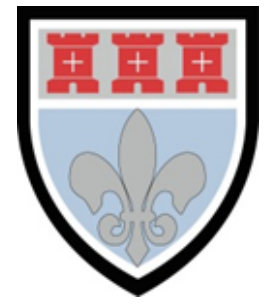


Parental Safeguarding Session

Monday June 23rd 2025





Parental Safeguarding Session

Explore some key safeguarding updates around:

- Introduction to E-Safety
- How young people can keep themselves safe online.
- How parents/carers can help to keep their child safe online.



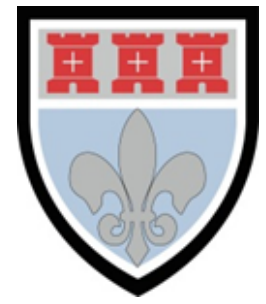
E-Safety

Being online is an integral part of children and young people's lives. Social media, online games, websites, virtual realities and apps can be accessed through mobile phones, computers, laptops and tablets – all of which form a part of children and young people's online world in the 21st Century.

The internet and online technology provides new opportunities for young people's learning and growth, but it can also expose them to new types of risks.

E-safety should form a fundamental part of schools' and colleges' safeguarding and child protection measures. Government guidance for schools across the UK highlights the importance of safeguarding children and young people online.

Having a whole school approach helps ensure staff, governors, parents and carers teach and support children about online safety.



E-Safety

Significant legislation underpins the approach that schools, parents/carers and external agencies should take in regards to E-Safety:

- *Keeping Children Safe In Education (2024)*
- *Working Together To Safeguard Children (2018)*
- *OFSTED School Inspection Handbook*
- *Prevent Duty Guidelines (2015)*

All the above outlines and highlights the amazing benefits of the online world for young people and adults, whilst acknowledging that certain measures must be in place to ensure that young people are as safe as possible when online. Home and school have an essential role to play in keeping young people safe online.

At school, we educate and advise students with regards to their online behaviour in numerous ways, including via the Personal Development, Form Time, Assemblies, subject lessons etc.



E-Safety

True or False?

1. On average, 7-16 year olds spend a combined 2.5 hours online each day.

FALSE: 3 hours

2. On average, outside of school hours, 15-16 year olds spend a combined 4 hours each day online.

FALSE: 4.8 hours

3. On average, teenagers in England watch 2.1 hours of TV/streaming service (e.g. Netflix) every day.

TRUE: Down from 3.5 hours in 2010

4. On average, 45% of teenagers watch TV via a phone, tablet or laptop.

FALSE: It is 72%.

5. 85% of teenagers do not watch a particular TV show at the time it is being broadcast.

TRUE

6. 37% of young people within a national survey shared that they experience cyberbullying on a high-frequency basis online.

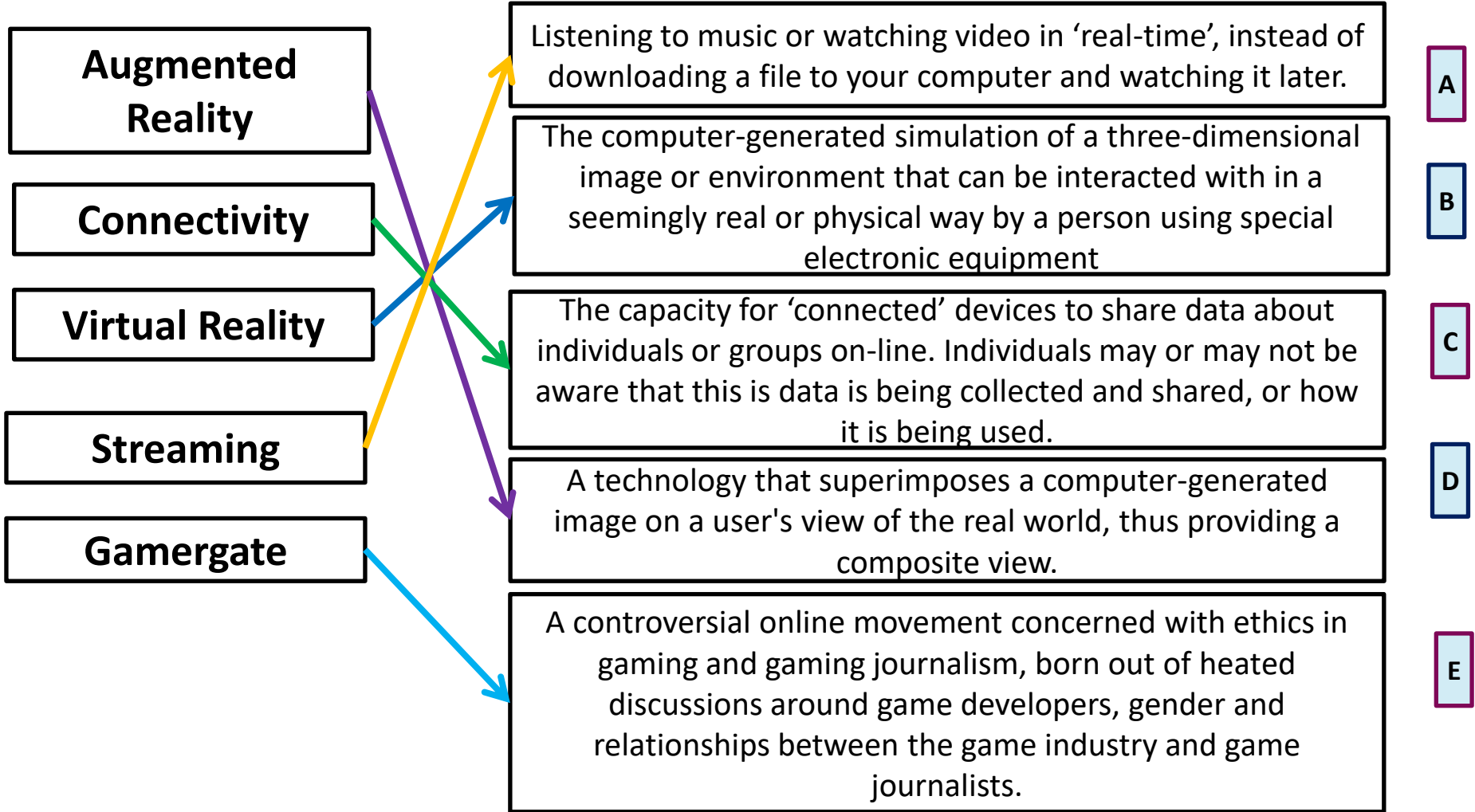
TRUE

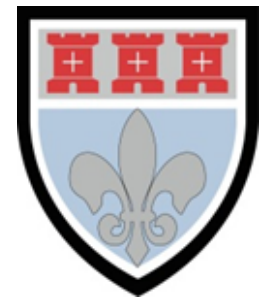
7. 53% of 12-15 year olds who use social media or messaging sites say they send support messages or posts to friends if they are having a hard time.

FALSE: It is 68%.



E-Safety





E-Safety

There are several key areas where young people need to keep themselves safe online:

- Social Media
- Fake News and Echo Chambers
- Online Gaming & Gambling
- Screen Time & Addiction

The above is not an exhaustive list, but the above, online areas are most prevalent in our work with young people/areas that we believe could potentially (and sometimes do) cause the most harm to young people.





E-Safety

Where do you go to learn about things online?

Can you trust everything you see and read online?

What hidden agendas might people have online?

Typical questions that we ask students here at school...

Why is it important for young people to be taught about critical thinking?

Should the government regulate the content of everything that is posted online?

What are the benefits and concerns about social media?

Critical thinking is "the process of thinking carefully about a subject or idea, without allowing feelings or opinions to affect you" **Source:** Oxford English Dictionary



E-Safety

Highlight Reel
(Only seeing the best parts of peoples lives & comparing ourselves)

Social Currency
(Likes & Followers & Friends)

The four stressors on social media:

Fear Of Missing Out - F.O.M.O
(You will not be apart of something everyone else is)

Online Harassment
(Nasty comments, trolling and threats)



E-Safety



With apps created with the purpose of altering your photos, sometimes drastically changing body shape, skin tone and even facial features, social media is fast becoming a distorted version of what is real and where perceived imperfections are not welcome.

With vast amounts of people spending more time on social media than interacting with others, some people are subconsciously building a belief system and self-esteem around what you see in photos, with negative consequences.



Seeking validation from social media can perpetuate a fear of failure, seeking perfectionism as others' lives appear to be perfect.



E-Safety

Echo chambers are social spaces in which the same or similar ideas, opinions and beliefs are repeated within a closed group. This can stop people from appreciating other points of view on a topic.

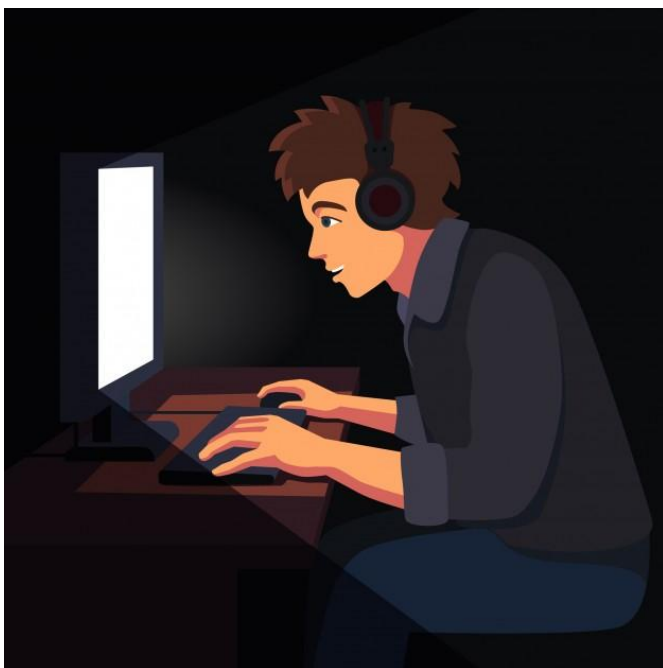
Fake News and Echo Chambers

Filter bubbles occur online when users are suggested content based on their previous internet consumption habits and can lead to them being separated from information that disagrees with their viewpoint.



E-Safety

“Becoming addicted to a screen or a device” – Now recognised as a condition in the UK



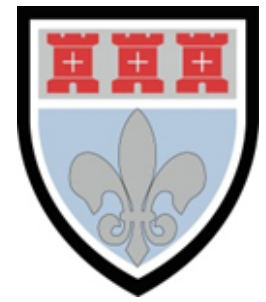
A study by common sense media found that kids between ages 8-18 spend more than 9 hours a day with screen media.

Other health impacts may include dry eyes, problems with posture & lack of physical activity

Persuasive design is used by tech companies to keep us addicted to our phones. For example, the ping sound, the notification and the flashing light makes us want to check in all the time

Dangers of Screen Addiction

- Sleep deprivation
- Loss of interest in schoolwork
- Sleeping next to your phone
- A fear of anxiety when away from the screen



E-Safety



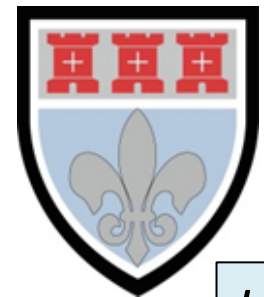
“Blue light is a fraction of visible light within the electromagnetic spectrum which helps us to see. Blue light has a short wavelength and high energy, meaning you are exposed to a higher frequency wavelength”

Scientists don't know yet the long term negative impact of over exposure to blue light but it is thought that it can lead to disturbed sleep patterns and tiredness.

What emits Blue Light?

- Sunlight
- LED screen
- TVs
- Computer monitors
- Smart phones
- Tablets
- Apple Watches





E-Safety

Lots of content online will have an age restriction in place (Games, Apps, Websites, services etc)

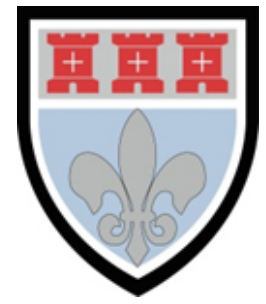
Age inappropriate content can include:

- ✓ Pornographic content
- ✓ Unwanted sexual content
- ✓ Explicit language
- ✓ Information children aren't able to understand at their age

Illegal content can include:

- ✓ Extremist websites and materials (content that also incites violence)
- ✓ Pornography
- ✓ Banned Websites and Dark Web
- ✓ Gambling

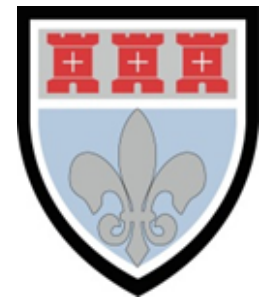




What Can Parents/Carers Do?

A	Fortnite	1	18
B	Call of Duty: Black Ops 4	2	12
C	Minecraft	3	18+
D	FC 25	4	7
E	Apex Legends	5	3
F	Grand Theft Auto V	6	16

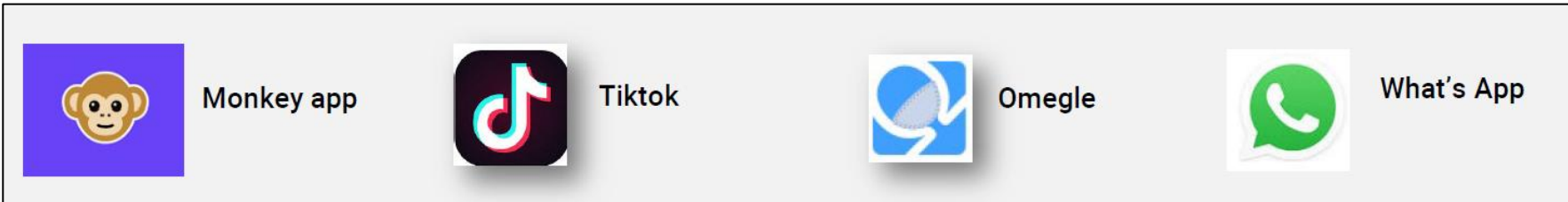
Diagram showing connections between games and age ratings. Blue arrows indicate the following connections: A to 1, B to 2, C to 3, D to 4, E to 5, and F to 6. Additionally, there are blue 'X' marks over the arrows connecting A to 2, B to 1, and C to 4.



What Can Parents/Carers Do?

Where are young people going in the digital environment and why is this important?

Young people are using the digital environment for content, contact, conduct and commerce.





What Can Parents/Carers Do?

Can you identify the following chat apps from the app logos?
Can you identify the main features of each chat app?

OmeTv

Text chat or video call with strangers.

Telegram

Text, photo & video sharing, one to one and group chats. End to end encrypted.

Viber

Text, call, share photos and send video messages, secret chats. End to end encrypted.

WhatsApp

Text, photo & video sharing, one to one and group chats, disappearing messages. End to end encrypted. Live location sharing.

Facebook Messenger

Messages, photos, videos and audio recordings, and play games with your Facebook and Instagram friends and phone contacts. You need a Facebook or Instagram account to use Messenger.

Kik

Text, photo and video messages one to one or groups. The 'Meet New People' feature lets you start a conversation with random users

Snapchat

Photos, short videos or messages, disappearing messages called Snaps.

Discord

A chat app that's popular with gamers. It is often used to talk to other players while playing games.



What Can Parents/Carers Do?

Where negative things are young people encountering when they enter this digital environment?

- Advertising and distribution of substances
- Marketing
- Chain letters
- Contact and dating apps
- Cyberbullying
- Cyber grooming
- Gender roles
- Overuse of devices
- Over sharing
- Fake profiles



What Can Parents/Carers Do?

Where negative things are young people encountering when they enter this digital environment?

FOMO
Hate speech
Hacking
Challenges
Self-harm
Influencers
Cyber security
Violent games
Pornography



What Can Parents/Carers Do?

We are going to look at three main areas that parents/carers can do to help support their children in this digital environment.

Talking to your child about online safety
Managing your child's online well-being
Looking at parental controls





What Can Parents/Carers Do?

For many of us, we see our online lives and offline lives as different, but children are growing up with technology and the internet and for them there is not a difference; online life and offline life is just life.

Technology can move at an extraordinarily fast pace, and it can be difficult to know how to start talking to your child about what they are doing online, who they might be speaking to or discussing the potential risks and issues.

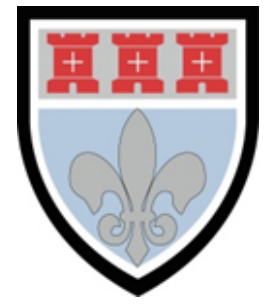




What Can Parents/Carers Do?

In your conversation:
Reassure them
Do not treat it like an interview
Ask who they are talking to
Remind them about strangers





What Can Parents/Carers Do?

For children, online life is life. It can help to think about how your child could feel sharing what they are doing online before you talk to them. There could be a range of different emotions, such as:

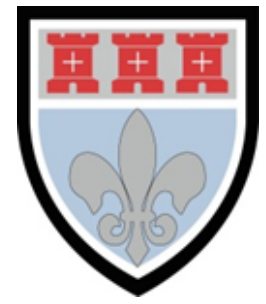
Discomfort or embarrassment about something they have said online.

Shame or fear if they are worried about something they have seen or done.

Annoyance or confusion if they do not understand something.

Happiness because they have received validation for what they have posted – such as likes or follows.





What Can Parents/Carers Do?

Having a conversation with your child can give you a good insight into their online activities so that you can consider:

Are further options, such as parental controls, are required?

Are the games and apps they're using appropriate to their age? Have a conversation and agree some rules with your child about what games and apps they're allowed to use. While there are risks with most online platforms, we'd recommend only letting your child use apps that have privacy settings and a 'report and block' feature.





What Can Parents/Carers Do?

Do they know about the safety and privacy features of the apps they're using? Such as:

Privacy settings. Are their accounts public or private?

Do they know how to block and report? Are those features available?

Can you turn features off, such as chat and in-app purchases?

Do they know what personal and private information is, and what is and is not appropriate to share online?

What are their profiles on their games and apps? What does the profile say about them? What does the image or avatar say about them?





What Can Parents/Carers Do?

Children get lots of messages about online safety in school and at home, but this can be confusing for them if the adults around them appear to not be following the advice they are giving. Your children look to you for guidance, so it is not just about what advice you give to them, but also what you do yourself.

Do you keep your passwords safe?

Do you turn off notifications sometimes?

Do you talk about things you read online?

Do you think about what you are sharing online?



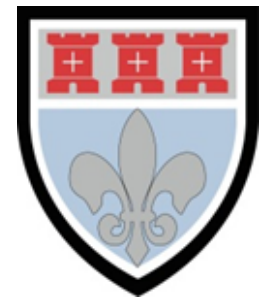


What Can Parents/Carers Do?

There are lots of positives for children being online, however there can be negatives too. For some it can become overwhelming trying to keep up with friends, and the pressure can mount.

Many things can impact our online wellbeing, and you can take control of the choices made to reduce any negativity. Being aware of the impact of being online, just like you would be aware of the impact of offline activities, is the first step to managing your children's online wellbeing.





What Can Parents/Carers Do?

We can:

Manage the content that our children see,

Ensure interactions are suitable

And manage how long they're online, in balance with other activities.





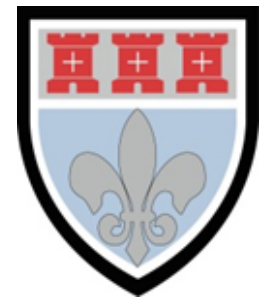
What Can Parents/Carers Do?

Take Breaks

Our devices are designed to keep us coming back. Features like infinite scrolling, app notifications, auto play and rewards for playing games every day are all persuasive designs to increase our use.

Mobile and wearable tech such as phones and smart watches can make us feel like we are always online, and it can help everyone to take a break sometimes, to help switch off from online pressures. You can use the settings on individual apps, or in the device settings to silence notifications for a period of time.

You can also utilise the 'do not disturb' mode available on most devices to mute calls and notifications, to help avoid distractions.



What Can Parents/Carers Do?

Use Wellbeing Settings and Apps

There are sites and apps which are specifically designed to help children with their online wellbeing:

BBC Own it which gives advice as they chat to their friends online.

Headspace for Kids is an app to teach children the basics of mindfulness in a fun way. Free for Headspace subscribers, limited access for non-subscribers.

JoyPoP is an app designed to help users find their inner resilience to deal with the highs and lows in their day to day lives. By rating mood for the day, users are directed to complete different activities to help switch to positive emotions. App costs £6.99.

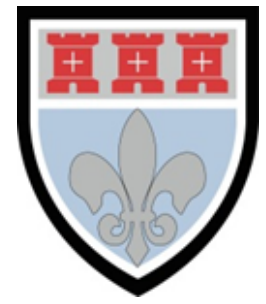


What Can Parents/Carers Do?

Use Wellbeing Settings and Apps

You can also find out what apps your child uses the most and have a look to see if there are wellbeing guides which explain their settings to help support children's wellbeing.





What Can Parents/Carers Do?

The online world gives us access to a huge amount of information and services, but the scale of information available also means that there is content that is inappropriate for children.

What is or isn't appropriate is up to individual parents and carers to decide, and could be based on things like age, ability, beliefs and family values.





Parental Controls

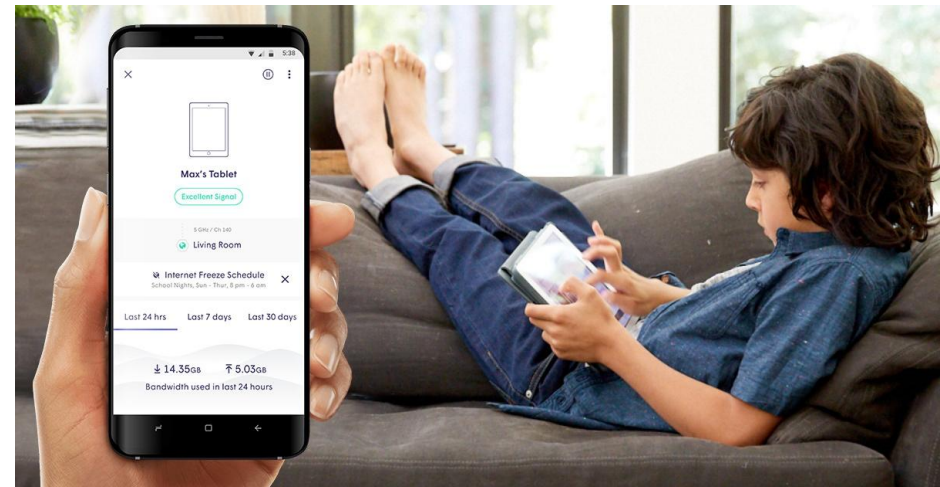
Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

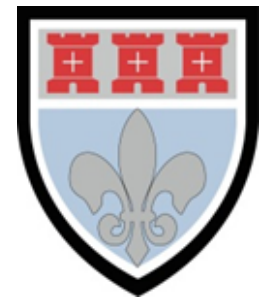
Parental controls can help you to:

Plan what time of day your child can go online and how long for

Create content filters to block apps that may have inappropriate content

Manage the content different family members can see.





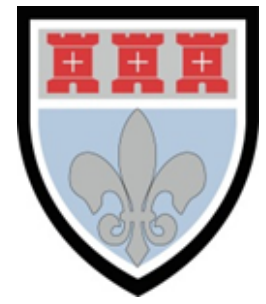
Parental Controls

You can set up parental controls on:

- Home broadband and Wi-Fi
- Games Consoles
- Mobiles, Tablets and Computers
- Apps and Online Services
- Search Engines
- Wi-Fi and Being Away From Home



in faith, joy and love



Parental Controls

PlayStation Family Management

On PlayStation consoles you can set up a Family Manager account which allows you to manage different accounts for different children/users. Within this you can manage a range of features, such as restricting communication with other players, restricting content, setting play time controls and set spending limits.

Set age restrictions for games, Blu-ray Discs and DVDs
Every child family member's account can be set up to only allow age-appropriate content.

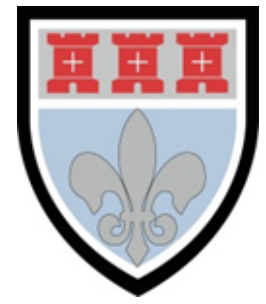
Manage how long child family members can play each day
Schedule daily Play Time sessions, set the duration that children can play or award extra time for gaming from your smartphone or web browser.

Disable chat, messaging and content sharing
Choose whether to allow your child to communicate with other players via PlayStation Network, share content or view content created by other players.

Restrict child access to the PS4 web browser
Be confident that children can't view unsuitable websites and social media by disabling internet access for their account.

Set monthly spending limits for digital downloads
Control how much children can spend on PlayStation Store each month and [protect your payment details with a password](#).

Set up multiple layers of passcode protection
Create a system restriction passcode to disable guest login and prevent changes to the parental control settings or account creation, and set up a log-in passcode so only you can access your account.

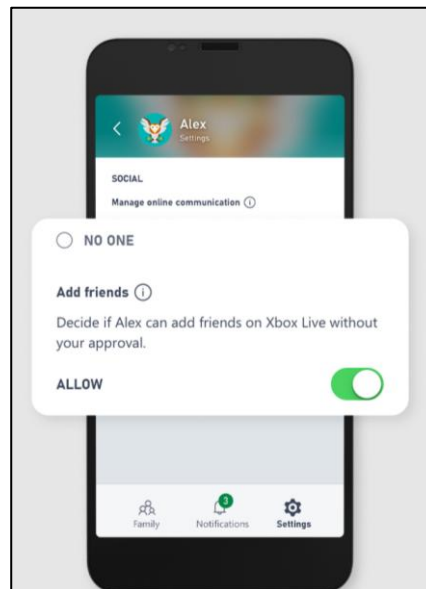


Parental Controls

Xbox Family Settings

The Xbox Family Settings app is for parents to manage their children's gaming activities on Xbox consoles, from iOS and Android phones.

Features available include: child account set-up, screen time settings, content settings, communication settings, ask to buy notifications, multiplayer settings, clubs and cross network play.





Parental Controls

Apple Family Share

Screen Time can give you a better understanding of how much time your children spend using apps, visiting websites, and on their devices overall. When you use Screen Time with Family Sharing, you can review your children's activity reports and set time limits for specific apps right from your own device.

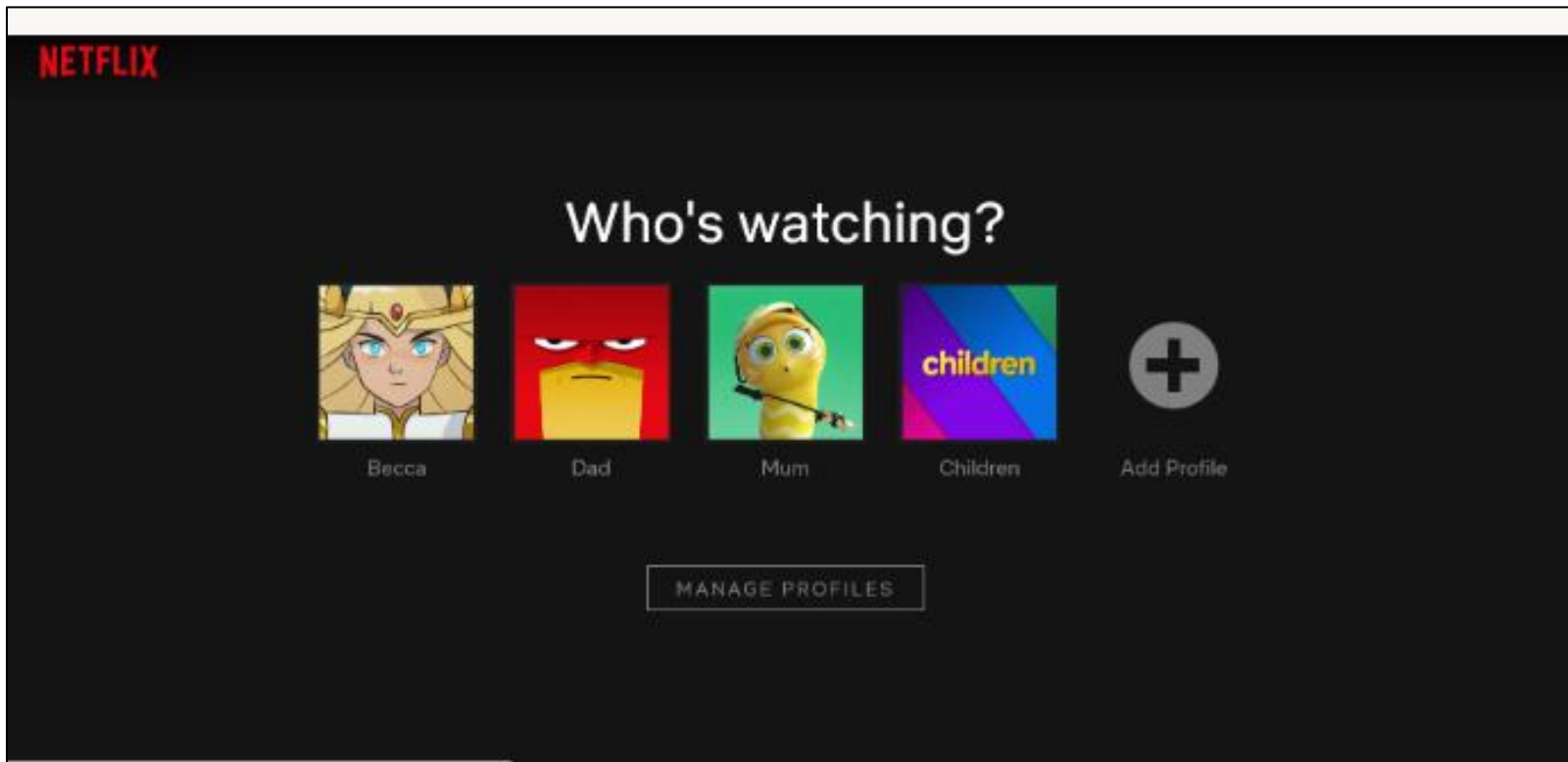




Parental Controls

Netflix Parental Settings

Netflix parental settings allow you to look at the viewing history of your child, disable auto-play on a series, restrict content and apply filters to searching.



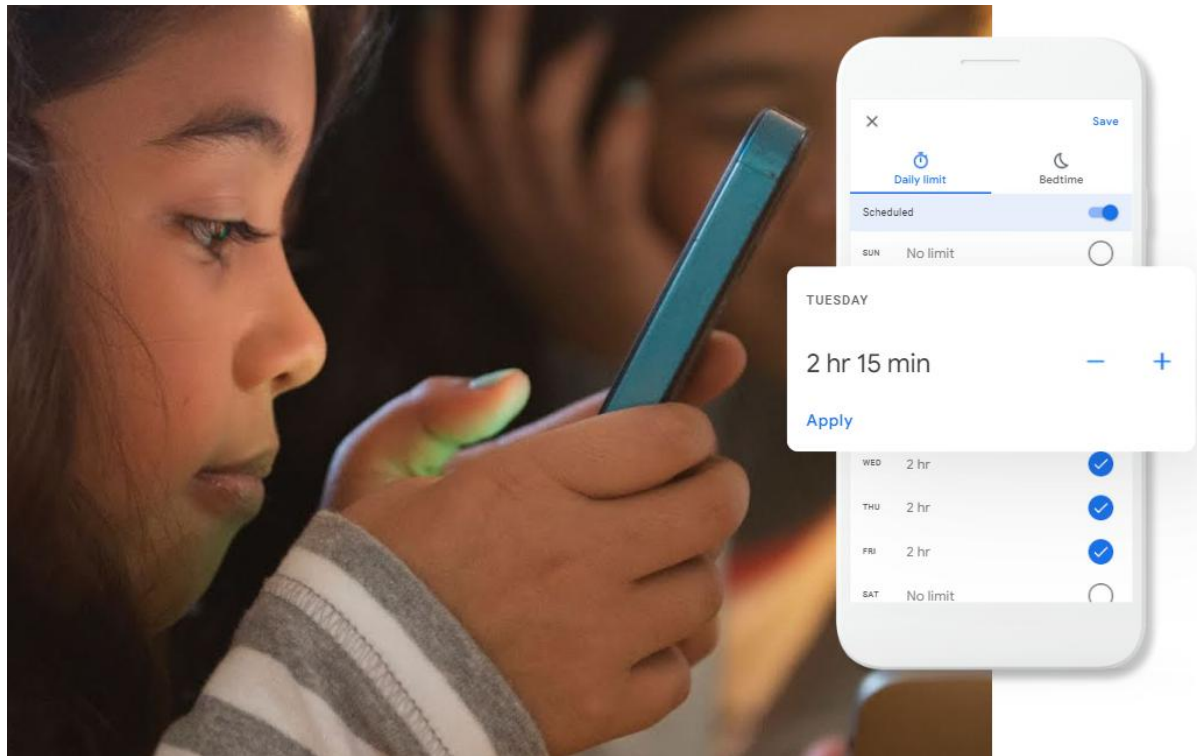


Parental Controls

Google Family Link

Google Family Link allows users to view the activity of their children; manage the apps they can install and moderate the results of search engines.

In addition, it can remotely lock a device and keep an eye on the screen time of the child.





Parental Safeguarding Briefing

Monday 23rd June 2025

Thank you so much for attending this 'Parental Safeguarding Briefing' exploring e-safety. We really hope that the information shared has been helpful and informative.

If you do have any questions, please feel free to contact school anytime or pose a question in the chat facility. Please ensure questions do not mention any students or staff by name.

If you are ever worried about your child, please contact school. We are here to help. Thank you for your continued support.