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 new resource (May 2022) 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

South West Grid for Learning https://swgfl.org.uk/coronavirus-guidance-and-resources/ and https://swgfl.org.uk/magazine/what-you-need-to-know-professionals-and-parents/

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

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

https://families.google/ (March 2021) lots of resources around screentime and restrictions, wellbeing, parental controls, family fun…

IWF campaign to raise awareness of self-generated content https://talk.iwf.org.uk

Resources for girls https://gurlsoutloud.com/

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/

Other useful resources/research

Ofcom media use and attitudes report March 2022 https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens/children-and-parents-media-use-and-attitudes-report-2022

Ofcom – children's media use and attitudes report (April 2021) https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens

Mental Health Foundation – talking to your children about scary world news https://www.mentalhealth.org.uk/sites/default/files/talking-to-your-children-scary-world-news.pdf

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

The Power of Image Report (Safer Internet Day 2017) https://www.saferinternet.org.uk/safer-internet-day/2017/power-of-image-report

Digital friendships report (Safer Internet Day 2018) https://www.saferinternet.org.uk/digital-friendships

Our Internet Our Choice – Consent in a Digital World (Safer Internet Day 2019)
https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2019/our-internet-our-choice-report

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

Disrupted childhood report - https://www.basw.co.uk/system/files/resources/disrupted-childhood.pdf

BBC3 Online pain challenges - https://www.youtube.com/watch?v=4BZ0ysUwcic

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/

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

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

Instagram

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

Snapchat

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

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.
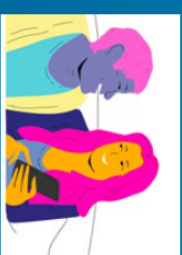
Use helpful phone features

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.