

Online safeguarding from zero to ten

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Protecting the devices

Apps, smartphones and tablets

Games consoles

Home broadband



Protecting themselves

0-5

6-10

internet
matters.org



Zero to five

Safe searching

YouTube issues

Knowing when and who to tell



Six to ten

YouTube issues!

Online contact and streaming

What they're (and you're) sharing



Protecting the devices



Set the parental safeguards *before* they get near it!



Setting parental safeguards on your child's kit

If you're viewing this on a screen, tap (or click) the appropriate icon below.

If you're looking at this on paper, point your phone's camera at the appropriate QR code and tap the link that appears.

Follow the instructions on the website exactly, in particular setting the age of the child.

We recommend you set the device not to allow *any* apps or games to be installed without your permission.

Protect your settings with a strong password that is not known to the child.



achieving
for children

v1.5 09/22



Protecting the devices

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Heed the minimum age ratings on video games and apps.





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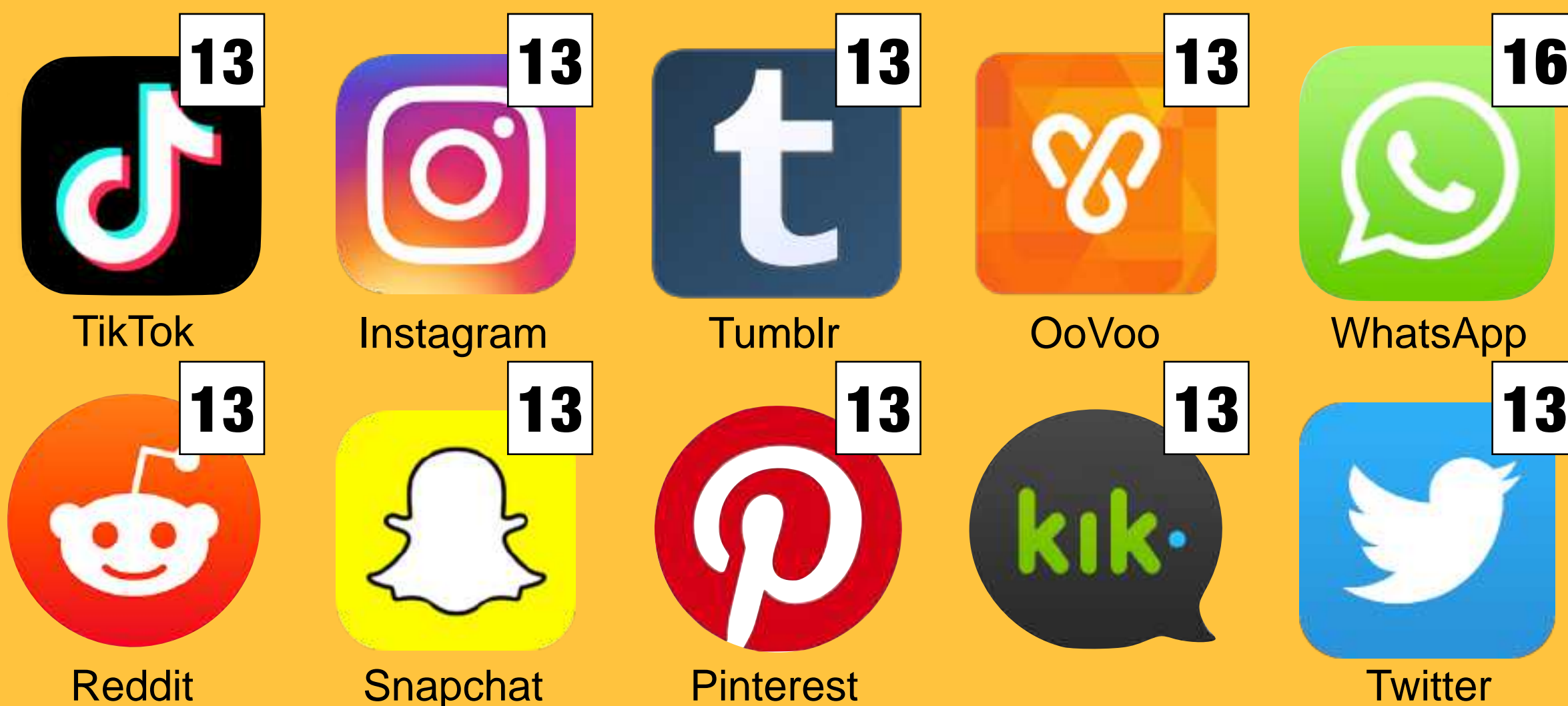


Protecting the devices

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Be guided by the age ratings for other apps and games.





Guide to Apps

Get expert tips to support children

SEE APP MINIMUM AGE GUIDE

Getting to grips with apps children





WhatsApp

Rated **16**

You can't stop strangers contacting your child

End-to-end encrypted

Phone number visible to all group members

Disappearing messages



Protecting the devices

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Summary: protecting the devices

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Protecting themselves: zero to five

Child-friendly search engines



Protecting themselves: zero to five

Jessie and Friends



4–5 years



5–6 years



6–7 years

thinkuknow.co.uk



YouTube: zero to ten

Very young ones: look at YouTube for Kids



Young ones: enable restricted mode and password protect the setting

While you're at it, switch off autoplay

If they want their own YouTube channel, technically they must be over 13

If nevertheless you're happy for them to have one, sign up in your name





KIDS TV SHOW (CAPTION SHORT) 10:11:00
abc songs | kids tv show | nursery rhymes for kids | alphabet adventure | bob the train

234,829,278 views



Kids TV - Nursery Rhymes And Jolly Songs
Published on Jan 1, 2015

SUBSCRIBE 5.5M

Protecting themselves: six to ten



TikTok

- More than 1 in 10 of the world's population is on TikTok
- 13+ of course
- Almost half of 8–12s are on it (Ofcom, 2020)
- Fancy a "Rainbow Puke" or a "Drama Queen"?
- Gifting has been misused to coerce young people into doing things they otherwise wouldn't do

Apps update: TikTok

Do parents always know who they're talking to?



TikTok

- New parental restrictions
 - Restrict who can see their profile
 - See what videos they're liking
 - Restrict what they can search for
- Useless if you don't control the account or there is another one

Apps update: VR and the metaverse

13+





Protecting themselves

Try not to demonise a particular game or app.

Most people mean Fortnite Battle Royale (free)

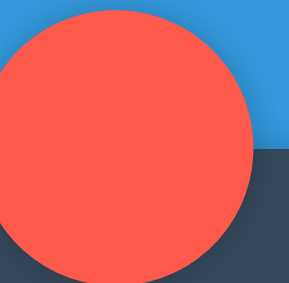
100 players; aim is to be the last one standing

No blood or gore; “killed” players disappear

Considerable pressure to make in-app purchases

If you have concerns about bad language,
don't let them use a headset

Check settings (who they can play against etc.)



UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Protecting themselves: six to ten

Do **you** always know what's being shared?

For many children, you can easily discover online

Their full name

Their date of birth

Look at their relatives' social media and the chances are you'll find

The name of their first school

Their favourite teacher

Their (first) pet's name

Their mother's maiden name

Sharenting



We're here to help everyone report harmful content online

If you've experienced or witnessed harm online we can help. Report Harmful Content can help you to report harmful content online by providing up to date information on community standards and direct links to the correct reporting facilities across multiple platforms

Under 18?

[Click here for child friendly advice](#)

What Are The 8 Online Harms?



What can we help with?



When should you go to the police?



Background
Information

FAQs



In summary

Try not to demonise a particular game or app.

Emphasise behaviour for staying safer.

Set the parental safeguards on their devices – and check their app settings.

Make sure they're adequately supervised when online.

Try not to go over the top if a mishap occurs. If they think you will, they won't tell you if something is worrying them.

Model good behaviour – build their digital resilience.

Make sure they know what to do if they get that "uh-oh" feeling.



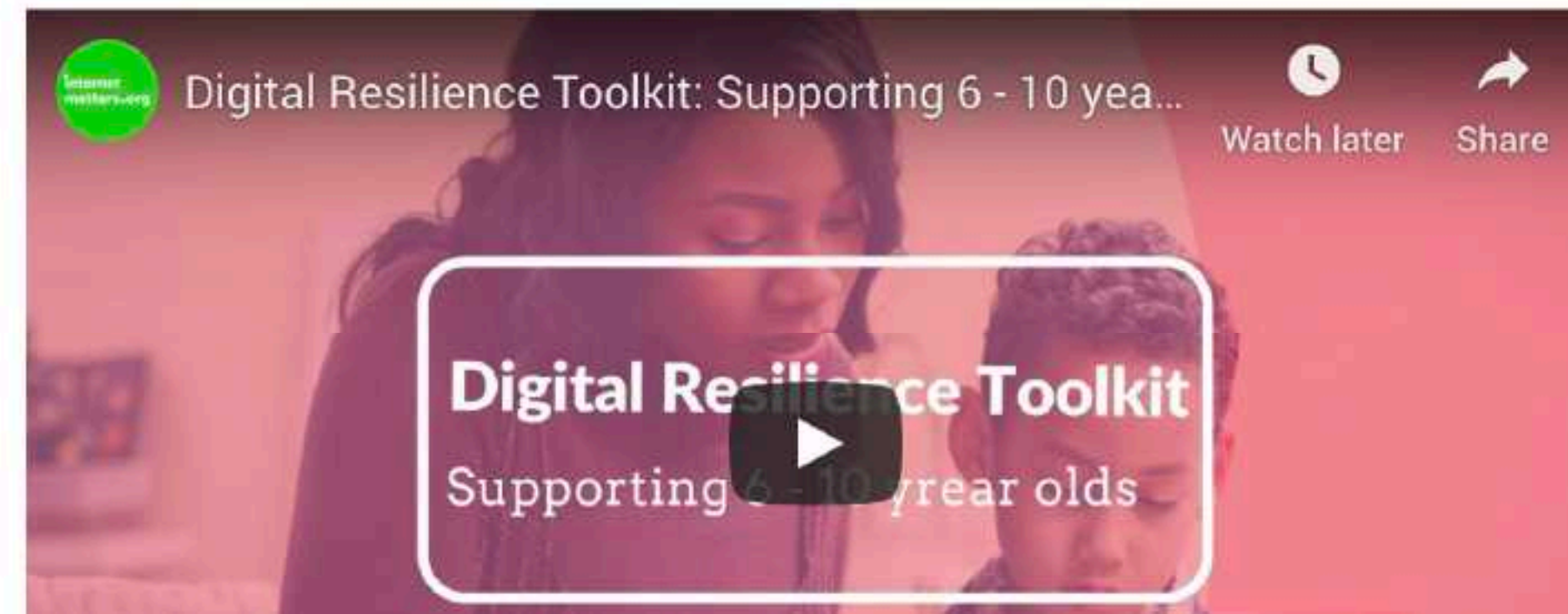
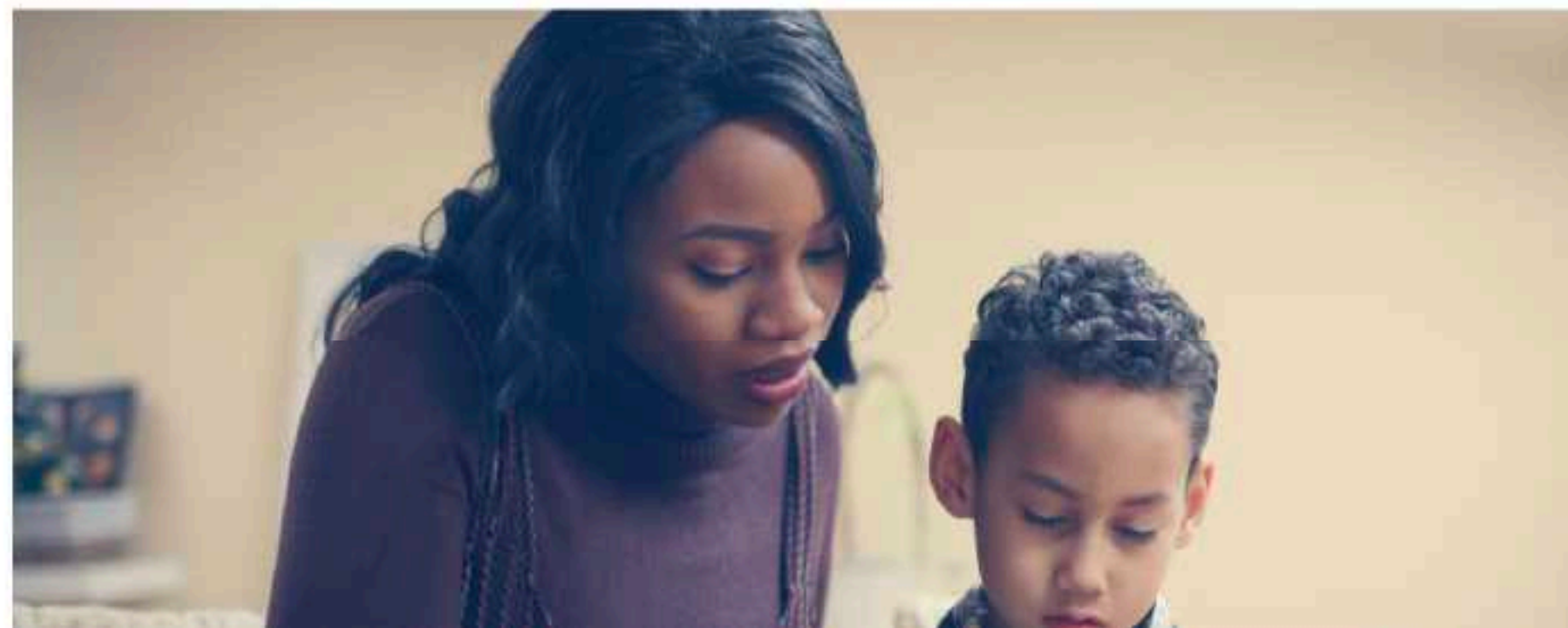


Digital Resilience Toolkit

Advice to help children become more resilient online

Just like teaching a child to ride a bike or cross the road, digital resilience is another way to highlight the need to help children cope with whatever the online world throws at them.

Together with our expert ambassador Dr. Linda Papadopoulos, we've created a number of age-specific resources to get you started.



Thanks for listening.

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Achieving for Children

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