

# Understanding Online Safety – Guidance for Parents / Carers



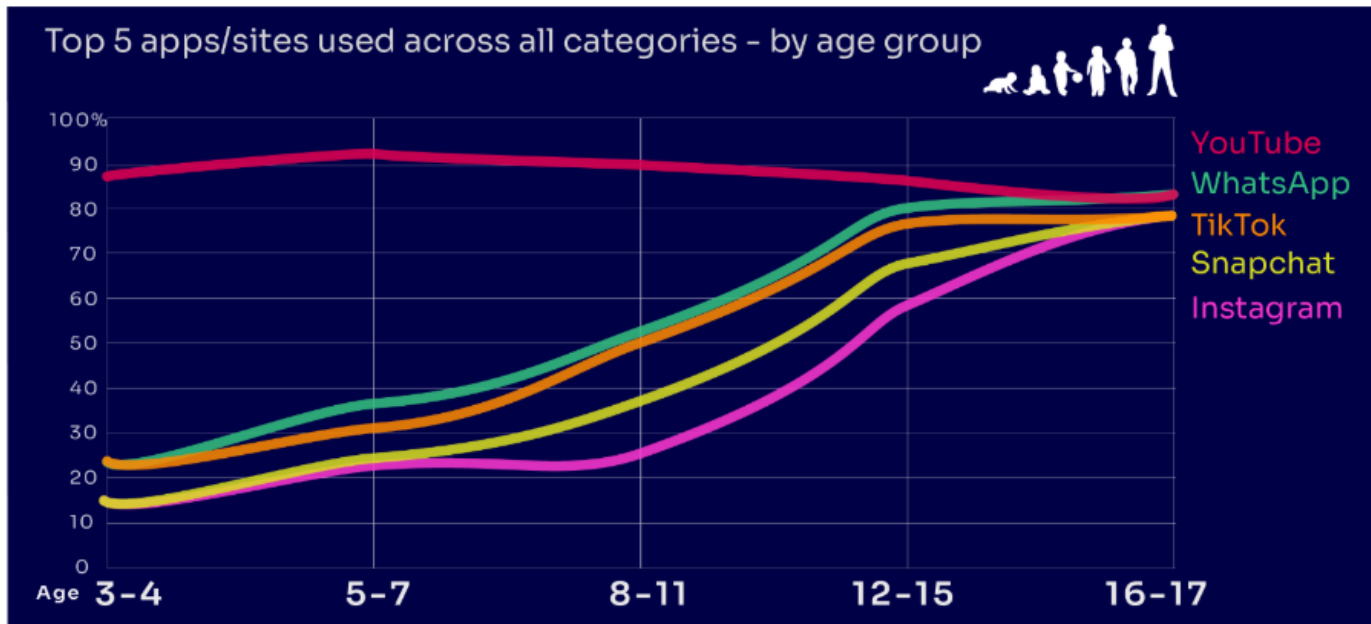
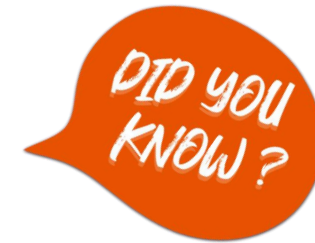
## Social Media and Gaming



# Are you **FAMILIAR WITH THE APPS** and **GAMES** your young person is on?



**YouTube** is the most popular, but the appeal of many social media platforms varies by age



- under two in ten of all 3-4-year-olds use **Instagram** and/or **Snapchat**
- this rises to eight in ten among 16-17s

- under a quarter of all 3-4-year-olds use **WhatsApp**
- this rises to over eight in ten of all 16-17-year-olds

Go to [apps.lgfl.net](https://apps.lgfl.net) for guidance on apps and social media sites

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

# DO YOU KNOW WHAT CHILDREN AND YOUNG PEOPLE DO on social media?

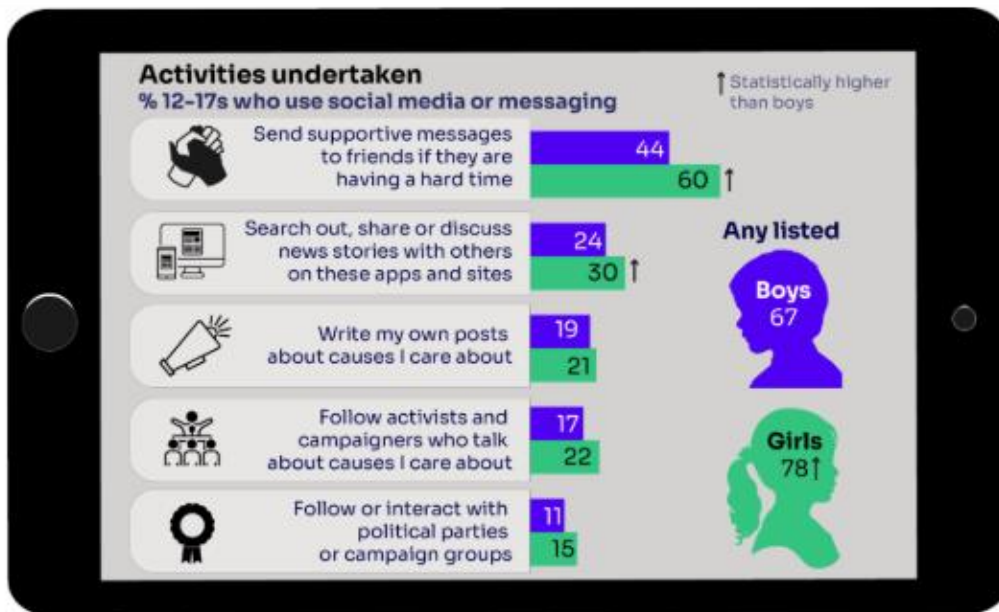


Eight in ten (81%) of all children aged 8-17 use at least one social media app/site for following friends, people and organisations, reading, liking or sharing content

Many use sites and apps like **TikTok** and **Instagram** to consume content

**Snapchat** was the most favoured platform to message and communicate with friends.

“I don’t think I could live without Snapchat anymore.... I’ve got all my friends on it, and we have like group chats where we all call, like, all the time, and we text each other and Snap each other” **Suzy, 12**



## 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**.



## 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**

Keeping Children Safe in Education

## What might they NOT BE TELLING YOU?

Nearly six in ten (58%) 8-17s use **multiple profiles** on at least one social media platform:

DID YOU KNOW?

(23%) said it was because one account was **just for parents/family** to see

13% said one account was **for the 'real me' and another contained edited/filtered posts** or photos

## What about **WHATSAPP**?



Do you know the **minimum age** to use this?  
What are the **risks**?



### **Unwanted contact**

to contact somebody on WhatsApp, all you need is their phone number, which could expose you to unwanted messages or calls

### **Inappropriate content**

messages are end-to-end encrypted which means that the content cannot be monitored. This means that your child could see or hear harmful or upsetting content e.g. pornography or violence.

### **Location sharing**

live location feature means that your child could reveal their current location to others

### **Cyberbullying**

children could be bullied, feel left out or deliberately excluded or removed from groups

### **Oversharing**

privacy features, such as disappearing and 'view once' messages, might mean that your child feels safe to reveal private or risky information or images. However, there is always a risk that this could be copied and shared



What can  
you do?



**WhatsApp**  
safety guide for  
parents

internet  
matters.org

**13+**  
WhatsApp's  
minimum age  
in the UK

**58%**  
Kids aged 3-17  
who use  
WhatsApp

**37%**  
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.

Visit <https://www.internetmatters.org/resources/whatsapp-safety-a-how-to-guide-for-parents/#whatsapp-safety-tips> for advice for parents



# Do you know the **DIFFERENCE** between an **'ONLINE' FRIEND** and a real one? How does this differ from your **YOUNG PERSON'S VIEW**?



- Are you familiar with who they are in **contact** with whilst playing games?
- Have you asked about the **chat** facility?
- Do you know the **content** and **age restrictions** for these games?



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

## 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

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

# Some Useful Resources for **Parents and Carers**



[Common Sense Media: Age-Based Media Reviews for Families | Common Sense Media](#)

## The eSafety Guide

Find out how to protect your personal information and report harmful content on common social media, games, apps and sites. Entries are for information only and are not reviews or endorsements by eSafety.

[The eSafety Guide | eSafety Commissioner](#)



[Family Gaming Database - Guides, Ratings and Suggestions - Family Gaming Database](#)



[Pegi Public Site](#)



Gambling information, advice and support for young people

[Home - BigDeal](#)

[Keep Children Safe Online: Information, Advice, Support - Internet Matters](#)



# UK Reporting Helplines and Services for Children and Young People

Call 101 or 999 if  
there is an  
immediate risk of  
harm to your child



## NCA

Young people can  
report concerns  
about child sexual  
abuse and  
exploitation to NCA



Nude image of you online?  
We can help take it down.

## Report Remove

A free tool that allows  
children to report  
nude or sexual images  
and videos of  
themselves that they  
think might have been  
shared online



## ChildLine

A free, private and  
confidential service  
where CYP can talk  
about anything to a  
trained counsellor,  
online or on the  
phone

# Reporting a Safeguarding Concern to the Buxton and Leek College Safeguarding Team



Go to our BLC “Report a Concern” Website Page:  
[Report a safeguarding concern - Buxton & Leek College](#)

## REPORT A SAFEGUARDING CONCERN

MyVoice allows students, parents and carers to anonymously report a safeguarding concern about a student at Buxton and Leek College. Click the link or QR code to report your concern to our Safeguarding Team.

The form requires you to name the person(s) you are concerned about, write a sentence outlining the concern, indicating when this concern occurred, and then as much detail you can about your concern.

You can choose to remain anonymous or if you are happy to include your details you can do.

### Remember

If possible, we would always prefer you to speak directly to a member of staff so that we can provide the most effective support.

This is NOT a place for reporting concerns about a member of staff.

This is NOT a forum through which to complain, please use existing processes to do this.

Any abuse of this system will not be tolerated and in the event that concerns are reported that are deliberately false or malicious, we will refer to Police as this behaviour may be considered a crime.

Student misuse of MyVoice may result in sanctions through our disciplinary process.

