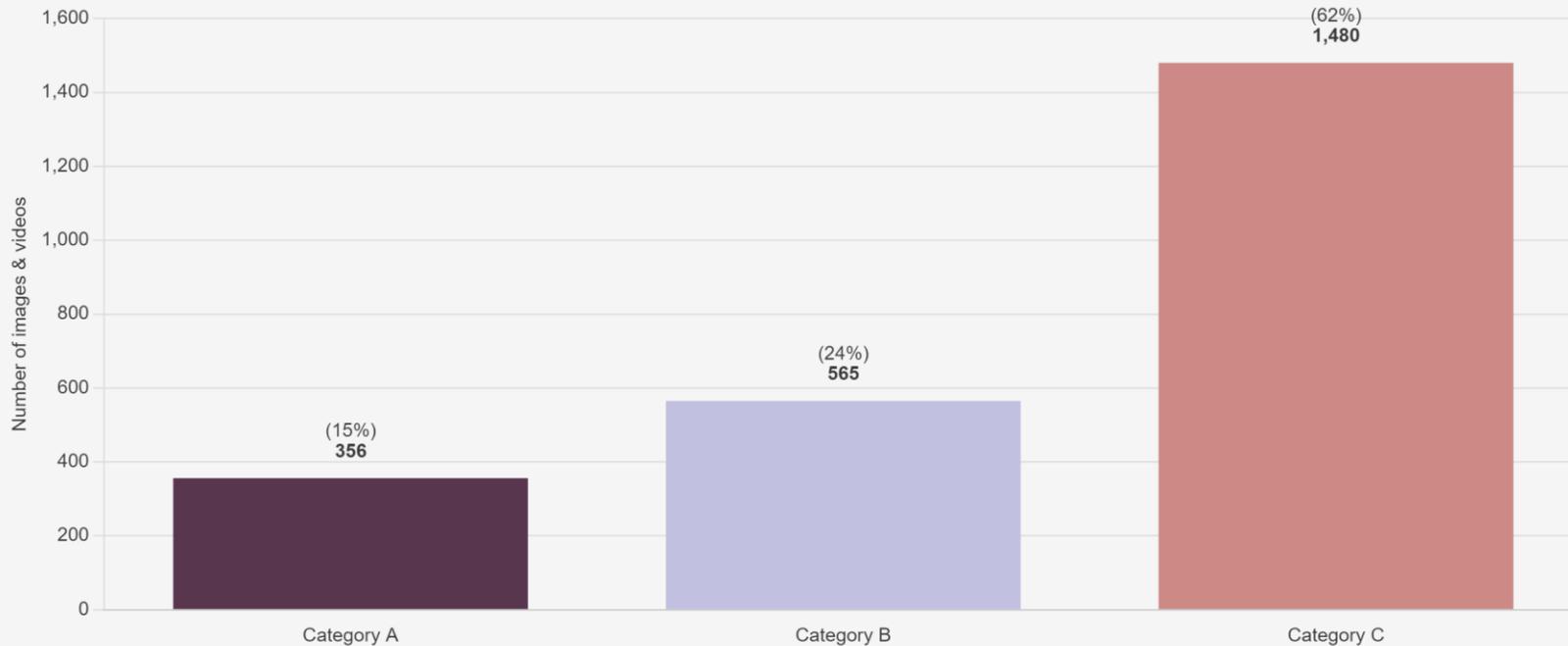
11-13-year-olds - sex of victims

Girls

4,445 (82%)

141,137 (99%)

Pre-pubescent children

2022 was the first year that 'self-generated' child sexual abuse reports of 7-10-year-olds were more prevale... continued into 2023.

7-10-year-olds - types of abuse

Self-generated - 104,282 (92%)

Not self-generated - 8,458 (8%)
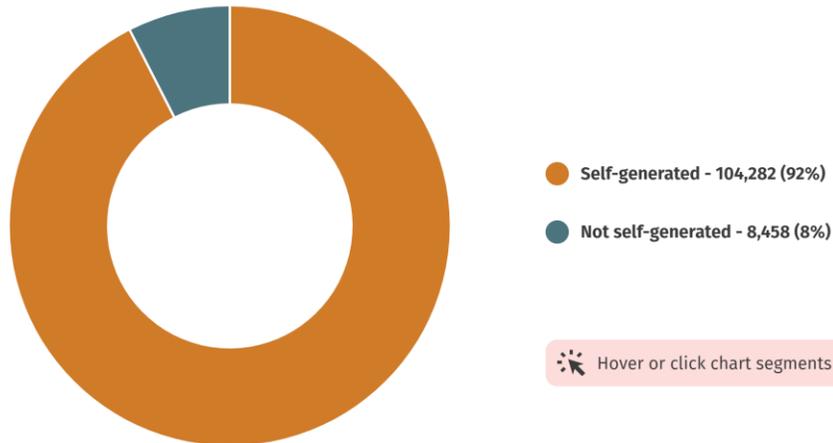
Hover or click chart segments for values.

One of the biggest increases seen in the latest data, is the rise in the number of images found of 7-10 year olds

This is one of the reasons why we as parents need to start the conversations as early as possible with children, and to be very considered about when children start using devices and controls

So, what can YOU do?

undressed.lgfl.net

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

66

STAYING SAFE ONLINE AND REPORTING

What do YOUNG PEOPLE do to STAY SAFE ONLINE?

93% know how to do any of the "safety measures"

83% do any of them

65	82	Block people on social media if you don't want to hear from them
48	67	Block people when you play online games
31	52	Change the settings so fewer people can view your social media profile
17	36	Use a reporting or flagging function to report inappropriate content

Safety measures
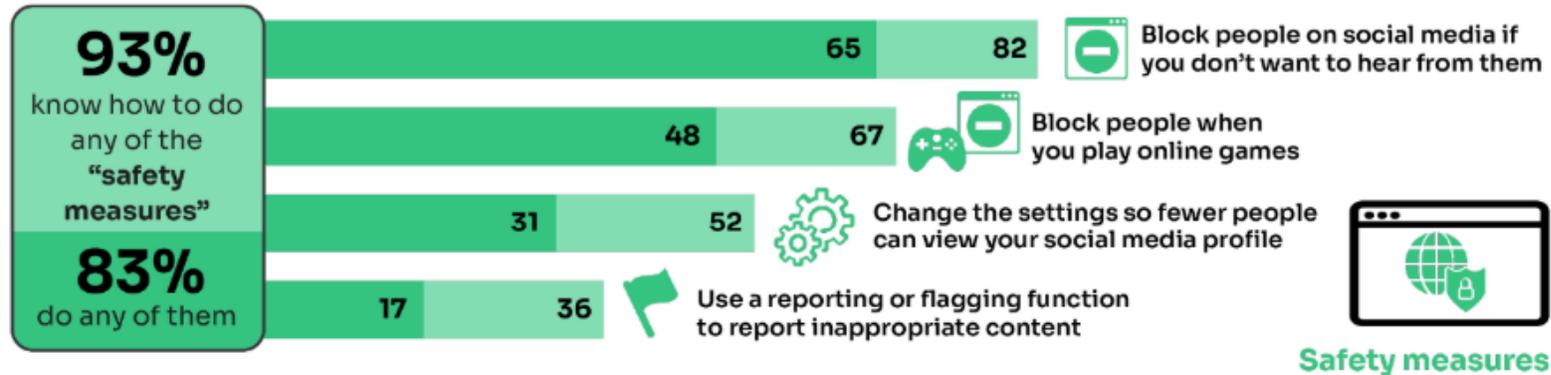
Only 17% had used a reporting or flagging function
(36% were aware of these functions)

Go to reporting.lgfl.net to find out how to remove content from social media and where to report bullying, racial hatred, terrorism, sexual abuse and more

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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.
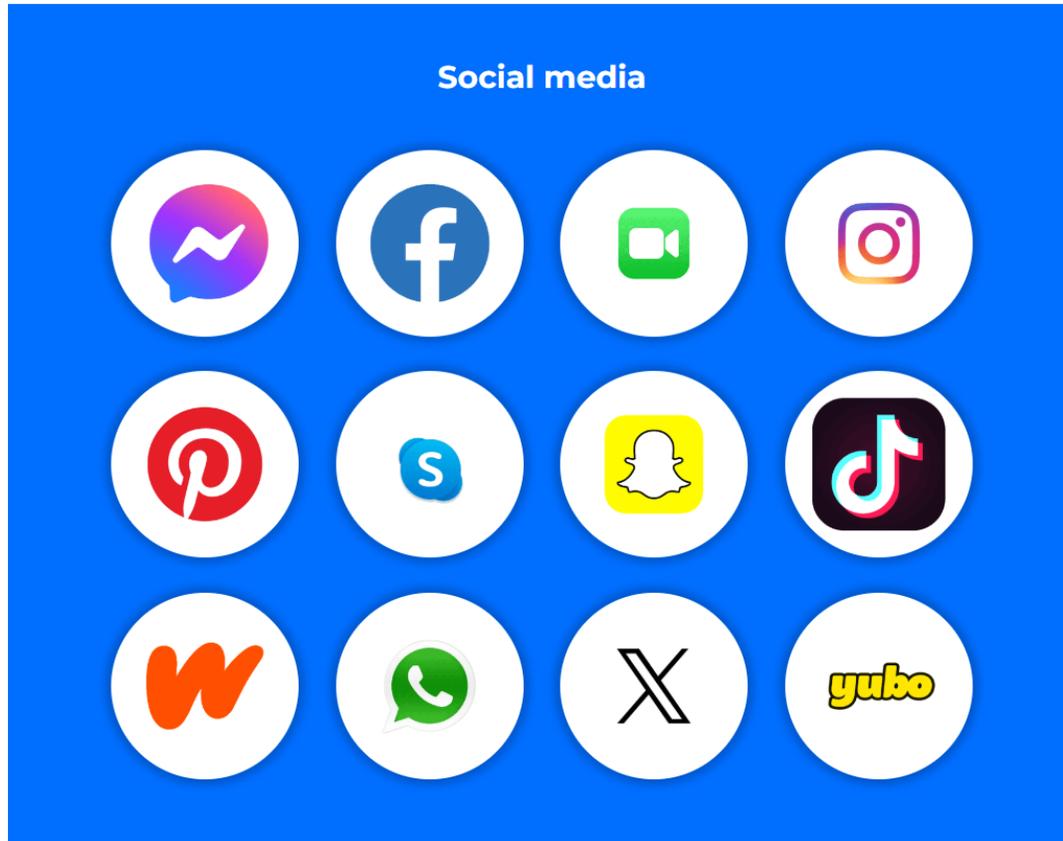
Social media

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

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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

Remember!
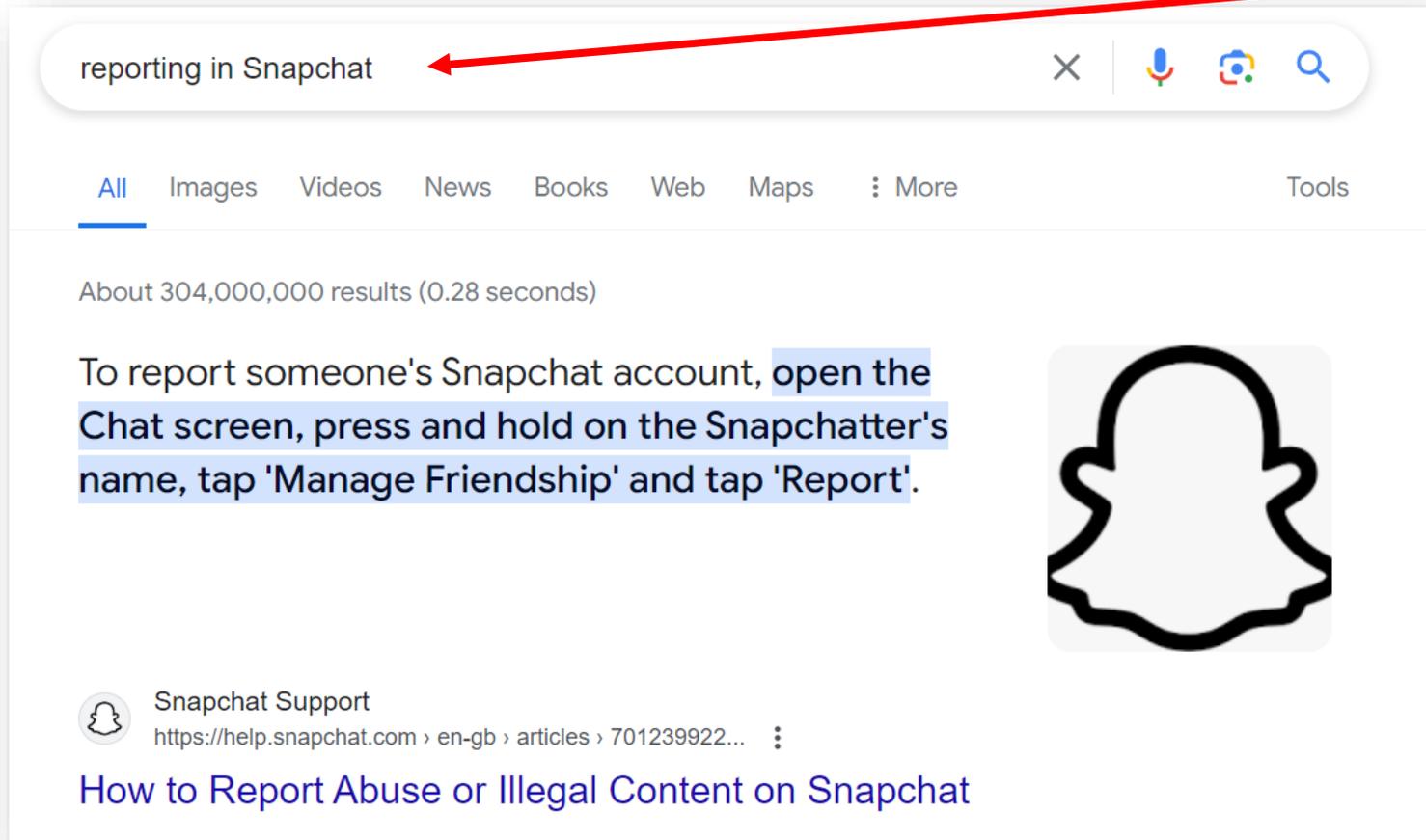
- Before signing up to any app/site, **check that your child meets the minimum age** requirement for the platform to understand the risks

- Remind your child to be **cautious about accepting friend requests** - a real friend is someone they/you know in real life, not a 'friend' they met gaming or in a chat room. Encourage them to **ask you for advice** if they are unsure.

- Stress the importance of **not sharing personal information** with online 'friends'

- Keep **passwords confidential**

- **Check their privacy settings**, emphasising the importance of not sharing personal information with strangers, and emphasising the confidentiality of passwords are all important steps

- You can **report any content**, e.g. a post, image or harmful, misleading or damaging comment

- Remember that **reporting doesn't guarantee immediate** removal, as platforms assess reported content based on their respective rules and policies

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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

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

Go to reporting.lgfl.net to find out more

CRITICAL THINKING

Does your child TRUST everything they see online?

Sixteen and seventeen-year-olds are less sure of their ability to distinguish the real from the fake online than they were last year:

Try our Critical Thinking Quiz at believe.lgfl.net

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

Critical Thinking activity: Believe it or not?

Are they aware of the implications their actions could have?

Could they be breaking the law?

Or putting themselves or others at risk?

Visit goingtoofar.lgfl.net to find out more.

Let's take this quiz
together at
takingastand.lgfl.net

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goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

1. You notice lately there are lots of posts from a group appearing on your page which are offensive and racist.

What can you do about it?

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goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

- Nothing, just ignore them
- Report them directly via the site's report button
- Select the option to unfollow or stop seeing posts from this group

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WHAT WOULD YOU DO IF?

2. Your class are all talking about this funny meme. It's making fun of people from another country, and some of the comments are really rude.

There are lots of 'likes'.

How could you respond?

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- 'Like' it – after all it can't do any harm
- Join in the comments so you can also be part of the group
- Share it
- Report it directly to the site as racism
- Talk to a trusted adult for advice

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3. This pop star tweets a post showing how she's lost weight by taking these diet pills- she says the first 100 people can get it half price.

What could you do?

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GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

- Buy them straight away
- Think about her motives - she might be being paid to advertise it
- Check the reviews
- Discuss with a parent/carer before buying anything online
- Do your research and to find out more about this subject

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9. An influencer you came across shared a link where you can meet new friends and chat anonymously without worrying about getting in trouble with the law.

What could you do?

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goingtoofar.lgfl.net

GOING TOO FAR?

THE LAW AND ONLINE EXTREMISM

- Join the chat, after all it's anonymous so it can't do any harm

- Invite one of your friends to come along so you can both make new friends

- Check with a trusted adult at home or school

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RESOURCES AND SUPPORT

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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 & gangs

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!

Children's COMMISSIONER

Be Mindful
Connect
Be Active
Get Creative
Give to others

Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

JEANNE WILLIS   TONY ROSS

#Goldilocks
A Hashtag Cautionary Tale

THE ONLINE ZOO

Digital Family Agreement

LGfL DigiSafe ®

PARENTSAFE
Keeping your children safe: online & beyond

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

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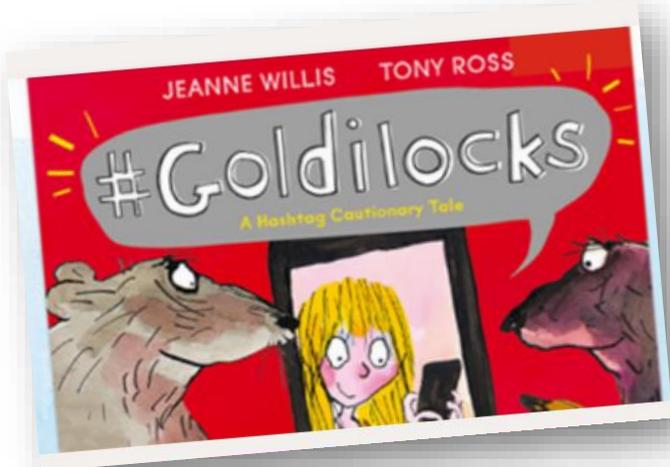
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SIX TOP TIPS

For Parents To Keep Your Children Safe Online

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.

Be Mindful
Connect
Give to others
Be Active
Get Creative

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

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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

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

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 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

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

LGfL SafeguardED

parentsafe.lgfl.net

Where to get help?

Our school website has further information and links for parents as well as a 'Worried about Something' form for pupils.

ST PETER'S SAFEGUARDING PERSONNEL

If you have any concerns about a child at St. Peter's, please contact one of the following:

CAROLINE BARRIBALL

CO-HEAD & SAFEGUARDING LEAD

SAMANTHA SANDLE

CO-HEAD & DEPUTY SAFEGUARDING LEAD

SHITAL AMIN

SENDCo & DEPUTY SAFEGUARDING LEAD

DARREN SONNAR

ASSISTANT HEAD & DEPUTY SAFEGUARDING LEAD

KELLY PENSTON

ASC MANAGER & DEPUTY SAFEGUARDING LEAD

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