Online safety guidance for parents

Internet Matters (a one-stop-shop for parents: online issues, advice by age, setting controls, guides and resources https://www.internetmatters.org/

Digital Matters – a resource for parents and teachers https://www.internetmatters.org/digital-matters/modules/?user_type=parent

Childnet (includes guidance in different languages) https://www.childnet.com/parents-and-carers

CEOP https://www.thinkuknow.co.uk/parents/

National Cyber Security Centre https://www.ncsc.gov.uk/section/information-for/individuals-families

Reviewing apps and games

https://www.taminggaming.com and https://www.commonsensemedia.org/ and https://www.internetmatters.org/resources/apps-guide/

https://www.askaboutgames.com/

Reporting a problem

A national reporting centre (run by the UK Safer Internet Centre) for harmful content online https://reportharmfulcontent.com/

Internet Watch Foundation (UK Hotline) for reporting illegal content online – child sexual abuse images https://www.iwf.org.uk/

How to report suspicious emails (NCSC) report@phishing.gov.uk

Report remove tool for nude images (under 18) https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/

Take It Down – tool to proactively hash nude images https://takeitdown.ncmec.org/

ChatGPT

https://chat.openai.com/chat

https://www.theguardian.com/technology/2022/dec/31/ai-assisted-plagiarism-chatgpt-bot-says-it-has-an-answer-for-that and https://medium.com/coinmonks/chat-gpt-for-dummies-4f3ed000db

Other useful resources/research

Girl Guiding – Girls' attitudes survey https://www.girlguiding.org.uk/girls-making-change/girls-attitudes-survey

Children's Commissioner – Young people and pornography https://www.childrenscommissioner.gov.uk/report/a-lot-of-it-is-actually-just-abuse-young-people-and-pornography and

https://www.childrenscommissioner.gov.uk/resource/pornography-and-harmful-sexual-behaviour/

https://5rightsfoundation.com/in-action/new-research-shows-children-directly-targeted-with-graphic-content-within-as-little-as-24-hours-of-creating-an-online-social-media-account.html

Revealing reality – cleaning up in the attention economy – research into moderators' experiences https://www.revealingreality.co.uk/2022/11/17/moderators-are-miserable-but-are-they-the-only-ones-getting-harmed/

Ofcom research – children's online user ages https://www.ofcom.org.uk/news-centre/2022/a-third-of-children-have-false-social-media-age-of-18

Ofcom children's media use and attitudes 2023 https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens/children-and-parents-media-use-and-attitudes-report-2023

Children's Commissioner – Digital Childhoods – A survey of children and parents (Sept 2022) https://www.childrenscommissioner.gov.uk/report/digital-childhoods-a-survey-of-children-and-parents/

SID 2023 – making space for conversations about life online https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/research

Over 100 research summaries from the UKCIS evidence group www.saferinternet.org.uk/research

deShame - http://www.childnet.com/our-projects/project-deshame/research (young people's experience of sexual harassment online)

Not just flirting https://www.revealingreality.co.uk/2022/06/23/not-just-flirting/

YouTube

YouTube https://www.youtube.com/myfamily/

YouTube – supervised experience

5 Rights

https://twisted-toys.com/

Age appropriate design code (ICO)

https://ico.org.uk/media/for-organisations/guide-to-data-protection/key-data-protection-themes/age-appropriate-design-a-code-of-practice-for-online-services-2-1.pdf

Roblox

https://corp.roblox.com/parents

TikTok

https://support.tiktok.com/en/safety-hc/account-and-user-safety/user-safety

https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/

Instagram

https://familycenter.instagram.com/dashboard/

https://www.internetmatters.org/parental-controls/social-media/instagram/

Snapchat

https://snap.com/en-GB/safety/family-center

https://www.internetmatters.org/parental-controls/social-media/snapchat/

https://values.snap.com/en-GB/news/introducing-content-controls-on-family-center

Resources for children with SEND

THRIVE from Childnet https://www.childnet.com/what-we-do/our-projects/thrive-online/

Internet Matters - inclusive digital safety https://www.internetmatters.org/inclusive-digital-safety/

Changing conversations https://www.internetmatters.org/resources/changing-conversations-empowering-vulnerable-children-digital-world/

Parental controls

Schools Mobile https://schoolsmobile.com and https://www.internetmatters.org/parental-controls

VR - https://about.fb.com/news/2022/03/vr-parental-supervision-tools-on-quest/

Stories for younger children

Old Macdonald had a phone   Troll Stinks   #Goldilocks   Chicken Clicking

Government scheme of work/curriculum for online safety

Education for a connected world https://www.gov.uk/government/publications/education-for-a-connected-world

October 2023

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.

Education matters

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

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.

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.

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!

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. #sillessmovemore

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.

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.