

# PROMOTING A HEALTHY AND SAFE DIGITAL LIFE

Kate Stockdale

Wellbeing Adviser HFL Education



# THIS SESSION

- Consider how children use the internet**
- Recognise the opportunities and benefits online world can give**
- Raise awareness of online safety risks**
- Help parents/carers to support children to be safe online and promote healthy online activity**

# 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 📶

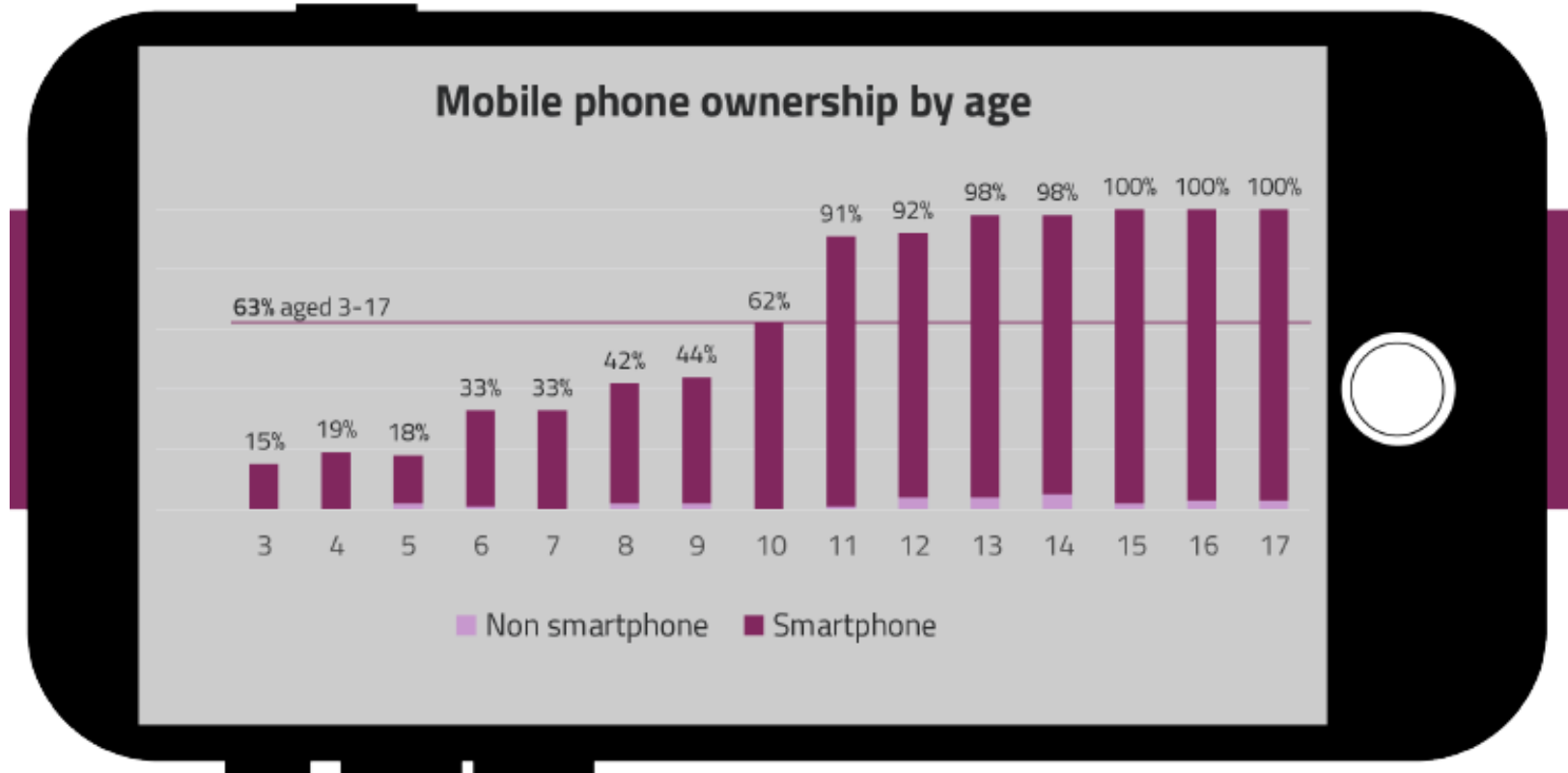
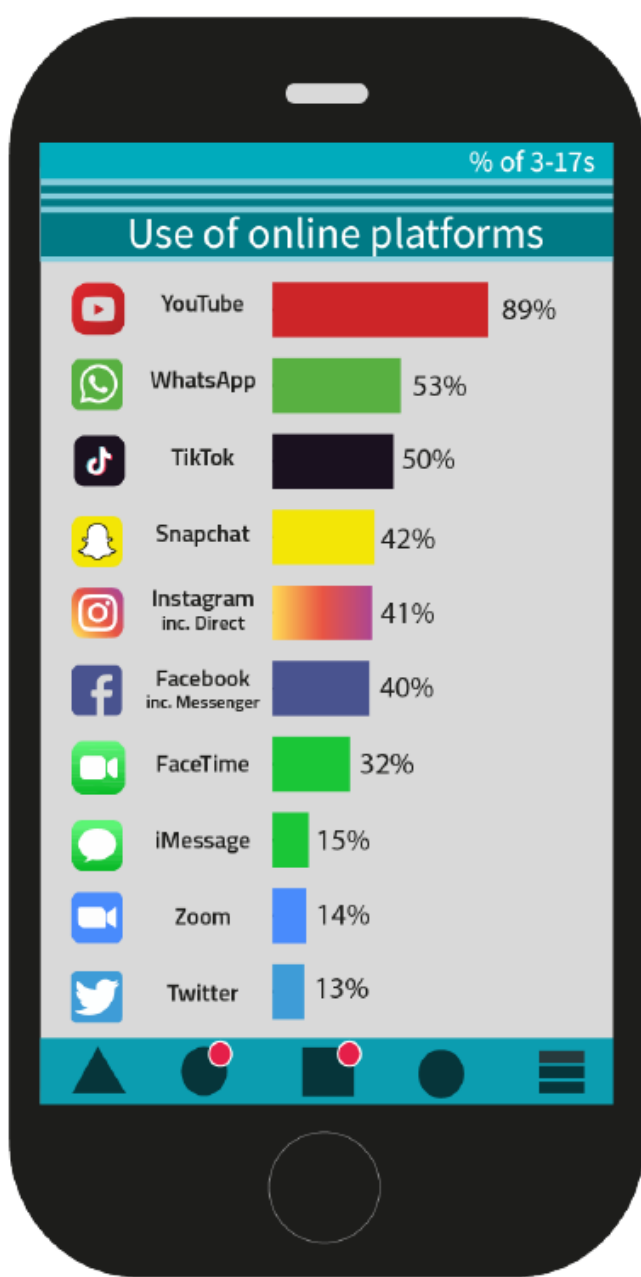
**11%** picked only reliable indicators that a social media post was genuine; 📶

**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 📶



Source: Ofcom, Children and parents: media use and attitudes report 2022

# RISKS AND PRESSURES

*Greater access to the internet also brings increased exposure to online threats and risks.*

From themselves

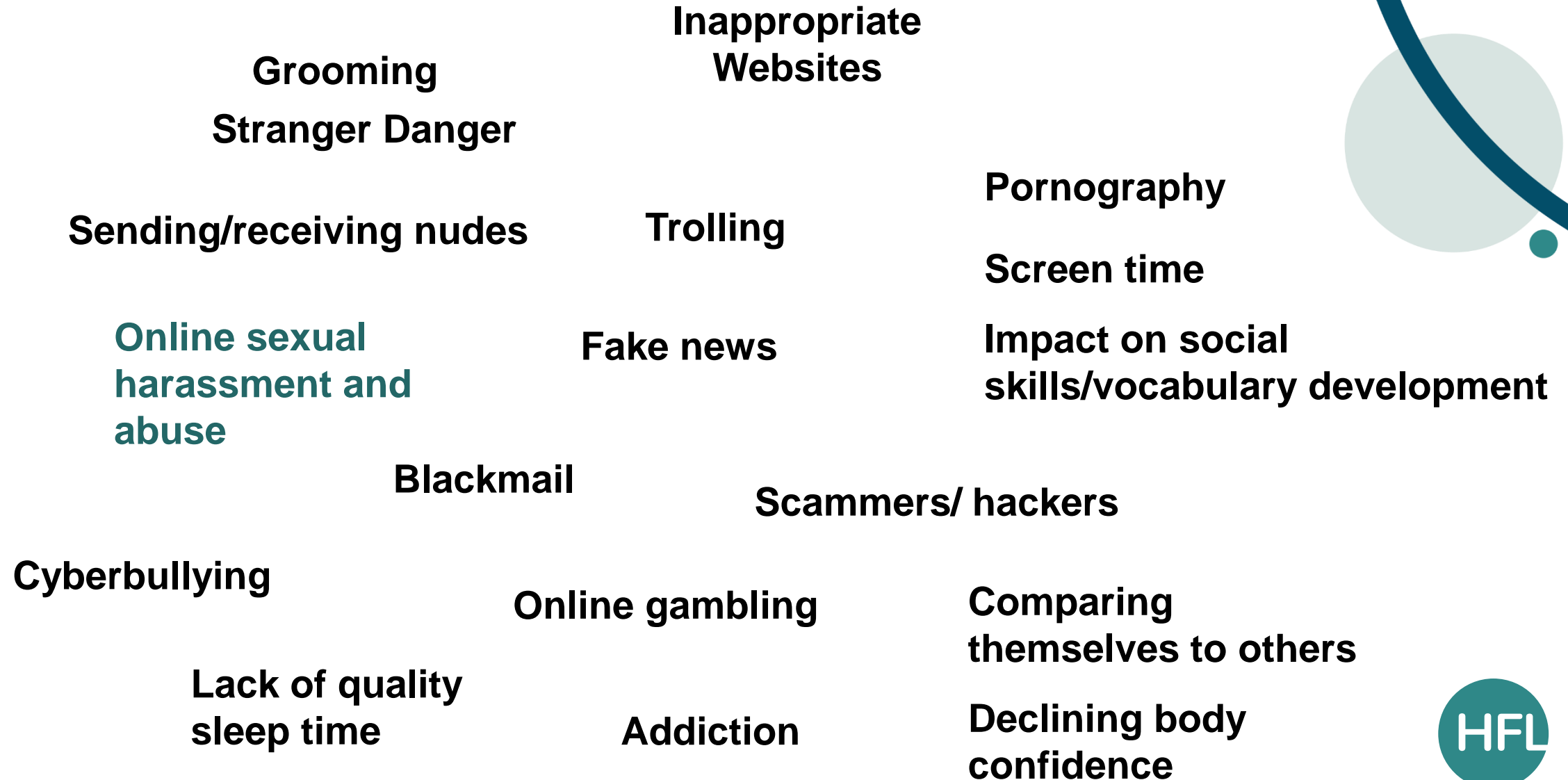
From friends

From complete strangers

From the media

Recognise and manage risks

# POTENTIAL RISKS INCLUDE:



# RISKS:

**content....contact.....conduct...commerce**

**Give young people the knowledge about the different risks**

**Teach the skills they will need to navigate the online risks**



# PSHE

## RELATIONSHIPS EDUCATION AND HEALTH EDUCATION

### Online relationships

And also..

Caring friendships

Respectful relationships

Being safe

### Internet safety and harms

And also..

Mental wellbeing

Health and prevention

Computing Curriculum

Teaching focusses on the underpinning knowledge and behaviours that can help pupils to navigate the online world safely and confidently regardless of the device, platform or app.

**How to evaluate what they see online**

**How to recognise techniques used for persuasion**

**How to identify online risks**

**How they should behave online**

**How and when to seek support**

## A curriculum to help pupils:

Critically analyse options

Get help if they need it

Form good habits

Decision making

Consider the consequences of  
behaviour and choices

Live and learn safely

Manage dilemmas positively,  
maintaining safety and integrity

Able to read challenges

Able to support others responsibly

RESPECT themselves  
and others, and build  
positive relationships



# Inappropriate or explicit content can include:

- violence and distressing content
- cruelty to humans and animals
- online pornography
- terror attacks
- self-harm sites
- pro-anorexia and eating disorder content
- hate sites

# CHILDREN AS YOUNG AS NINE EXPOSED TO PORNOGRAPHY

**Study for the children's commissioner for England. January 2023**

Nationally representative survey of more than 1,000 16-21-year-olds

25% first saw pornography on the internet while still at primary school

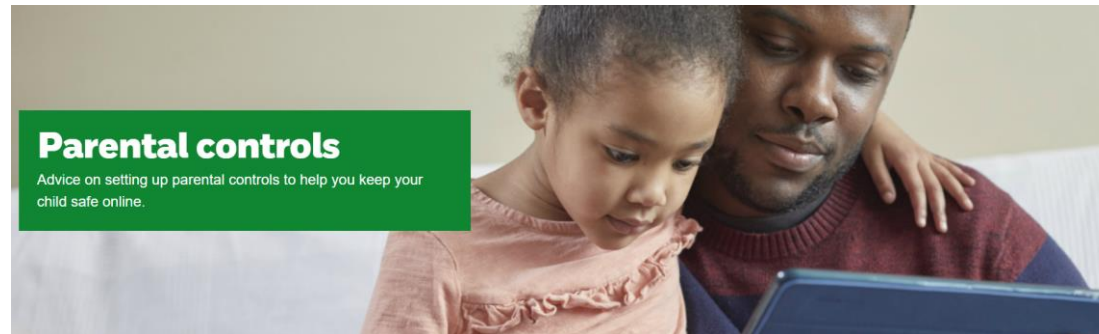
50% had been exposed to it by the age of 13

Dame Rachel encouraged parents not to shy away from the topic at home and make it clear extreme pornography is "not real, it's acting".

She told BBC Breakfast children "want their mums and dads to talk to them often, even when they're really young, in an age-appropriate way about the things they might see so they're not confused".

# If your child has seen inappropriate content online, you can:

- talk with them about what they've seen – let them know what is, and isn't, appropriate for their age.
- reassure them they can come to you, another trusted adult or [Childline](#) if they're worried about something.
- get advice on setting up [parental controls](#).



## Use Parental Controls but these alone are not a substitute for educating children

# Parental controls

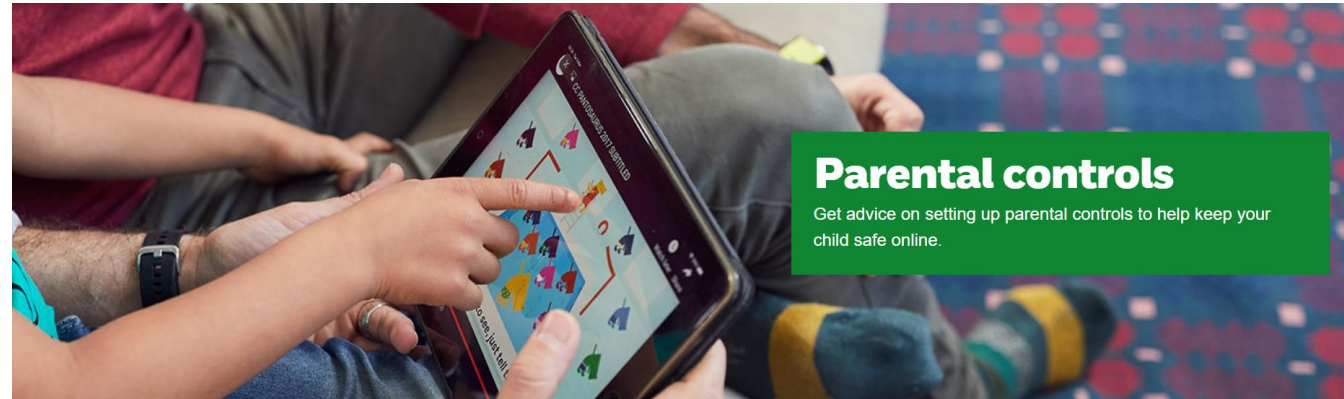
Visit NSPCC website

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

- plan what time of day your child can go online and how long for
- create content filters to block apps that may have inappropriate content
- manage the content different family members can see.

## Setting up parental controls on:

Home broadband and WiFi	+
Games consoles	+
Mobiles, tablets and computers	+
Apps and online services	+
Search engines	+
WiFi and being away from home	+



# No filtering tool is 100% effective



How to set up the parental controls offered by BT



How to set up the parental controls offered by Sky



How to set up the parental controls offered by TalkTalk



How to set up the parental controls offered by Virgin Media

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)




# How to set parental controls

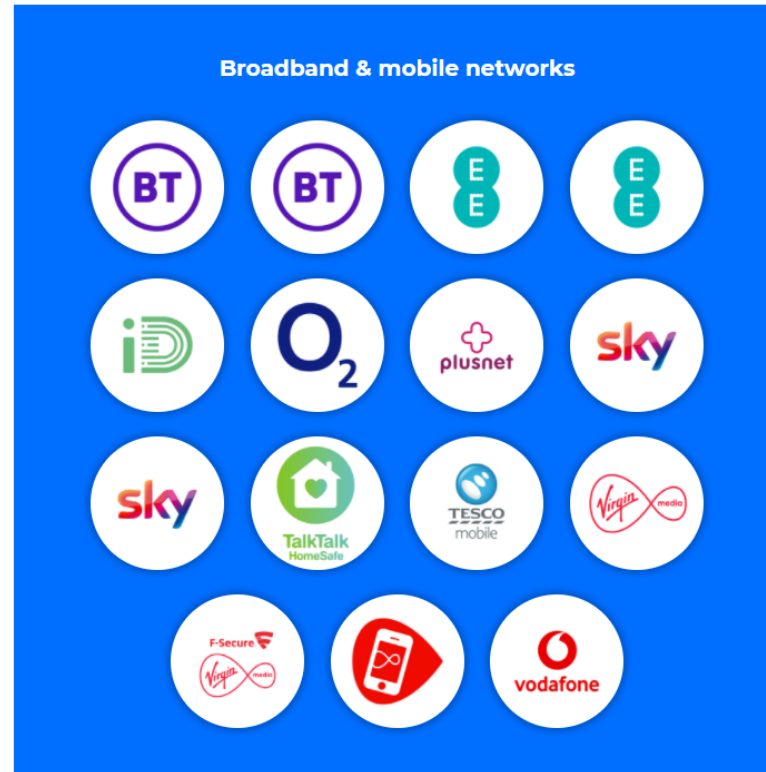
<https://www.internetmatters.org/>

The screenshot shows the Internet Matters website. At the top, there's a green header with the 'internet matters.org' logo and a purple circle with 'BT' inside, indicating a partnership. To the right, there are links for 'About us', 'Inclusive Digital Safety', and a search bar. Below this is a navigation bar with categories: 'ONLINE ISSUES', 'ADVICE BY AGE', 'SETTING CONTROLS', 'GUIDES & RESOURCES', 'NEWS & OPINION', and 'SCHOOLS RESOURCES'. The main content area has a green heading 'Helping parents keep their children safe online'. Below this is a video player showing a cartoon illustration of a man and a woman sitting on a red sofa, with speech bubbles above them. The video title is 'Supporting teens (14+) online | Internet Matters'. To the right of the video player, there's a section titled 'Supporting families online' with a description: 'Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.' Below this, there are several links with green arrow icons: 'I need help with an online issue', 'I need to report something', 'I need help setting controls and privacy settings on a child's device', 'NEW | Back to school guides', and 'TOOL | The Online Together Project interactive tool'. At the bottom of the video player, there's a 'More videos' section with a carousel of video thumbnails, including one titled '“YEAH”' and another titled 'Android Phone Parental Guide'. A 'LEARN MORE' button is also visible.

# Internetmatters.org.uk

## Step-by-step Guides

Click on the guides for step-by-step instructions to set controls on major broadband providers and mobile networks. [For information on Public WiFi Services see here.](#) 



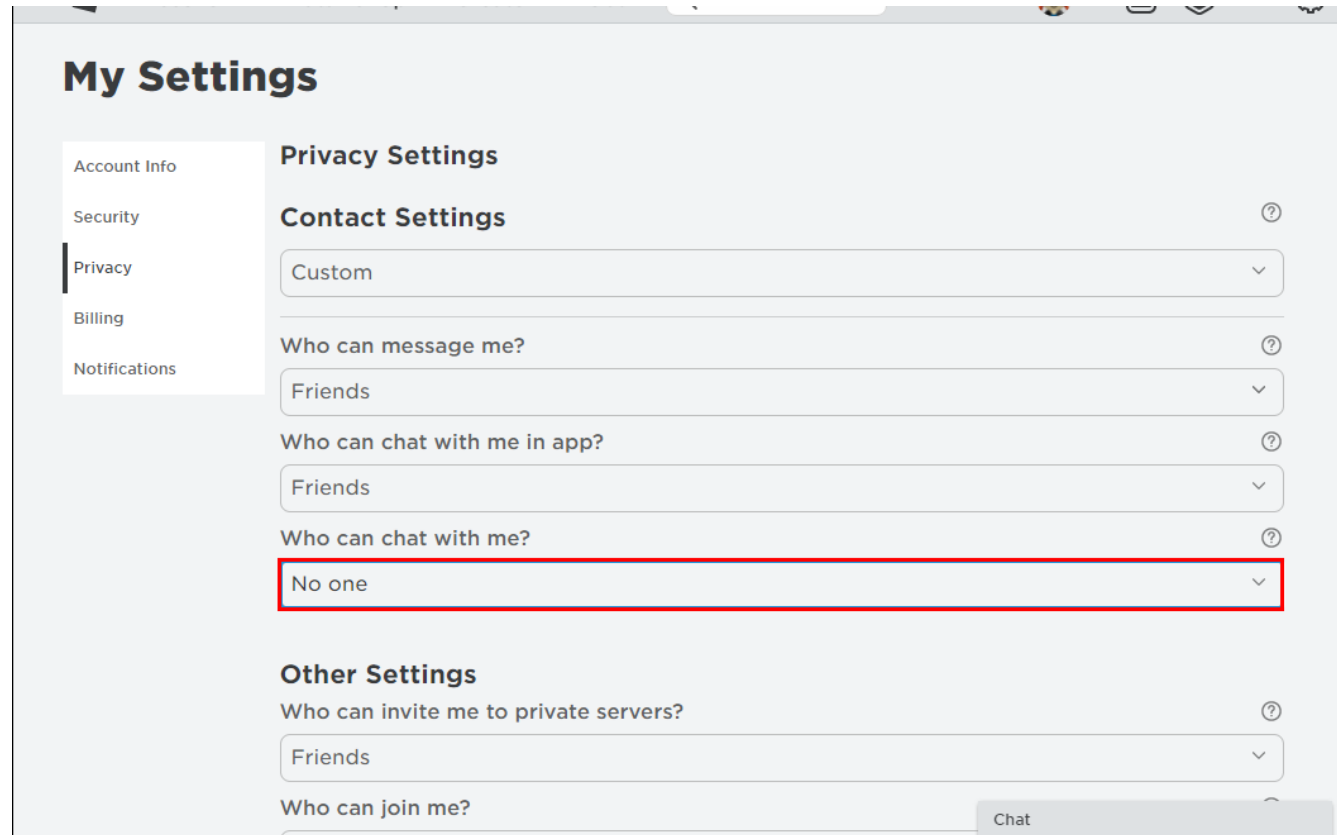
<https://www.internetmatters.org/parental-controls/broadband-mobile/>

# GAME CONSOLES

## BLOCKING CHAT FUNCTION

Enabling chat with chosen friends

Blocking unwanted 'friend' requests



The screenshot shows the 'My Settings' page with a sidebar on the left containing links for Account Info, Security, Privacy (selected), Billing, and Notifications. The main content area is titled 'Privacy Settings' and includes a 'Contact Settings' section. In this section, the 'Who can chat with me in app?' and 'Who can chat with me?' dropdown menus are both set to 'No one', which is highlighted with a red rectangular border. Other settings include 'Contact Settings' set to 'Custom', 'Who can message me?' set to 'Friends', and 'Other Settings' with 'Who can invite me to private servers?' set to 'Friends'. A 'Chat' button is visible at the bottom right of the settings area.

**My Settings**

- Account Info
- Security
- Privacy
- Billing
- Notifications

**Privacy Settings**

**Contact Settings** ⓘ

Custom ▼

Who can message me? ⓘ

Friends ▼

Who can chat with me in app? ⓘ

Friends ▼

Who can chat with me? ⓘ

No one ▼

**Other Settings**

Who can invite me to private servers? ⓘ

Friends ▼

Who can join me? ⓘ

Chat

# PLAYSTATION FAMILY MANAGEMENT

PlayStation consoles - **Family Manager account** manage different accounts for different children/users.

manage a range of features, such as  
restricting communication with other players,  
restricting content

setting play time controls

set spending limits

See all the features available for PS4 and for PS5.

<https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>

# SEARCH ENGINES

- Consider using parental controls and filters in search engines like Google, Yahoo and Bing
- Google Family Link - a very useful app to manage a range of features such as restricting content, approving or blocking apps, setting screen time and more.  
<https://families.google.com/familylink/>



Swiggle is a search engine designed to provide a safer environment for children taking their first steps on the road to safe online searching.

Powered by Google Custom Search, the results are filtered using Google SafeSearch and educational resources prioritised.

<https://swgfl.org.uk/services/swiggle/>

# THE IMPORTANCE OF GOOD SLEEP

- allowing time to get enough sleep at night
- having more time for physical activity
- enjoying time offline and not becoming dependent on online content and relationships
- children aged 3 to 5 need 10 to 13 hours



# ONLINE GAMING

- A great way for young people to relax, socialise, and have fun
- It can be a fun family activity
- Can fuel creativity, collaboration and strategic thinking, problem solving

**Maintain a  
balanced  
recreational diet**





# THE WORLD OF GAMES

## RISKS AND BENEFITS



**content....contact.....conduct...commerce**

# PEGI ratings: explained



Game is considered suitable for all ages. Comical violence.



May contain some frightening scenes. Violence is unrealistic and directed towards fantasy characters.



Slightly more realistic violence. Mild language used by characters. Sexual posturing and innuendo feature.

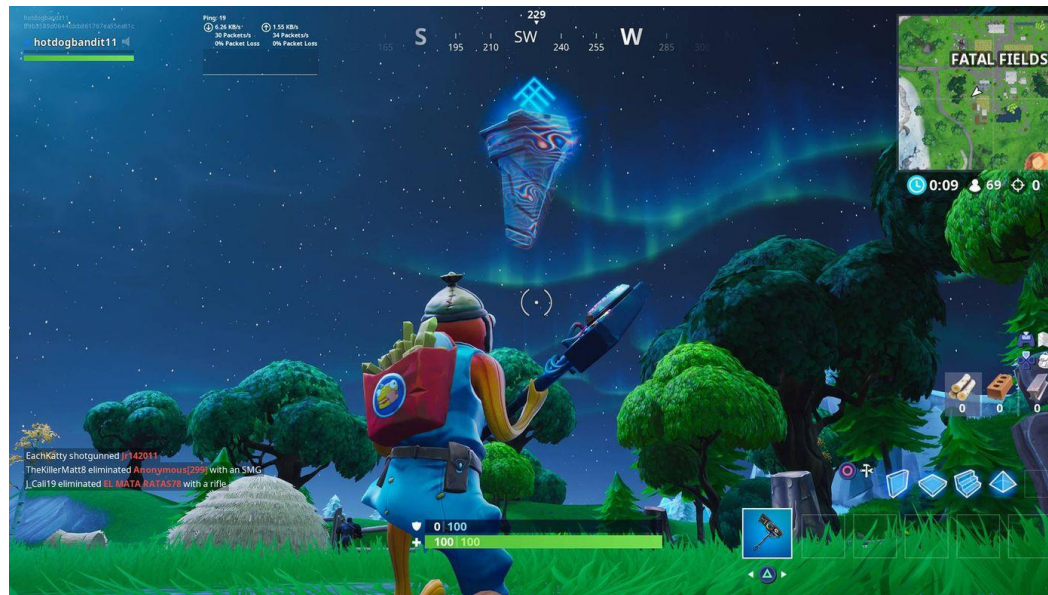


Violence towards human characters, including death. Sexual activity within game, but no visible nudity. Use of alcohol, drugs and tobacco by characters.



Adult classification. Violence, death and destruction within game. Characters may glamourise drugs, alcohol and crime and use expletives throughout.

# Many popular games enable online **contact** with others



# ONLINE GROOMING

Groomers are active on gaming sites, chat rooms and social networks, e.g.

Tactics can be:

- Pretend to have similar interests**

- Flattery and compliments**

- Helping with problems**

- Gifts**

- Sexual chat**

- Sharing intimate pictures**

- Chatting privately (chat rooms)**

- Blackmail and bribery**

- Keeping secrets**

# BEWARE OF PEOPLE WHO

- are interested in whether you can keep secrets
- want to know where you are playing the game
- promise you gifts, e.g. in game treats, cheats, money, phones
- don't tell you much about themselves but want to find out about you

# GAMING – WHAT DO WE WANT CHILDREN TO KNOW?

Conversations around:

- The games you enjoy
- Age restrictions on games
- Seek permission of an adult to play game at home
- Only play games with friends they know
- If someone you don't know sends a message on a game platform tell an adult
- If someone is rude, unkind, try to exclude you in game chat tell an adult (cyber bullying)
- If someone asks you to do something that makes you feel uncomfortable, tell an adult
- Too much time online is not healthy



**It is never a child or young person's fault**  
if they are harassed or targeted online.

Talk to you!

# Social networking

## The over 13 rule



**Most** social network (and similar) services have this rule,  
not just these examples.



# Messaging Apps

Whatsapp is an instant messaging app, which lets you send messages, images and videos to friends.

Group chat function.

Live location feature is a risk.

Sharing inappropriate material

Cyberbullying

Grooming

KIK

Not an app children should be accessing

It lets you create your own username and message others without having a mobile number to register.

It allows 1-1 chats but also has facility to access large public chat groups.

Kik Messenger has an inbuilt browser so that users can search for new apps and chat rooms.

## Examples



WhatsApp **16**



Messenger **17**

# SOCIAL MEDIA PRESSURES AND MENTAL HEALTH

- Pressures to be online 24/7
- Use social media increasingly to 'solve' problems
- Pressure to be perfect. To look perfect, act perfect, have the perfect body, have the perfect group of friends, the perfect amount of likes on Instagram.
- Negative impact on self identity
- Being left out – not invited to events

# Be Aware...



Instagram

## Basic Terms

1. You must be at least 13 years old to use the Service.

**By default, postings are public**

**Possible to give away location**

**App encourages users to exchange personal details in the 'Meet Up' section.**



TikTok is a video-sharing platform where you can watch and create videos, and livestream. The app has an age-rating of 13+.

- Some songs have sexually explicit content
- Inappropriate profile pictures are common
- Inappropriate usernames are common
- Police inform of groomers being active on the site



KamStar

Six security settings that can help you to keep TikTok safe for your child and prevent them seeing anything that might worry or upset them:

### **1.Family Pairing**

This allows you to connect your child's account with your own. It gives you access to parental controls to help manage who they can speak to and how long they can spend on the app.

### **2.Private account**

Setting your child's account to private means that only approved followers will be able to watch their videos.

### **3.Restricted mode**

This feature helps to filter out videos that may contain inappropriate or adult topics and stop them appearing on your child's 'For You Page'.

### **4.Comment filters**

Enable to manage who can comment on your child's videos and stop inappropriate comments from appearing on their feed.

### **5.Direct messages**

This can help them manage who can contact them privately on the app. You can choose who can send them direct messages by selecting 'Friends only' or 'No one'.

### **6.Daily screen time**

This setting allows you manage how long your child can spend on the app. You can set a daily time limit, and once it's up you'll need to enter a passcode to keep using the platform.

# Pressure to send Nudes/Semi nudes

"Self generated indecent images"



# **Sending 'nudes'**

## **"Self generated indecent images"**

Childline Survey of 13-18 year olds  
60% had been asked for sexual images.  
40% had created images of themselves.  
A quarter of them had sent them.

Young people sometimes assume this is the norm and part of growing up

Influence comes from peer or group pressure and from increased access to pornography

May be related to cyberbullying or grooming

Secondary pupils/students are less likely to seek adult help

**Now happening in primary schools**

# THE LAW AND SENDING NUDES

It is a criminal offence to:

- **take indecent photos or videos** of someone under 18 (even if it is of yourself)
- **share** such images with others (even if recipients are the same age or are sharing their own images)
- **possess, store or download** these images
- **request** such images from someone under 18



# Nudes: NSPCC Guidance

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>

## Sharing nudes and semi-nudes

Advice to help you understand the risks and support your child if they've been sending, sharing or receiving nude images.



**What do we mean by sharing nudes and semi-nudes?**

# ONLINE SEXUAL HARASSMENT

Examples of online sexual harassment falls into 3 main categories:

## **Receiving unwanted sexual content online**

Someone sends you a sexual image, video or message that you didn't ask for or want.

Someone shows you porn that you didn't ask to see.

## **Taking or sharing sexual content of someone without their permission**

Someone made a sexual image or video of you without your consent, for example taking a picture up your skirt without your consent.

## **Sexual coercion, threats or intimidation online**

Someone threatens to share a sexual image of you.

Someone outs or threatens to out your gender or sexuality online.

Someone is pressuring you online to do something sexual.

# ADDRESSING ISSUES THROUGH THE RSHE CURRICULUM

Sexual harassment in an age appropriate way through the curriculum

- Consent
- Respectful relationships
- Human rights – the idea that all individuals have a right to fairness and to having their privacy respected.

# SUPPORTING REPORTING HARASSMENT OR ABUSE

Reporting an e-safety platform

- **IWF - internet watch foundation**
- **CEOP** (child exploitation and online protection command) <https://www.ceop.police.uk/Safety-Centre/>
- **Report harmful content** <https://reportharmfulcontent.com/?lang=en>

Under 18s can phone **Childline** for free from any phone on 0800 11 11.

If you think someone has committed a crime, and you felt safe and able to do so, you could report it to the police. If it's a non-emergency, you can call 101 to speak to your local police. If it's an emergency phone 999.

# WHAT CONSTITUTES CYBERBULLYING?

- Posting lies or inappropriate things about others
- Impersonating someone online
- Spreading gossip online
- Using someone else's password
- Posting photos of someone else without consent
- 'Liking' a bullying comment
- Sharing a bullying text
- Insulting someone in an online game



Keep the evidence  
Don't respond  
Tell someone you trust  
Block the person bullying  
you  
Report it

An **upstander** is someone who recognises when something is wrong and acts to make it right.

When an **upstander** sees or hears about someone being bullied, they speak up, and do their best to help, protect and support the person.

# HOW TO HELP

Talk about cyberbullying- listen

Offer support and reassurance

Keep the evidence

Do not reply

Block people

Report to the website

Report it at school if appropriate

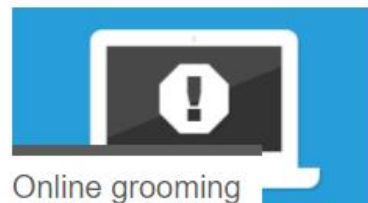
Report it the police if appropriate

Rebuild confidence

## Advice on key topics



Supporting young people with SEND online



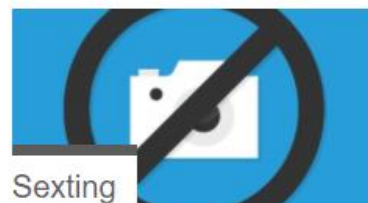
Online grooming



Digital wellbeing



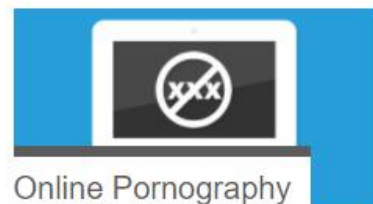
Online Bullying



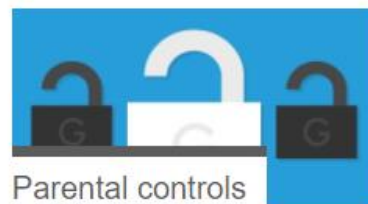
Sexting



Screen Time & Healthy Balance



Online Pornography



Parental controls



Gaming



Social Media



Critical Thinking



Livestreaming



# NEW RESOURCE: THRIVE ONLINE

## SUPPORTING YOUNG PEOPLE WITH SEND



The **resources** for parents and carers are designed to help start conversations and help support your child around the topics of:

- online pornography
- healthy online relationships
- digital wellbeing
- nudes

<https://www.childnet.com/resources/supporting-young-people-with-send/>



## ASKING THE AWKWARD

‘TALK LITTLE. TALK OFTEN. ASK THE AWKWARD.’ (CEOP)

<https://www.thinkuknow.co.uk/parents/ask-the-awkward/>

https://www.internetmatters.org/



In partnership with



ONLINE ISSUES

ADVICE BY AGE

S

You are here: [Home](#) > Parental Controls

# Parental Controls

Give your child a safe space to explore their curiosity online.

Our step by step parental controls guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience.

[SEE SET UP SAFE CHECKLIST](#)









An online safety story for 3 to 7 year olds.

Join in with Mummy Penguin's song and follow the adventures of Smartie the Penguin as he learns how to be safe on the internet.

<https://www.childnet.com/resources/smartie-the-penguin>

Pop ups and in app purchasing  
Inappropriate websites for older children  
Cyberbullying  
Upsetting images  
Unreliable information  
Talking to strangers online

# A checklist for you

-  **Ask your child to show you the sites they like to use**
-  **Sit with your child to check and manage their privacy settings**
-  **Know who your child talks to online**
-  **Set rules and agree boundaries**
-  **Monitor the games your child plays and check age appropriateness**
-  **Ask your child to tell you if they are worried about something online**



Thank you