Online safeguarding

from three to thirteen

for parents and carers

Peter Cowley
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achieving for children

Online safeguarding

Protecting the devices

Protecting themselves

Protecting the devices

Apps, smartphones and tablets

Games consoles

Home broadband

Three to seven

Safe searching

YouTube issues

Knowing when and who to tell

Eight to thirteen

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 devices

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.: v1.5 09/22

Protecting the devices

Set the parental safeguards before they get near it!

Heed the minimum age ratings on video games and apps.

XBOX ONE
4K ULTRA HD
HDR
XBOX ONE X ENHANCED
CALL OF DUTY
BLACK OPS
III
18
www.pegi.info
TREYARCH
ACTIVISION
REQUIRES INTERNET

PS4
grand theft auto
FIVE
18
www.pegi.info

Protecting the devices

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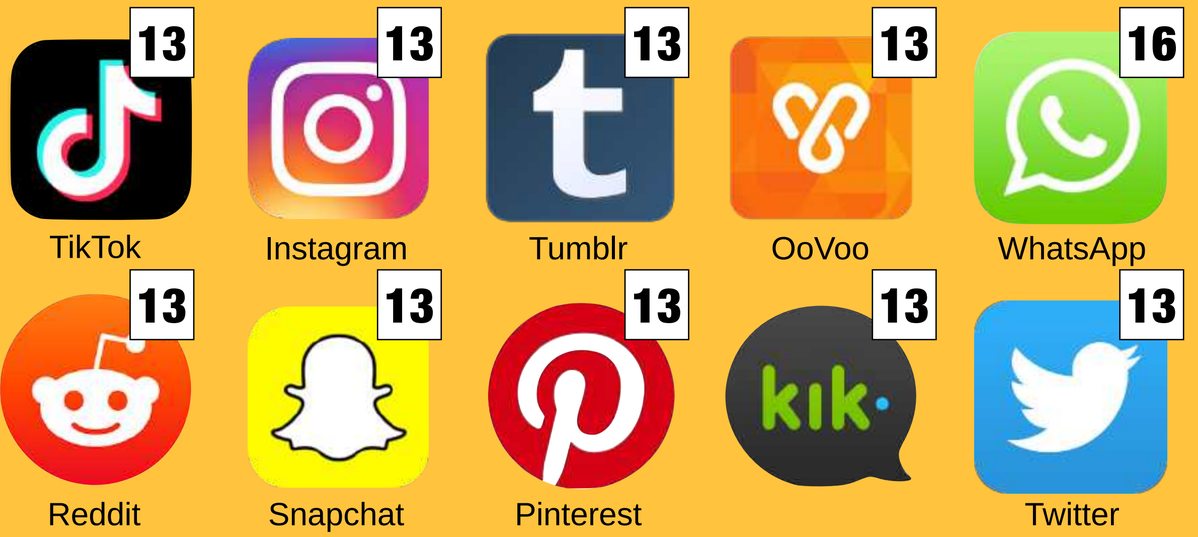
Be guided by the age ratings for other apps and games.



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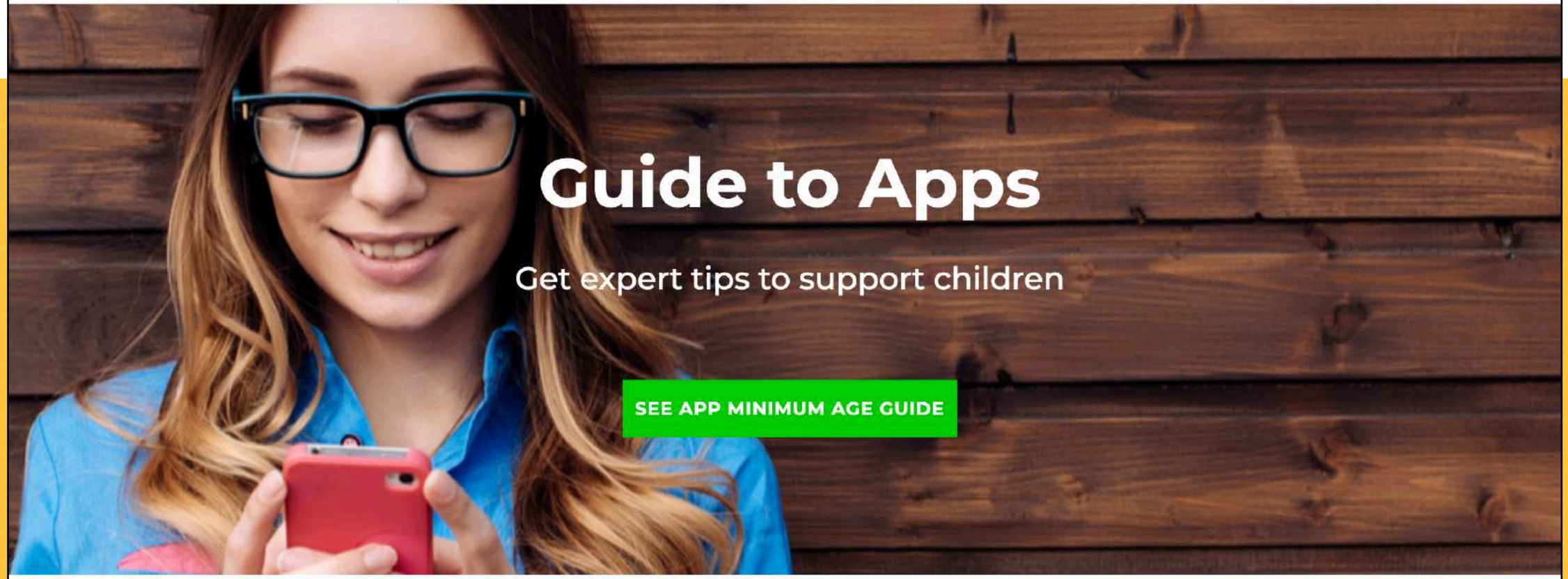

Guide to Apps

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

Phone number visible to all group members

Protecting the devices

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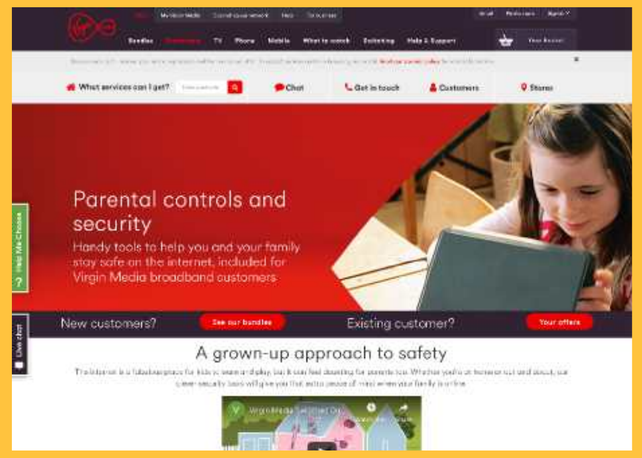
Install web filtering but don’t rely on the network provider alone.



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OpenDNS

FamilyShield
Powered by OpenDNS

Qustodio

Summary: protecting the devices

Set the parental safeguards before they get near it!

Heed the minimum age ratings on video games and apps.

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

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Protecting themselves: three to seven

Child-friendly search engines

swiggle®

Kiddle

Protecting themselves: three to seven

Jessie and Friends

4–5 years

5–6 years

6–7 years

thinkuknow.co.uk

YouTube: three to thirteen

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

abc songs | kids tv show | nursery rhymes for kids | alphabet adventure | bob the train

234,835,278 views

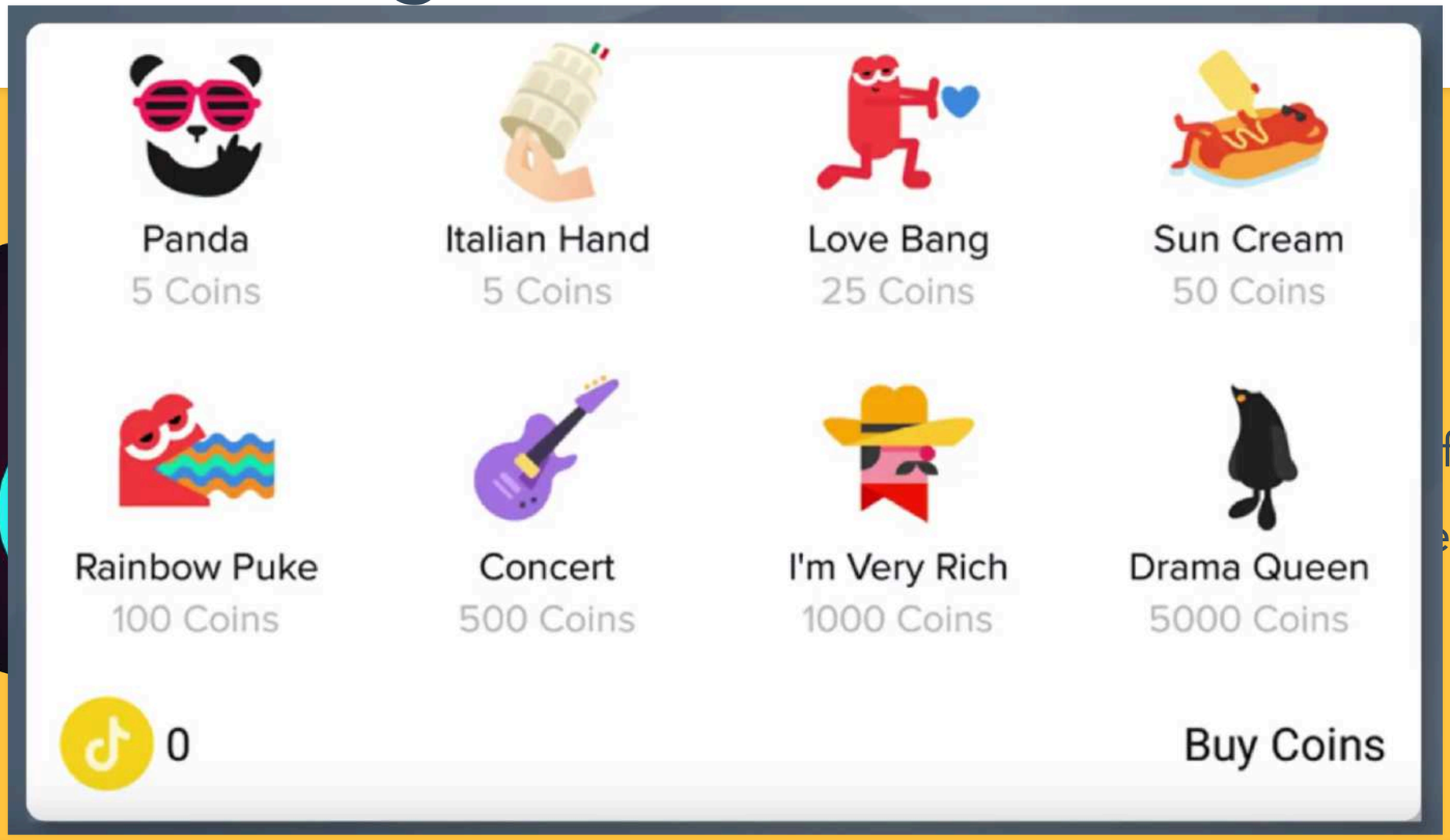
Kids TV - Nursery Rhymes And Baby Songs

SUBSCRIBE 4.5M

Protecting themselves: TikTok

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

Protecting themselves: TikTok



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fcom)

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Protecting themselves: TikTok

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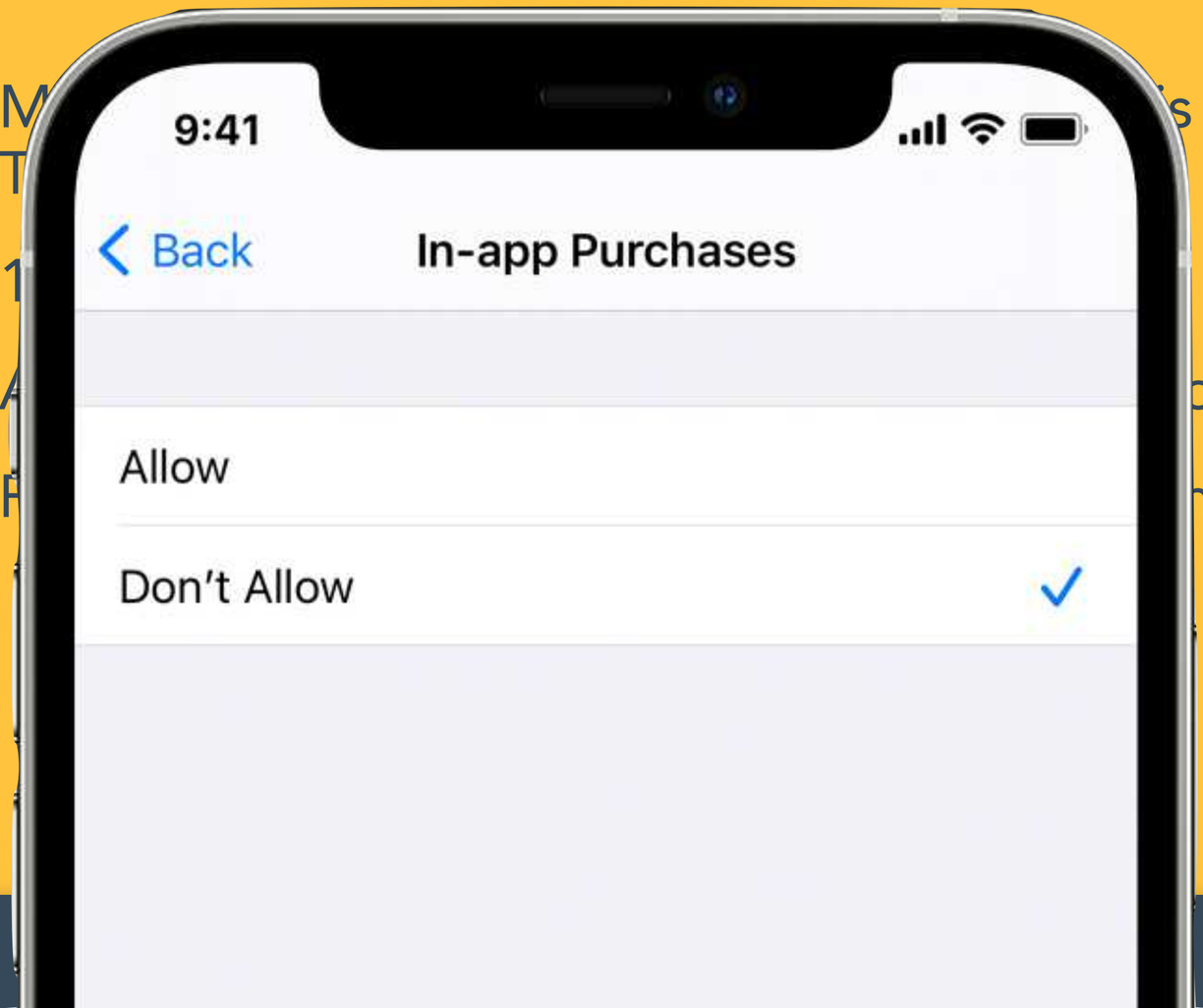
- 1…
- A… …om)
- R… …n”?



Protecting themselves: 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

VR and the metaverse

VR and t erse

VR and the metaverse

13+

BBC

Making online games safer

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.)

Lied about their birthday?

They might have put themselves at risk.

If children in your care are turning 13, talk to them about each of these apps.
If they're on it, they've lied about their age and the app will think they're older. Turn the clock back, change their virtual age to their real age and make them safer online.

Snapchat

13+ At least 13 years old

- Tap your Bitmoji at the top left of the screen
- Tap the settings cog
- Correct your birthday and select 'Okay' to confirm

Yubo

13+ At least 13 years old

- Tap profile icon at top right of the screen
- Tap 'Edit'
- Tap 'Birthdate'
- Correct your birthday and select save

YouTube

13+ At least 13 years old

TikTok

13+ At least 13 years old

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. #sitlessmovemore

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.

Protecting themselves: eight to thirteen

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

REPORT HARMFUL CONTENT

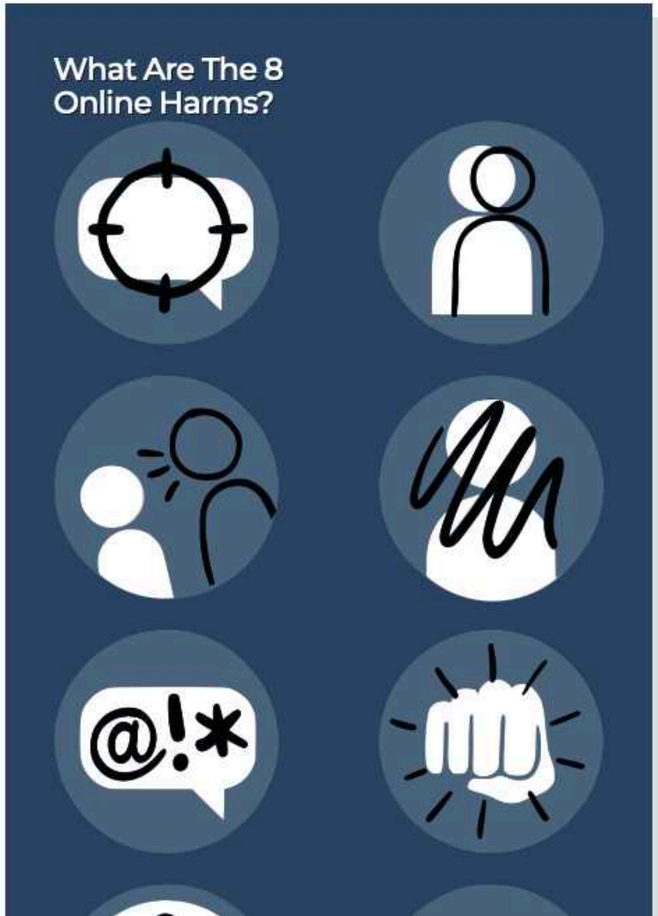
Report Harms Advice Donate Cymraeg

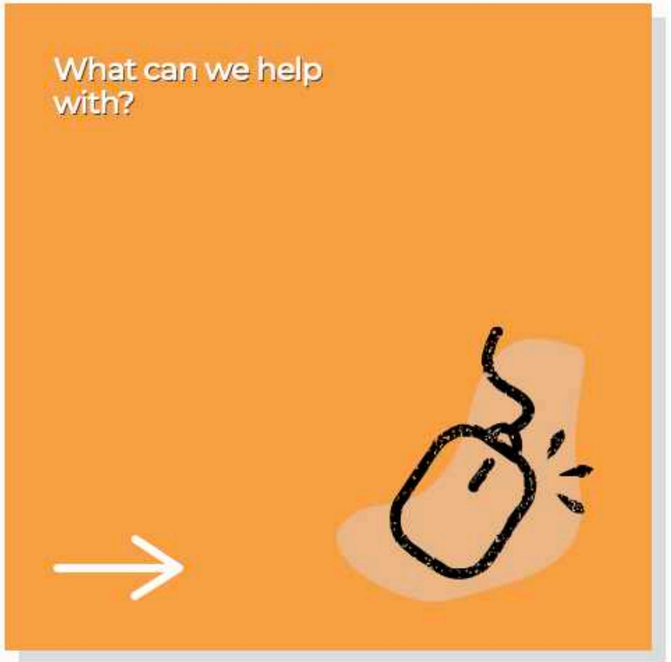
We're here to help everyone report harmful content online

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



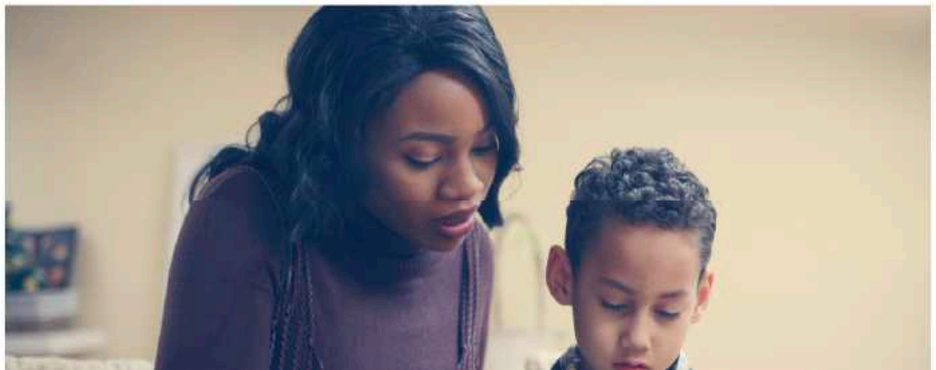


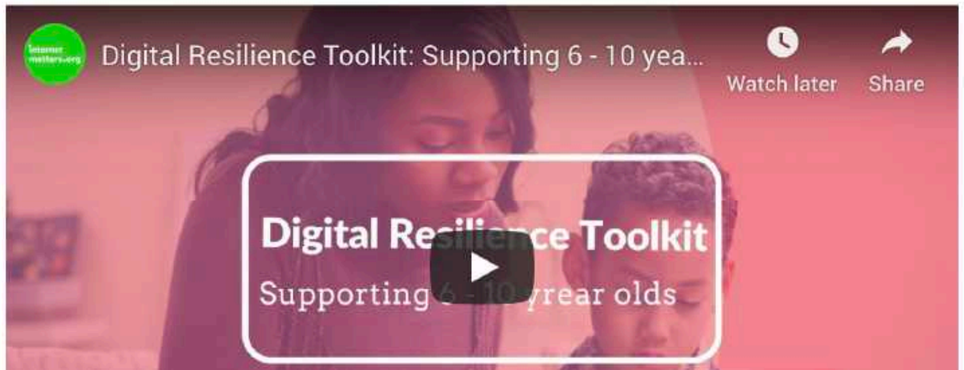
Digital Resilience Toolkit

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.





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.

Thanks for listening.

Peter Cowley

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