



Let's Talk about Online Safety

September 2025

Jess Morrison, Deputy Headteacher

Shared Aim: for our whole community to have a shared understanding of the importance of online safety in order to safeguard our children.

Our Safeguarding Team

We are always here to listen and help.

*Building each other up,
in love and learning.*



Elizabeth Bachour
Designated Safeguarding Lead



Jessica Morrison
Deputy Designated Safeguarding Lead



Lydia Cuddy-Gibbs
Deputy Designated Safeguarding Lead



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Deputy Designated Safeguarding Lead

- Talking to your child about online safety
- Supervision and parental controls
- Screen time
- Social Media and Gaming
- Risks and Negative Experiences
- Acceptable Use Policy
- St Stephen's Smartphone - Statement of Intent

Please connect to the school wifi (if you use your phone in here today)

Safeguarding is **everyone's** responsibility.

All staff and visitors must have all devices logged into the St Stephen's school wifi

Wifi: **CITL-SSS**

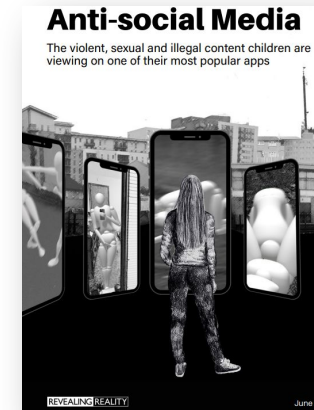
Password: **TW11LF3462**

This presentation brings together:



- **Key Findings from:**

- [Children and parents: Media Use and Attitudes report](#)
- [Children's Online User Ages 2023 Quantitative Research Study](#)
- [Children's Media Lives: Year 10 findings – 19 April 2024](#)
- [Revealing-Reality Anti-social Media Report 2023](#)
- [Internet Watch Foundation Annual Report 2023](#)
- [Evidence on pornography's influence on harmful sexual behaviour among children Report 2023](#)



- **Suggested Resources and Tips for Staff to help Parents/Carers:**

- keep up with the latest trends, apps and games
- manage controls and settings
- talk to children about risk



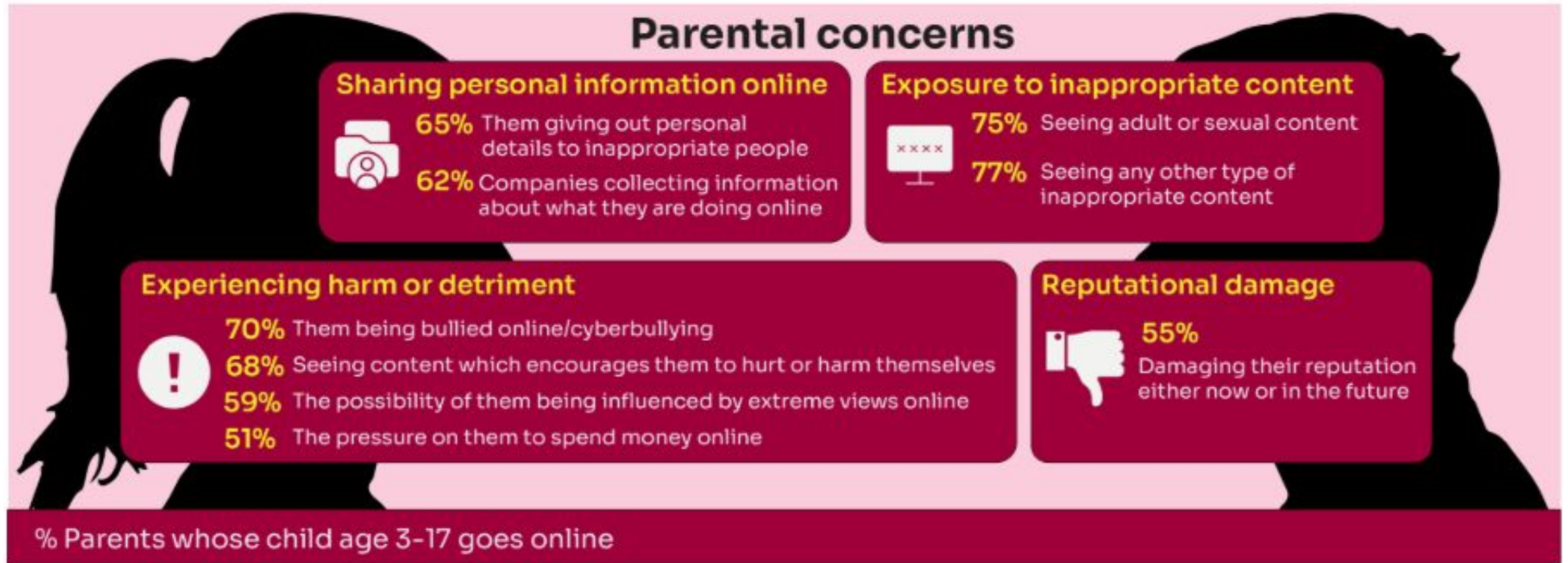


TALKING TO YOUR CHILD ABOUT LIFE ONLINE

LGfL 

SafeguardED

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



YOU don't need to be an **EXPERT ... be a PARENT**



- **It's your choice** - Don't let others dictate when the right time is to use tech.
- **Stay involved** – make time to communicate, talk about what they are doing. What do they enjoy? What makes them laugh?
- **Don't quiz them** – have regular conversations. What's their favourite app? What is the best site to learn new things from?
- **Join in** - watch them play a game and join in. Who are they playing with? Do they know the other players?
- **'Show me how...'** – ask their advice to help you with your privacy settings, who you should add as a friend, are there any risks?
- **Lead by example** - children learn as much from watching as they do from being told not to do something, so model good behaviour
- **Reassure them** - tell them that they won't get in trouble and that you are always there to help.



PARENTSAFE

Keeping your children safe: online & beyond

This page is for parents - if you are a teacher, click [here](#)

It's never easy to know how to keep our children safe when they aren't with us, and sometimes even when are, if we don't know what's happening in their lives or on their devices! Who are they talking to, what are they doing, are they okay? Don't despair though...scroll through this page for help or click a button to go straight to a particular topics.

TOP TIPS RIGHT NOW

SAFE SETTINGS & CONTROLS

WHAT'S THAT APP?

TALKING TO CHILDREN

SCREENTIME

TOP TOPICS (porn, bullying, ...)

SEX & RELATIONSHIPS

HELP & REPORTING

LGfL

SafeguardED

parentsafe.lgfl.net



RISKS AND NEGATIVE EXPERIENCES

So what are the **RISKS**?

content: being exposed to **illegal**, inappropriate, or **harmful** content, for example: **pornography**, **fake** news, **racism**, **misogyny**, **self-harm**, **suicide**, **anti-Semitism**, **radicalisation**, and **extremism**.

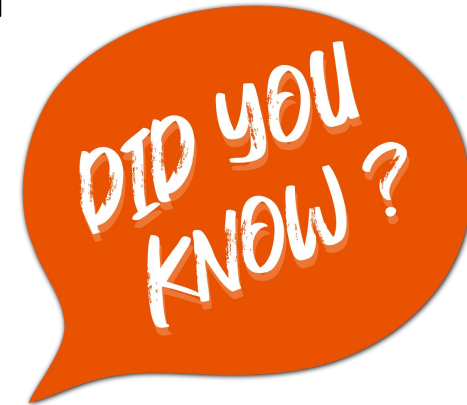
contact: being subjected to harmful online **interaction** with other users; for example: peer to **peer pressure**, commercial **advertising** and **adults posing as children** or young adults with the intention to **groom** or **exploit** them for **sexual**, **criminal**, **financial** or other purposes

conduct: online **behaviour** that increases the likelihood of, or **causes, harm**; sharing and receiving **explicit images** (e.g. **nudes** and semi-nudes and/or **pornography** and online **bullying**

commerce: risks such as online **gambling**, **inappropriate advertising**, **phishing** and or **financial scams**

Research finds children's online spaces "saturated" with **gambling-like** content and advertising:

"They make it look like a game, it does not look like gambling."



Risks are not understood by children due to the blurred lines between gambling and gambling-like activity such as loot boxes



Do you **DISCUSS THIS** when you talk about **MONEY** to your children and how gambling is made to **LOOK ATTRACTIVE** and likely that you would **WIN**?

Pornography

Average age children first view pornography is 13

27% by age 11 and 10% by the age of 9

pressure

Degrading
violence against women

reflective
healthy relationships

prevalence social media platforms
Snapchat Instagram

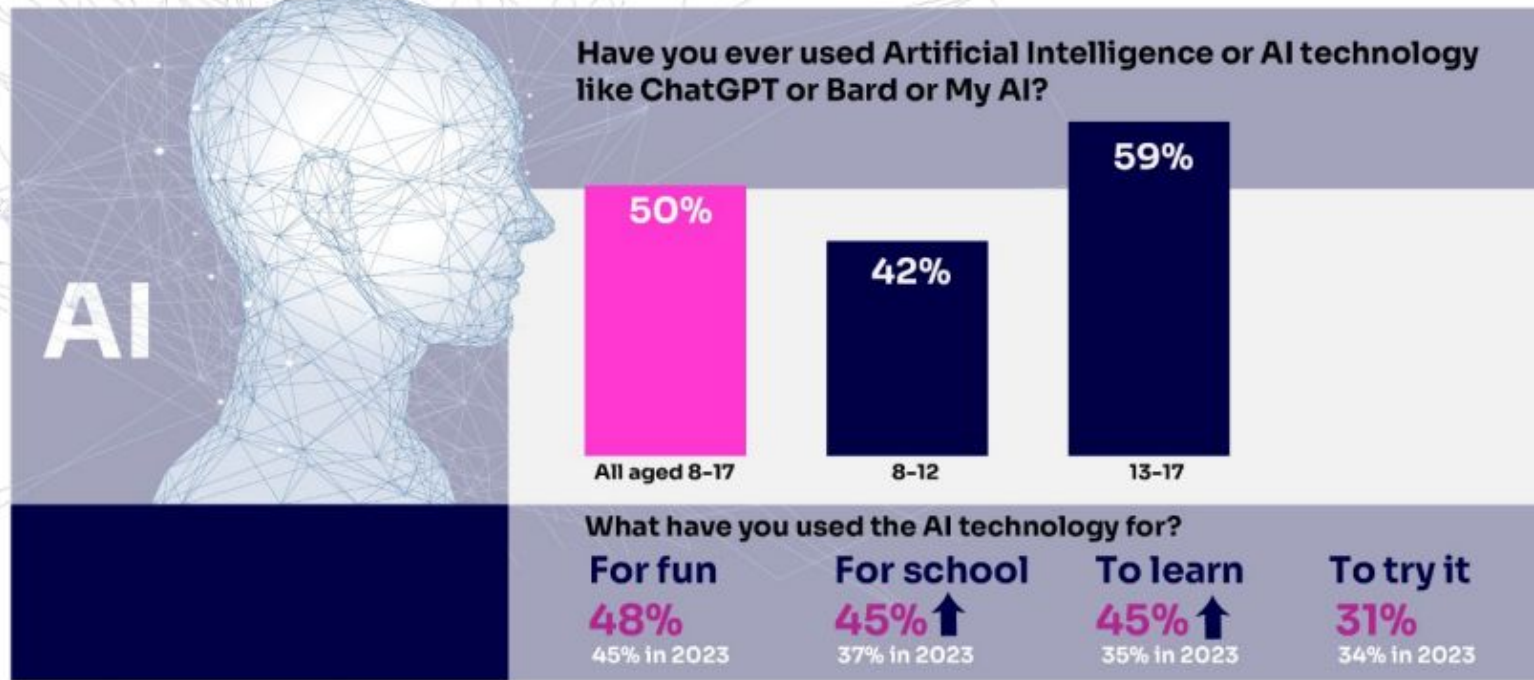
DID YOU
KNOW?



Would you know
how to talk to your
child about
pornography?



Half of children say they use artificial intelligence (AI) tools



What strategies do young people use to keep themselves safe when using genAI?

Lots of young people we speak to are aware of some of the challenges of using genAI and are already finding ways to keep themselves safe. For example:

- Fact checking information they received from genAI using other sources
- Being aware that content they see online may be created by genAI and how this could impact what they see
- Using clues like unusual language in text, and strange shadows or glitches in pictures and videos
- Actively looking at other people's opinions in the comments to see if it is reliable
- Not clicking on any links in messages they suspect to be sent by genAI
- Looking for genAI labels on content they view



Childnet Cheat Sheet GenAI
PDF Format (844.65kB)



DEVICE USE AND OWNERSHIP

St Stephen's School – Smart phones and devices: A Statement of Intent

Definitions

For the purposes of this document, we use the following definitions:

- **Dumb phone or 'brick' phone:** A simple mobile phone with basic features (calling, texting, sometimes limited media), lacking the advanced capabilities of a smartphone.
- **Smartphone:** A mobile phone that combines traditional calling/texting with advanced features like internet access, apps, cameras, and touchscreens, functioning like a handheld computer.
- **Smart Devices** - any device that can connect to the internet, take images or record sound, including fitness trackers and smartwatches.

Introduction

At St Stephen's, our priority is to provide a safe, focused, and nurturing learning environment in which all children can thrive. We recognise the growing presence of smartphones and smart devices in the lives of young people, and the opportunities and challenges they bring.

Our curriculum is carefully designed to alert our children to the benefits and risks of using all technology including computers, tablets/ I-Pads, gaming consoles. We run a number of sessions for parents to support them too. We are intending to extend this even further from September 2025.



SMARTPHONE or 'NON'-SMART / BRICK phone?

- Internet access
- Social media, apps and games
- Notifications
- Anytime connection
- Parental controls



REMEMBER IT'S YOUR CHOICE

Every child and situation is unique,
and you are best placed to know their needs

- NO internet access
- Some games
- Anytime phone calls and texts
- Limited parental controls

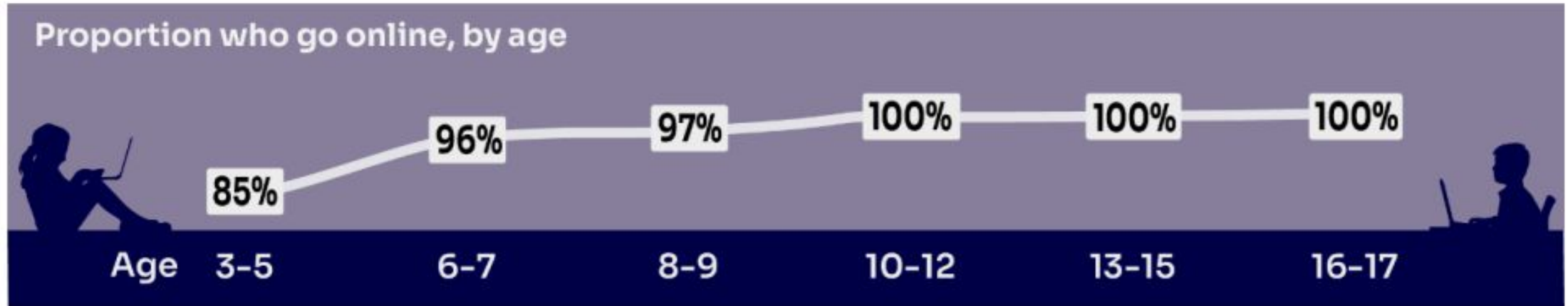




SUPERVISION AND PARENTAL CONTROLS

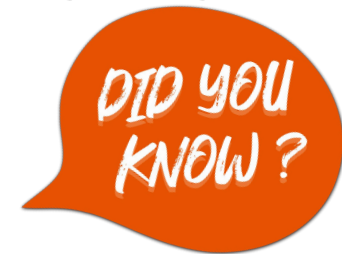


HOW MUCH DO YOU KNOW about your child's life online?



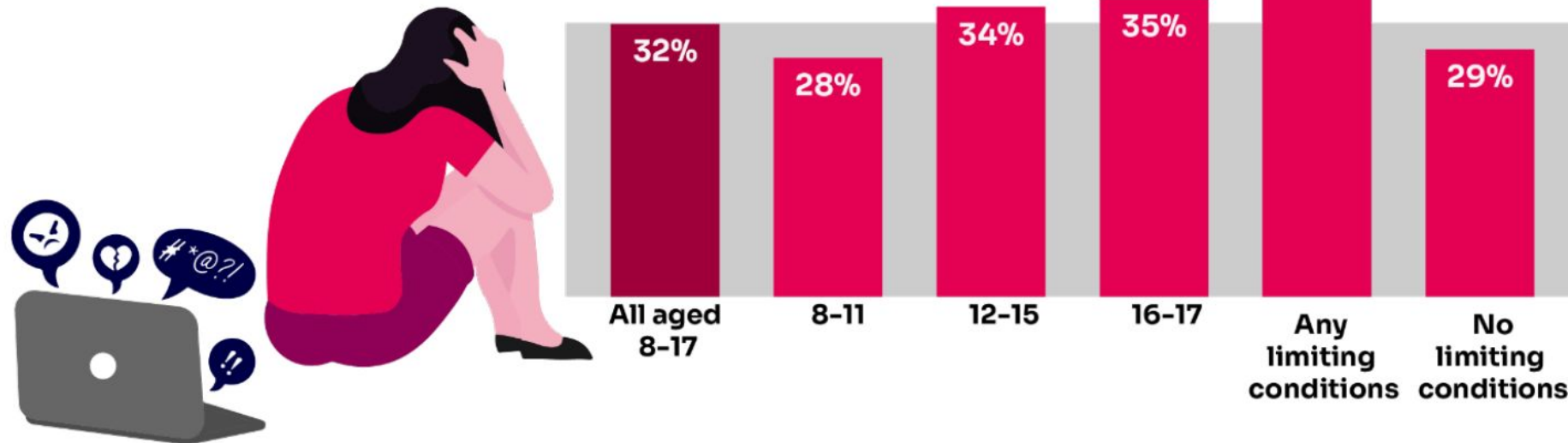
Almost all children (96%) aged 3 – 17 went online in 2024, highlighting the centrality of the internet in their lives:

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



Summary of children's negative experiences

In the past 12 months, have you seen anything online that you found worrying or nasty in some way that you didn't like?



BUT Only 20% of parents report their child telling them about this in the same time frame.

Source: Children and parents: Media use and attitudes report



Have you set up parental **CONTROLS/PRIVACY SETTINGS** for **ALL DEVICES** and **NETWORKS**?

- Controls have to be set up on both the **broadband connection** AND **each individual device**
- These **do not come as standard** so it's worth checking
- They are important because they allow you to:
 - **Block and filter** upsetting or inappropriate content or sites
 - **Plan what time and how long** your child can go online for



Age Restrictions for Social Media Platforms

13

is the minimum age for account holders on these social media sites and apps.



X (formerly Twitter)



Facebook



Instagram



Pinterest



Messenger



TikTok



Discord



Snapchat



Twitch



Yubo



Reddit



YouTube



BeReal

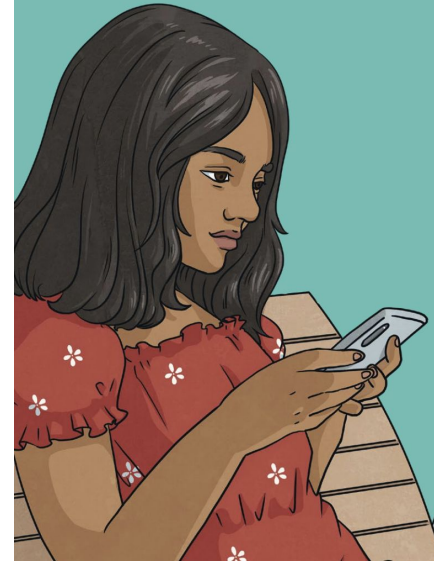


WhatsApp

Age Restrictions for Social Media Platforms

16

is the minimum age for account holders on these social media sites and apps.



Nintendo Online Account



Vimeo



Tumblr

18


is the minimum age for account holders on these social media sites and apps.



Xbox Live Account



PSN Online Account



What can you do?



WhatsApp safety guide for parents



13+	58%	37%
WhatsApp's minimum age in the UK	Kids aged 3-17 who use WhatsApp	Kids under 13 who use WhatsApp

5 tips to keep kids safe on WhatsApp

-  **1 Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.
-  **2 Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.
-  **3 Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.
-  **4 Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.
-  **5 Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

What parents need to know about AGE RATINGS

Publish date: 06/02/19

bbfc

If you have children, it is understandable to have concerns about the films and TV shows they watch, as well as the games they play. In this guide, we take a look at the two official ways you can assess if a particular title is suitable for your child. Both the BBFC and PEGI have search facilities on their websites that can be used to look up individual titles so you can check their ratings.

PEGI

RATINGS FOR FILMS, TV & MUSIC VIDEOS

Since 1912, the BBFC (British Board of Film Classification) has informed UK residents of the age suitability of films, TV and music videos - providing parents with the information needed to assess whether or not it is appropriate for their child's age. This applies to cinema releases, DVDs and streaming video services such as Netflix.

WHAT ARE THE BBFC RATINGS?

BBFC ratings are broken down into seven age categories:

- U**: Universal, suitable for all ages
- PG**: Parental Guidance required
- 12**: Suitable for people aged 12 and over
- 12A**: Suitable for people aged 12 and over; anyone younger must be accompanied by an adult
- 15**: Suitable for people aged 15 and over
- 18**: Suitable for people aged 18 and over
- R18**: Adult content only available in specially licenced cinemas and specialist retailers

WHAT ELSE CAN BBFC REVEAL?

Accompanied with the age suitability rating, BBFC also provide an additional warning regarding the content and what to expect, such as swearing, sexual content, violence and anything you may consider to be inappropriate for your child. In addition to this, the content is also rated in three levels: frequent, mild or strong.

LIMITATIONS OF BBFC RATINGS

It's important to note that there is no obligation on streaming video services to use or display BBFC ratings. Due to this, we advise that you check the rating online before your child streams the content. It may also be a good idea to watch the content first yourself or discuss it with other parents to help you decide whether or not it is suitable for your child.

Source: www.bbfc.co.uk

RATINGS FOR GAMES

PEGI (Pan European Game Information) is a content rating system that ensures all video games are labelled with a minimum age recommendation. These age recommendations are based on the types of content featured within a game. With each game, PEGI also provide a content descriptor that indicates the potential issues and concerns, including sex, violence, bad language and drugs.

WHAT ARE THE PEGI RATINGS?

PEGI ratings are split into age restriction and content descriptors. Additional 'content descriptors' help parents and children to understand the type of content featured within a particular game, including sex, fear, bad language, discrimination, gambling, drugs, violence, and in-game purchases. In combination, the two different ratings can provide a good level of information to help make informed decisions regarding the suitability for your child.

PEGI age ratings are broken down into five categories:

- 3**: www.pegi.info
- 7**: www.pegi.info
- 12**: www.pegi.info
- 16**: www.pegi.info
- 18**: www.pegi.info

PEGI content descriptors are broken down into eight categories:

- FEAR
- DRUGS
- IN-GAME PURCHASES
- VIOLENCE
- BAD LANGUAGE
- DISCRIMINATION
- GAMBLING
- SEX

LIMITATIONS OF PEGI RATINGS

It's possible for young people to buy games online without a required proof of age, opening them up to age-inappropriate content without you knowing. We advise that you regularly monitor your child's gaming activities and maintain a honest and healthy dialogue with them about the online world.

PARENTAL CONTROLS

It is a good idea to put in place parental controls for all online accounts which your child may use to purchase or download online games e.g. The App Store, Google Play Store, PlayStation Store and Microsoft Xbox Store etc.

Source: www.pegi.info

[#wakeupwednesdays](#)

[National College Online Safety](#)

Brilliant weekly updates on aspects of online safety - easy to digest.

Available on social media platforms - Instagram, Facebook, X)



What **RULES** do **YOU SET** about being online?

Information their child can share online (49%)

Spending money online (52%)

Who you can interact with online

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

Types of websites and apps they can use (41%)

Where and when devices can / can't be used

Video content their children are allowed to watch online (67%)



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

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/carers 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

Signed: *Sophie* Mum Dad

Today's date: *24th March*

Date we will review this: *24th May*

Download me again and find more at parentsafe.lgfl.net

SHARENTING!

LGfL

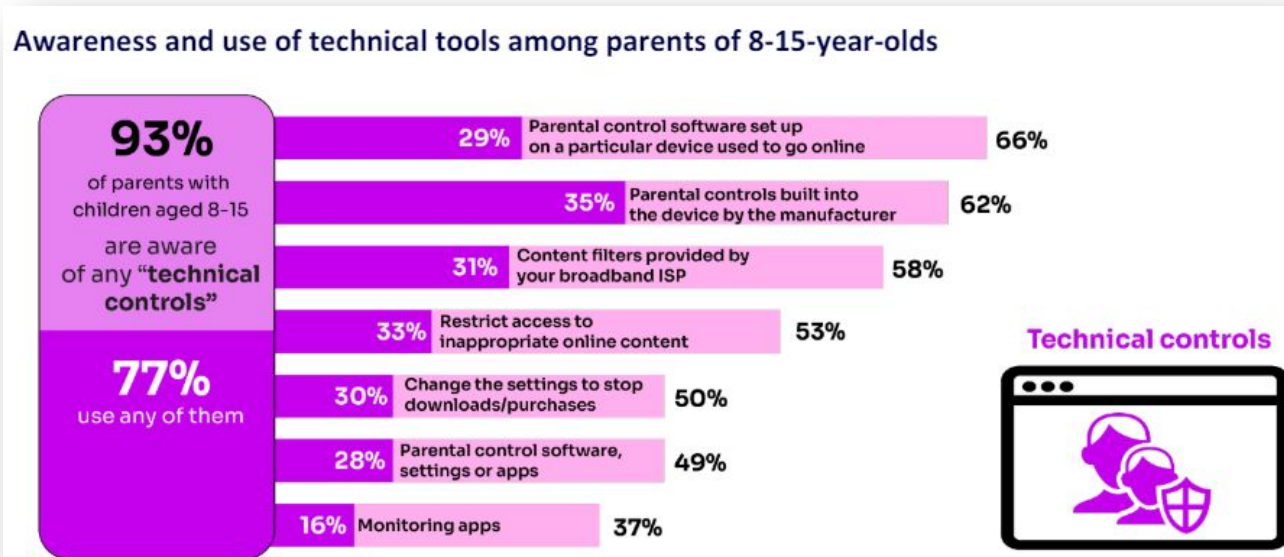
SafeguardED

parentsafe.lgfl.net



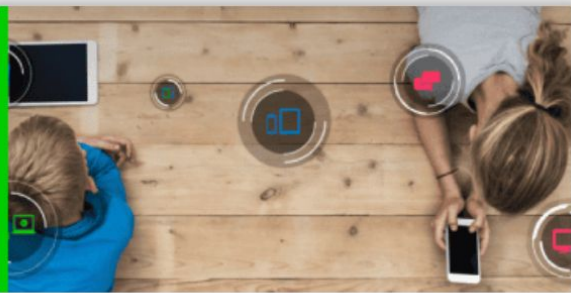
High awareness of technical control tools among parents, BUT many are choosing not to use them
WHY DO YOU THINK THIS IS THE CASE?

- Around four in ten parents who know about content filters **prefer to rely on their child's ability** to navigate online content **rather than to have a technical filter**



'I prefer to supervise my child's online use by talking to them about setting rules' (39%)

Visit 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:



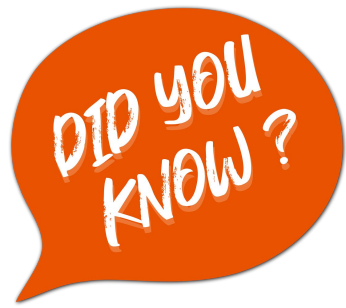
VIEW ALL

Video games & consoles

Select the video game or console from the dropdown list:



VIEW ALL



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

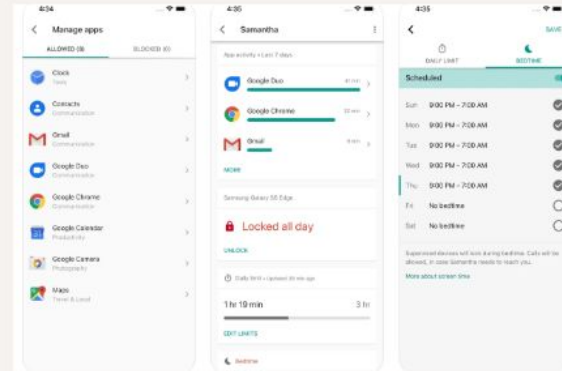
SAFE SETTINGS, CONTROLS & MONITORING

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?).



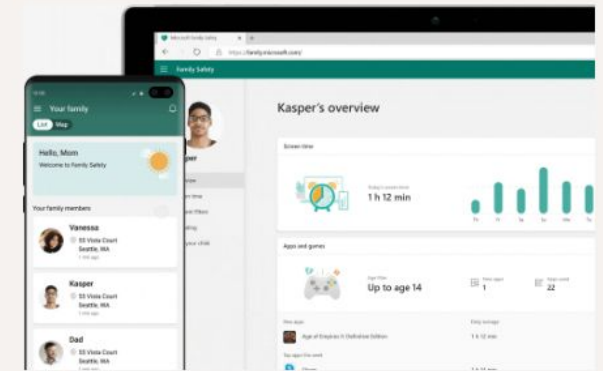
Apple Screen Time

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



SafeguardED

Visit parentsafe.lgfl.net/ for additional advice and tips on settings and controls for all devices



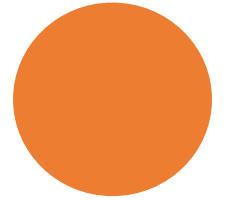
WHY DOES THIS MATTER?

- Young people **can get around age restrictions** on apps and websites, increasing the risk of them coming to harm online
- Many children have online profiles that make them appear older than they actually are – exposing them to **content inappropriate for their age**
- **Addictive algorithms can make it harder to take a break** and maintain a healthy balance between time on and offline
- Algorithms can also target content similar to what you've already selected/liked/shared. This can prevent you from finding new ideas and perspectives, create **misinformation** and **reinforce stereotypes**.



REMEMBER

- As children get older, restrictions and controls you use will change, but only at a pace you feel is appropriate for your child, not pressure from your child *“because everyone else is allowed”*
- Content filters are never 100% effective, at some point your child may come across inappropriate or upsetting content, so *make time to talk regularly*



SCREENTIME

LGfL 

SafeguardED



Visit parentsafe.lgfl.net/ for advice and tips to manage screentime

SCREENTIME

Lots of parents worry about it, but we don't think you should worry about screentime - it's not **how long** they are online but **what and when they are doing** that counts (and the same goes for grown-ups, like in the Will Ferrell video above). You can use the control settings near the top of this page to regulate screen time in general and on specific apps, but beyond that we recommend you follow the Children's Commissioner's 'Digital 5 A Day' and help your children to aim for each of the targets in this pie chart ↗

Children's
COMMISSIONER



Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

The UK Chief Medical Officers agree - check out [their version of what counts](#).

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.



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!



Education matters

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



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. #sitlessmove more



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.



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.



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.



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.



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How does your child feel about **YOUR SCREENTIME vs THEIRS?**



“ When I grow up, I want to be an iPhone so my mum will talk to me ”
~ London pupil

Download me again from safeposters.lgfl.net

MAKES YOU THINK...
Talk to your child about their device use, but remember yours, too

LGfL SafeguardED

DID YOU KNOW?

45% of 8-11s feel that their parents' screentime is too high

35% of 8-17s feel that their own screentime is too high

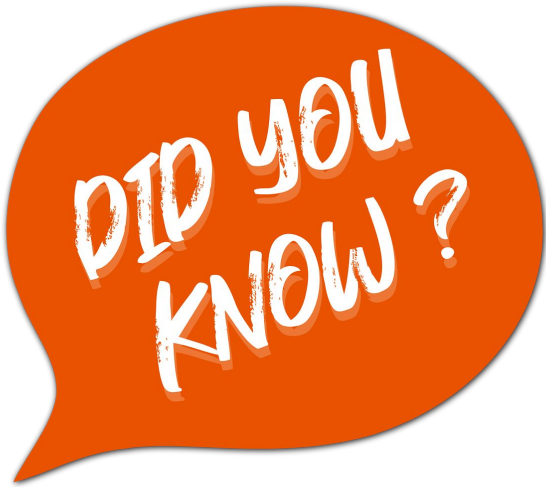
Source: Children and parents: media use and attitudes report 2024



SOCIAL MEDIA AND GAMING

PEGI helps parents to make informed decisions when buying video games:

- The age rating confirms that the game content is appropriate for players of certain age
- It considers the age **suitability** of a game, **not the level of difficulty**



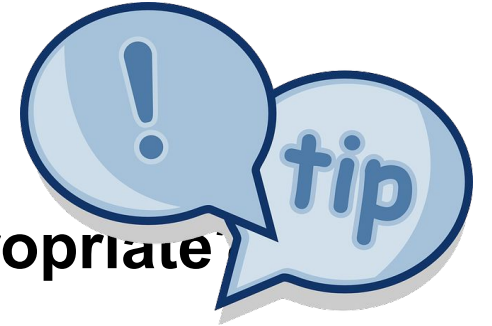
TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS



THE CONTENT DESCRIPTORS



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 they will spend their **money** 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 day
- **SETUP** these restrictions in **parental settings** with your child

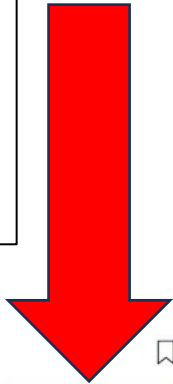
Visit gaming.lgfl.net for advice and activities to keep them safe

LGfL

Find ratings and reviews for parents on apps, games and social media at commonsensemedia.org



Movies	TV	Books	Games	Podcasts	Apps	YouTube	Parent Tips and FAQs	Celebrating Cor
By Age			By Topic			By Platform		
Preschoolers (2-4)			Screen Time			TikTok		
Little Kids (5-7)			Learning			Snapchat		
Big Kids (8-9)			Social Media			Minecraft		
Pre-Teens (10-12)			Cellphones			Roblox		
Teens (13+)			Online Safety			Fortnite		
			Identity and Community			Discord		
			More ...			More ...		



See full review

See full review



SafeguardED



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)

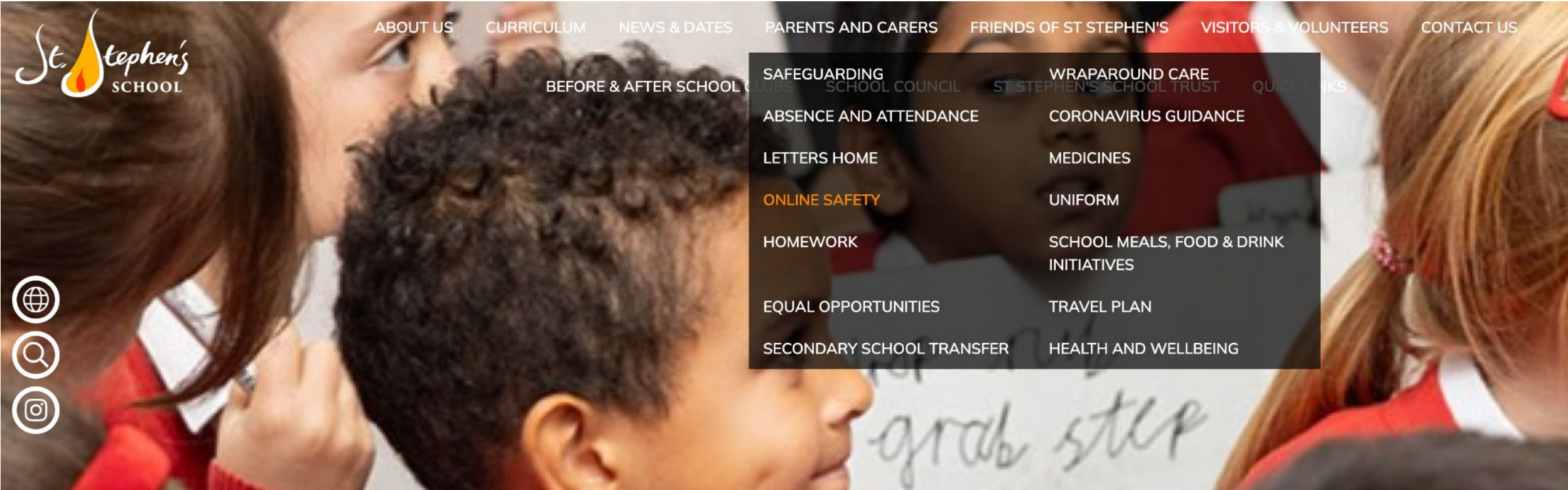


RESOURCES AND SUPPORT

LGfL 

SafeguardED

All resources mentioned are linked on our website page



Ideas for follow up sessions....

- Helping you to say 'no' to smart devices
- Talking to your child about online presence and risk to data.
- Parental controls
- Reducing screen time
- Online safety curriculum at St Stephen's
- Generative AI - responsible use
- Safety while live streaming
- Critical thinking - distinguishing fake/real news, conspiracy theories

Any Questions? Ideas for future sessions.

If you would like to offer suggestions or ask any questions about online safety, please fill in this form - [Online Safety - Parent/Carer Suggestions and Questions.](#)

**Thank you - together we can keep our children safe
online.**