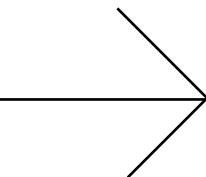




Online Safety for Parents & Carers

Guidance to protect children in digital spaces



Introduction to Online Safety

Digital Exposure Risks

Children face various online risks including sextortion, grooming, and peer pressure in digital environments.

Parental Guidance Importance

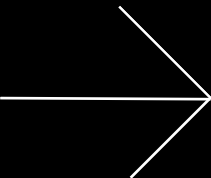
Parents and carers need knowledge and tools to effectively protect and guide children online.

Trusted Resources Available

Reliable resources from organisations help parents and carers access guidance for online safety conversations.



Understanding Online Risks





Statistics

77% of UK children aged 9–17 have experienced at least one harmful online incident in the past year – this is an **8% increase** from 2024

9% of children reported seeing pornographic content online, equating to around **663,000 children**

23% of children encountered content promoting dangerous stunts or viral challenges

19% of children aged 10–15 exchanged messages with someone online whom they had never met in person

Over **9,000 child sexual abuse offences** in 2022/23 involved an online element

16% of teenagers have seen content that promotes disordered eating or stigmatises body types in the past month

At least 40,875 offences recorded by UK police in 2023 involved an online element

This represents **35% of all child sexual abuse and exploitation (CSAE) offences**. Of these:

- **76% (31,134 offences)** were related to **indecent imagery of children (IIOC)**.
- **15% (6,131 offences)** involved **sexual communication with a child**

Key Online Threats to Children



Sextortion and Grooming

Online predators who manipulate children into sharing images or harmful conversations, posing severe safety risks.

Peer Pressure Online

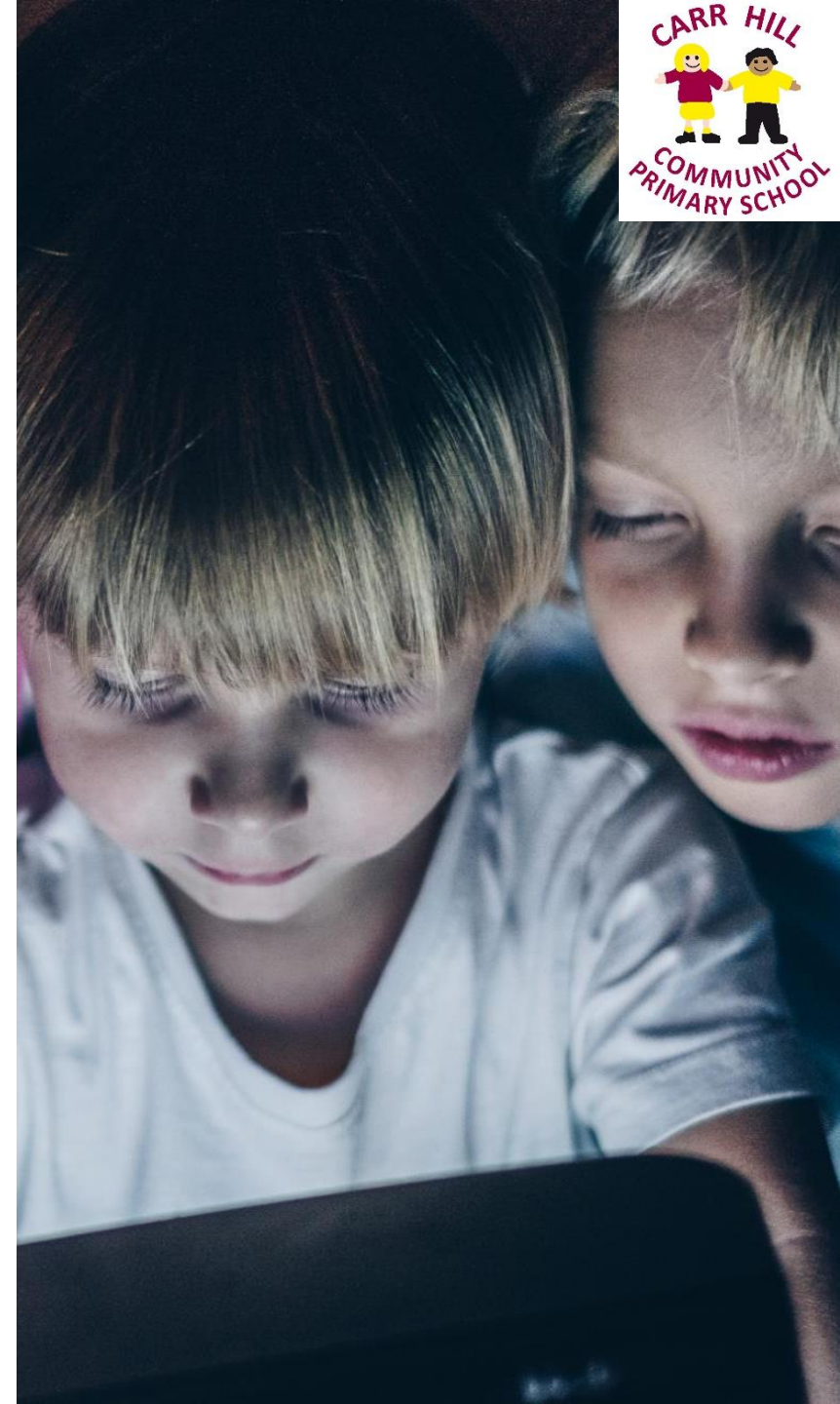
Children may share risky content to fit in. Peer pressure may also increase vulnerability to harmful online behaviors.

Risks on Social Media and Gaming

Exposure to inappropriate content, cyberbullying, and addictive behaviors are common risks on these platforms.

Sharing Nude Images Consequences

Sharing nude images under 18 leads to bullying, shaming, extortion and legal issues for minors involved.



Digital Platforms and Risks

Popular Digital Platforms

Children frequently use TikTok, YouTube, Instagram, Snapchat, Roblox, and Discord for entertainment and social interaction.

Risks of Platform Usage

Many platforms lack **strong** child safety controls, exposing children to inappropriate content and interactions with strangers.

Impact on Mental Health

Algorithms can expose children to harmful content, affecting their mental health and worldview negatively.

Importance of Digital Literacy

We must educate children and ourselves on safe platform use to promote digital literacy and protect children online.



Platforms and Risks

Platform	Risks	What We Should Look For
TikTok	Viral challenges, grooming, inappropriate content	Mimicking risky trends, secrecy, mood changes
YouTube	Harmful videos, misinformation, toxic comments	Obsession with channels, distress after viewing
Instagram	Body image issues, peer pressure, bullying	Anxiety over likes, exclusion, excessive selfies
Snapchat	Sexting, disappearing messages, location sharing	Use of slang ("streaks"), secrecy, reluctance to share phone
Roblox	Stranger chat, inappropriate games, grooming	Unsupervised play, chatting with unknowns
Discord	Unmoderated chat, adult content, radicalisation	Headphone use, unknown servers, late-night activity



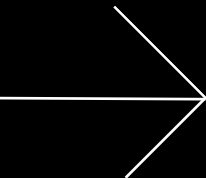


Platforms and Risks

Platform	Risks	Advice
Yubo, Wink, Hoop (Social Discovery Apps)	Tinder-like swiping, contact with strangers posing as teens.	BLOCK access, educate about grooming risks
BeReal	Location sharing, impulsive photo posting.	Pupils revealing personal routines – discuss safe sharing, locations
Telegram	Secret chats, disappearing messages, adult content in public channels	Encrypted messages – avoid use/monitor app permissions
OmeTV / Omegle	Anonymous video chats, exposure to sexual content or predators	Webcam use, secretive video calls - explain dangers of anonymous chatting BLOCK
Kik	Anonymous use, predator access, hard to trace interactions	Use of unknown messaging apps, secrecy – Children should be no-where near this
Discord	Unmoderated chat, adult content, radicalisation	Headphone use, unknown servers, late-night activity



Talking to Your Child





Effective Communication Strategies

TALK Communication Checklist

Use **TALK**: **T**alk about risks, **A**sk questions, **L**isten without judgment, **K**eep conversations ongoing for open communication.

Calm and Supportive Discussions

Parents and carers should initiate calm, blame-free talks using open-ended questions to support children's online safety awareness.

Action Plans and Safety Tools

If children share harmful content, parents should stay calm and use tools like [Report Remove](#) and '[TakeItDown](#)' to help.

Continuous Dialogue with Community

Maintaining ongoing conversations with schools and clubs helps empower children to make safer online choices.

Supportive Platforms and Training

Online Safety Course

Gateshead Council offers an [online safety course](#) with practical tips for positive digital experiences.

Trusted Guidance Resources

[Parent Zone](#), [Childnet](#), and [NSPCC](#) provide guidance and activities on key online safety topics.

Age-Appropriate Lesson Plans

[Common Sense Media](#) offers tailored lesson plans on digital friendships, privacy, and respectful behaviour.

Empowering Families

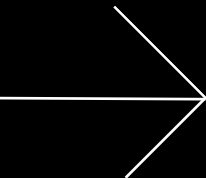
Resources help families engage in online safety discussions to protect children effectively.

REMEMBER WE ARE ALWAYS HERE TO HELP AT CARR HILL – PLEASE LET US KNOW IF YOU ARE CONCERNED ABOUT THE ONLINE ACTIVITY OF YOUR CHILD OR YOU NEED SOME ADVICE!





What You Can Do at Home



Practical Safety Measures

Parental Controls

Setting parental controls on devices limits children's access to inappropriate online content effectively.

Active Involvement

Parents staying involved in children's online activities builds trust and increases awareness of their interactions.

Role Modeling

Modelling respectful and safe online behavior encourages your children to follow positive digital habits.

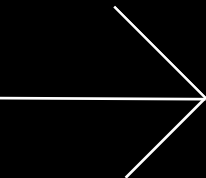
Open Communication

Encouraging your children to share experiences provides a supportive environment for safe internet use.





Where to Get Help



Trusted Support Channels

Reporting Inappropriate Content

The Internet Watch Foundation's [Report Remove](#) tool enables reporting and removal of inappropriate online images by young people.

Confidential Helpline Support

[Childline](#) offers confidential support to children, parents and carers through a dedicated helpline for online safety issues.

Online Exploitation Resources

The [CEOP](#) website provides resources and reporting options to combat online exploitation and protect children.

Local Safety and Training Support

[Gateshead Council's family hubs](#) and [online courses](#) offer local support and training to help families and schools manage online safety effectively.



Final Thoughts



Shared Responsibility

Online safety requires collaboration among schools, parents, carers, and the wider community.

Parental/Carer Engagement

Parents and carers play a crucial role by understanding risks and maintaining open communication with children.

School Encouragement

Schools encourage families to stay informed and reach out with questions or concerns about online safety.

Creating Safe and Respectful Digital Spaces

Together, we can develop a safe and **respectful** supportive digital environment where our children can be safe and thrive.