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Reach For The Stars

Online Safety

Keeping Young People Safe on the Internet

Logo Quiz



Facebook



Messenger



WhatsApp



Twitter



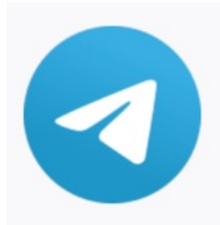
Instagram



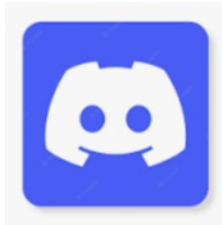
You Tube



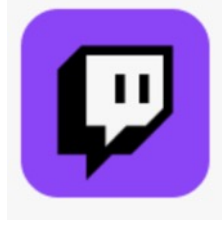
Snapchat



Telegram



Discord



Twitch



Tik Tok



You Tube Kids



Steam



Roblox



Miniclip



Fortnite



Minecraft



CBBC

How do young people go online?



Young people have access to the Internet on many different devices and technology

- Computers and laptops
- Mobile phones and smart phones
- iPads and tablets
- Smart Watches
- Most TVs and DVD players
- Game Consoles – X-Box, PlayStation,
- Hand-Held game devices



What are the dangers?

There are some dangers when using the Internet...

- Strangers getting access to your personal information
- Finding false, biased or inaccurate information
- Downloading a computer virus
- Signing up to expensive contracts or scams
- Seeing unsuitable material and images
- Talking to strangers
- Arranging to meet people you don't know
- Being bullied online – cyber-bullying
- Strangers finding your location



Smart Mobile Phones

Many young people have smart phones that can connect to the Internet

- Smart phones have built-in cameras
- This allows young people to take a **photograph** or video clip **anywhere** and upload it **instantly** to the Internet
- Most phone contracts now have huge or unlimited text allowances
- Texting can sometimes lead to **cyber-bullying** which should be reported



Messaging and Social Networking



**Most messaging apps now have built in social networking tools.
Some of the potential dangers for young people include:**

- You can sometimes share your **location**, and see people nearby – this might allow strangers to know exactly where you are
- Apps that combine imaging and social networking (eg Instagram) encourage you to post images from your home, school and other places that should remain private
- Most social networking apps have age restrictions, but **don't check – young people can be meeting others of any age**

Most social networking sites have **privacy controls** to allow you to control who can see what you post and share

These privacy controls are often complicated and need to be gone through carefully, step by step with your children



Location

Smart Phones and tablets often have GPS location built in.

Its important to ensure that young people don't use location sharing apps or tools as they are unsafe

How to Share Your Location with Friends

In Google Maps!

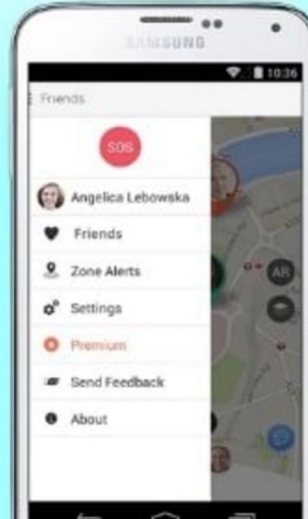


Find My Friends & Buddies

Locate your friends
in real time



Share free messages
with your friends



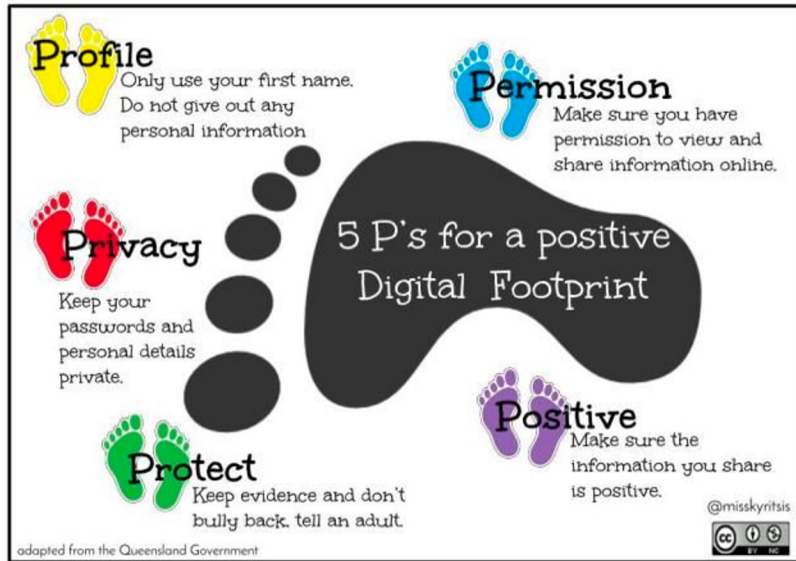
Meet your
friends easily



Let friends follow your
location on the map

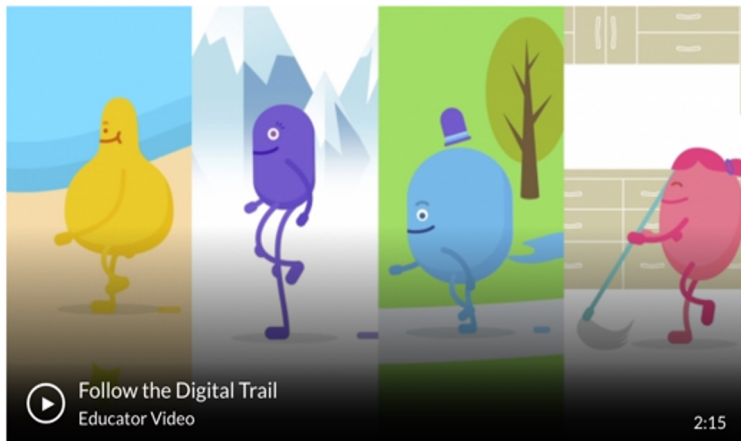


Digital Footprint



10 THINGS TO KNOW ABOUT DIGITAL FOOTPRINTS

- 1 When you search and interact online, a **trail of info** is left behind.
- 2 Elements of your digital footprints can be **searched or shared**.
- 3 Digital footprints can be **helpful or harmful** to your reputation both now and in the future.
- 4 Once online, things can exist **forever** (even if deleted).
- 5 Always **think** before you post online.
- 6 Personal information or opinions sent to one person can be **shared** with a larger audience.
- 7 **Googling yourself** can be a worthwhile exercise.
- 8 Old or inactive accounts should be **disabled or deleted**.
- 9 Keep personal details private and control the **privacy settings** on your accounts.
- 10 Be mindful of the digital footprints of **others** (e.g. Ask before tagging photos).



Online Games

Many TVs, game consoles and tablet devices can connect to the Internet

- Players can **play together** and compete online
- Players are often playing with **complete strangers in different countries** so need to be careful about sharing personal information
- Consider using **speakers rather than headphones** for your child so you can hear the conversations they are having with other game players
- Young people can spend a lot of time playing computer games – time needs to be **organised and managed – you can say NO!**



In partnership with
MENU

Online gaming advice hub

Find the latest advice to understand the world of online gaming and encourage young people to game safely and responsibly online.

[SEE GAMING AGE GUIDES](#)

Online gaming, Fortnite - a teen's experien...



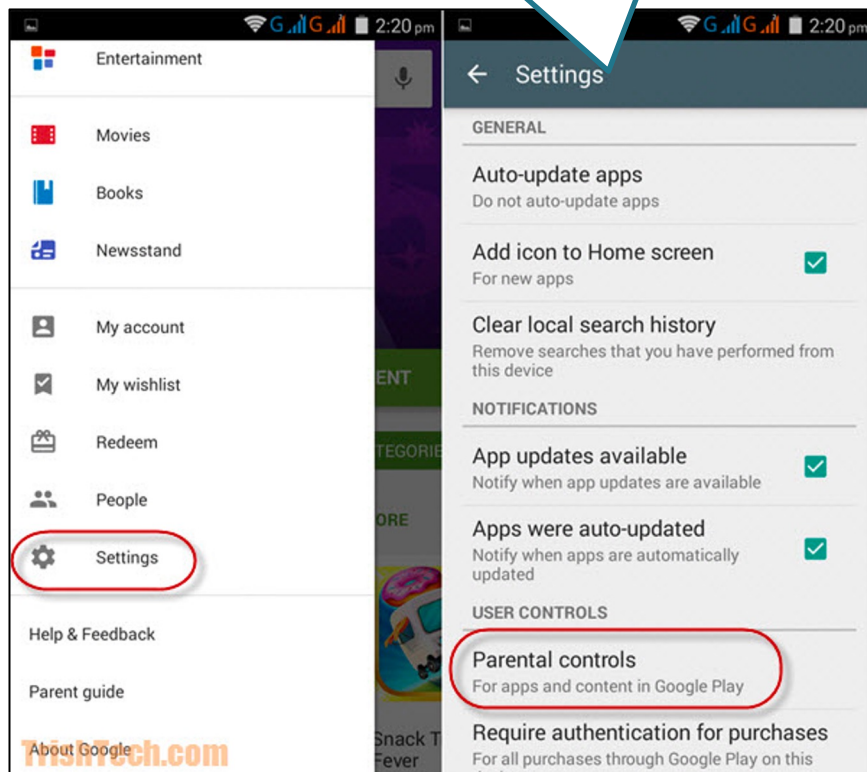
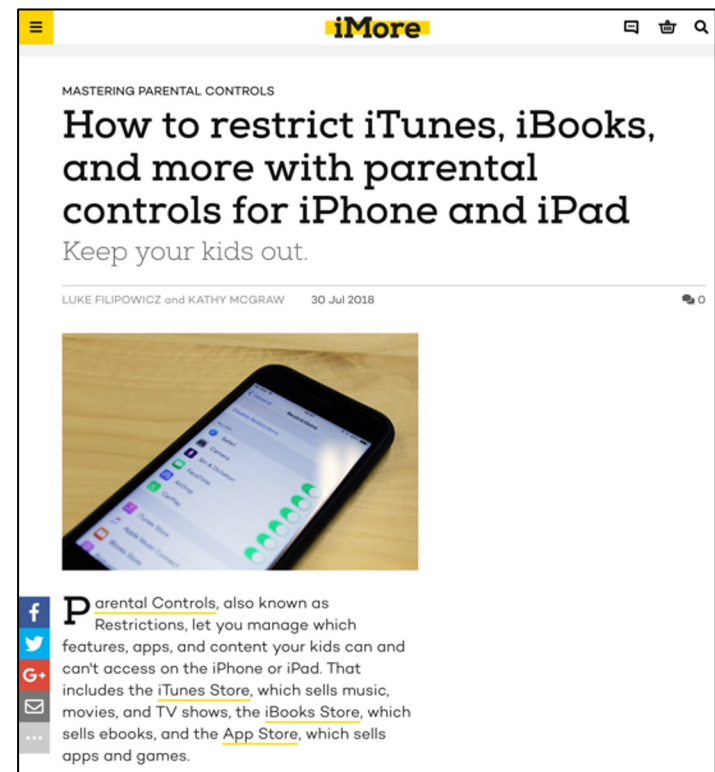
Then I got an Xbox 360, then an Xbox 1, and I use that now still.

Why do children enjoy online gaming? Young gamer shares her reasons why she enjoys playing multi-player games like Fortnite.

unicef
UNITED KINGDOM

Age Limits and Parental Control

You can set age limits for downloaded apps and media, or restrict access to downloads completely



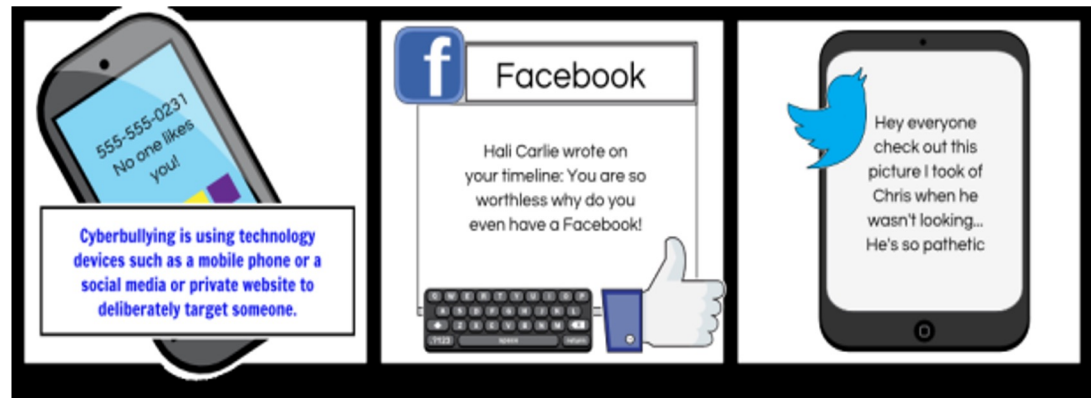
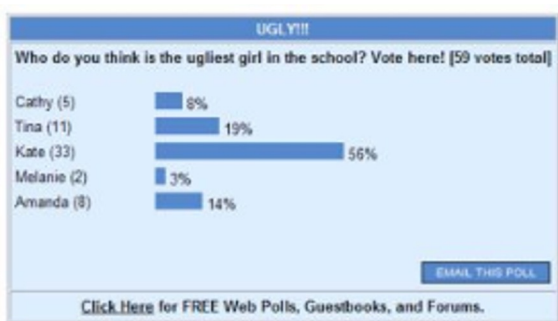
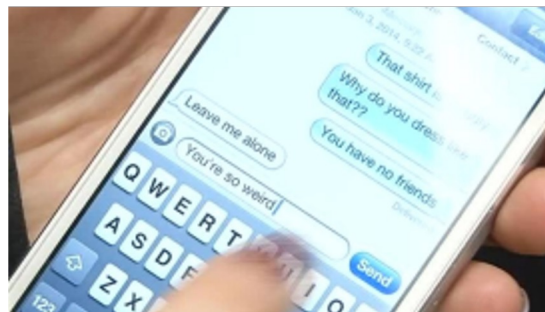
Cyber-bullying

“Cyber bullying (also called 'online bullying') is when a person or a group of people uses the internet, email, online games or any other kind of digital technology to threaten, tease, upset or humiliate someone else.”

Childline website

Cyberbullying can include:

- abusive comments
- rumours and gossip
- voting and polls
- nasty pictures
- threats
- blackmail
- stolen identity



Strategies for children and families



It is important that children feel able to talk about cyber-bullying with parents, family members and staff at school.

It is vital that their concerns are investigated and that they feel they are being listened to.

●STOP

Don't do anything. Take a few minutes to calm down.

●BLOCK

Block the cyber-bully or limit all communications to those on your buddy list.

●TELL

Tell a trusted adult, you don't have to face this alone.

If parents think that a child in their family is being bullied, online or in person, then they should discuss it with the school as soon as possible.



Being part of bullying someone...

Sometimes children are part of cyberbullying without realising. There can be a lot of pressure from other children to “join in” and it is difficult to stop once you are part of it.

Children should be encouraged to share what they are doing online, how they feel about it, and what their friends are doing.

A ‘no blame’ approach to discussions might be useful to support children to tell an adult if they know that someone is being bullied online.



Cyber-bullying help resources

kidscape
Help With Bullying

Donate Parent Advice Line

Advice Training and workshops Resource Hub Support us About Kidscape

Helpful links if you are a parent or carer



Confidential, impartial advice for anyone worried about a child in a bullying situation

Parent Advice Line

Find out more



Guidance and support for parents and carers

Advice for Parents and Carers

Find out more

childline

Call Locker Menu

Home / Info and advice / Bullying, abuse, safety and the law / Types of bullying / **Bullying and cyberbullying**



BULLYING AND CYBERBULLYING

If you or someone you know is being bullied we're here to help. Try our tips below or find out how to help a friend.

On this Page

- What is bullying?
- Dealing with bullying
- Can I talk to the police?
- Taking care of your mental health
- Supporting someone who's being bullied
- Help if you're bullying someone

Childnet

Help and Advice

Online Bullying

How to identify online bullying and key advice on how to deal with it



NSPCC

Donate helpline search

Home | What is child abuse? | Types of abuse | Bullying and cyberbullying

How to close our website quickly



Bullying and cyberbullying

Advice for parents and carers to help keep children safe from bullying, wherever it happens.

BBC Sign in

CBBC CBBC iPlayer Newsround Bitesize Own It CBeebies CBBC on TV Search BBC

OWN IT The Basics Take Control It's Personal Don't Panic About Us

Kids Unite - dealing with bullies and trolls



Being bullied? Five things you need to do RI...



Quiz: How do you help your friends against b...



Bystander to bullying? Five things you need ...



What are the nicest and nastiest comments yo...

View all

Keeping safe online at home

You can help keep your family safe online by:

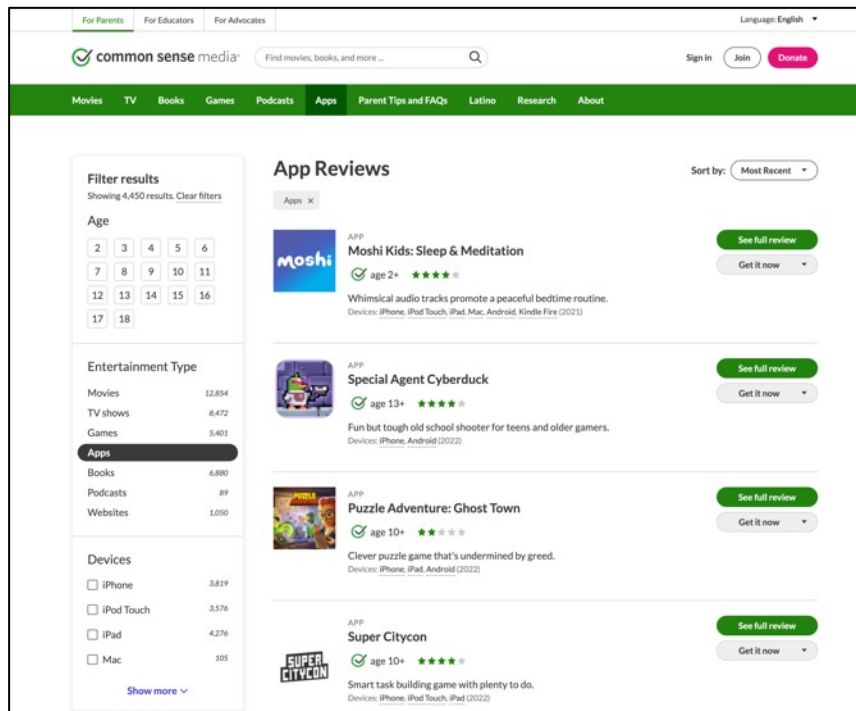
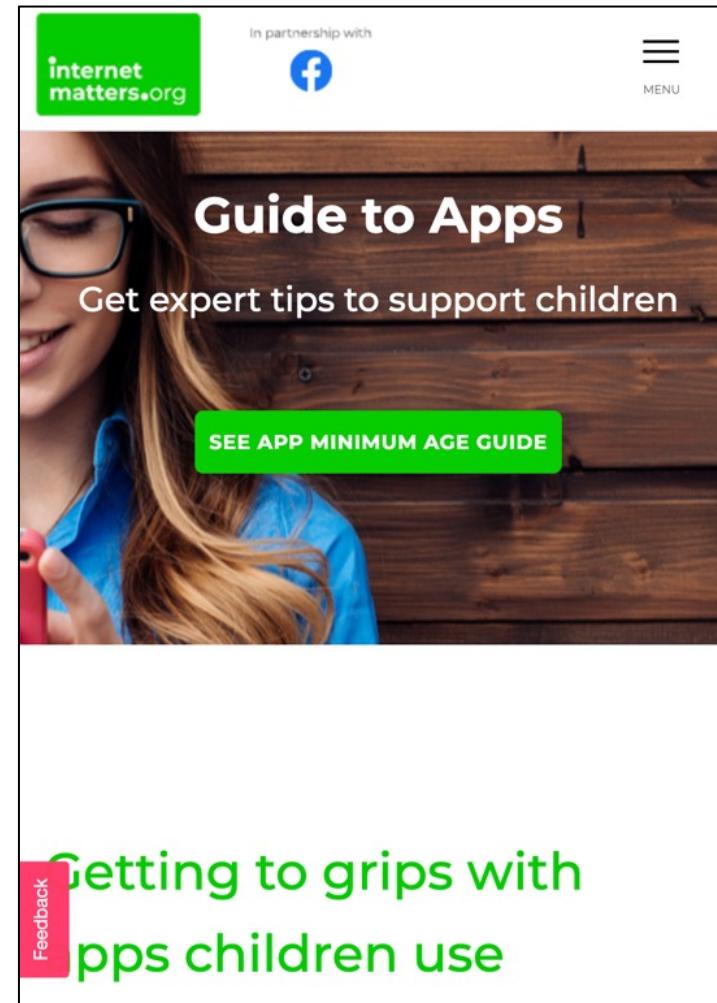
- Finding out what your children do online – and sharing it with them
- Going online together – ask them to teach you
- Making sure internet access is in a shared family room – not a bedroom
- Being clear about your family rules about going online
- Setting time limits for being on a computer, game console or mobile phone
- Reminding children not to share personal information on the Internet
- Listening to your children if they want to share their experiences or problems
- Taking **cyber-bullying seriously** and supporting your children



What apps are they using?

Young people use many different apps, social networks and online games, and it can be hard to keep up!

There are several websites that help parents to find out about different apps. You can search by device, or the name of the app, and get information and guidance about potential dangers, issues and how the app works.



What are they doing online?

How 5-7-year-olds spend their screen time —

Watching videos

According to 2023 Ofcom research, 93% of children in this age group watch videos on video-sharing platforms (VSPs) like YouTube and TikTok.

Sending messages and making calls

59% of children at this age send messages to others or make video or voice calls. Although WhatsApp's minimum age requirement is 16, 20% of 4-5-year-olds and 30% of 6-10-year-olds use the app. This is how they might send those messages or make those calls.

Using YouTube

Research from Ofcom shows that 89% of children at this age use YouTube. Our own research shows 64% of children using YouTube at this age as well. In both studies, YouTube is the most-used app at this age.

How 8-10-year-olds spend their screen time —

Watching videos

Research from 2023 shows that most children at this age watch videos online. 64% of 6-10-year-olds use YouTube while 27% use TikTok, despite the requirement that users be 13 or older.

Sending messages and making calls

As children grow, they use their devices more for socialising and keeping in touch with friends outside of school. 30% of children in this age group use WhatsApp, which allows them to do these things. However, the minimum age to use WhatsApp in the UK is 16.

Playing games online

Minecraft and Roblox remain favourites for 8-10-year-olds. This age is more likely than younger kids to play games online, which means they might communicate with people they don't know.

Internet Matters Help



Digital safety at a glance

internetmatters.org

Guidance for parents of 5-7-year-olds

Use this quick tips guide to stay on top of your child's online safety needs.

Tech use, issues and tips

Learn about common experiences at this age and what you can do to keep your child safe online.



93%
watch videos



59%
send messages or make video/voice calls



Too much screen time

Too much screen time is the online harm most experienced at this age, and **69% of parents worry about this.**

Source: Internet Matters tracker survey

Set time limits for devices but also help kids experience a range of activities to create and learn to support their wellbeing.



In-game and in-app spending

In-game and in-app spending is one of the most common harms this age faces; **58% of parents worry about this.**

Source: Internet Matters tracker survey

Review purchase settings and parental controls in apps, games and online stores to set limits, talk about why they're important.

Learn about these issues and more at [internetmatters.org](https://www.internetmatters.org)

Digital safety at a glance

internetmatters.org

Guidance for parents of 8-10-year-olds

Use this quick tips guide to stay on top of your child's online safety needs.

Tech use, issues and tips

Learn about common experiences at this age and what you can do to keep your child safe online as they grow.



96%
watch videos online



82%
send messages or make video/voice calls



67%
play games online

Source: Ofcom 2023



Too much screen time

Too much screen time is the online harm most experienced at this age, increasing as children grow; **71% of parents worry about this.**

Source: Internet Matters tracker survey

Set time limits for devices but also help kids experience a range of activities to create and learn to support their wellbeing.



In-game and in-app spending

In-game and in-app spending is the **second-most common online harm among 8-10s**, increasing with age. However, parent concern about this decreases as children grow.

Source: Internet Matters tracker survey

Review purchase settings and parental controls in apps, games and online stores to set limits, then talk about why they're important.



Viewing violent content

Viewing violent content is the third-most common online harm at this age, and **67% of parents worry about it.**

Source: Internet Matters tracker survey

Set parental controls and restrictions on video games, videos and websites children access. Talk to them about why some content is not appropriate.

Learn about these issues and more at [internetmatters.org](https://www.internetmatters.org)



A parent's guide to: Discovering digital at primary school

internetmatters.org

Online safety tips to support children

What are kids doing?

Before they've even learnt to read, most can navigate through devices to play games and watch cartoons.

By the time they reach the age of 8, over two in five children own their own mobile phone with **45% using it to go online.**

YouTube is the most popular destination and an alternative to TV with **37% of under-10s citing it as the only app they use.**

*Ofcom Children and Parents: Media Use and Attitudes Report 2022



Online activities

- Watch videos on YouTube
- Play a range of online games from Roblox and Fortnite to Toca Boca mobile games
- Livestreaming is very popular and can be done on most of the main social media platforms
- Some are also using platforms like Snapchat, Instagram and TikTok although the minimum age for these is 13
- Use educational apps to supplement learning

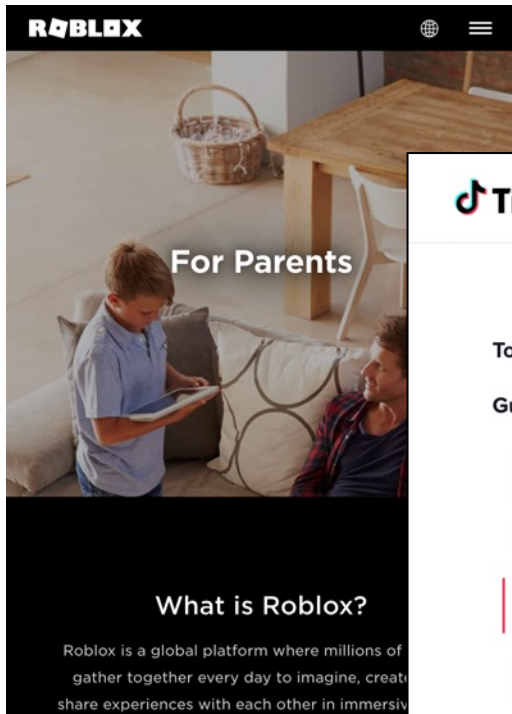
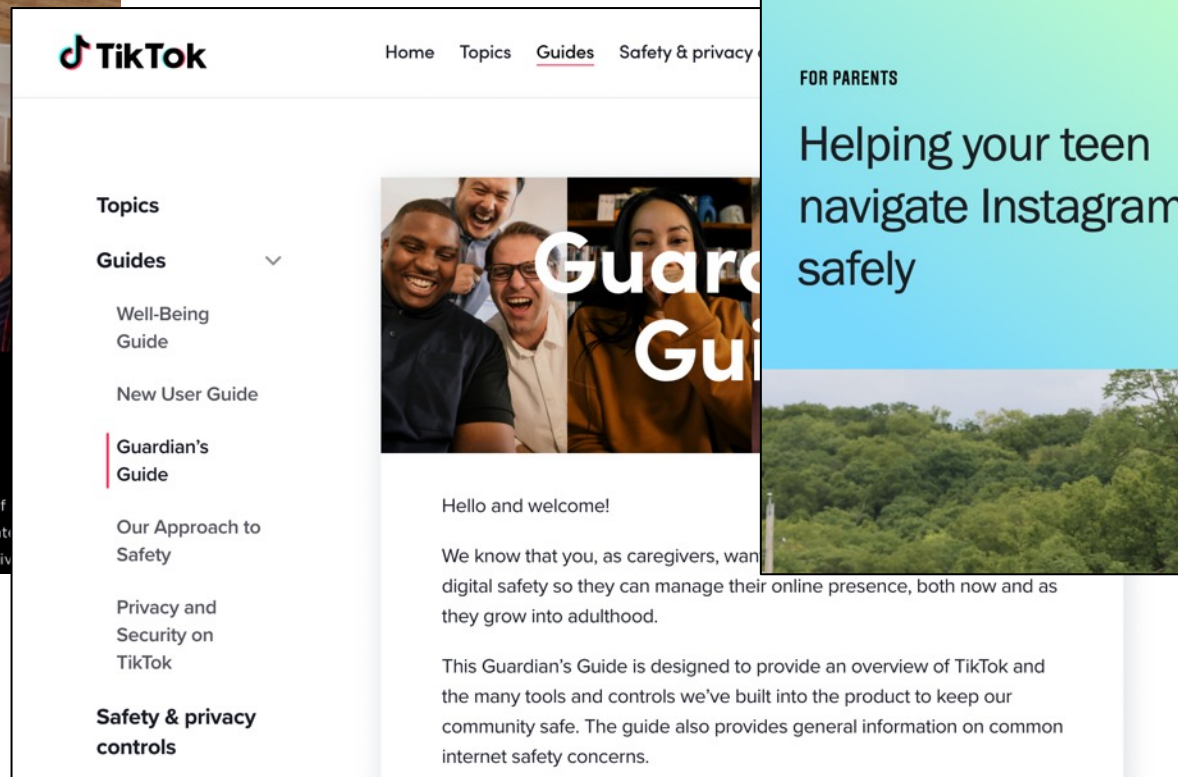
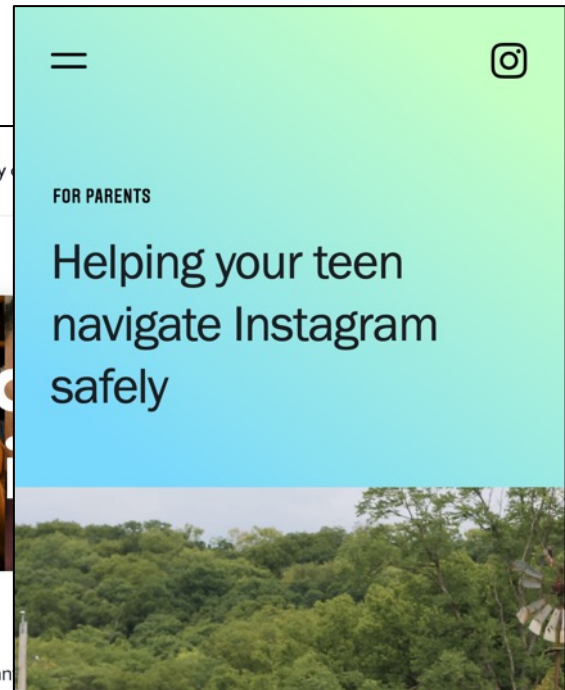
What risks and challenges do they face?

The internet can expose children to things that they may not be ready for such as violent content, extreme ideas and adult content either by accident or through an intentional search.

As they start to communicate with others through gaming or social networks there's the temptation to overshare information that could lead to incidences of cyberbullying or put them at risk of being approached by those that may wish them harm.

Find out more...

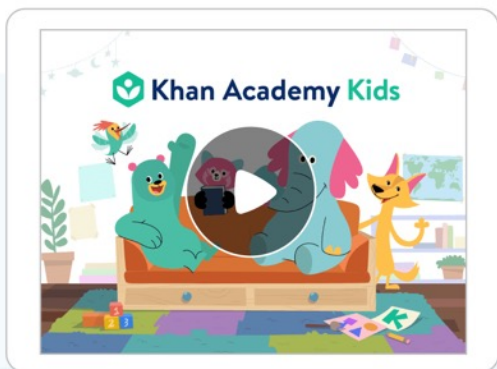
Visit the website of the app your child is using and look for parental guidance, information and support sections



Safer places for children online

There are a range of places that young people can explore social networks, online games and other activities more safely. They are often moderated or 'watched' by adults to make sure everyone keeps to the rules.

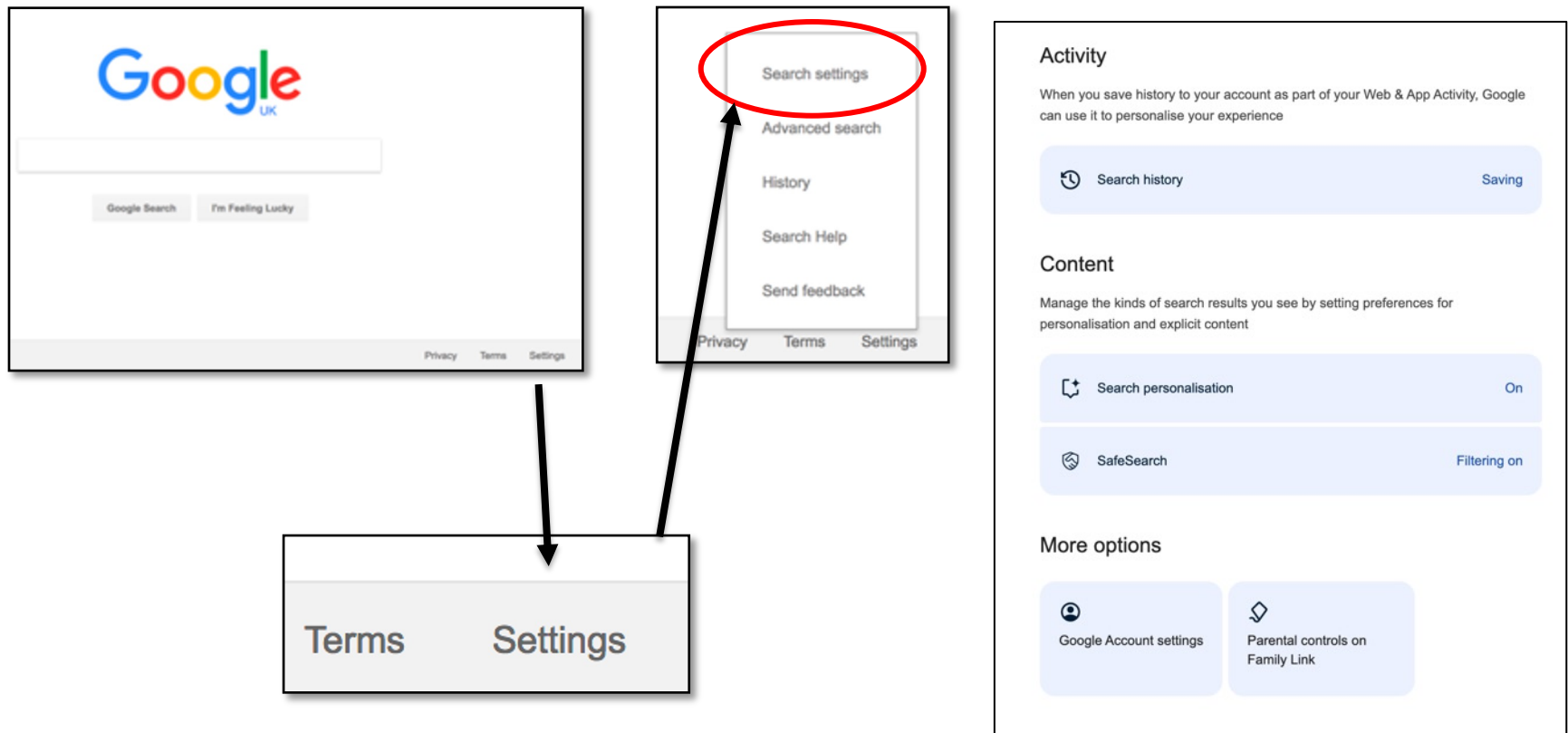
Remember though – young people must still avoid sharing personal information and meeting people they don't know.



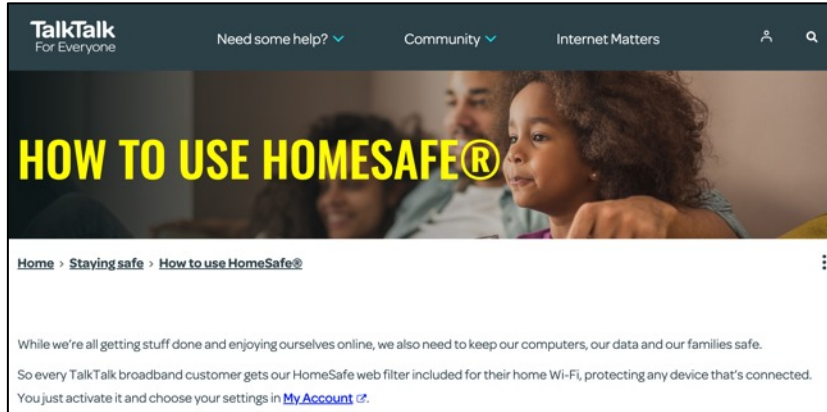
Safe Searching

You can make Google safer by using the Safe Search settings.

Setting this up will help to reduce the number of adult and inappropriate websites that come up in a Google search



Parental controls from your Internet Provider



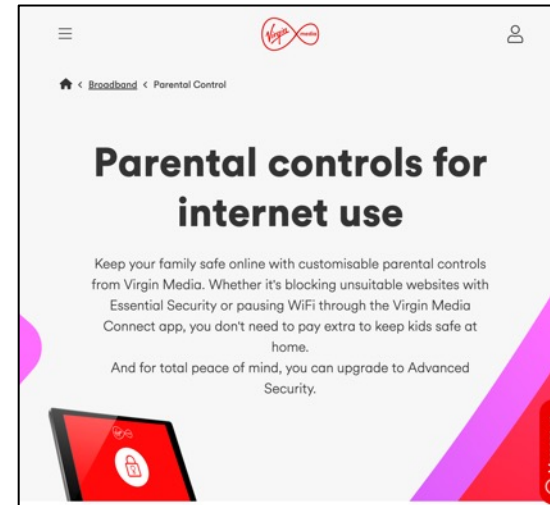
TalkTalk
For Everyone

Need some help? [Community](#) [Internet Matters](#)

HOW TO USE HOMESAFE®

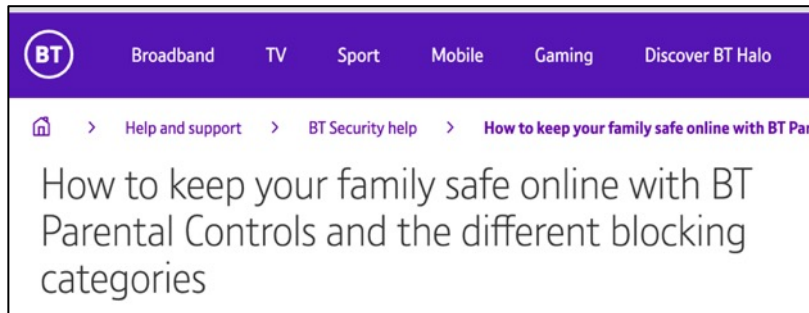
[Home](#) > [Staying safe](#) > [How to use HomeSafe®](#)

While we're all getting stuff done and enjoying ourselves online, we also need to keep our computers, our data and our families safe. So every TalkTalk broadband customer gets our HomeSafe web filter included for their home Wi-Fi, protecting any device that's connected. You just activate it and choose your settings in [My Account](#).



Parental controls for internet use

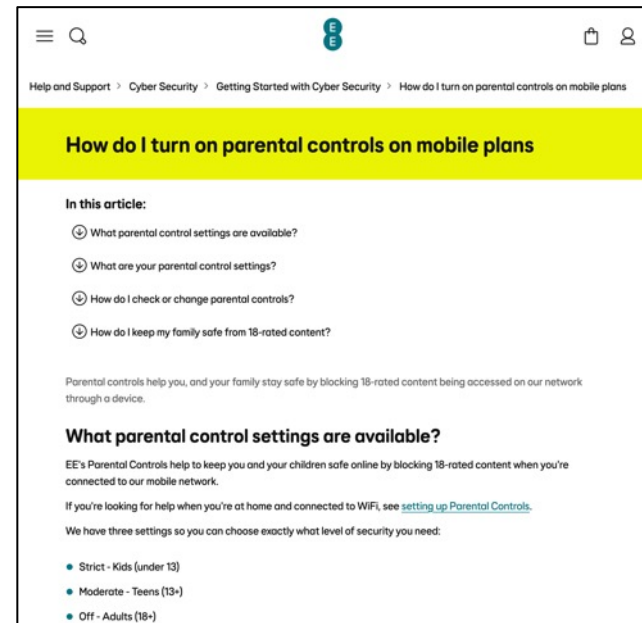
Keep your family safe online with customisable parental controls from Virgin Media. Whether it's blocking unsuitable websites with Essential Security or pausing WiFi through the Virgin Media Connect app, you don't need to pay extra to keep kids safe at home. And for total peace of mind, you can upgrade to Advanced Security.



BT Broadband TV Sport Mobile Gaming Discover BT Halo

[Home](#) > [Help and support](#) > [BT Security help](#) > [How to keep your family safe online with BT Parental Controls](#)

How to keep your family safe online with BT Parental Controls and the different blocking categories



EE

[Help and Support](#) > [Cyber Security](#) > [Getting Started with Cyber Security](#) > [How do I turn on parental controls on mobile plans](#)

How do I turn on parental controls on mobile plans

In this article:

- What parental control settings are available?
- What are your parental control settings?
- How do I check or change parental controls?
- How do I keep my family safe from 18-rated content?

Parental controls help you, and your family stay safe by blocking 18-rated content being accessed on our network through a device.

What parental control settings are available?

EE's Parental Controls help to keep you and your children safe online by blocking 18-rated content when you're connected to our mobile network.

If you're looking for help when you're at home and connected to WiFi, see [setting up Parental Controls](#).

We have three settings so you can choose exactly what level of security you need:

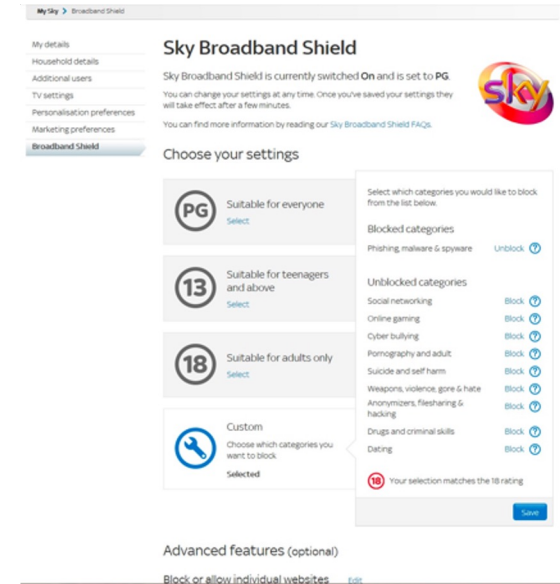
- Strict - Kids (under 13)
- Moderate - Teens (13+)
- Off - Adults (18+)



EE

HOW TO GET YOUR CHILD SET UP SAFELY ON THEIR FIRST DEVICE

Locking your smart TV



Getting Help

For Parents For Educators For Advocates

common sense media

Parenting, Media, and Everything in Between

Online Safety All Ages

What Should I Do If My Child Is Bullied Online?

Cyberbullying Online Safety

What Should I Teach My Child About Safe Online Behavior?

Cyberbullying Online Safety

What Are the Basic Safety Rules for Cellphones?

Cellphones and Devices Online Safety

How to Set Parental Controls on the Xbox One

Use these settings to help make gaming safer for kids.

Gaming Online Safety Parental Controls Screen Time

Parents' Ultimate Guide to Google Classroom

Google's free-to-schools organization platform makes it easy for students to keep all their schoolwork in one place -- but it invites privacy and safety risks that parents should keep an eye on.

School Technology Learning Online Safety

internet matters.org In partnership with TalkTalk For Everyone

Helping parents keep their children safe online

digital matters

A brand new lesson to tackle screen time!

EXPLORE DIGITAL MATTERS

Supporting families online

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

- I need help with an online issue
- I need to report something
- I need help setting controls and privacy settings on a child's device
- Back to School Online safety guides for parents and carers
- Lesson Resource Teach children to stay safe online with Digital Matters

THINK KNOW

Help your children get the most out of the Internet

I'm concerned about my child

Reporting an incident to CEOP

I'd like information and advice on keeping my child safe

Concerned about who your child might be talking to online?

Find support now

Childnet

Help, advice and resources for parents and carers

Offer your children support and guidance with our range of online safety guides

BBC Menu

PARENTS HELP THEM OWN IT

Parents - help kids make the most of their lives online

Find out all about device safety for your child and help them to have positive experiences online. Whether they're getting a device for the first time, starting out on social media or making the leap to secondary school, we've got advice for you.

Should I worry about children using multiple devices at once?

Osmani Primary School Reach For The Stars

UK Safer Internet Centre

Home Guides and Resources Parents and Carers

Parents and Carers

NSPCC

Online safety guides for parents

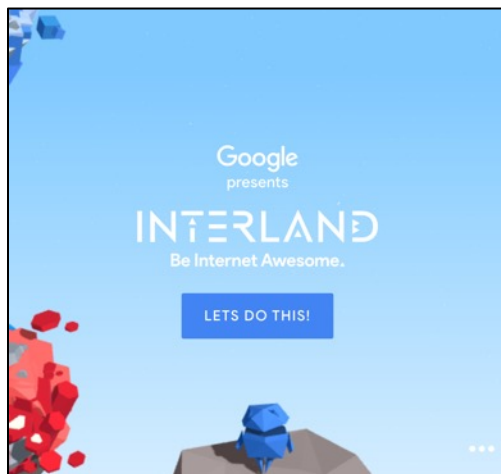
The online world changes so quickly it's hard to keep up. Our online safety guides help you navigate online risks - whether your kids are gaming, chatting, posting or streaming.

Online games

Advice for parents to understand the risks and help your child play online games safely.

Learn more

Help for young people



BBC Menu

OWN IT

Start your search here...

01:48

What is Own It?

Welcome to Own It! We are here to help kids boss their online lives. Whatever you need – help and advice, skills or inspiration – we have it covered.

What does Own It have to offer?

- **The Basics** covers different parts of the online world, whether that's **social media**, **gaming**, **vlogging** or getting to **know your device**.
- **Take Control** is all about owning your digital life – help and advice on how to look after your wellbeing.
- **It's Personal** is full of tips on how to handle your friendships and relationships online. We've got plenty of advice on **how to deal with trolls**, being kind online and even **handling parents**.
- **Don't Panic** is where to head if you are in need of help with anything online. It has **tips for dealing with tricky situations** and links to **organisations that can offer urgent help**.

Childnet

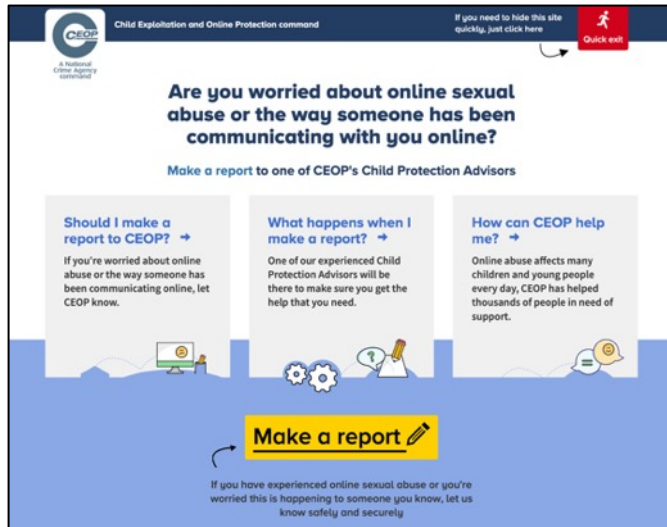
4–11 year olds

Get SMART

Find out how you can be SMART with a heart and follow our top tips for using the internet safely and positively

Wondering how to stay safe online? Be SMART with a heart and follow our top tips for using the internet safely and positively.

Reporting concerns



Child Exploitation and Online Protection command

If you need to hide this site quickly, just click here [Quick exit](#)

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

What happens when I make a report? →

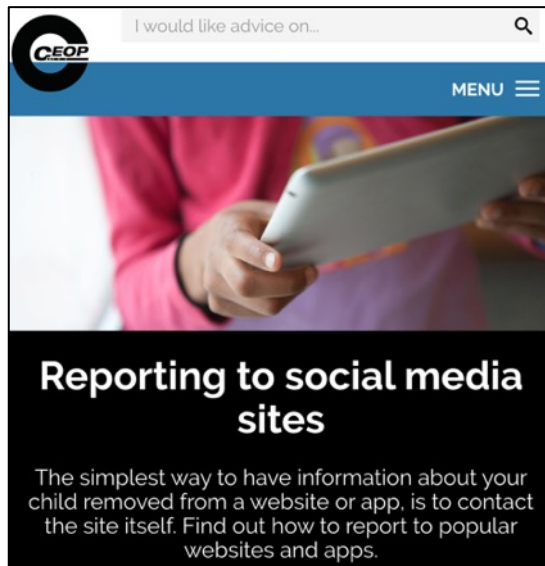
One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.

How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.

Make a report

If you have experienced online sexual abuse or you're worried this is happening to someone you know, let us know safely and securely

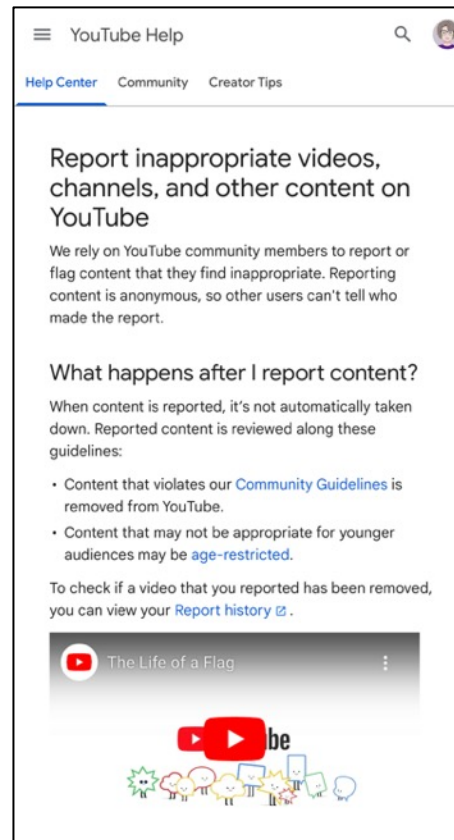


I would like advice on...

MENU

Reporting to social media sites

The simplest way to have information about your child removed from a website or app, is to contact the site itself. Find out how to report to popular websites and apps.



YouTube Help

Help Center Community Creator Tips

Report inappropriate videos, channels, and other content on YouTube

We rely on YouTube community members to report or flag content that they find inappropriate. Reporting content is anonymous, so other users can't tell who made the report.

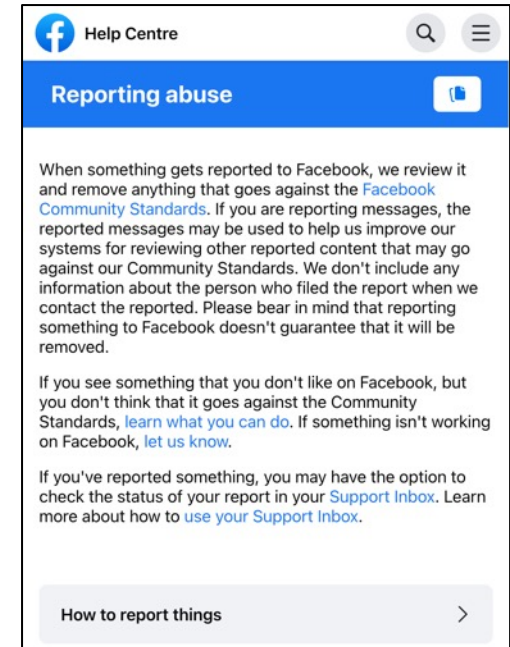
What happens after I report content?

When content is reported, it's not automatically taken down. Reported content is reviewed along these guidelines:

- Content that violates our [Community Guidelines](#) is removed from YouTube.
- Content that may not be appropriate for younger audiences may be [age-restricted](#).

To check if a video that you reported has been removed, you can view your [Report history](#).

The Life of a Flag



Facebook Help Centre

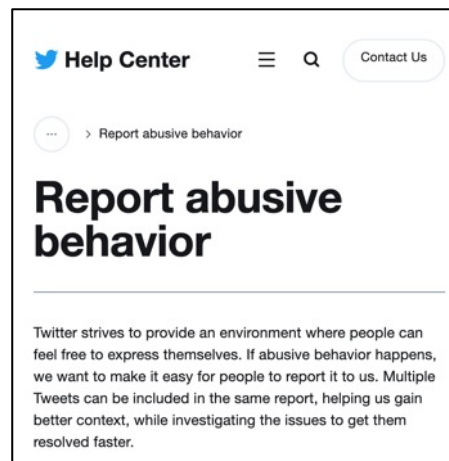
Reporting abuse

When something gets reported to Facebook, we review it and remove anything that goes against the [Facebook Community Standards](#). If you are reporting messages, the reported messages may be used to help us improve our systems for reviewing other reported content that may go against our Community Standards. We don't include any information about the person who filed the report when we contact the reported. Please bear in mind that reporting something to Facebook doesn't guarantee that it will be removed.

If you see something that you don't like on Facebook, but you don't think that it goes against the Community Standards, [learn what you can do](#). If something isn't working on Facebook, [let us know](#).

If you've reported something, you may have the option to check the status of your report in your [Support Inbox](#). Learn more about how to [use your Support Inbox](#).

[How to report things](#)



Twitter Help Center

Contact Us

> Report abusive behavior

Report abusive behavior

Twitter strives to provide an environment where people can feel free to express themselves. If abusive behavior happens, we want to make it easy for people to report it to us. Multiple Tweets can be included in the same report, helping us gain better context, while investigating the issues to get them resolved faster.



Instagram Help Centre

Privacy, security and reporting

How to report things

The best way to report abusive content or spam on Instagram is by using the [Report](#) link near the content itself. You can also [report a post or profile on Instagram](#).

Below are some examples of how you can report content to us. Learn more about [reporting abuse](#).

Bear in mind that your report is anonymous, except if you're reporting an intellectual property infringement. The account you reported won't see who reported them.



Online Safety Links for Parents and Families



Internet Matters: Helping parents keep their children safe online

<https://www.internetmatters.org/>

Common Sense Media: App and media reviews and guidance

<https://www.commonsensemedia.org/>

UK Safer Internet Center: Helping children and young people stay safe online

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

BBC Own It: help kids make the most of their lives online

<https://www.bbc.com/ownit/curations/parents>

NSPCC: Online safety guides for parents

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>

Parent Zone: We're working towards a safer digital world of opportunities.

<https://parentzone.org.uk/>

LGfL Parent Safe: Keeping your children safe: online & beyond

<https://parentsafe.lgfl.net/>

Get Safe Online: Safeguarding Children

<https://www.getsafeonline.org/personal/article-category/safeguarding-children/>

Think U Know Parents:

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

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Online Safety Links for Pupils



Childnet: Online Safety Help and Advice for 4-11 year olds

<https://www.childnet.com/help-and-advice/4-11-year-olds>

BBC Own It: Boss Your Online Life <https://www.bbc.com/ownit/curations/kids>

Childline: Staying Safe Online

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

Think U Know: Activities for 8-11 year olds

https://www.thinkuknow.co.uk/8_10/

Think U Know: Activities for 4-7 year olds

https://www.thinkuknow.co.uk/4_7/

UK Safer Internet Centre: Resources for 3-11 year olds

<https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-3-11s>

Google Interland

https://beinternetawesome.withgoogle.com/en_us/interland

Childline: Bullying and Cyberbullying

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

Kidscape: Dealing with cyberbullying

<https://www.kidscape.org.uk/advice/advice-for-young-people/dealing-with-cyberbullying/>

Useful links on the school website



Home Our School ▾ Information ▾ Curriculum ▾ News & Events ▾ Parents & Families ▾ Pupils ▾ Partners ▾ Privacy Notice Contact Us

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