

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 resource 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>

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

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

Reviewing apps and games

<https://www.taminggaming.com> and <https://www.common sense media.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/>

Take It Down – tool to proactively hash nude images <https://takeitdown.ncmec.org/>

AI

<https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools> and https://www.unicef.org/innovation/sites/unicef.org/innovation/files/2018-11/Children%20and%20AI_Short%20Version%20%283%29.pdf

Other useful resources/research

Girl Guiding – Girls’ attitudes survey <https://www.girlguiding.org.uk/girls-making-change/girls-attitudes-survey>

Children’s Commissioner – Young people and pornography <https://www.childrenscommissioner.gov.uk/report/a-lot-of-it-is-actually-just-abuse-young-people-and-pornography> and <https://www.childrenscommissioner.gov.uk/resource/pornography-and-harmful-sexual-behaviour/>

<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>

Revealing reality – cleaning up in the attention economy – research into moderators’ experiences
<https://www.revealingreality.co.uk/2022/11/17/moderators-are-miserable-but-are-they-the-only-ones-getting-harmed/>

Ofcom research – children’s online user ages <https://www.ofcom.org.uk/news-centre/2022/a-third-of-children-have-false-social-media-age-of-18>

Ofcom children’s media use and attitudes 2023 <https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens/children-and-parents-media-use-and-attitudes-report-2023>

Children’s Commissioner – Digital Childhoods – A survey of children and parents (Sept 2022)
<https://www.childrenscommissioner.gov.uk/report/digital-childhoods-a-survey-of-children-and-parents/>

SID 2023 – making space for conversations about life online <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/research>

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

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

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/>

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>

<https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/>

Instagram

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

<https://www.internetmatters.org/parental-controls/social-media/instagram/>

Snapchat

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

<https://www.internetmatters.org/parental-controls/social-media/snapchat/>

<https://values.snap.com/en-GB/news/introducing-content-controls-on-family-center>

Resources for children with SEND

THRIVE from Childnet <https://www.childnet.com/what-we-do/our-projects/thrive-online/>

Internet Matters - inclusive digital safety <https://www.internetmatters.org/inclusive-digital-safety/>

Changing conversations <https://www.internetmatters.org/resources/changing-conversations-empowering-vulnerable-children-digital-world/>

Parental controls

Schools Mobile <https://schoolsmobile.com> and <https://www.internetmatters.org/parental-controls>

VR - <https://about.fb.com/news/2022/03/vr-parental-supervision-tools-on-quest/>

Stories for younger children

[Old Macdonald had a phone](#) [Troll Stinks](#) [#Goldilocks](#) [Chicken Clicking](#)

Government scheme of work/curriculum for online safety

Education for a connected world <https://www.gov.uk/government/publications/education-for-a-connected-world>

Online safety bill <https://www.ofcom.org.uk/online-safety/information-for-industry/roadmap-to-regulation>

AI <https://www.gov.uk/government/publications/frontier-ai-capabilities-and-risks-discussion-paper>

Parental controls for Kindle

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GG2LBLEF5V2T8XUX8>

Safer Internet Day 2024 support for parents/carers <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers>

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's 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. #sitlessmovere 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.

