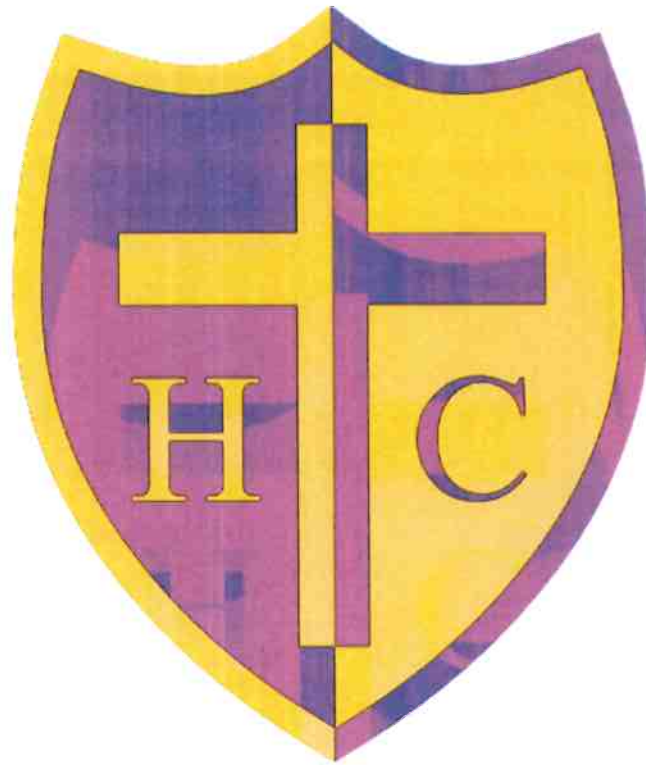


**Holy Cross Catholic Primary School**



**Internet Safety  
Guide for Parents  
February 2023**

## Media use by age: a snapshot

**3-4**



17% have their own mobile phone  
To go online: 39% use a mobile phone, 78% use a tablet and 10% use a laptop  
89% use video sharing platforms  
32% use live streaming apps/sites  
50% use messaging sites/apps  
21% use social media and 24% have their own social media profile  
18% play games online  
81% watch TV or films on any type of device other than a TV set (85% on a TV set)  
47% watch live TV vs 72% who watch SVoD<sup>1</sup>

**5-7**



28% have their own mobile phone  
To go online: 50% use a mobile phone, 83% use a tablet and 27% use a laptop  
93% use video sharing platforms  
39% use live streaming apps/sites  
59% use messaging sites/apps  
33% use social media and 33% have their own social media profile  
38% play games online  
74% watch TV or films on any type of device other than a TV set (88% on a TV set)  
48% watch live TV vs 77% who watch SVoD<sup>1</sup>

**8-11**



60% have their own mobile phone  
To go online: 71% use a mobile phone, 79% use a tablet and 55% use a laptop  
95% use video sharing platforms  
54% use live streaming apps/sites  
84% use messaging sites/apps  
64% use social media and 60% have their own social media profile  
69% play games online  
79% watch TV or films on any type of device other than a TV set (90% on a TV set)  
51% watch live TV vs 76% who watch SVoD<sup>1</sup>  
32% have seen something worrying or nasty online  
32% were able to correctly identify sponsored search results

**12-15**



97% have their own mobile phone  
To go online: 94% use a mobile phone, 54% use a tablet and 63% use a laptop  
98% use video sharing platforms  
73% use live streaming apps/sites  
97% use messaging sites/apps  
91% use social media and 89% have their own social media profile  
76% play games online  
87% watch TV or films on any type of device other than a TV set (84% on a TV set)  
44% watch live TV vs 82% who watch SVoD<sup>1</sup>  
37% have seen something worrying or nasty online   
11% picked only reliable indicators that a social media post was genuine;   
83% picked at least one unreliable indicator  
64% were able to correctly spot a fake profile   
38% were able to correctly identify sponsored search results   
39% were able to correctly identify sponsored content posted by an influencer

**16-17**



100% have their own mobile phone  
To go online: 98% use a mobile phone, 50% use a tablet and 63% use a laptop  
98% use video sharing platforms  
79% use live streaming apps/sites  
99% use messaging sites/apps  
97% use social media and 94% have their own social media profile  
73% play games online  
85% watch TV or films on any type of device other than a TV set (82% on a TV set)  
44% watch live TV vs 79% who watch SVoD<sup>1</sup>  
42% have seen something worrying or nasty online   
13% picked only reliable indicators that a social media post was genuine;   
81% picked at least one unreliable indicator  
65% were able to correctly spot a fake profile   
44% were able to correctly identify sponsored search results   
48% were able to correctly identify sponsored content posted by an influencer

<sup>1</sup>SVoD refers to subscription video on-demand services such as Netflix, Amazon Prime Video and Disney+

Among those who go online




























Among search engine users
















# Emoji Meaning Chart

Be aware that most emojis signify multiple meanings, and these meanings evolve quickly with new symbols emerging and trending rapidly.

## Sexually Explicit Emojis

	<b>Peach</b> - Butt		<b>Smiling face with horns</b> - Wanting sex
	<b>Banana</b> - Penis		<b>Smirking face</b> - Sexual overtones
	<b>Eggplant</b> - Penis		<b>Pineapple</b> - Swinging (sharing sexual partners)
	<b>Hot Dog</b> - Penis		<b>Corn</b> - Porn
	<b>Cat</b> - Vagina		<b>Noodles</b> - Nude picture
	<b>Peace sign</b> - Vagina		<b>Eyes</b> - Request for nude pictures
	<b>Taco</b> - Vagina		<b>Volcano</b> - Orgasm
	<b>Cherry</b> - Breasts, butt, or testicles		<b>Bottle with popping cork</b> - Orgasm
	<b>Fire</b> - Hot or sexy		<b>Sweat droplets</b> - Any sexual fluid
	<b>Hot face</b> - Lust		<b>Peanut</b> - Ejaculate
	<b>Screwdriver</b> - Sex		<b>Index pointing</b> - Fingering
	<b>Brain</b> - Oral sex		<b>Index pointing at okay hand</b> - Penetrative sex
	<b>Tongue</b> - Oral sex		<b>Thinking</b> - Oral sex
	<b>Okay hand</b> - Anal sex		
	<b>Donut</b> - Anal sex		

## Drug and Alcohol Emojis

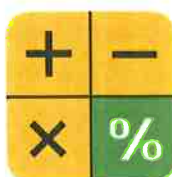
	<b>Pill</b> - Adderall		<b>Herb</b> - Marijuana
	<b>Pill + Blue circle + Parking</b> - Oxycodone & Percocet		<b>Broccoli</b> - Marijuana
	<b>Relieved face</b> - Getting high		<b>Maple leaf</b> - Marijuana
	<b>Plug</b> - Someone who can "hook you up", a drug dealer		<b>Snowflake</b> - Cocaine
	<b>Exhaling smoke</b> - Smoking, vaping, or marijuana		<b>Gas pump</b> - Gassed, i.e. intoxicated, marijuana
	<b>Face in clouds</b> - Smoking, vaping, or marijuana		<b>Alembic</b> - Bong or other drug paraphernalia
	<b>Dashing away</b> - Smoking or vaping		



# FIFTEEN APPS PARENTS SHOULD KNOW ABOUT



**ASK.FM** is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.



**CALCULATOR%** is only one of secret apps used to hide photos, videos, files and browser history.



**HOT OR NOT** encourages people to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.



**BUMBLE** is similar to the popular dating app 'Tinder', however it requires women to make the first contact. Kids have been known to use Bumble to create fake accounts and falsify their age.



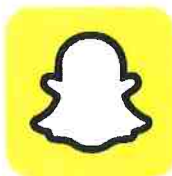
**SKOUT** is a location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account using a different age.



**KIK** allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. Kik gives users unlimited access to anyone, anywhere, anytime.



**GRINDR** is a dating app geared towards Gay, Bi and Transgender people. The app gives users options to chat, share photos and meet up based on a smart phone's GPS location.



**SNAPCHAT** is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear. New features including 'stories' allow users to view content for up to 24 hours.



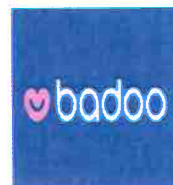
**LIVE.ME** is a live video streaming app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn 'coins' as a way to 'pay' minors for photos.



**MEET.ME** is a dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.



**HOLLA** is a self-proclaimed 'addicting' video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content and more.



**BADOO** is a dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.



**TIKTOK** is a new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to bullying and explicit content.



**WHATSAPP** is a popular messaging app that allows users to send texts, photos, make calls and video chats worldwide. WhatsApp uses an internet connection on smart phones and computers.



**WHISPER** is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.



**BRAND NEW**

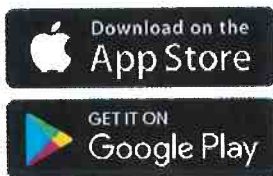
# National Online Safety Mobile App

It's time to get **#OnlineSafetySavvy**.

Children are spending more time than ever online. As adults, we need to do everything we can to keep them safe in the digital world. But with new apps, games and platforms emerging every day, how can you stay in the know?

Say hello to the new National Online Safety mobile application. Created by experts, developed by us. With all online safety knowledge available at your fingertips, the NOS app empowers parents and teachers to understand and address online safeguarding risks – any time, anywhere.

The world's most comprehensive online safety app, it's packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect the kids you care about when they're online.



# Overview

This report looks at media use, attitudes and understanding among children and young people aged 3-17.

It also includes findings on parents' views about their children's media use, and how parents of children and young people aged 3-17 monitor and manage their children's use. The report is intended to provide a comprehensive picture of children's media experiences in 2021 as a reference for industry, policymakers, academics and the general public.

The Communications Act 2003 places a responsibility on Ofcom to promote, and to carry out research into, media literacy. We define media literacy as '*the ability to use, understand and create media and communications in a variety of contexts*'. This report forms part of our wider Making Sense of Media programme.<sup>1</sup>

## What we have found

### *Online access and attitudes*

- Nearly all children went online in 2021 (99%); the majority used a mobile phone (72%) or tablet (69%) to do so.
- More than a third (36%) of primary school-age children did not always have access to an adequate device for online learning at home, compared to 17% of secondary-age children. One in ten primary-age children rarely or never had access (11%), compared to 3% in secondary school.

### *Online behaviours*

- Using video-sharing platforms (VSPs) such as YouTube or TikTok was the most popular online activity among children aged 3-17 (95%); while the majority chose to watch content on VSPs, 31% posted content they had made themselves, especially those aged 12-17.
- Among all types of online platforms, YouTube was the most widely used by children; 89% used it, compared to half using TikTok. But TikTok was more popular for posting content.

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<sup>1</sup> More information on Ofcom's [Making Sense of Media programme](#) is available on our website.



### *Online profiles*

- **A majority of children under 13 had their own profile on at least one social media app or site;** 33% of parents of 5-7s said their child had a profile, and 60% of 8-11s said they had one.
- **More than six in ten children aged 8-17 said they had more than one profile on some online apps and sites (62%);** the most common reason, overall, was having one profile just for their parents, family or friends to see.
- **Just four in ten parents of 3-17s knew the minimum age requirement for using most social media;** 42% correctly said 13. Four in ten parents of 8-11-year-olds said they would allow their child to use social media (38%).

### *Content consumption*

- **Children still watch live television but are more likely to watch paid-for on-demand streaming services;** 78% watched services like Netflix, Amazon Prime Video and Disney+, compared to 47% watching live TV. Scotland had the largest decline in broadcast viewing.
- **Despite almost six in ten teenagers saying they used social media for news, it was the least trusted or accurate news source;** 12-15s preferred to trust their family (68%) or the TV (65%) for news.

### *Parental concerns about children's content consumption*

- **Seven in ten parents of children under 16 were concerned about the content their child saw online;** the aspects of greatest concern were age-inappropriate content such as violence, bad language and disturbing content and sexual or 'adult' content.
- **Parents had fewer concerns about the TV content their child watched than about online content;** 46% were concerned about their child seeing bad language, violence or disturbing content on TV.
- **Parents in Wales were more likely than parents in the other UK nations to be very concerned about some aspects of their child's media use, such as their child giving out personal details to people online or seeing age-inappropriate content online or on TV.**

### *Online gaming*

- **Six in ten children aged 3-17 played games online in 2021,** increasing to three-quarters of 12-17s.
- **More than a third of 8-17s who gamed online played with people they didn't know (36%);** overall, 16% of 8-17s chatted to people they didn't know, via the messaging/ chat functions in games.



#### *Critical understanding of fake vs real online*

- The majority of 12-17s were confident that they could tell what is real and fake online, but only 11% correctly selected, in an interactive survey question showing a social media post, the components of the post which reflected that it was genuine.
- Children in Wales were more likely than those in the other UK nations to pick out only reliable identifiers in the misinformation scenario: 22%, compared to 8% to 11% in other nations.
- More than a fifth of 12-17s were unable to detect a fake online social media profile (22%); a quarter of these thought that the profile picture and posted photos proved that it was real.

#### *Understanding the internet as a commercial landscape*

- Nine in ten children aged 12-17 were confident that they could recognise advertising online, but less than four in ten (37%) correctly identified the links at the top of a search engine page as sponsored ads.
- Seven in ten children aged 12-17 were able to correctly identify that an influencer was promoting a product because of a paid partnership; of these 42% stated this as the only reason, with the remainder suggesting it was due to other reasons such as the influencer simply liking the product.

#### *Online wellbeing*

- Children aged 13-17 were more likely to feel positive than negative about their online use: 53% said that being online was good for their mental health, with a minority disagreeing with this (17%).
- Eight in ten children aged 13-17 used online services to find support for their wellbeing; both Google search and online videos used for sleep, relaxation and good mood emerged as key sources for support among children.

#### *Negative experiences and coping strategies*

- More than a third (36%) of children aged 8-17 said they had seen something 'worrying or nasty' online in the past 12 months; six in ten said they would always tell someone about this (59%).
- Children were more likely to experience being bullied via technology than face-to-face: 84% of 8-17s said they had been bullied this way (i.e., via text or messaging, on social media, in online games, through phone or video calls, or via other apps and sites) compared to 61% being bullied face-to-face.
- Nearly all children aged 12-17 were aware of at least one safety feature to help keep themselves safe online (94%); 84% had put these into practice. Blocking people on social media was the behaviour with the highest levels of awareness and use.



- **But more than a third had used behaviours that are potentially risky (35%):** a fifth had either surfed in privacy or incognito mode (21%) or deleted their browsing history (19%).
- **Only a third of children knew how to use online reporting or flagging functions (32%);** and just 14% had ever used them.

#### *Parental attitudes and mediation strategies*

- **Parents in Northern Ireland were less confident about their ability to keep their child safe online (72%)** than parents in either Scotland (82%) or Wales (81%).
- **Parents had high awareness of safety-promoting technical tools and controls (91%),** but only seven in ten had used any of them (70%). The tools most likely to be used were parental controls built into a device's software (31%).
- **The majority of parents felt their child had a good balance between screen time and doing other things (63%),** but 40% said they struggled to control their child's screen time.

# A Parent Guide to Online Safety for Children Aged 5 - 7



## What is online safety?

Online safety - sometimes called cyber safety - is the safe and responsible use of information and communication technologies. This includes mobile phones, computers, tablets, games consoles and any other electronic device that connects to the Internet. It's important that individuals (such as you as a parent and your child) take the necessary precautions to protect themselves online.

It can be mind-boggling to try to understand every new technology that comes your way, especially if your child seems like an expert! Technology is incredible. It can open up new worlds and support your child's learning and development, as well as being a fun way to relax and keep in touch with friends and family.

However, technology can come with some risks too. It's important to learn as much as you can about how to keep yourself and your child safe online.

This parent guide presents some ideas which can support your child's safety and wellbeing online as they move through those first couple of years at primary school (key stage one or years 1 and 2, when they're aged five to seven).





## Online Safety for Ages Five to Seven

### A Parent Guide to Online Safety for Children Aged 5 - 7

Online safety - sometimes called cyber safety - is the safe and responsible use of information and communication technologies. This includes mobile phones, computers, tablets, games consoles and any other electronic device that connects to the Internet. It's important that individuals (such as you as a parent and your child) take the necessary precautions to protect themselves online.

Other children their age might be exploring too. Research shows that the age at which children are accessing smart devices and the Internet is getting younger and younger. Did you know that it's estimated that over half of all five-year-olds have their own device? It's never too soon to start good online safety habits with your child.



#### Why is online safety important?

There are many issues that you or your child could encounter online. For example:

**Requests for personal information:** These could come from real people in the form of emails or messages. It might also be phishing: this is where an 'attacker' tries to steal information by getting the 'victim' to open an email, a suspicious link or a message.

**Computer viruses:** These are pieces of code that can copy themselves. This can result in your computer or other system becoming unusable. Viruses can destroy data too.

**Requests for money:** Sometimes, applications or games require payment information before you can play. If this is stored in the game, it can be all too easy to accidentally authorise a payment in the middle of a game. Requests for money can appear on websites or in messages and emails too.

**Dangerous individuals:** Unfortunately, there are people who use the Internet to prey upon vulnerable people, including children.

There are many other threats online, which is why it's so important for you and your child to have a good understanding of how to navigate the online world. Without guidance, they are likely to see inappropriate content or come across something unsuitable for their age.





What can you, as a parent, do to help your five to seven-year-old enjoy what the online world has to offer, whilst also protecting them from the dangers? Here are some top tips to help you and your child when using technology.

### Explore Together and Talk to Each Other

This is a really simple tip, but it's so important that you make sure you know what your child is doing online and that your child knows they can talk to you. If you keep this dialogue open and non-judgmental, they're more likely to tell you if they encounter anything suspicious or strange. Explore appropriate sites, apps and games together.

Also, talk regularly about the importance of online safety. A good starting point for discussion is this website [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) which is part of the government Child Exploitation and Online Protection Centre (CEOP). This site also offers support and advice should problem arise.

If your child has an older sibling, talk to them as well. Find out what they're doing online and what they show to their younger sibling. Encourage them to be responsible and help teach their younger sibling safe



### Use Parental Controls to Tailor Your Child's Online Experience

Set up appropriate parental controls on your home broadband and all Internet-enabled devices your child has access to, including mobile phones, tablets and games consoles.

Choose safe, fun and educational sites and apps for your child to have access to. On many websites, applications or programmes, you can choose what content your child will see, which should help protect them from seeing and interacting with inappropriate content. For example, you can set restrictions for some streaming services, so your child can only watch videos that are meant for their age range.

Make sure your child is using child-safe search engines, such as Swiggle or KidzSearch. Activate safe search settings on search engines (like Google) and entertainment sites or applications (like YouTube and iPlayer).



Talk to your child about what they should do if they access something online that is not appropriate. The best guideline is for them to close the screen down immediately and tell you or another responsible adult. Can they identify trusted adults who they can go to?

### Manage the Devices

Set up a user account for your child on your devices and set your homepage to a child-friendly one. Keep all devices your child will use in a high-traffic communal area in your home, such as the kitchen or living room. Be with your child when they are online and talk about what they are doing.

If you think your child isn't old enough to have or use a mobile phone or tablet, that's perfectly okay - it's your decision. Stay firm and explain your reasons. Keep the conversation about technology open and honest with your child.





### Use Strong and Separate Passwords

Password-protect all accounts and chat to your child about the importance of security. Having secure passwords can help protect your personal information online. Pick something that is memorable and that contains a mixture of capital letters, numbers and special characters too. Some services recommend choosing three random words to create a password that is tricky for someone else to crack.

### Warn against Sharing Personal Information

Advise your child not to share personal information online, as this can easily get into the wrong hands. It's worth discussing with your child that, although it is safe to talk about general things with others online, they should still be careful not to give too much information away. Be a digital role model for them by never sharing your own personal information online. Personal information includes:

- your name
- your address
- your phone number
- your password
- the name of your school
- a photo of you or your family

**Try this:** Have your child draw or make a treasure chest as a fun craft activity. Then, ask them what they would keep safe inside the treasure chest. What would need to be protected from everyone else? You can then ask them the same thing, but change this to an online situation: What needs to be kept private and protected online? Use the list of information above to guide this discussion.





## Chat about Strangers

Sometimes, we interact with people we don't know online; this is similar to writing a letter to a penpal across the world. Not all strangers are dangerous, but it's important that your child knows what to do and what not to do. Rather than saying 'Don't talk to strangers!', it's more valuable to create a climate where they can talk to a trusted person (such as you or their teacher) if they feel scared or at risk. In addition, we don't want children to feel like they can't seek help from a police officer or a shop assistant, simply because they don't know that person.

As discussed, there are risks of sharing information online. This is a place where your child is very likely to encounter people that they did not know. Children can be vulnerable to online grooming by adults pretending to be someone they are not. Remind your child that, if they have not met a person, they have no idea if they are who they say they are. Your child can choose to block or ignore people they don't know or don't want to interact with. It's also possible to set strict privacy settings on many platforms.



## A Parent Guide to Online Safety for Children Aged 5 - 7



**Try this:** Read a story with your child such as Little Red Riding Hood or Snow White. Use this as a way of exploring people who can pretend to be someone else. Explain that this is much easier for someone to do online. You could then write a list or draw pictures of some trusted adults that your child can go to if they are worried, confused or upset.

### Avoid Unknown or Suspicious Links

As some general advice, avoid opening up links or messages from unknown contacts. These could be trying to steal personal data. Show your child if you receive an unknown message and model to them what they should do.

### Be Wary on the Move

If you're travelling or out in public, you might find you can access public WiFi. Some safety features might not be active, which can

mean your child might be able to access things online that you would usually restrict at home.

Some providers are part of family-friendly WiFi schemes: look out for the symbol for Friendly WiFi, which is a government-initiated safe certification standard for public WiFi. They have filters that block inappropriate content. You can find out more about Friendly WiFi by clicking [here](#).



### Be Aware of Age Ratings

Games, apps, films and social networks all have age ratings; these can be a good guide to follow. For example, many social networking platforms have an age limit of 13, including TikTok, Facebook and Instagram. Instead, make use of services and platforms that are designed with children in mind, like YouTube Kids and BBC iPlayer Kids.



# Talk about Social Networking



Social networking is the use of social media websites and applications, like Facebook, Instagram and Twitter, to connect with family, friends and other people who share your interests. Many people use social media daily.

Your child might be aware of social media, either through older children's use of it or perhaps through their peers. Talk to your child about the benefits and risks of social networking. Chat about the age restrictions in place for some social networking platforms and discuss why these restrictions are in place. Do you, as a parent, use social media? What pros and cons do you experience? Be open in these conversations.



It's also important to remind your child that anything they upload, email or message can stay online forever. For instance, a post on Facebook or Instagram is 'published'. Think about the meaning of that word and the weight it has.

As your child gets a bit older, investigate safe social media sites for children. Internet Matters has some great information about some of the top social networks made for children. Find out more by [clicking here](#).

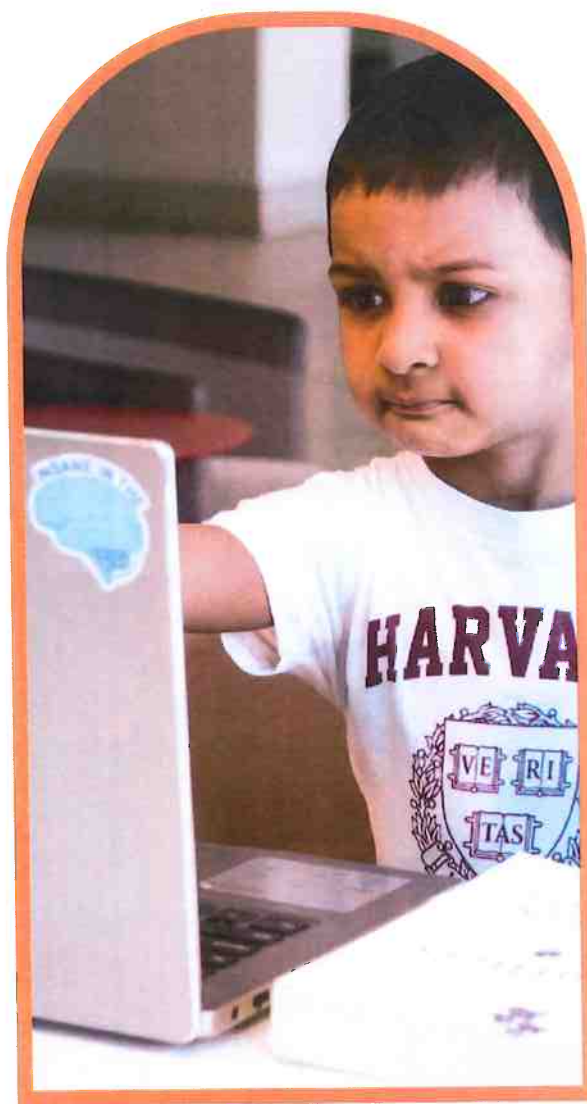


# Talk about Online Gaming



Online gaming can take place using a range of devices, including mobile phones, tablets, games consoles and computers. Players can play live with people across the world, which can be a fun, exciting experience. However, there are some risks associated with online gaming. Take a look at these top tips:

- Explore games together with your child. Check if you're happy with the content and the ideas in the game.
- As with all online safety advice, talk to your child. Chat about what information they should and shouldn't share. Let them feel that they can come to you if they come across anything that confuses them, upsets them or scares them.



- Be guided by the age rating of the game. Sometimes games can appear suitable at first glance, but there might be language, themes or images that are inappropriate.
- If your child is keen to try online gaming, make it the norm that they play in a communal area, like the lounge or kitchen where you all spend time together. Supervise them.



# What is cyberbullying?



Cyberbullying is when someone uses the Internet or a digital device to target, harass or threaten another person or group. It can occur on many platforms, including over text and direct messaging apps, on social media platforms, via email and within the online gaming community.

## Cyberbullying can include:

- sending abusive or threatening messages, both privately and on public forums, such as chat rooms or social media
- sharing embarrassing or upsetting images or videos
- disclosing someone's personal information online
- posting rumours about someone
- creating fake accounts to impersonate someone online

In very serious cases, cyberbullying can be considered a crime and the police could become involved. Examples of this include making threats of violence or threatening someone's life and harassing someone based on their sexual orientation, gender identity, race, ethnicity or religion.

## How can this impact my child?

Sometimes, children find themselves bullying or being bullied online. Issues can also arise between friendship groups at

school or elsewhere when hurtful comments are carelessly posted on social media. Talk to your child about being a good friend online. It's important to remember that our words can still hurt, even if we are not there to see a person's reaction to them.

Experiencing cyberbullying can make children feel very worried, upset and overwhelmed. They may become very uneasy about going to school, have trouble sleeping at night and have unexplained headaches or stomach aches.



## Here are some potential signs that a child may be experiencing cyberbullying:

- They appear nervous or upset after receiving a message, text or email.
- They are unwilling to share information about their online activity.
- They suddenly shut off their device or walk away from their computer without warning.
- They experience episodes of unexplained depression or anxiety after using a digital device.

### What should I do if I think my child is being cyberbullied?

The most important online safety tip is to create an open and ongoing dialogue with your child about their online activity. Let them know they can trust you and can talk to you about anything they experience online. Here are some steps to take if they are struggling:



- Approach your child calmly, at a time when they will not feel rushed or stressed.
- Listen to your child without judgement and reassure them that you are here to help.
- Ask your child how long the bullying has been happening and if they know who the bully or bullies are. This could be tricky if the perpetrator has used a fake account or is anonymous.
- Take screenshots of any abusive messages or comments as evidence.
- Once you have taken screenshots, encourage your child to delete messages from their cyberbully.
- Show your child how to block people.

- If your child knows their bullies in real life, arrange a meeting with your child's teacher or club leader. Schools are required to have an anti-bullying policy and they will be able to help resolve issues with bullying, even if it is taking place outside of school hours.
- If bullying is particularly serious (e.g. threats of violence or abuse based on race, religion, sexual orientation or gender identity), the bully may be committing a crime. Contact the police for more advice.



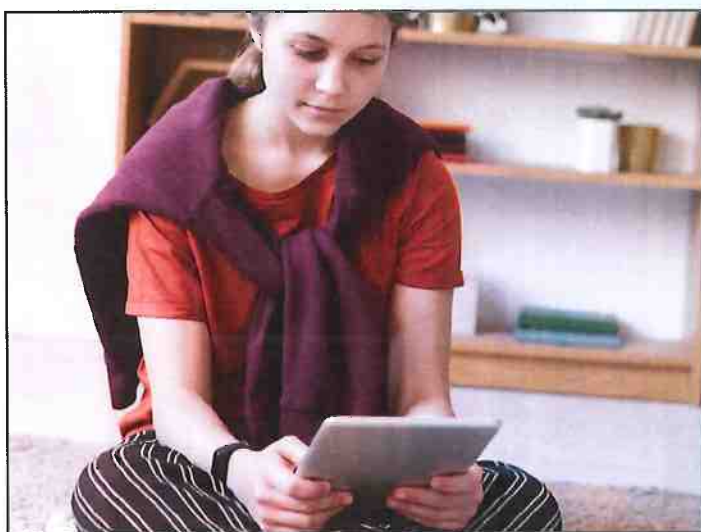
# A Parent Guide to Online Safety



for Children Aged 7 - 11

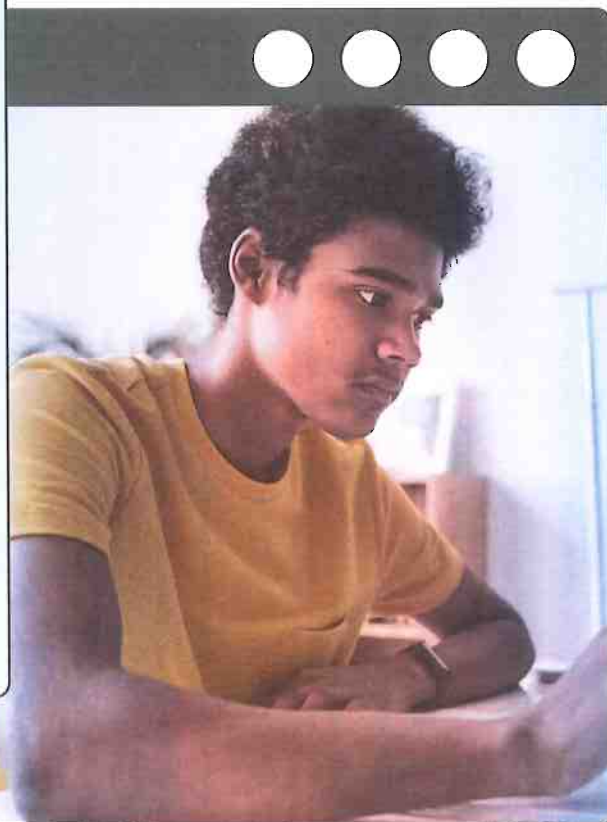
## What is online safety?

**Online safety - sometimes called cyber safety - is the safe and responsible use of information and communication technologies.** This includes mobile phones, computers, tablets, games consoles and any other electronic device that connects to the Internet. It's important that individuals (such as you as a parent and your child) take the necessary precautions to protect themselves online.



It can be mind-boggling to try to understand every new technology that comes your way, especially if your child seems like an expert! Technology is incredible. It can open up new worlds and support your children's learning and development, as well as being a fun way to relax and keep in touch with friends and family. However, technology can come with some risks too. It's important to learn as much as you can about how to keep yourself and your child safe online.

**This parent guide presents some ideas which can support your child's safety and wellbeing online as they move through key stage two (years 3 to 6, when they're aged seven to eleven).**





# Online Safety

for Ages Seven to Eleven

If your child is in key stage two, you might be facing new challenges as a parent. It's likely that they'll be increasingly immersed in the online world.



**It's best to supervise when possible, but also begin to allow your child some independence while they explore online.** There are so many benefits to help them continue to learn and grow. Early use of digital technology has been shown to improve language skills, promote social development and encourage creativity. However, there can be some risks too.

Research shows that the age at which children are accessing smart devices and the Internet is getting younger and younger. It's never too soon to start good online safety habits with your child.





## Why is online safety important?

There are many issues that you or your child could encounter online. For example:

### Requests for personal information:

These could come from real people in the form of emails or messages. It might also be phishing: this is where an 'attacker' tries to steal information by getting the 'victim' to open an email, a suspicious link or a message.

### Computer viruses:

These are pieces of code that can copy themselves. This can result in your computer or other system becoming unusable. Viruses can destroy data too.



### Requests for money:

Sometimes, applications or games require payment information before you can play. If this is stored in the game, it can be all too easy to accidentally authorise a payment in the middle of a game. Requests for money can appear on websites or in messages and emails too.



**Dangerous individuals:** Unfortunately, there are people who use the Internet to prey upon vulnerable people, including children.

There are many other threats online, which is why it's so important for you and your child to have a good understanding of how to navigate the online world. Without guidance, they are likely to see inappropriate content or come across something unsuitable for their age.

## Online Safety Top Tips

What can you, as a parent, do to help your seven to eleven-year-old to develop socially and stay in touch whilst also protecting them from online dangers? **Here are some top tips to help you and your child when using technology.**



### Talk to Each Other

**This is a really simple tip, but it's so important that you make sure you know what your child is doing online and that your child knows they can come to you for a chat.** If you keep this dialogue open and non-judgmental, they're more likely to tell you if they encounter anything suspicious or strange.

**Talk to your child about the sites they are accessing, the games they're playing and the people they're chatting to.** Ask them to show you if they mention a new website or they get a new device. Encourage this by also chatting about your own technology and Internet use.

**Also, talk regularly about the importance of online safety.** Keeping those lines of communication open is a powerful way of letting your child know that you trust them but you expect them to be honest. A good starting point for discussion is this website [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) which is part of the government Child Exploitation and Online Protection Centre (CEOP). This site also offers support and advice should problems arise.

**If your child has an older sibling, talk to them as well.** Chat about what they're doing online and what they show to their younger sibling. Encourage them to be responsible and help keep their younger sibling safe.



# Online Safety Top Tips

## Use Parental Controls to Tailor Your Child's Online Experience

**Set up appropriate parental controls on your home broadband** and all Internet-enabled devices your child has access to, including mobile phones, tablets and games consoles.

**Choose the sites your child has access to on their account.** On many websites, applications or programmes, you can choose what content your child will see, which should help protect them from seeing and interacting with inappropriate content. For example, you can set restrictions for some streaming services, so your child can only watch videos that are meant for their age range.



**Make sure your child is using child-safe search engines, such as Swiggle or KidzSearch.** Activate safe search settings on search engines (like Google) and entertainment sites or applications (like YouTube and iPlayer).

**Talk to your child about what they should do if they access something online that is not appropriate.** The best guideline is for them to close the screen down immediately and tell you or another responsible adult.

# Online Safety Top Tips

## Manage the Devices

**Set up a user account for your child on your devices and set your homepage to a child-friendly one.** Keep all devices your child will use in a high-traffic communal area in your home, such as the kitchen or living room. Be with your child when they are online and talk about what they are doing.

**If you think your child isn't old enough to have a mobile phone or tablet, that's perfectly okay - it's your decision.** Stay firm and explain your reasons. Keep the conversation about technology open and honest with your child.



## Set Some Boundaries

**Decide on some house rules for screen time and stick to them.** You might decide that all devices will be put away at mealtimes and at bedtime. Put them in a central location (not in bedrooms) and make sure they're switched off. Set a good example in your own use of devices; if you follow these house rules, your child is likely to be more willing to comply.



## Use Strong and Separate Passwords

**Password-protect all accounts and chat to your child about the importance of security.** Having secure passwords can help protect your personal information online. Pick something that is memorable and that contains a mixture of capital letters, numbers and special characters too. Some services recommend choosing three random words to create a password that is tricky for someone else to crack.





## Online Safety Top Tips

### Warn against Sharing Personal Information

**Advise your children not to share personal information online, as this can easily get into the wrong hands.** It's worth discussing with your child that, although it is safe to talk about general things with others online, they should still be careful not to give too much information away. Be a digital role model for them by never sharing your own personal information online. Personal information includes:

your name

your address

your phone number

your password

the name of your school

a photo of you or your family

### Chat about Strangers

**Sometimes, we interact with people we don't know online; this is similar to writing a letter to a penpal across the world.** Not all strangers are dangerous, but it's important that your child knows what to do and what not to do. Rather than saying, 'Don't talk to strangers!', it's more valuable to create a climate where they can talk to a trusted person (such as you or their teacher) if they feel scared or at risk. In addition, we don't want children to feel like they can't seek help from a police officer or a shop assistant, simply because they don't know that person.



**As discussed, there are risks of sharing information online.** This is a place where your child is very likely to encounter people that they do not know, especially through online gaming or the use of social media.

**Children can be vulnerable to online grooming by adults pretending to be someone they are not.** Remind your child that, if they have not met a person, they have no idea if they are who they say they are. Your child can choose to block or ignore people they don't know or don't want to interact with. It's also possible to set strict privacy settings on many social networking platforms.

## Online Safety Top Tips

### Read Everything Carefully

**If your child enjoys playing games, for example, encourage them to read messages and instructions carefully.** If there is ever a request for payment online, they can alert you to this. Your child is likely to take this responsibility seriously if you help them understand.

### Avoid Unknown or Suspicious Links

**As some general advice, avoid opening up links or messages from unknown contacts.** These could be trying to steal personal data. Show your child if you receive an unknown message and model to them what they should do. This might encourage them to talk to you about their own experiences.

### Be Wary on the Move

**If you're travelling or out in public, you might find your child can access public WiFi.** Some safety features might not be active, which can mean your child might be able to access things online that you would usually restrict at home.

**Some providers are part of family-friendly WiFi schemes: look out for the symbol for Friendly WiFi, which is a government-initiated safe certification standard for public WiFi.** They have filters that block inappropriate content. You can find out more about Friendly WiFi by

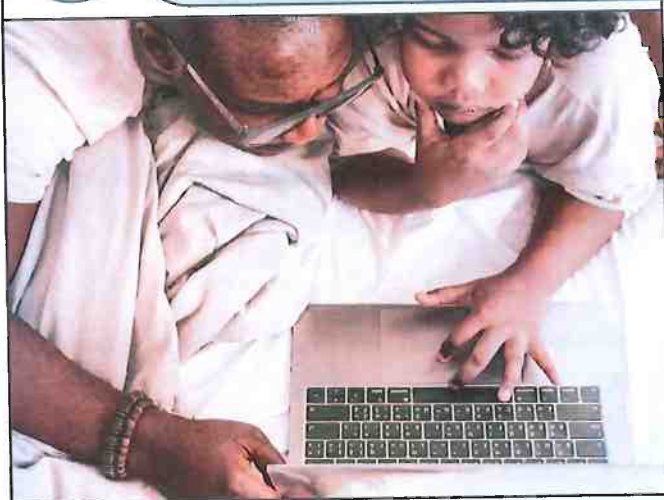
### Be Aware of Age Ratings

**Games, apps, films and social networks all have age ratings; these can be a good guide to follow.** For example, many social networking platforms have an age limit of 13, including TikTok, Facebook and Instagram. Pay close attention to these age ratings to make sure they are suitable for your child.





## Talk about Social Networking



Social networking is the use of social media websites and applications, like Facebook, Instagram and Twitter, to connect with family, friends and other people who share your interests. **Many people use social media daily.**



**Your child might be aware of social media, either through older children's use of it or perhaps through their peers.** Talk to your child about the benefits and risks of social networking. Chat about the age restrictions in place for some social networking platforms and discuss why these restrictions are in place. Do you, as a parent, use social media? What pros and cons do you experience? Be open in these conversations.

**It's also important to remind your child that anything they upload, email or message can stay online forever.** For instance, a post on Facebook or Instagram is 'published'. Think about the meaning of that word and the weight it has.



**Investigate safe social media sites for children. There are some sites and apps aimed at under-10s that have social networking elements, like Spotlite or PlayKids Talk.**

Internet Matters has some great information about some of the top social networks made for children; find out more by clicking here.

## Talk about Online Gaming

Online gaming can take place using a range of devices, including mobile phones, tablets, games consoles and computers. Players can play live with people across the world, which can be a fun, exciting experience. However, there are some risks associated with online gaming. Take a look at these top tips:

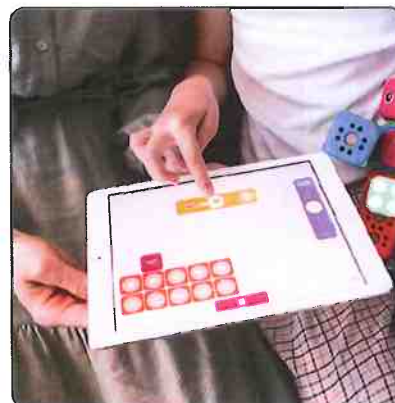
**Get involved by finding out which games your child enjoys playing, then play them together so you can understand how they work.** Check if you're happy with the content and the ideas in the game.

**As with all online safety advice, talk to your child.** Chat about what information they should and shouldn't share. Let them feel that they can come to you if they come across bad language or inappropriate content.

**Switch devices to aeroplane mode when your child is playing online games.** This will prevent them from accidentally making in-app purchases or contacting other players online.

**Be guided by the age rating of the game.** Sometimes, games can appear suitable at first glance, but there might be language, themes or images that are inappropriate.

If your child is keen to try online gaming, make it the norm that they play in a communal area, like the lounge or kitchen where you all spend time together. **This means you can check they're okay.**





## What is cyberbullying?

**Cyberbullying is when someone uses the Internet or a digital device to target, harass or threaten another person or group.** It can occur on many platforms, including over text and direct messaging apps, on social media platforms, via email and within the online gaming community.

### Cyberbullying can include:



- sending abusive or threatening messages, both privately and on public forums, such as chat rooms or social media
- sharing embarrassing or upsetting images or videos
- disclosing someone's personal information online
- posting rumours about someone
- creating fake accounts to impersonate someone online

**In very serious cases, cyberbullying can be considered a crime and the police could become involved.** Examples of this include making threats of violence or threatening someone's life and harassing someone based on their sexual orientation, gender identity, race, ethnicity or religion.

### How can this impact my child?

Sometimes, children find themselves bullying or being bullied online. Issues can also arise between friendship groups at school or elsewhere when hurtful comments are carelessly posted on social media. Talk to your child about being a good friend online. It's important to remember that our words can still hurt, even if we are not there to see a person's reaction to them.

Experiencing cyberbullying can make children feel very worried, upset and overwhelmed. They may become very uneasy about going to school, have trouble sleeping at night and have unexplained headaches or stomach aches.

Here are some potential signs that a child may be experiencing cyberbullying:

They appear nervous or upset after receiving a message, text or email.

They are unwilling to share information about their online activity.

They suddenly shut off their device or walk away from their computer without warning.

They experience episodes of unexplained depression or anxiety after using a digital device.

## What should I do if I think my child is being cyberbullied?

**The most important online safety tip is to create an open and ongoing dialogue with your child about their online activity.** Let them know they can trust you and can talk to you about anything they experience online. Here are some steps to take if they are struggling:

- Approach your child calmly, at a time when they will not feel rushed or stressed.
- Listen to your child without judgement and reassure them that you are here to help.
- Ask your child how long the bullying has been happening and if they know who the bully or bullies are. This could be tricky if the perpetrator has used a fake account or is anonymous.
- Take screenshots of any abusive messages or comments as evidence.
- Once you have taken screenshots, encourage your child to delete messages from their cyberbully.
- Show your child how to block people online.
- If your child knows their bullies in real life, arrange a meeting with your child's teacher or club leader. Schools are required to have an anti-bullying policy and they will be able to help resolve issues with bullying, even if it is taking place outside of school hours.
- If bullying is particularly serious (e.g. threats of violence or abuse based on race, religion, sexual orientation or gender identity), the bully may be committing a crime. Contact the police for more advice.





# A Parent Guide to Online Safety for Children

Aged 11 - 14



## What is online safety?

Online safety - sometimes called cyber safety - is the safe and responsible use of information and communication technologies. This includes mobile phones, computers, tablets, games consoles and any other electronic device that connects to the Internet. It's important that individuals (such as you as a parent and your child) take the necessary precautions to protect themselves online.

It can be mind-boggling to try to understand every new technology that comes your way, especially if your child seems like an expert! Technology is incredible. It can open up new worlds and support your children's learning and development, as well as being a fun way to relax and keep in touch with friends and family. However, technology can come with some risks too. It's important to learn as much as you can about how to keep yourself and your child safe online.

This parent guide presents some ideas which can support your child's safety and wellbeing online as they move through those first few years at secondary school.

## What is online safety?

If your child is in those first few years of secondary school, you might be facing new challenges as a parent:

- Children at this age are becoming more independent, more confident Internet users and could be developing more varied habits. The Internet is a great place to explore their interests and interact with others who share similar interests.
- They might want to interact online at different times of day and it could prove difficult to control their screen time.
- They could be more protective of their privacy. It's important to respect their privacy, while also encouraging open and honest communication about their online activities.
- They are also approaching and entering puberty, which can introduce new challenges. They might be searching for different content online that could be inappropriate.
- Children this age are typically becoming more emotionally mature and want to make their own decisions, but can be unable to fully think through the potential consequences of their actions, especially with regard to things they may say, see or do online.



There are many issues that you or your child could encounter online. For example:

**Requests for personal information:**

These could come from real people in the form of emails or messages. It might also be phishing: this is where an 'attacker' tries to steal information by getting the 'victim' to open an email, a suspicious link or a message.

**Computer viruses:**

These are pieces of code that can copy themselves. This can result in your computer or other system becoming unusable. Viruses can destroy data too.

**Requests for money:**

Sometimes, applications or games require payment information before you can play. If this is stored in the game, it can be all too easy to accidentally authorise a payment in the middle of a game. Requests for money can appear on websites or in messages and emails too.

**Dangerous individuals:**

Unfortunately, there are people who use the Internet to prey upon vulnerable people, including children.

There are many other threats online, which is why it's so important for you and your child to have a good understanding of how to navigate the online world. Without guidance, they are likely to see inappropriate content or come across something unsuitable for their age.

## Online Safety Top Tips

What can you, as a parent, do to help your 11 - 14-year-old to develop socially and stay in touch whilst also protecting them from online dangers? Here are some top tips to help you and your child when using technology.

### Talk to Each Other

This is a really simple tip, but it's so important that you make sure you know what your child is doing online and that your child knows they can come to you for a chat. If you keep this dialogue open and non-judgmental, they're more likely to tell you if they encounter anything suspicious or strange.

Talk to your child about the sites they are accessing, the games they're playing and the people they're chatting to. Ask them to show you if they mention a new website or they get a new device. Encourage this by also chatting about your own technology and Internet use.

Also, talk regularly about the importance of online safety. Keeping those lines of communication open is a powerful way of letting your child know that you trust them but you expect them to be honest. A good starting point for discussion is this website [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) which is part of the government Child Exploitation and Online Protection Centre (CEOP). This site also offers support and advice should problems arise.





## Use Parental Controls to Tailor Your Child's Online Experience

Set up appropriate parental controls on your home broadband and all Internet-enabled devices your child has access to, including mobile phones, tablets and games consoles.

On many websites, applications or programmes, you can choose what content your child will see, which should help protect them from seeing and interacting with inappropriate content. For example, you can set restrictions for some streaming services, so your child can only watch videos that are meant for their age range. Safe search settings can be activated on search engines (like Google) and entertainment sites or applications (like YouTube and iPlayer).

Talk to your child about what they should do if they access something online that is not appropriate. The best guideline is for them to close the screen down immediately and tell you or another responsible adult.

## Manage the Devices

Understandably, it can be worrying for parents when their teenager spends lots of time alone on their devices. Set up a user account for your child and suggest that you have a communal area in the house for using technology, like the lounge or the kitchen. You could introduce a rule of allowing technology in the daytime in bedrooms, but doors must be kept open.

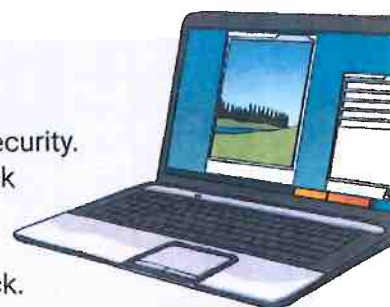
If you think your child isn't old enough to have a mobile phone or tablet, that's perfectly okay - it's your decision. Stay firm and explain your reasons. Keep the conversation about technology open and honest with your child.

## Set Some Boundaries

Decide on some house rules for screen time and stick to them. You might decide that all devices will be put away at mealtimes and at bedtime. Put them in a central location (not in bedrooms) and make sure they're switched off. Set a good example in your own use of devices; if you follow these house rules, your child is likely to be more willing to comply.

## Use Strong and Separate Passwords

Password-protect all accounts and chat to your child about the importance of security. Having secure passwords can help protect your personal information online. Pick something that is memorable and that contains a mixture of capital letters, numbers and special characters too. Some services recommend choosing three random words to create a password that is tricky for someone else to crack.



## Warn against Sharing Personal Information

Advise your children not to share personal information online, as this can easily get into the wrong hands. It's worth discussing with your child that, although it is safe to talk about general things with others online, they should still be careful not to give too much information away. Be a digital role model for them by never sharing your own personal information online. Personal information includes:

- your name
- your address
- your phone number
- your password
- the name of your school
- a photo of you or your family

You could request that you - or someone you both trust - becomes your child's friend or follower. This means you or that trusted person can check that their conversations and posts are appropriate.

## Chat about Strangers

Sometimes, we interact with people we don't know online; this is similar to writing a letter to a penpal across the world. Not all strangers are dangerous, but it's important that your child knows what to do and what not to do. Rather than saying, 'Don't talk to strangers!', it's more valuable to create a climate where they can talk to a trusted person (such as you or their teacher) if they feel scared or at risk. In addition, we don't want children to feel like they can't seek help from a police officer or a shop assistant, simply because they don't know that person.

As discussed, there are risks of sharing information online. This is a place where your child is very likely to encounter people that they do not know, especially through online gaming or the use of social media.

Children can be vulnerable to online grooming by adults pretending to be someone they are not. Remind your child that, if they have not met a person, they have no idea if they are who they say they are. They can choose to block or ignore people they don't know or don't want to interact with. It's also possible to set strict privacy settings on many social networking platforms.

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As some general advice, avoid opening up links or messages from unknown contacts. These could be trying to steal personal data. Show your child if you receive an unknown message and model to them what they should do. This might encourage them to talk to you about their own experiences.

## Be Wary on the Move

If you're travelling or out in public, your child might find they can access public WiFi. Some safety features might not be active, which can mean your child might be able to access things online that you would usually restrict at home.

Some providers are part of family-friendly WiFi schemes: look out for the symbol for Friendly WiFi, which is a government-initiated safe certification standard for public WiFi. They have filters that block inappropriate content. You can find out more about Friendly WiFi by clicking [here](#).

## Be Aware of Age Ratings

Games, apps, films and social networks all have age ratings; these can be a good guide to follow. For example, many social networking platforms have an age limit of 13, including TikTok, Facebook and Instagram. Pay close attention to these age ratings to make sure they are suitable for your child. If you would not allow your child to watch a film rated 18, you should think carefully about letting them play a game with the same rating.

### Talk about Social Networking

Social networking is the use of social media websites and applications, like Facebook, Instagram and Twitter, to connect with family, friends and other people who share your interests. Many people use social media daily.

Talk to your child about the benefits and risks of social networking. Chat about the age restrictions in place for some social networking platforms and discuss why these restrictions are in place. Do you, as a parent, use social media? What pros and cons do you experience? Be open in these conversations.

It's also important to remind your child that anything they upload, email or message can stay online forever. For instance, a post on Facebook or Instagram is 'published'. Think about the meaning of that word and the weight it has. Maybe you could chat to your child about the types of things you see (or they see, if they're using it) and what they would deem appropriate to publish online.

You might like to investigate safe social media sites for children. Internet Matters has some great information about some of the top social networks made for seven to thirteen-year-olds; find out more by clicking [here](#).



## Talk about Online Gaming

Online gaming can take place using a range of devices, including mobile phones, tablets, games consoles and computers. Players can play live with people across the world, which can be a fun, exciting experience. However, there are some risks associated with online gaming. Take a look at these top tips:

- Get involved by finding out which games your child enjoys playing, then play them together so you can understand how they work. Check if you're happy with the content and the ideas in the game.
- As with all online safety advice, talk to your child. Chat about what information they should and shouldn't share. Let them feel that they can come to you if they come across bad language, nasty messages or inappropriate content.
- Be guided by the age rating of the game. Sometimes, games can appear suitable at first glance, but there might be language, themes or images that are inappropriate. Also, if your 11 - 14-year-old is playing a game meant for 18-year-olds and above, they are likely to be coming into contact with older individuals while they play, meaning they could be exposed to language and conversations which are unsuitable.
- Not everyone is who they say they are online. Players should avoid giving out any personal information which could identify them or their location.
- If your child is keen to try online gaming, make it the norm that they play in a communal area, like the lounge or kitchen where you all spend time together. This means you can check they're okay.
- Some games require players to buy extra items or elements to continue or complete the game. Encourage your child to read everything carefully. If the game can be played offline, change the settings on the phone, tablet or other device to 'airplane mode'. This will prevent your child from making any purchases.

## What is online safety?

Cyberbullying is when someone uses the Internet or a digital device to target, harass or threaten another person or group. It can occur on many platforms, including over text and direct messaging apps, on social media platforms, via email and within the online gaming community.

Cyberbullying can include:

- sending abusive or threatening messages, both privately and on public forums, such as chat rooms or social media
- sharing embarrassing or upsetting images or videos
- disclosing someone's personal information online
- posting rumours about someone
- creating fake accounts to impersonate someone online

In very serious cases, cyberbullying can be considered a crime and the police could become involved. Examples of this include making threats of violence or threatening someone's life and harassing someone based on their sexual orientation, gender identity, race, ethnicity or religion.



## How can this impact my child?

Sometimes, children find themselves bullying or being bullied online. Issues can also arise between friendship groups at school or elsewhere when hurtful comments are carelessly posted on social media. Talk to your child about being a good friend online. It's important to remember that our words can still hurt, even if we are not there to see a person's reaction to them.

Experiencing cyberbullying can make children feel very worried, upset and overwhelmed. They may become very uneasy about going to school, have trouble sleeping at night and have unexplained headaches or stomach aches.

Here are some potential signs that a child may be experiencing cyberbullying:

- They appear nervous or upset after receiving a message, text or email.
- They are unwilling to share information about their online activity.
- They suddenly shut off their device or walk away from their computer without warning.
- They experience episodes of unexplained depression or anxiety after using a digital device.

## What should I do if I think my child is being cyberbullied?

The most important online safety tip is to create an open and ongoing dialogue with your child about their online activity. Let them know they can trust you and can talk to you about anything they experience online. Here are some steps to take if they are struggling:

- Approach your child calmly, at a time when they will not feel rushed or stressed.
- Listen to your child without judgement and reassure them that you are here to help.
- Ask your child how long the bullying has been happening and if they know who the bully or bullies are. This could be tricky if the perpetrator has used a fake account or is anonymous.
- Take screenshots of any abusive messages or comments as evidence.
- Once you have taken screenshots, encourage your child to delete messages from their cyberbully.
- Show your child how to block people online.
- If your child knows their bullies in real life, arrange a meeting with your child's teacher or club leader. Schools are required to have an anti-bullying policy and they will be able to help resolve issues with bullying, even if it is taking place outside of school hours.
- If bullying is particularly serious (e.g. threats of violence or abuse based on race, religion, sexual orientation or gender identity), the bully may be committing a crime. Contact the police for more advice.



We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.

We hope you find the information on our website and resources useful. This resource contains links to external websites. Please be aware that the inclusion of any link in this resource should not be taken as an endorsement of any kind by Twinkl of the linked website or any association with its operators. You should also be aware that we have no control over the availability of the linked pages. If the link is not working, please let us know by contacting TwinklCares and we will try to fix it although we can assume no responsibility if this is the case. We are not responsible for the content of external sites.

We hope you find the information on our website and resources useful. This resource contains potentially sensitive and/or upsetting topics that may emotionally impact on children due to their experiences in their past. It is your responsibility to consider whether it is appropriate to use this resource with your children. If you do use this resource, it is your responsibility to ensure that appropriate support is available for anyone affected. We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health or the mental health of your children.

This resource/information is not intended to encourage social media use and we cannot accept any responsibility for children that sign up to social media sites after using this resource/information.