

Online safeguarding from zero to ten

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Online safeguarding

Protecting their kit

Protecting themselves

Protecting their kit

Apps, smartphones and tablets

Games consoles

Home broadband



Protecting themselves

0–5

6–10



Zero to five

Safe searching

YouTube issues

Knowing when and who to tell



Six to ten

YouTube issues!

Online contact and streaming

What they're (and you're) sharing



Protecting their kit



Set the parental
safeguards before
they get near it!



Setting parental safeguards on your child's kit

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

v1.3 12/20

Protecting their kit

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Heed the minimum age ratings on video games and apps.



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



Sarahah



Instagram



Tumblr



OoVoo



WhatsApp



Reddit



Snapchat



Pinterest



kik.



Twitter

Your guide to apps, games and social media sites

e. g. TikTok



[View all apps, games and social media sites >](#)

Watch our video about Net Aware



Visit our online safety in lockdown and beyond hub





WhatsApp

Rated **16**

You can't stop strangers contacting you

End-to-end encrypted

Phone number visible to all group members

Disappearing messages

Protecting their kit

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

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

The screenshot shows the Virgin Media website with a red header. Below it, a large image of a young girl looking at a tablet. To the left, text reads "Parental controls and security" and "Handy tools to help you and your family stay safe on the internet, included for Virgin Media broadband customers". At the bottom, there are sections for "New customers?" and "Existing customer?", both with "See our bundles" buttons. A small illustration of a house with a "Switched On" sign is visible.

The screenshot shows the BT website with a purple header. Below it, a large image of a family sitting on a couch looking at a laptop. To the left, text reads "BT Parental Controls: The free and easy way to keep your children safe online" and "Keep your loved ones safe online with BT Parental Controls, which are free to all BT Broadband customers". At the bottom, there are two smaller images: one of a castle with the text "Fortify your home with BT broadband" and another of a landscape with the text "Three great tips for staying safe online".

The screenshot shows the Sky Broadband Shield page. It features a large purple shield icon with white Wi-Fi signal lines. To the left, text reads "Sky Broadband Shield" and "Sky Broadband Shield is our online tool that comes with our Sky Broadband packages at no extra cost, giving you control over your family's online experience". Below the shield, there are links to "Compare broadband" and "Customise your Sky Broadband Shield".

Protecting their kit

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Summary: protecting their kit

Set the parental safeguards before they get near it!

Heed the minimum age ratings on video games and apps.

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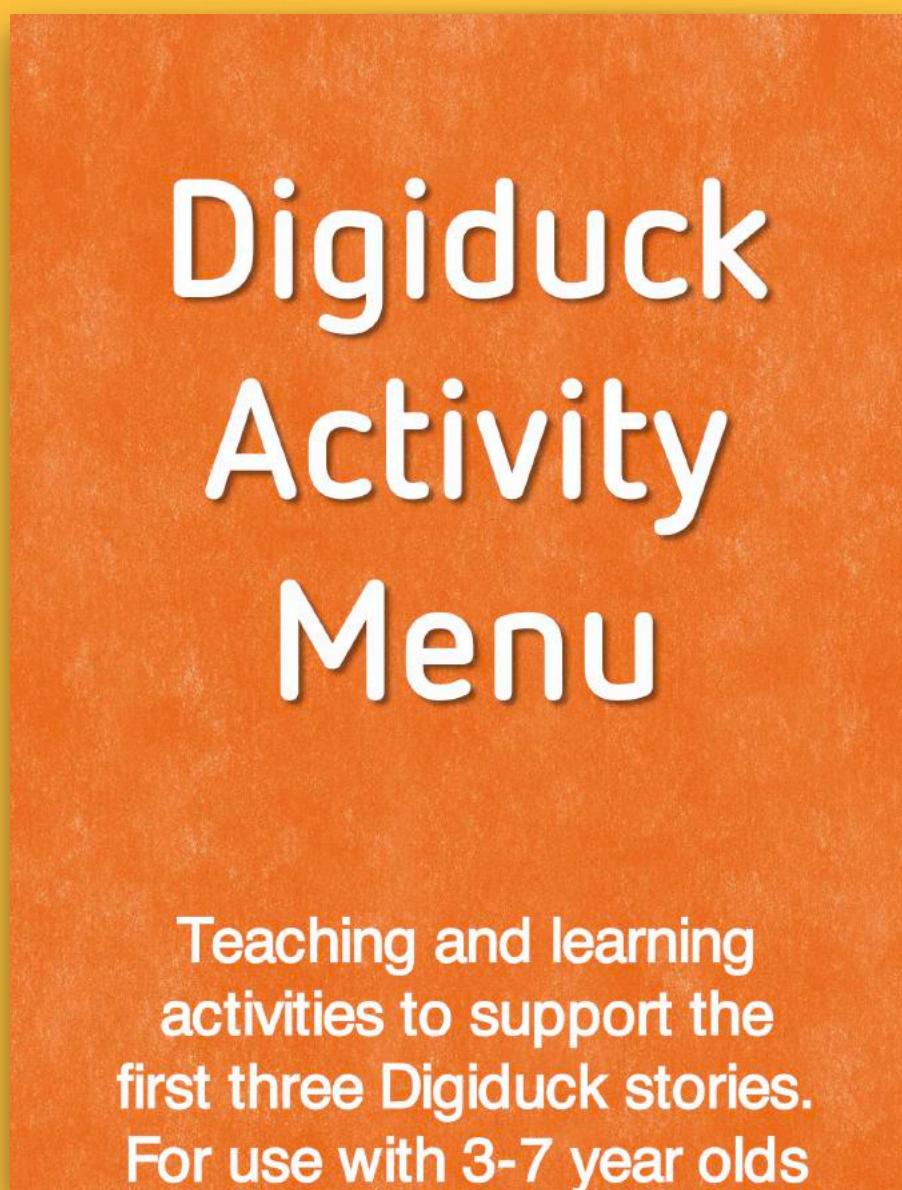
Protecting themselves: zero to five

Child-friendly search engines



Protecting themselves: zero to five

Stories to encourage safer behaviour



childnet.com

Protecting themselves: zero to five

Jessie and Friends



4–5 years



5–6 years



6–7 years

thinkuknow.co.uk

YouTube: zero to ten

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



KIDS TV BOB CHILDREN SHORTS 101 - 1301
abc songs | kids tv show | nursery rhymes for kids | alphabet adventure | bob the train

204,635,278 views

0:00 3:44 0:00 1:00 0:00 0:00 0:00 0:00

KIDS TV • Nursery Rhymes And Baby Songs
(Published on June 1, 2016)

SUBSCRIBE 6,364

Protecting themselves: six to ten

Do you **always** know who they're talking to?



Tik Tok



Protecting themselves

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.)



Protecting themselves: six to ten

Do they always know who they're talking to?



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



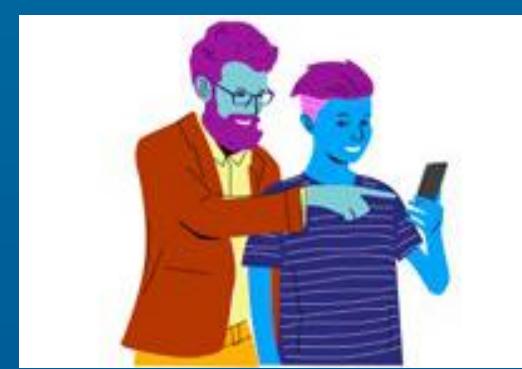
Talking helps

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: six to ten

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

If you or the person you are helping is in immediate danger please contact the police dialling 999



Report

Advice

Cymraeg

Helping everyone to report harmful content online



Threats



Impersonation



Bullying and
Harassment



Self-harm or Suicide
Content



Online Abuse



Violent Content



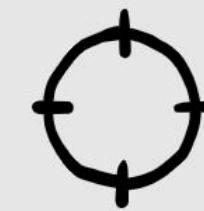
Unwanted Sexual
Advances



Pornographic
Content

Are you a young person under the age of 18?

Who are we? >



What can we help with? >



When should you go to the
Police? >



We are unable to take reports about terrorism related content. If
you've seen something online that supports, directs or glorifies
terrorism, report it to Action Counters Terrorism.

[Report Terrorist Content](#)

We are unable to take reports of sexual images of under 18s.
You can report sexual images of under 18s online directly to the
Internet Watch Foundation.



[Report Child Sexual Abuse Imagery](#)

[Terms of Use](#)

[Privacy Policy](#)

[Cookies](#)



Co-financed by the European Union
Connecting Europe Facility



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.

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