

# Welcome to our online safety coffee morning!

## Outline of the session

- Parental/Carers controls
- Age ratings
- Digital five a day and family agreement
- What we do at South Farnborough
- Useful websites

Please help yourself to coffee and cake!!



What does your child love doing online?  
What services and devices do they use?



The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimise the associated risks.

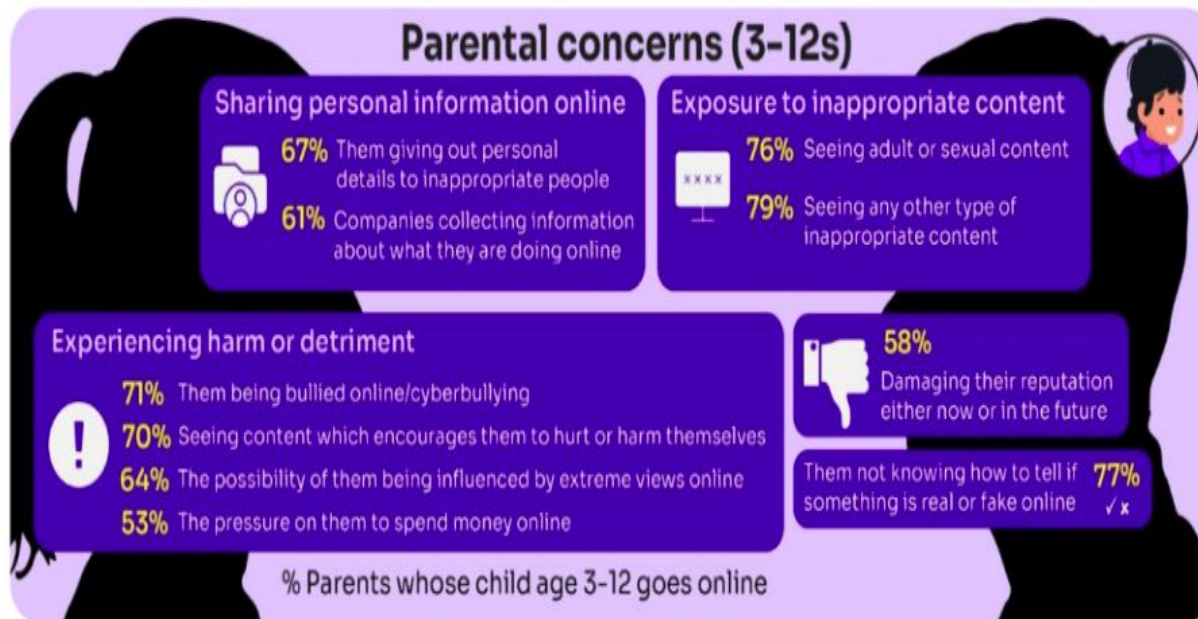


What are you most **WORRIED** about when your child is **ONLINE**?



# Summary of parental concerns (3 – 17 yr-olds)

Source: Children and parents: media use and attitudes report 2025



What percentage of children do you think go online in each of these age groups?

3-5 years old?

6-7 years old?

8-9 years old?

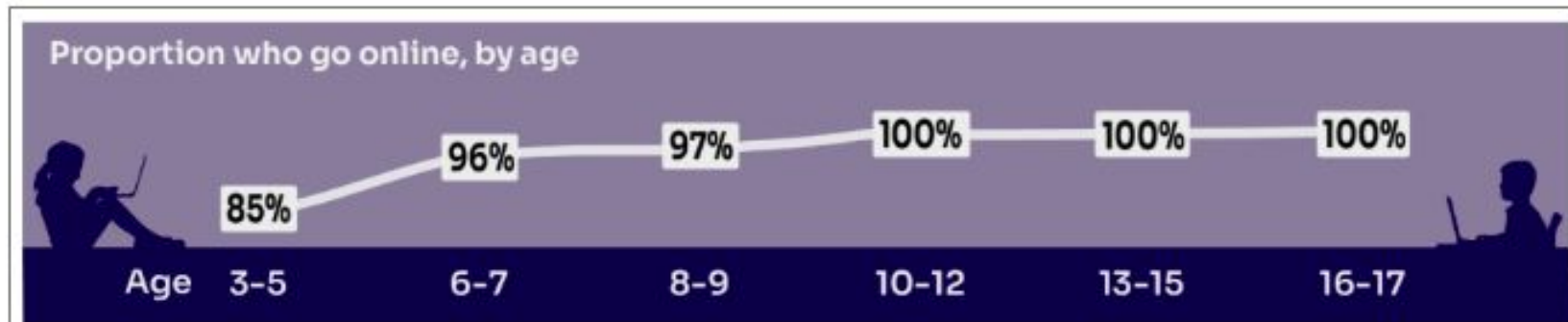
10-12 years old?







## HOW MUCH DO YOU KNOW about your child's life online?



**Almost all children (96%) aged 3 – 17 went online in 2024**, highlighting the centrality of the internet in their lives:

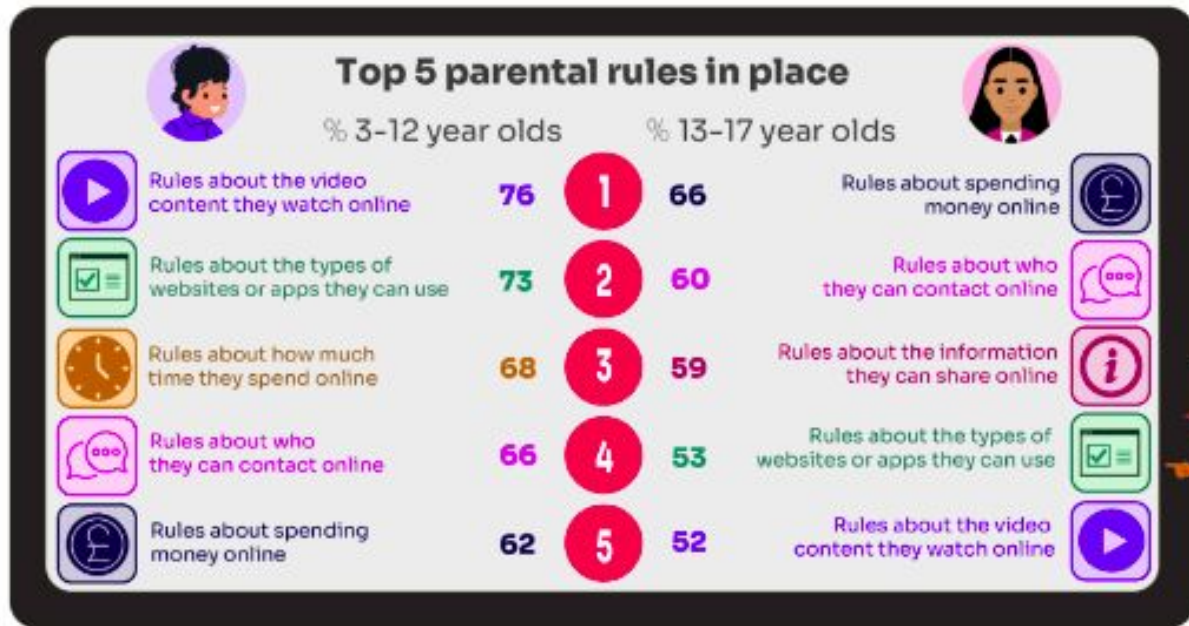
- Younger children commonly use **tablets** to go online
- Older children are more likely to use **mobile phones**

*DID YOU KNOW?*



# What **RULES** do **YOU SET** about being online? What do you do that **WORKS**?

While parental concerns in some areas have increased considerably, their **enforcement of rules appears to be diminishing**, partly due to parents' **resignation** about their **ability to intervene** in their children's online lives.





# Content

What children see online



**Some online content is not suitable for children and may be hurtful or harmful.**



**Live comments and chats alongside other content including videos, streams and games can be hurtful, harmful or unreliable.**



**It's important for children to consider the reliability of online material and be aware that it might be written with a bias or not be true. Photos and videos can be edited or inaccurate and AI has made it easier to create content that looks realistic but is not real.**



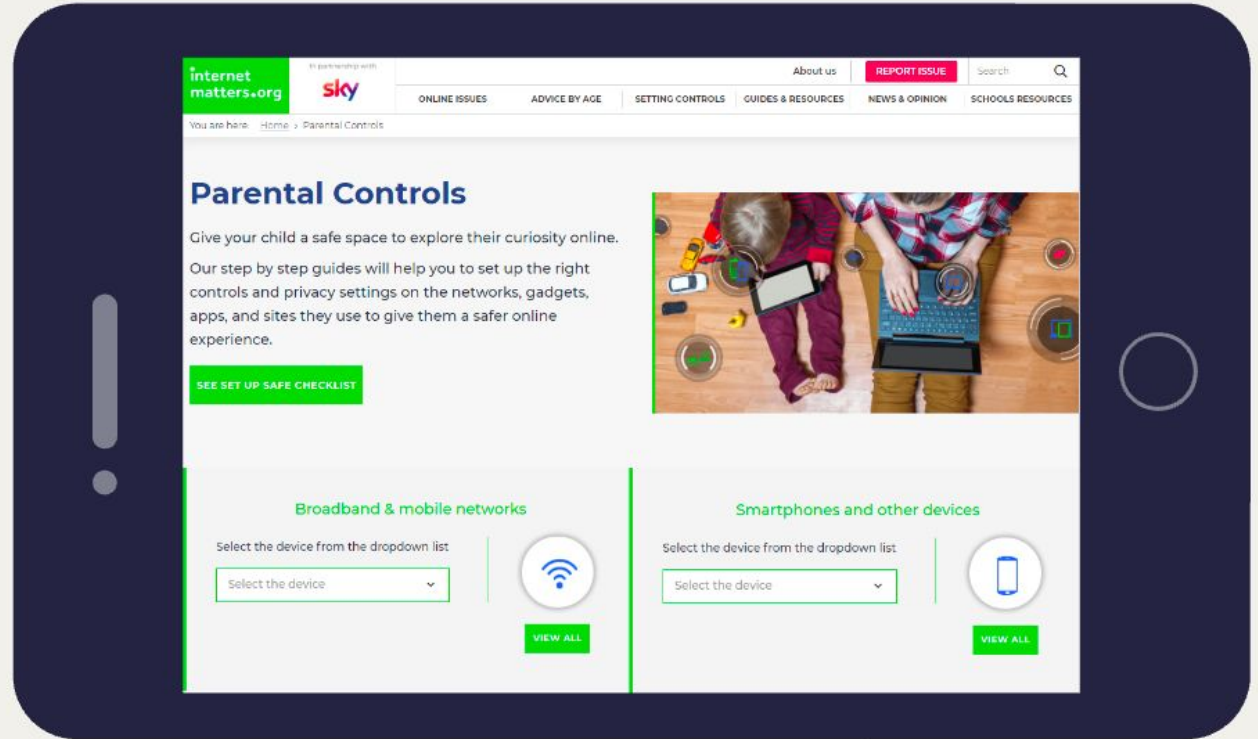
## How can **YOU GET INVOLVED?**

- **ASK** what type of games your child enjoys – are they **age-appropriate**?
- **PLAY** games together - keep the tech in **shared spaces** rather than bedrooms
- **TALK** about **who they are playing** with - what **information** are they sharing?
- **EXPLAIN** what is/isn't **appropriate to share**, e.g. personal details to identify them/location
- **AGREE** how much time they will spend online
- **DISCUSS** what they would do if they were **bullied** online, and what steps to take
- **DECIDE** **how long is appropriate** to play in one session - how many sessions a

# What can you do? - There are lots of different things you can put in place

Filtering software and settings can help block unwanted content.

Look at filters on individual devices and from mobile & internet providers



[internetmatters.org/parental-controls/](https://www.internetmatters.org/parental-controls/)

<https://www.internetmatters.org/parental-controls/> - Clip to watch

Visit [www.internetmatters.org/parental-controls/](http://www.internetmatters.org/parental-controls/) to find out how to set controls on devices:



### Set up devices safely

Set parental controls on a range of devices, apps, and platforms with our how-to guides.

#### Smartphones & other devices

Select the smartphone, other device or OS from the dropdown list:



VIEW ALL

#### Broadband & mobile networks

Select your network provider from the dropdown list:



VIEW ALL

#### Social media

Select the social media app or platform from the dropdown list:



VIEW ALL

#### Video games & consoles

Select the video game or console from the dropdown list:



VIEW ALL

LGfL

SafeguardED

Familiarise yourself with safety and privacy settings on the services your family uses.

Learn how to report, block and mute other users on games and social media.



[childnet.com/how-to-report](http://childnet.com/how-to-report)





Parental control apps like [Google Family Link](#), [Screen Time](#) and [Microsoft Family](#) can let you set limits across devices, apps and platforms

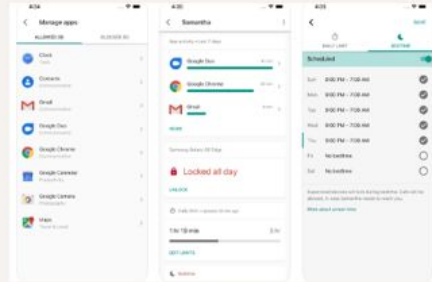
## SAFE SETTINGS, CONTROLS & MONITORING

Apple, Android and Microsoft have tools to help you control what younger children can use and how long for. Click the images below for details. Once they are older and have your trust, the same tools can help avoid arguments and help them learn to self-regulate (how long have they really been on insta today? have they put down the phone at all in the last week?).



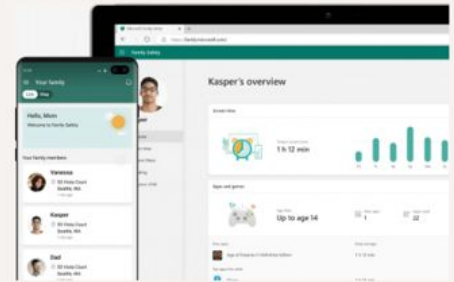
[Apple Screen Time](#)

Great for both parental controls and teen self-regulation



[Google Family Link](#)

Digital Wellbeing is the next step for the older ones after Family Link



[Microsoft Family Safety](#)

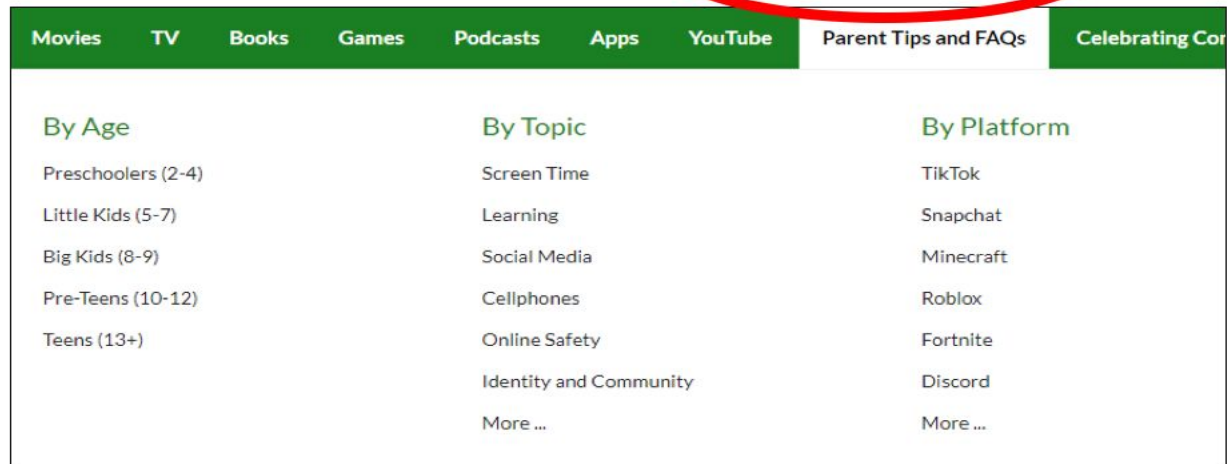
There are no self-regulation features for older teens, but Family Safety is great for the younger ones



Visit [parentsafe.lgfl.net/](https://parentsafe.lgfl.net/) for additional advice and tips on settings and controls for all devices

# Age ratings and reviews of apps

Find ratings and reviews for parents on apps, games and social media at [commonsensemedia.org](https://www.commonsensemedia.org)



The screenshot shows the website's navigation bar with categories: Movies, TV, Books, Games, Podcasts, Apps, YouTube, Parent Tips and FAQs, and Celebrating Cor. Below the navigation bar are three filter columns: 'By Age' (Preschoolers (2-4), Little Kids (5-7), Big Kids (8-9), Pre-Teens (10-12), Teens (13+)), 'By Topic' (Screen Time, Learning, Social Media, Cellphones, Online Safety, Identity and Community, More ...), and 'By Platform' (TikTok, Snapchat, Minecraft, Roblox, Fortnite, Discord, More ...).

Using this website, you can search different games and apps and find out the recommended age as well as a summary describing the game. Unfortunately there is now a charge for regular use of this service, parents can currently read 3 reviews for free each month.



APP

**Snapchat**

✓ age 16+ ★★★★★

Send moments in photos, watch curated content; use wisely.

Devices: iPhone, iPod Touch, iPad, Android (2011)

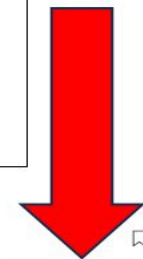
APP

**Discord**

✓ age 13+ ★★★★★

Voice and video chat; slick features, some mature content.

Devices: iPhone, iPod Touch, iPad, Mac, Android, Windows app (2017)



See full review

See full review

# Digital 5 A Day

Children's  
COMMISSIONER



## Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

Encourages children to think about the way they use technology not just being used for games.

e.g. **Be Active:**

Researching an activity or place online before going out is a good way of combining the two and provides an opportunity for you to use the internet together. They could also do yoga, fitness, facetime with family.



### Why not have a family agreement to:

- **clarify** what is allowed...or not
- **establish** ground rules like no phones at the table or in the bedroom at night-time
- **agree** shared expectations to reduce arguments and keep everyone safe & healthy



Download it at [parentsafe.lgfl.net/digital-family-agreement](https://parentsafe.lgfl.net/digital-family-agreement)



# Digital Family Agreement



LGfL DigiSafe®

*I will:*

*Why?*

Check with mum before getting a new app or game or buying an add-on so she can check it's safe

Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry

Check with mum or dad before going live and explain what I can do to avoid any risks

Not post or share any personal information, e.g. mobile, address, to stay private and safe

Put my phone down when we're eating together or mum or dad want to talk, as it's respectful

Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep

Come off my devices an hour before bedtime to unwind and Sleep well

**If there are any issues:**

We will talk about it calmly and respectfully  
I may have to show you more about what I am doing on devices, or other consequences

*Parent/carer will:*

*Why?*

Put our devices down when you want to talk to me/us so we can model good behaviour

Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk

Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy

Ask permission before sharing any photos of you, to respect your privacy

**If I'm worried by anything:**

I can tell mum or dad and they won't judge me  
I can talk to Ms Patel at school  
I can contact Childline or The Mix

**SHARENTING!**

Signed: *Sophie Mum Dad*

Today's date: *24th March*

Date we will review this: *24th May*

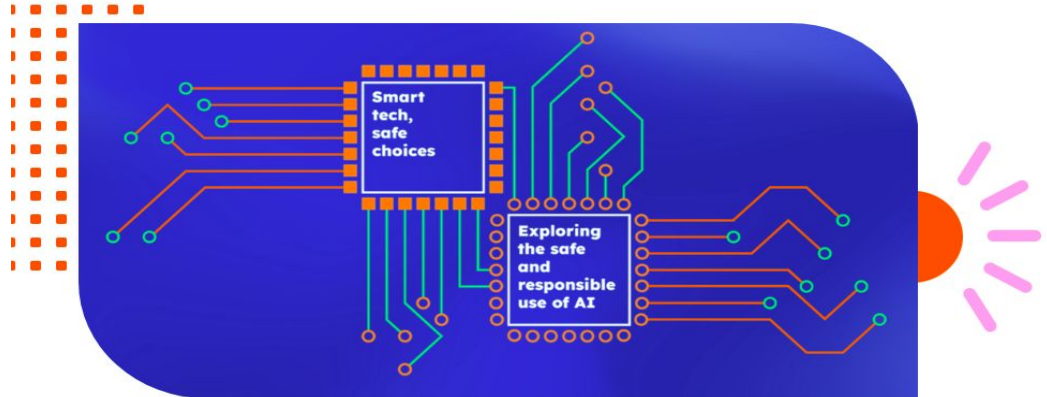
Download me again and find more...

lgfl.net

# What we do at South Farnborough

- Regular safer Internet lessons linked with SCARF (Stories and activities such as games).
- Teach Computing programme
- Safer Internet Day (Activities, talks and workshops)
- Reminders at the start of lessons if using technology

Safer  
Internet  
Day 2026 | Tuesday  
10 February



# **Useful websites**

[internetmatters.org/parental-controls/](https://internetmatters.org/parental-controls/)

[childnet.com/how-to-report](https://childnet.com/how-to-report)

[www.common sense media.org](https://www.common sense media.org)

## **Safe Search engines**

[www.kiddle.co](https://www.kiddle.co)

<http://www.swiggle.org.uk>