

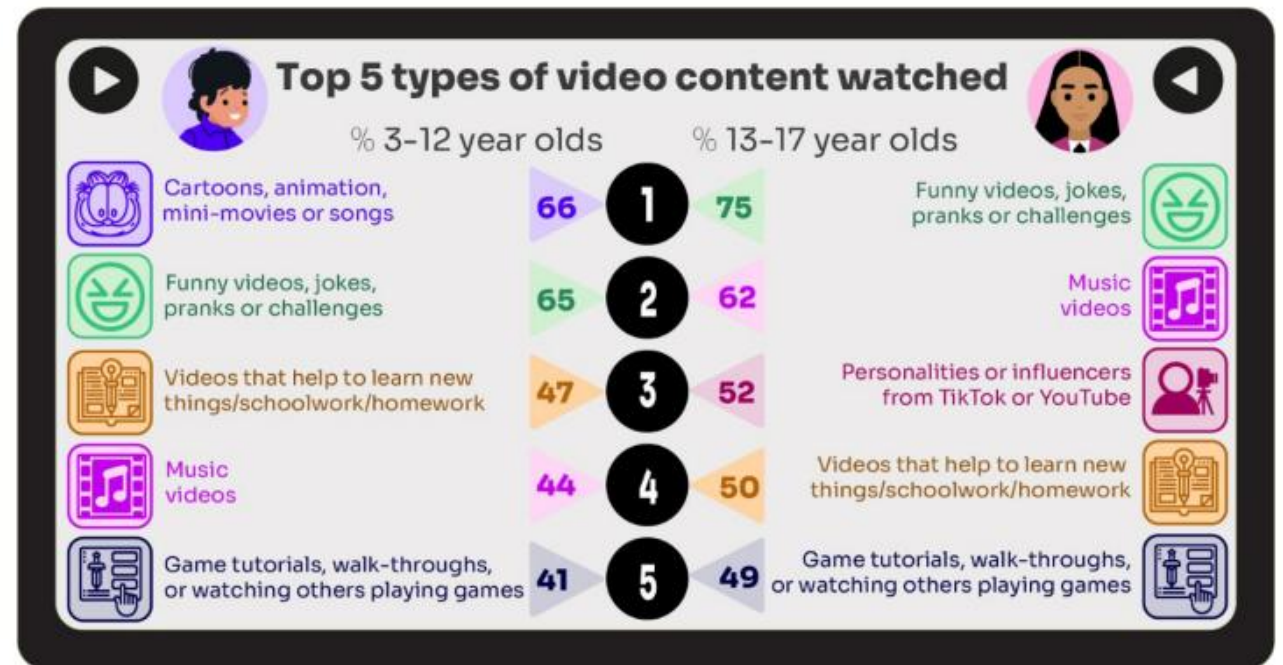
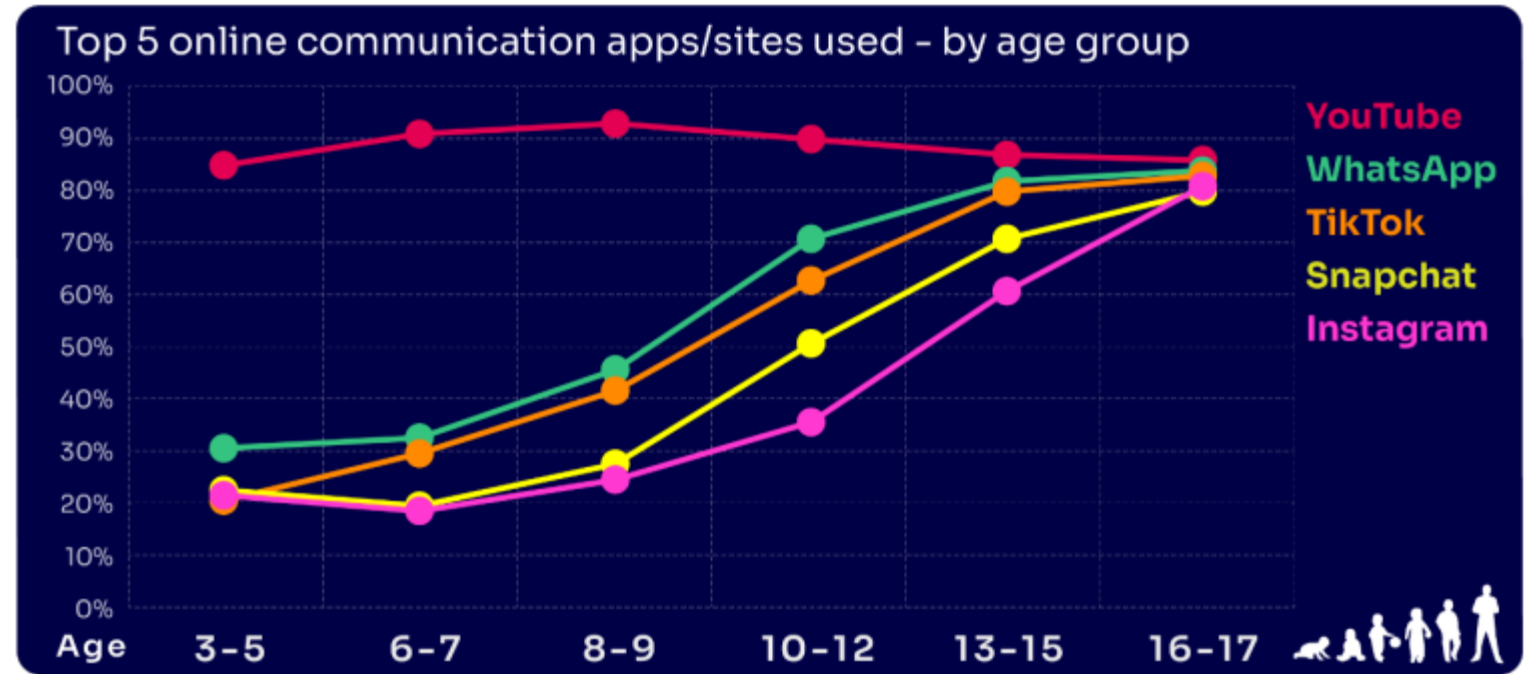
Online Safety for parents and carers



What do we do in school?

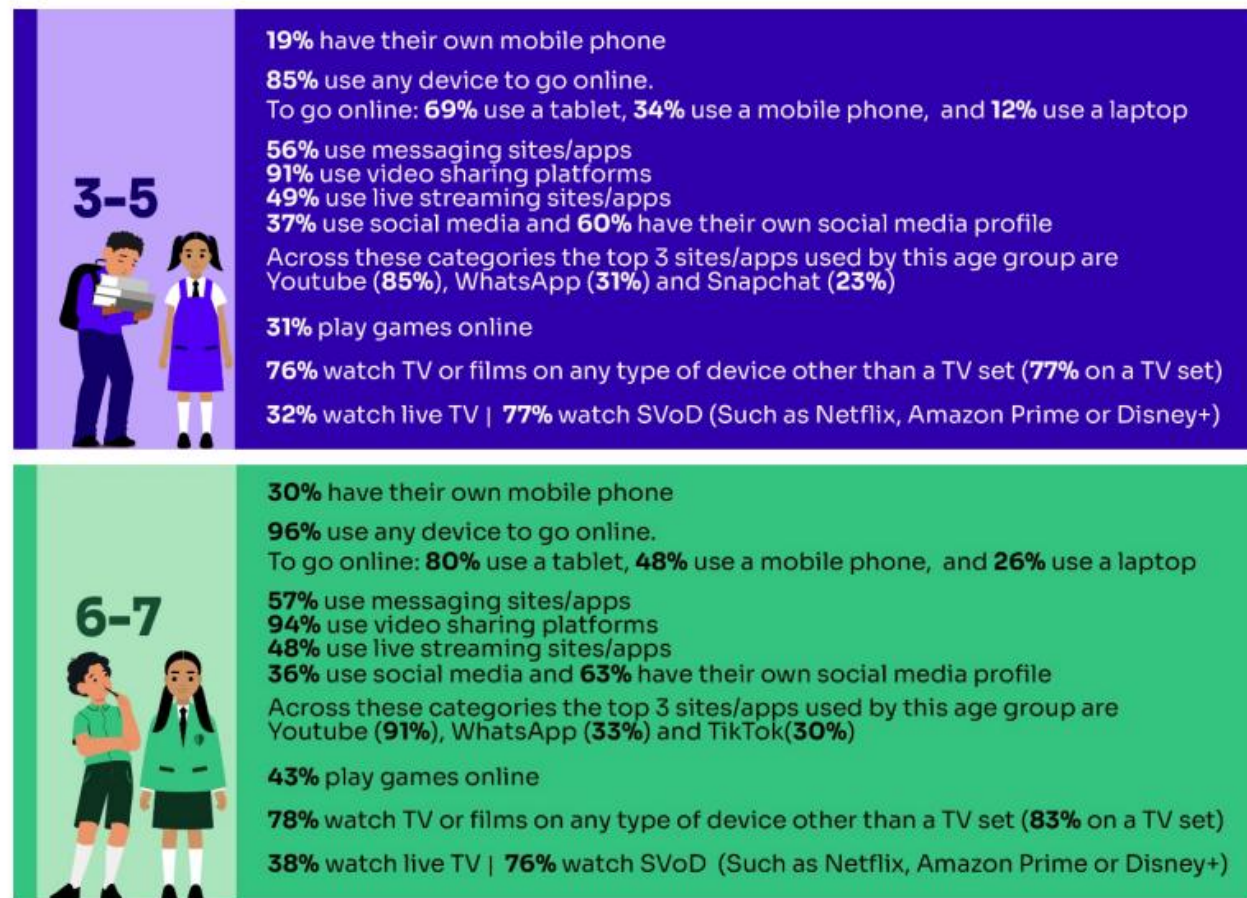
Online safety is taught every half term to ensure children develop the understanding of how to use technology safely and responsibly. Online lessons are taught within our Computing Curriculum and some areas of our PSHE Curriculum. As well as being woven throughout school life whenever technology is used. Staff regularly discuss safe online behaviours and reinforce key messages through classroom activities, stories, assemblies and wider curriculum opportunities.

How children are using the internet

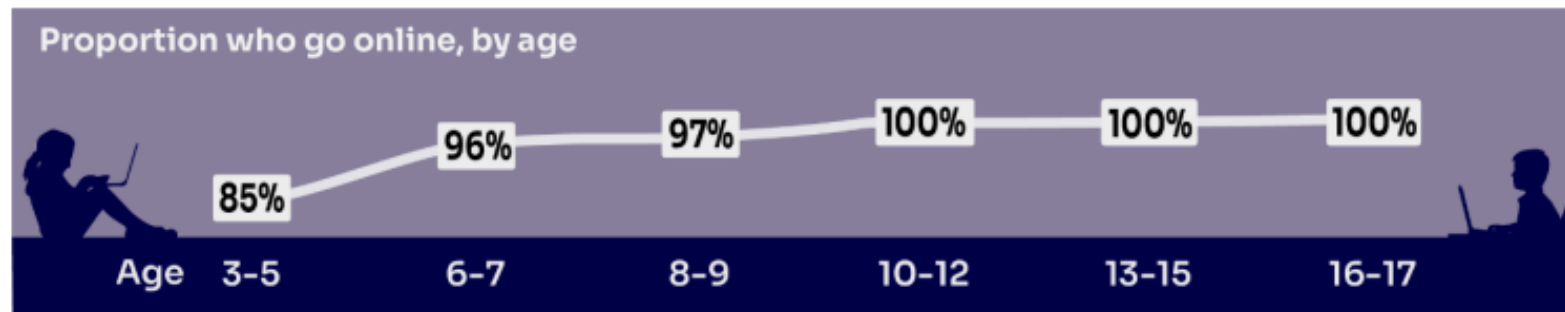


Media use

Media use, by age



Using a device
online

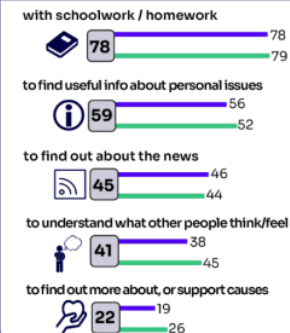


Positives of using a device/ internet



Being online helps me...

Information gathering



Skills development



Social connection



% of online



13-17s



Boys



Girls

How can you help at home

<https://www.internetmatters.org/resources/abc-online-safety-checklist/>

What are the internet safety ABCs?

Activate



Activate parental controls

Use the controls and tools available from broadband providers, online platforms and apps to install safe search settings, block inappropriate content and prevent contact from strangers.

[FIND A STEP-BY-STEP GUIDE](#)

Balance



Balance screen time

Agree a good balance for your children's screen time, taking education and leisure content into account. Encourage active screen time over passive and consider setting limits for the total hours spent online each day.

[LEARN ABOUT BALANCE](#)

Check



Check and chat

Check which apps your children use and the relevant age limits for each platform. And talk regularly about online safety and what they might come across so you can work together to manage any risks and keep online experiences positive.

[GET ADVICE BY AGE](#)

Top tips for Keeping Children safe online

■ Top Tips for Keeping Children Safe Online

• Talk little and often

Have regular conversations about what your child does online. Encourage them to talk to you if something worries them or makes them uncomfortable.

• Set clear boundaries

Agree on rules for screen time, age-appropriate apps, games and websites. Make sure children understand why these boundaries are important.

• Use parental controls and privacy settings

Activate parental controls on devices, apps, streaming services and broadband. Check privacy settings regularly, as updates can change them.

• Know the apps and games your child uses

Be aware of age ratings, in-app purchases, chat functions and who your child can communicate with.

• Teach children to protect personal information

Remind them never to share personal details such as their full name, address, school, passwords or photos with people they don't know.

• Encourage respectful online behaviour

Talk about kindness, respect and the impact of words online. Make sure your child knows that bullying or sharing harmful content is never acceptable.

• Be alert to changes in behaviour

Sudden mood changes, secrecy around devices, or reluctance to go online (or come offline) may be signs that something is wrong.

• Model positive online behaviour

Children learn from adults. Show good habits around screen use, social media and respectful communication.

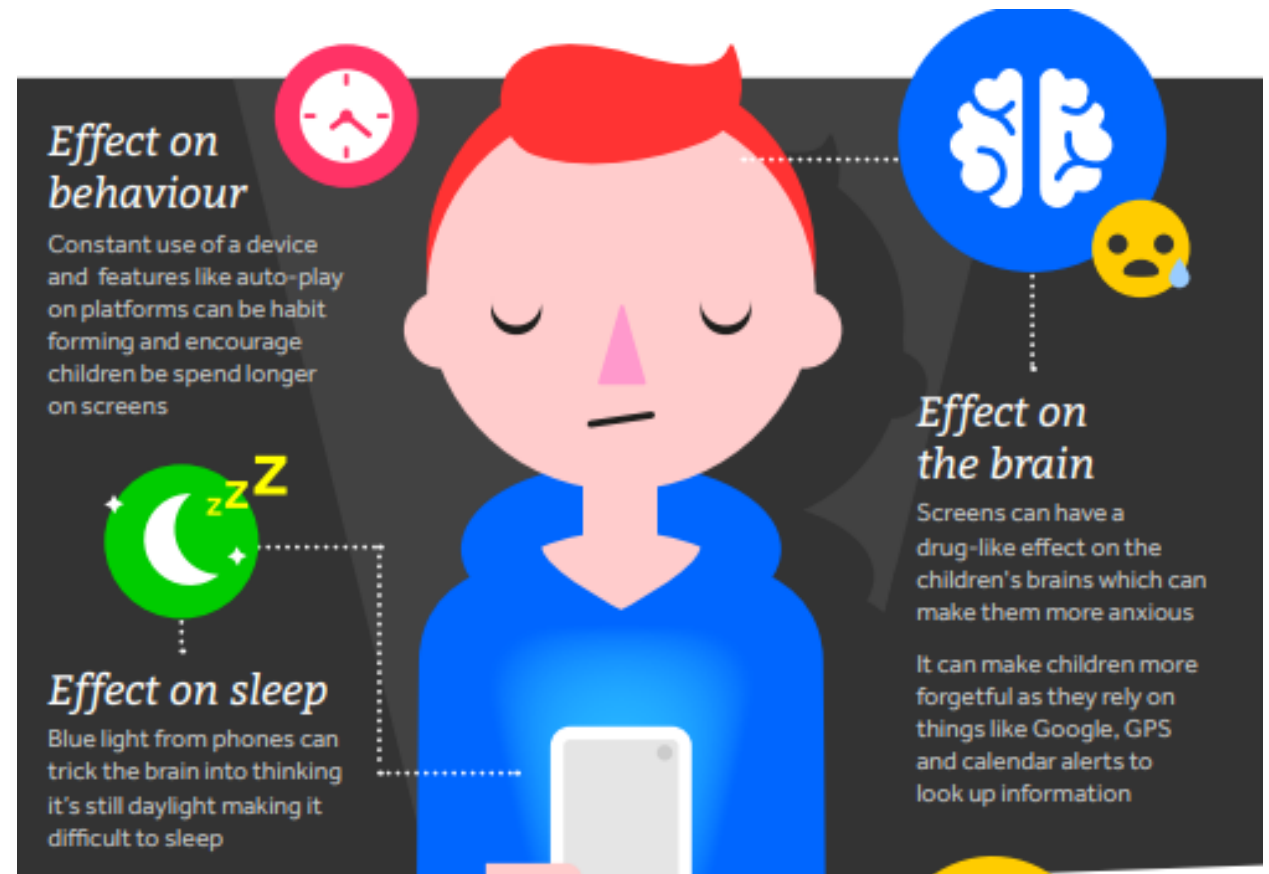
• Know where to get help

Familiarise yourself with reporting tools on apps and games, and know where to seek support if you have concerns.

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

Impacts of screen time

<https://www.internetmatters.org/resources/guide-to-managing-children-screen-time/>



Age restrictions



- Many apps, games and social media platforms have age restrictions to help keep children safe online. These age ratings are designed to protect young users from content, features and interactions that may not be suitable for their age, such as online messaging, advertising, in-app purchases or exposure to inappropriate content.
- As technology becomes an increasingly important part of children's lives, we encourage parents and carers to regularly check the age ratings of apps their child uses. Following these guidelines can help ensure children are accessing online spaces that are appropriate for their stage of development and support safer digital experiences.

Facebook, Instagram, Pinterest, Snapchat and X - all from **13** years old.

- WhatsApp - from **16** years old.
- YouTube - from **18** years old (13-17 requires parental guidance).
- Tik Tok – from **13** years old.

Advice for Online Safety

- **NSPCC** - Keeping children safe online - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- **NSPCC online safety quiz** - does your child know how to stay safe online? Test their knowledge with this online quiz - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/quiz/>
- **Childline online safety** - <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>
- **Young Minds** - social media & mental health - <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/>
- **Childnet** - family agreement tool; a practical tool to start discussions about how to behave online and set clear expectations for your family. - <https://www.childnet.com/resources/family-agreement/>

Advice for Gaming

- What parents need to know about Roblox - <https://www.openvieweducation.co.uk/roblox-parent-guide/>
- Minecraft parents guide - <https://www.minecraft.net/en-us/article/parents--guide-minecraft>
- Nintendo - parents support - <https://www.nintendo.com/en-gb/Support/Parental-Controls/Parents-642522.html?srsId=AfmBOoqU0o5zMWuZnu80ZRB7n7ZFD0kknF48Qr8pu4w1shtfX4P6gRik>
- What parents need to know about Fortnite - <https://www.esrb.org/blog/fortnite-battle-royale-everything-parents-need-to-know/>

Links

- OfCom report -
<https://www.ofcom.org.uk/siteassets/resources/documents/research-and-data/media-literacy-research/children/childrens-media-use-and-attitudes-report-2025/childrens-media-literacy-report-2025.pdf?v=396621>
- Guide to manage screen time -
<https://www.internetmatters.org/resources/guide-to-managing-children-screen-time/>