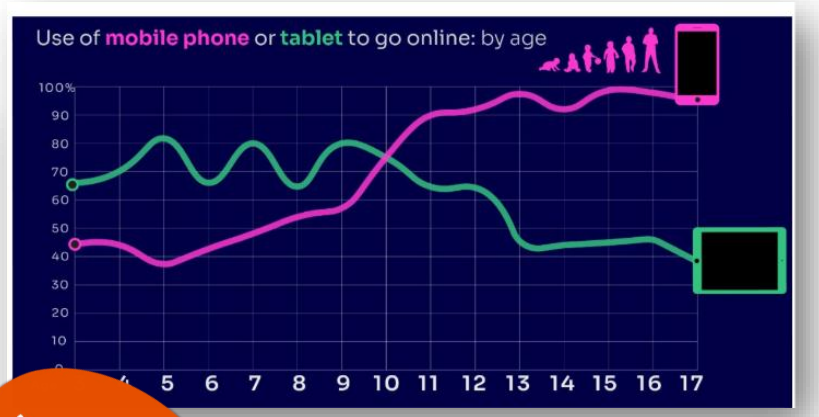
# PARENT ONLINE SAFETY

## St Helen's Primary School – Tuesday 11th February 2025




DID YOU KNOW?









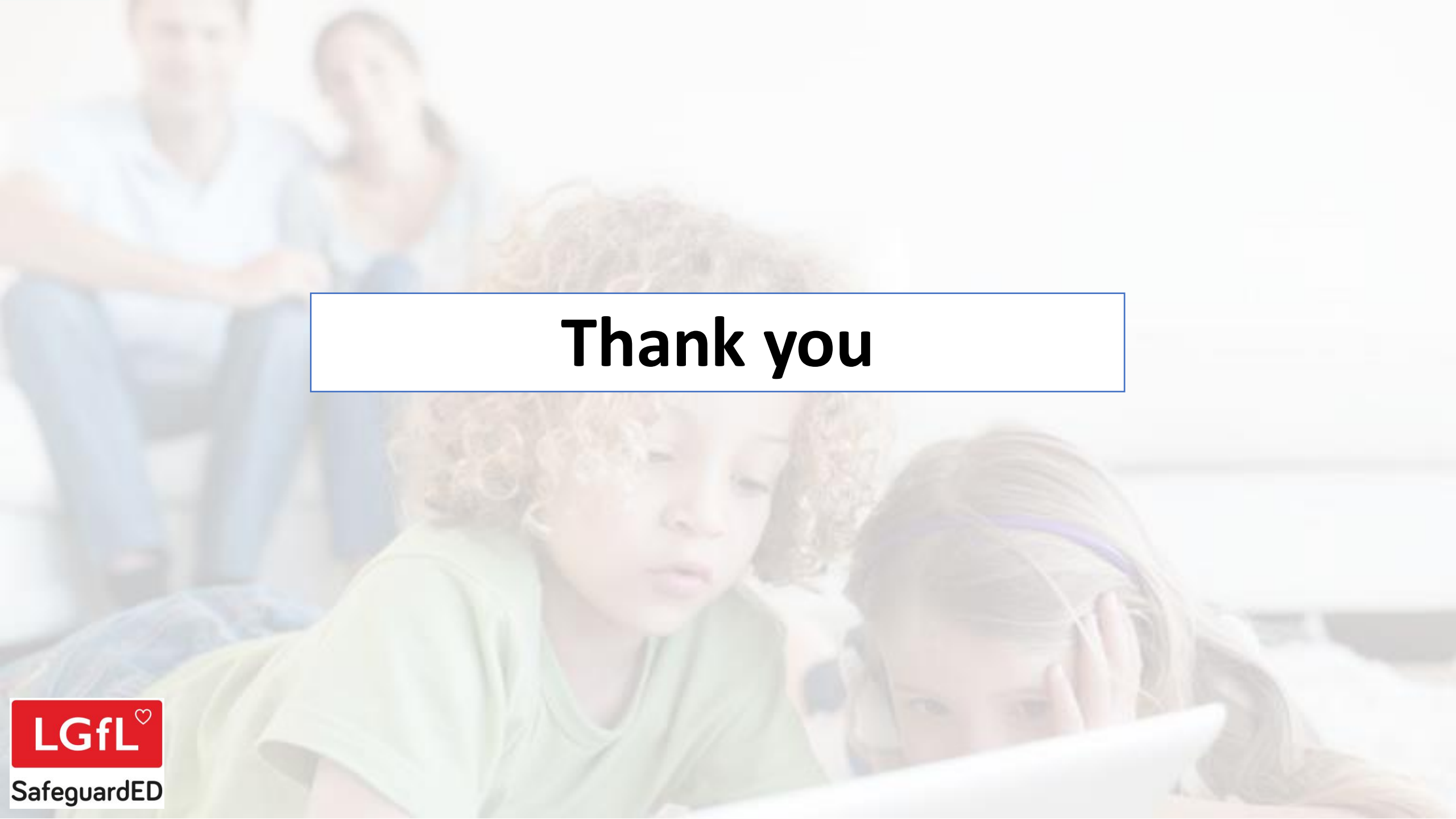








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# Thank you

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# Summary of parental concerns at St Helen's Primary School

1. Explaining online safety to my child
2. Cyber bullying
3. Protecting child's privacy and data
4. Screen time and boundaries
5. Understanding social media
6. Parental control
7. Getting other parents to understand the risks

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# Summary of children concerns at St Helen's Primary School

- Something popping up – unsure what to do
- Something will scare me
- In case I click something I shouldn't
- Someone I don't know starts talking to me
- Finding things not appropriate
- Being bullied/hate messages/people talking about me/people being mean/rude/disrespectful
- Accounts being hacked / being scammed
- People asking for private information
- Being made to feel uncomfortable by what others say
- Game glitching
- Seeing something scary

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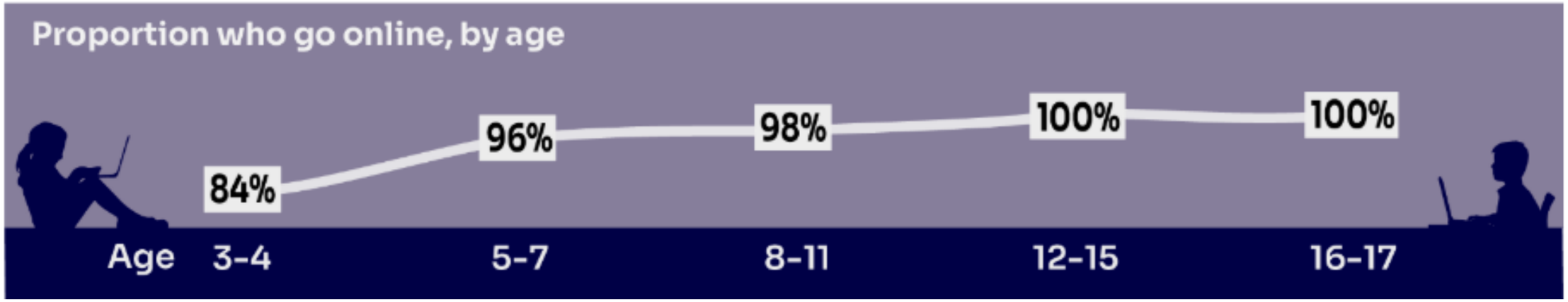

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# Protecting your child's privacy and data

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# HOW MUCH DO YOU KNOW about your child's life online?




**Almost all children (96%) aged 3 – 17 went online in 2023**, highlighting the centrality of the internet in their lives:

- Younger children commonly use **tablets** to go online
- Older children are more likely to use **mobile phones**

DID YOU KNOW ?

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

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# Teach Your Child to Keep Personal Information Private

✅ **Explain what personal information is** – name, age, school, home address, phone number, passwords, and photos.
✅ **Use a simple rule:** Never share personal details online, even with "friends" they haven't met in real life.
✅ **Encourage anonymous usernames** for games and apps instead of real names (e.g., “DragonPlayer123” instead of “Emma_Smith10”).

# Adjust Privacy Settings on Apps and Devices

✅ **Check privacy settings** on all apps, games, and social media platforms your child uses.
✅ **Set profiles to private** to control who can see their information.
✅ **Disable location sharing** in apps like Snapchat, Instagram, and Google Maps.
✅ **Review app permissions** – many apps request access to the microphone, camera, and contacts, but these can be restricted in settings.

💡 **How to check privacy settings:**

- **iPhone:** Settings → Privacy → Check each category (Camera, Location, etc.)
- **Android:** Settings → Privacy → Permissions Manager
- **Social Media & Apps:** Go to account settings and look for "Privacy" or "Security" options

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# Use Strong Passwords & Enable Two-Factor Authentication (2FA)

✅ **Create strong passwords** (at least 12 characters, mix of letters, numbers, and symbols).
✅ **Use different passwords** for different accounts – or a **password manager** for older children.
✅ **Enable Two-Factor Authentication (2FA)** where possible (e.g., a code sent via text or email when logging in).
✅ **Teach your child not to share passwords**, even with friends.

💡 **Tip:** Encourage children to use a "passphrase" – e.g., **"BlueTigerPlays!23"** instead of simple words like **"123password"**.

# Monitor and Manage Online Accounts

✅ **Keep track of accounts your child creates** – many platforms have **minimum age requirements** (e.g., 13+ for Instagram, TikTok).
✅ **Use "Family Sharing" features** on Apple, Google, and Amazon to manage downloads and purchases.
✅ **Regularly check browsing history and app activity** (but in an open and trusting way).

💡 **Helpful Tools:**

- **Google Family Link** (Android) – manage app downloads and screen time.
- **Apple Screen Time** (iPhone/iPad) – set limits and restrictions.

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# Be Aware of Online Scams & Phishing

✅ Teach children to **never click on suspicious links** in messages, emails, or pop-ups.
✅ **Fake giveaways and "You won a prize" scams** are common – tell them to ask a parent before clicking.
✅ **Use a child-friendly search engine** like **Kiddle** or **Swiggle** to reduce exposure to harmful content.

# Be Mindful of Photos and Social Media Sharing

✅ **Think before posting pictures of your child** – turn off location tagging.
✅ **Teach children not to share photos publicly** or with strangers.
✅ **Be careful with school uniforms, landmarks, or personal details** in pictures.

💡 **Check who can see their posts:**

- **Facebook & Instagram** → Set accounts to **Private**
- **TikTok** → Turn on **"Family Pairing"** and set profiles to **Private**
- **YouTube Kids** → Use restricted mode to filter content

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# Use Safe Wi-Fi & Secure Devices

✅ **Avoid using public Wi-Fi** without a **VPN** (Virtual Private Network) to prevent hackers from accessing data.
✅ **Keep devices updated** – software updates fix security issues.
✅ **Use antivirus software** on family computers and tablets.

## Final Tip: Open Conversations Matter!

💬 **Talk to your child about online safety regularly** – keep the conversation **open and non-judgmental** so they feel comfortable coming to you if something goes wrong.

🔒 **Protecting your child's privacy online isn't about restriction – it's about smart, safe habits!** 💡

I've also provided a print sheet for you to help you remember this at home ☺

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# What's wrong with SHARENTING?

(when parents share photos of their children online)




- **Identity theft**
- **Permanence of digital content**
- **Losing control of images**
- **Exposure to child predators**
- **Creates their children's digital footprints before they are old enough to consent to it**

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# Do you SUPERVISE your child's online activity? HOW?

**UNDER 12**

More likely to be nearby / regularly check what their child does online (59%)

**12 - 15**

Ask their child about what they are doing online (72%)

**16 - 17**

Ask their child about what they are doing online (42%)

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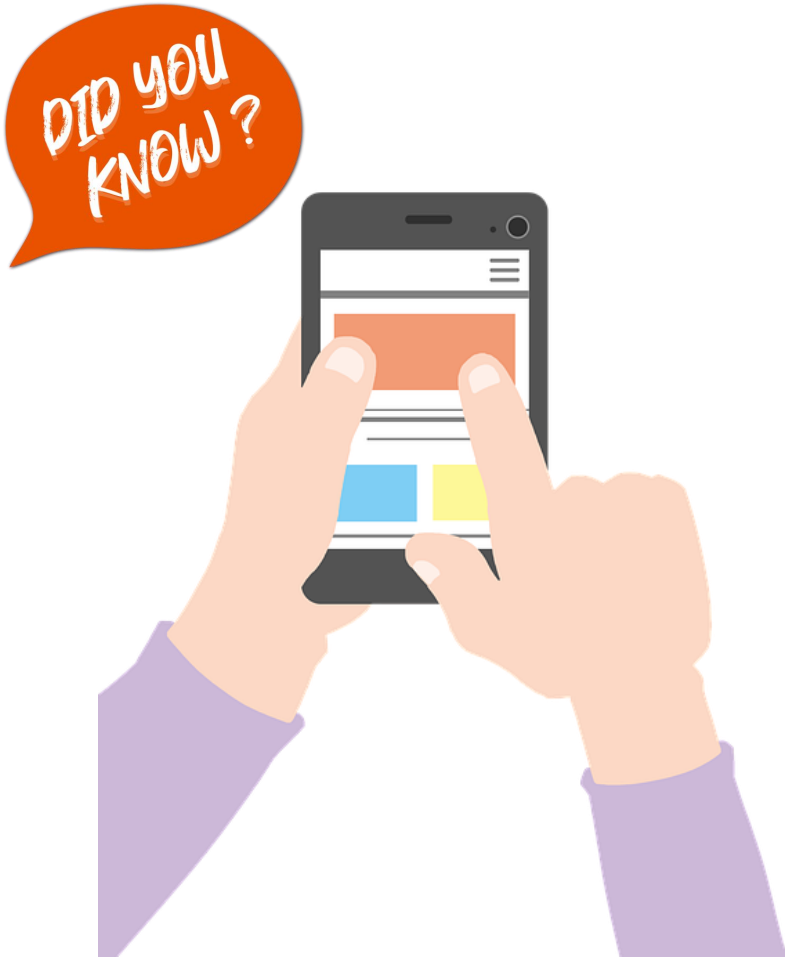
Source: Children and parents: media use and attitudes report 2024



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# Have you set up parental CONTROLS/PRIVACY SETTINGS for ALL DEVICES and NETWORKS?

- Controls have to be set up on both the **broadband connection** AND **each individual device**
- These **do not come as standard** so it's worth checking
- They are important because they allow you to:
  - Block and filter upsetting or inappropriate content or sites
  - Plan what time and how long your child can go online for

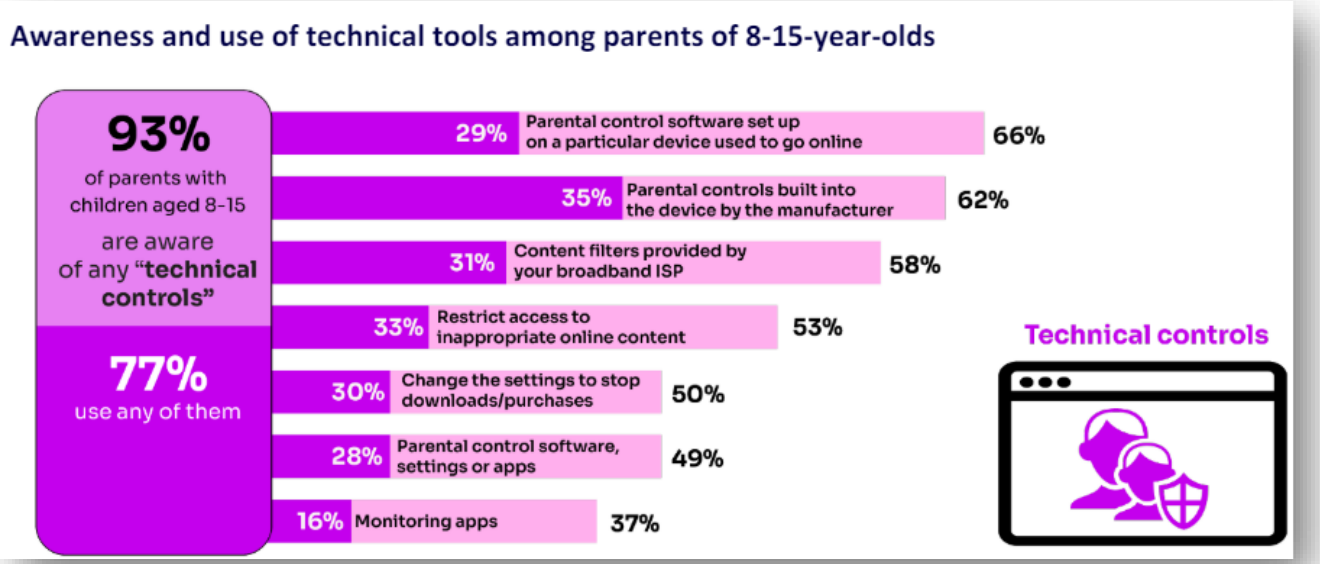



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**High awareness** of technical control tools among parents, <u>BUT</u> **many are choosing not to use them**

## WHY DO YOU THINK THIS IS THE CASE?

- Around four in ten parents who know about content filters **prefer to rely on their child's ability** to navigate online content **rather than to have a technical filter**

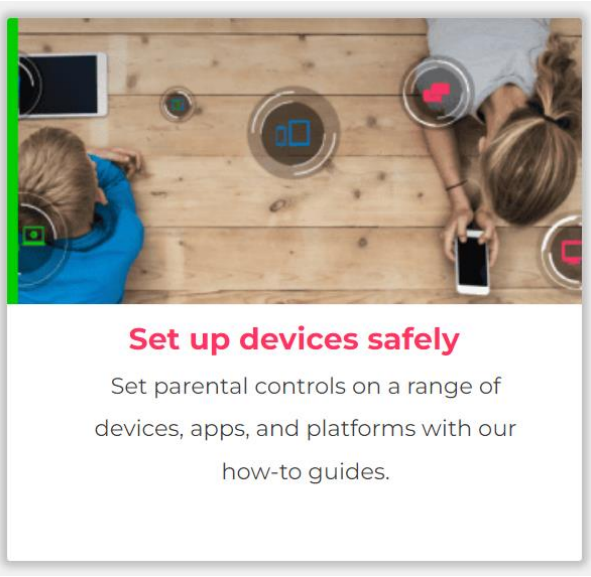



**'I prefer to supervise my child's online use by talking to them about setting rules'** (39%)

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

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# Visit [www.internetmatters.org/parental-controls/](www.internetmatters.org/parental-controls/) to find out how to set controls on devices:



**Set up devices safely**

Set parental controls on a range of devices, apps, and platforms with our how-to guides.

Smartphones & other devices

Select the smartphone, other device or OS from the dropdown list:

VIEW ALL

Broadband & mobile networks

Select your network provider from the dropdown list:

VIEW ALL

Social media

Select the social media app or platform from the dropdown list:

VIEW ALL

Video games & consoles

Select the video game or console from the dropdown list:

VIEW ALL

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DID YOU KNOW?

**Parental control apps like Google Family Link, Screen Time and Microsoft Family can let you set limits across devices, apps and platforms**

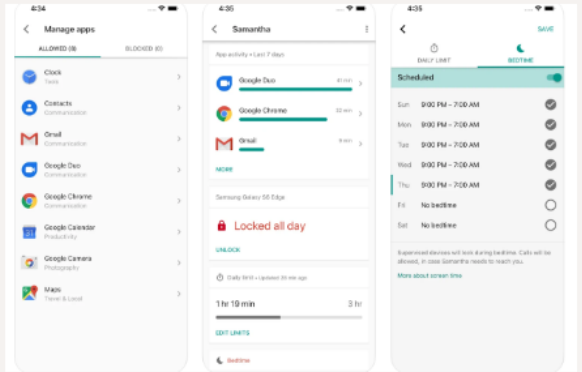
## SAFE SETTINGS, CONTROLS & MONITORING

Apple, Android and Microsoft have tools to help you control what younger children can use and how long for. Click the images below for details. Once they are older and have your trust, the same tools can help avoid arguments and help them learn to self-regulate (how long have they really been on insta today? have they put down the phone at all in the last week?).



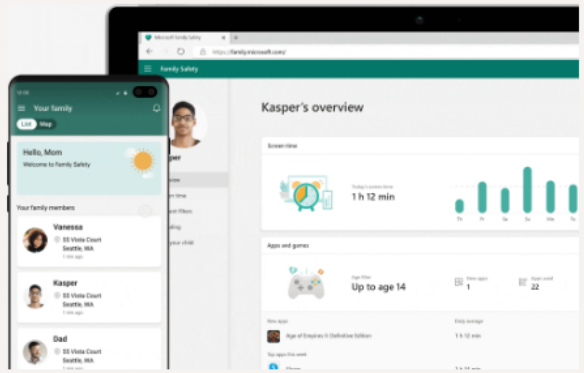

### Apple Screen Time

Great for both parental controls and teen self-regulation




### Google Family Link

Digital Wellbeing is the next step for the older ones after Family Link




### Microsoft Family Safety

There are no self-regulation features for older teens, but Family Safety is great for the younger ones

Visit parentsafe.lgfl.net/ for additional advice and tips on settings and controls for all devices

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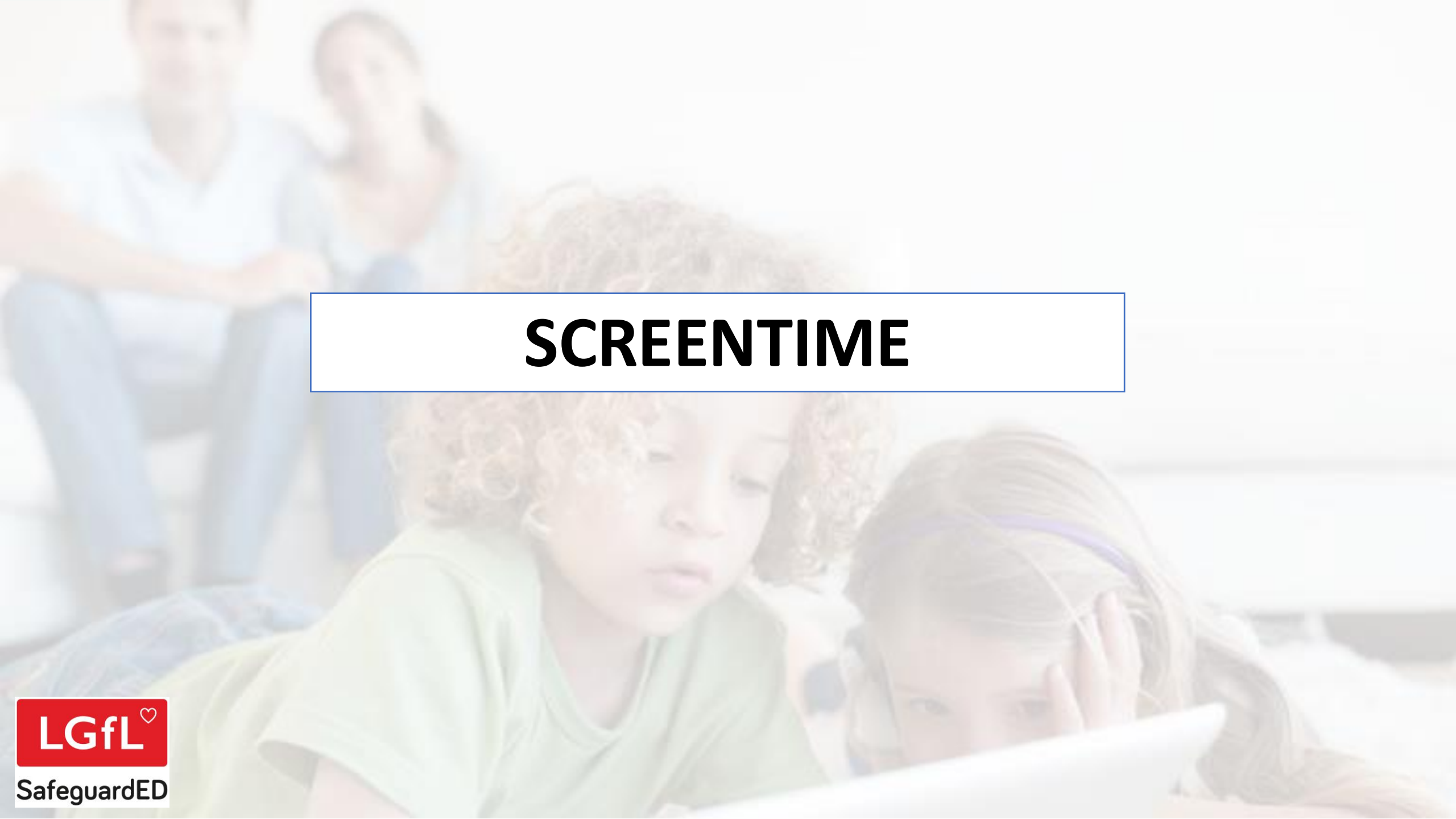
# REMEMBER

- **As children get older, restrictions and controls you use will change**, but only at a pace you feel is appropriate for your child, not pressure from your child *"because everyone else is allowed"*

- **Content filters are never 100% effective,** at some point your child may come across inappropriate or upsetting content, so make time to talk regularly





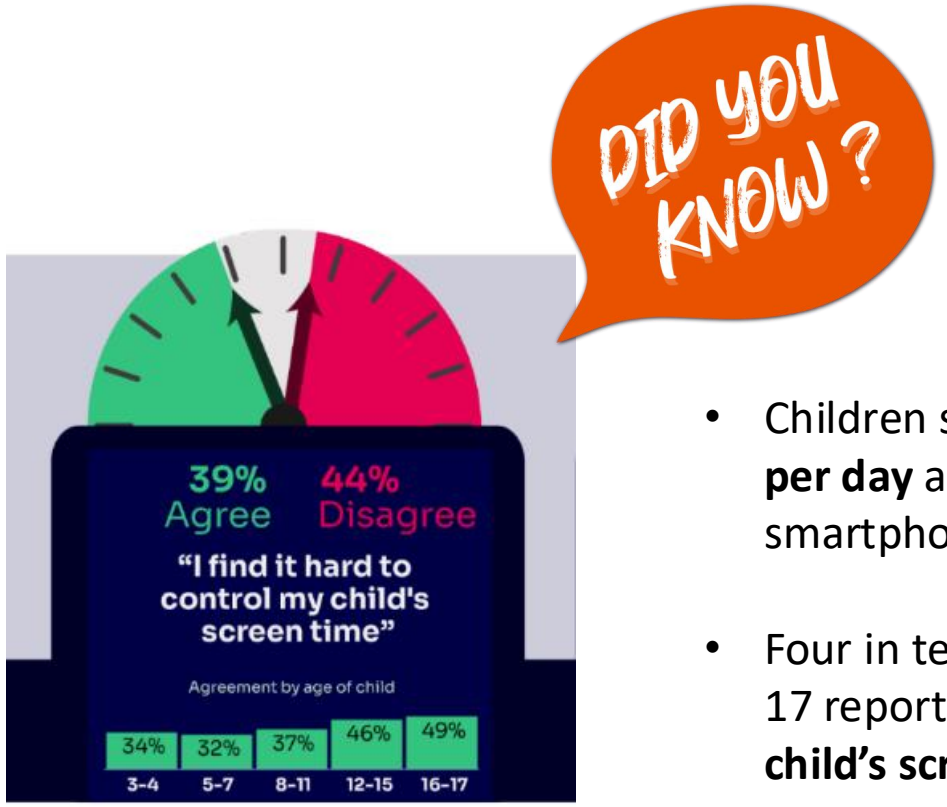



# SCREENTIME

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# WORRIED about their SCREENTIME??

## Do you know HOW LONG YOUR CHILD SPENDS online daily?




- Children spent an average **3 hours 5 minutes per day** accessing the internet, across smartphones, tablets and computers
- Four in ten (39%) parents of children aged 3-17 report finding it **hard to control their child's screentime**

Visit screentime.lgfl.net for advice and tips to manage screentime

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

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# How does your child feel about YOUR SCREENTIME vs THEIRS?




DID YOU KNOW?

**45% of 8-11s feel that their parents' screentime is too high**

**35% of 8-17s feel that their own screentime is too high**

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

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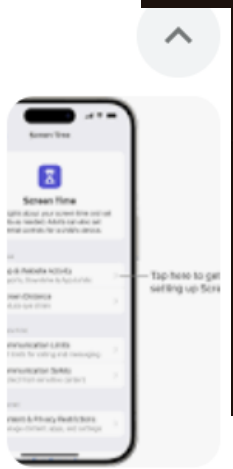

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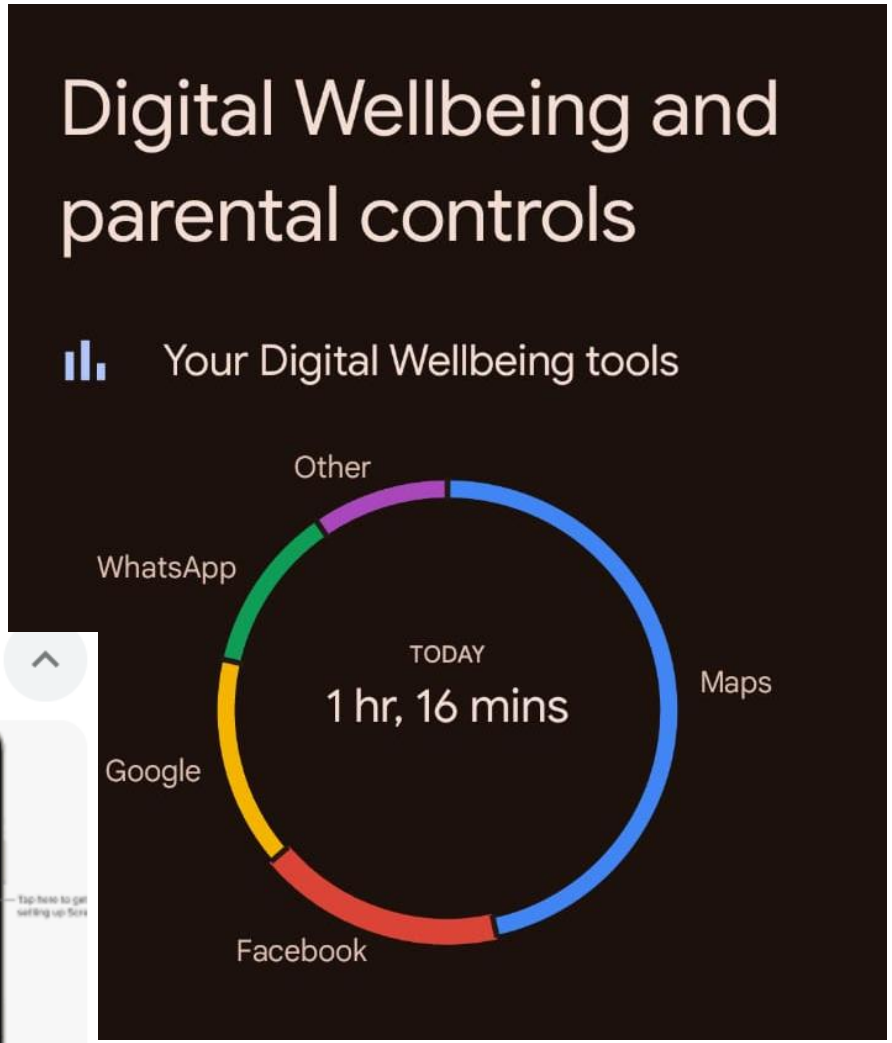
# So….what's your screen time like?

- Settings
- Digital wellbeing  and parental controls

How to see Digital Wellbeing in iPhone?

Go to Settings > Screen Time. Tap See All App & Website Activity, then tap Devices to select which device you want to see usage for. Tap Week to see a summary of your weekly use, or tap Day to see a summary of your daily use.






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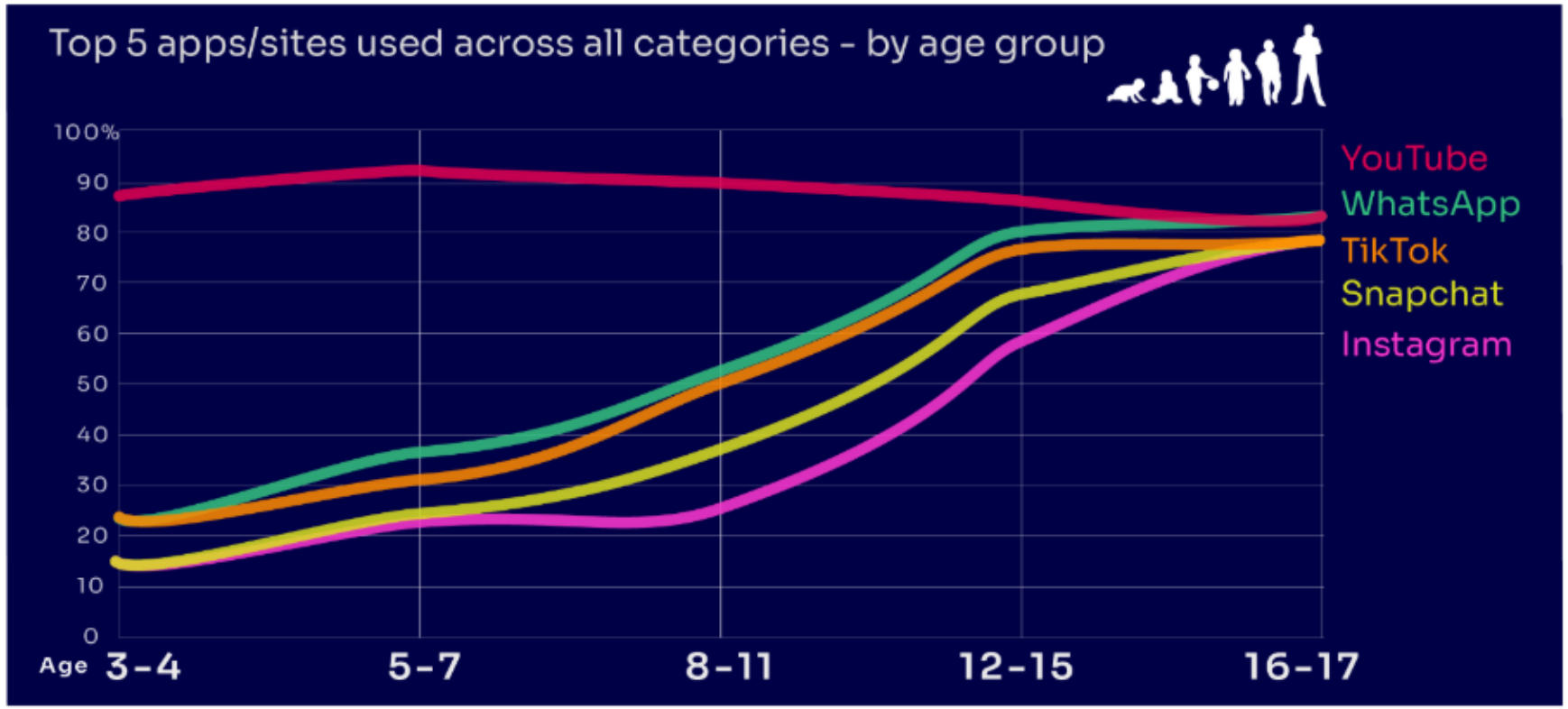
# SOCIAL MEDIA AND GAMING

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# Are you FAMILIAR WITH THE APPS and GAMES your child is on?

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

DID YOU KNOW ?




- 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

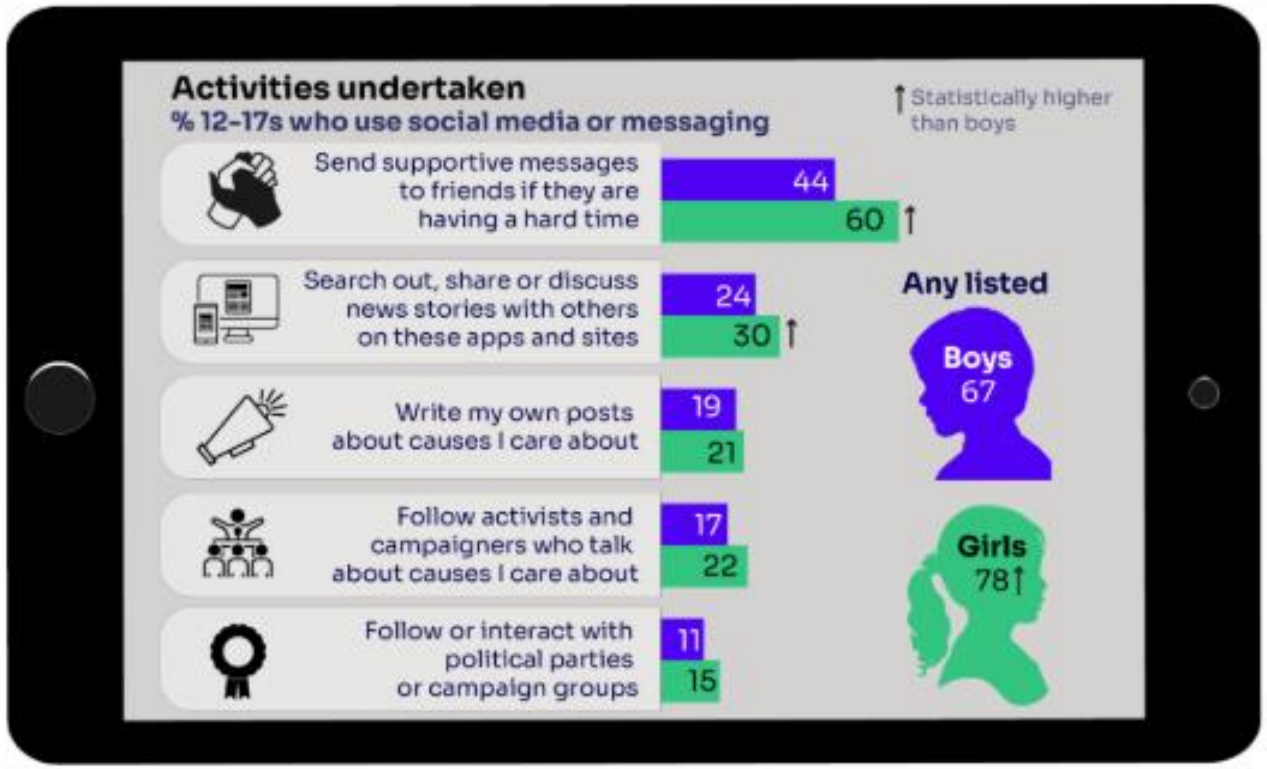
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Go to apps.lgfl.net for guidance on apps and social media sites

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

# KNOW WHAT THEY 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 used 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**

Go to apps.lgfl.net for guidance on apps and social media sites

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

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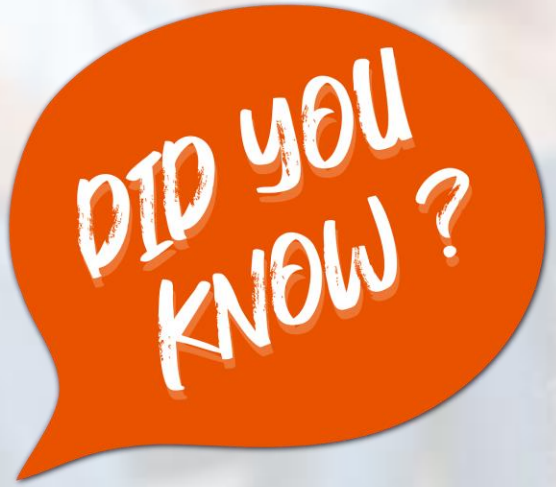
# WHY DOES THIS MATTER?

- 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**.




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# What might they NOT BE TELLING YOU?




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

(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

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

# Do you know the DIFFERENCE between an 'ONLINE' FRIEND and a real one? How does this differ from your CHILD'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?




Visit gaming.lgfl.net for advice and activities

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

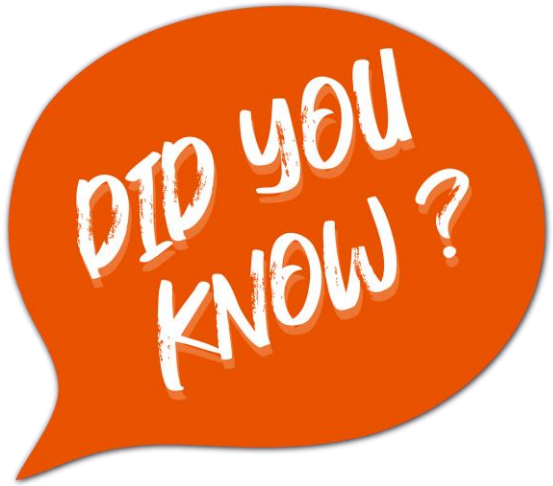
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Visit gaming.lgfl.net for advice and activities to keep them safe

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

# PEGI helps parents to make informed decisions when buying video games:

- The age rating confirms that the game content is appropriate for players of certain age
- It considers the age **suitability** of a game, **not the level of difficulty**







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pegi.info

**Find ratings and reviews for parents on apps, games and social media at [commonsensemedia.org](commonsensemedia.org)**




Movies | TV | Books | Games | Podcasts | Apps | YouTube | Parent Tips and FAQs | Celebrating Co

| By Age | By Topic | By Platform |
|---|---|---|
| Preschoolers (2-4) | Screen Time | TikTok |
| Little Kids (5-7) | Learning | Snapchat |
| Big Kids (8-9) | Social Media | Minecraft |
| Pre-Teens (10-12) | Cellphones | Roblox |
| Teens (13+) | Online Safety | Fortnite |
| | Identity and Community | Discord |
| | More ... | More ... |

APP

**Snapchat**

age 16+ ★★★☆☆

Send moments in photos, watch curated content; use wisely.

Devices: iPhone , iPod Touch , iPad , Android (2011)

See full review

APP

**Discord**

age 13+ ★★★☆☆

Voice and video chat; slick features, some mature content.

Devices: iPhone , iPod Touch , iPad , Mac , Android , Windows app (2017)

See full review

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# Are YOU aware of the MINIMUM AGE REQUIREMENT for social media?

**84% of parents of 3-17s were aware of a minimum age** requirement to have a profile on social media apps

**BUT ONLY**
**32% of parents knew the correct age requirement**
(13 yrs)

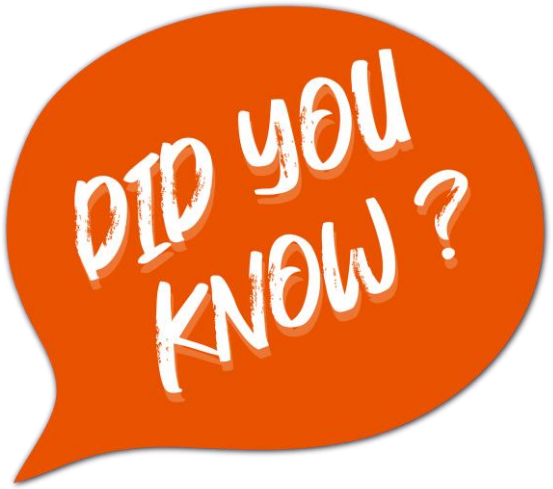
**More than a third (36%) say they would allow their child to have a profile on sites or apps before they had reached the minimum age.**

Find ratings and reviews for parents on apps, games and social media at www.commonsensemedia.org

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

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# What about YOUNG PEOPLE?



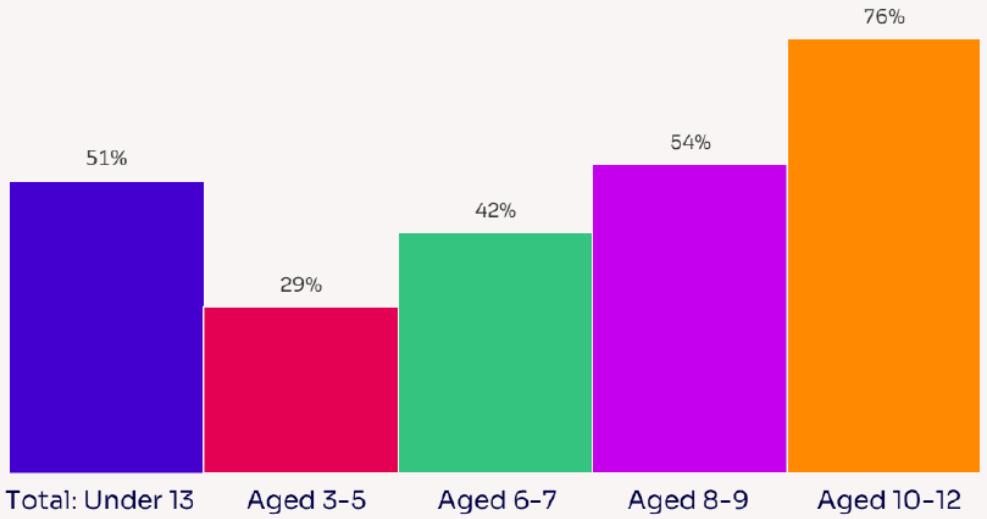

- Nearly eight in ten children are aware of minimum age requirements
- Four in ten admit to giving a fake age online to access a new app/site
- Up to a quarter had changed their date of birth on their profile since initially setting it up:
  - **Facebook** (24%)
  - **TikTok** (23%)
  - **Instagram** and **X/Twitter** (both 19%)

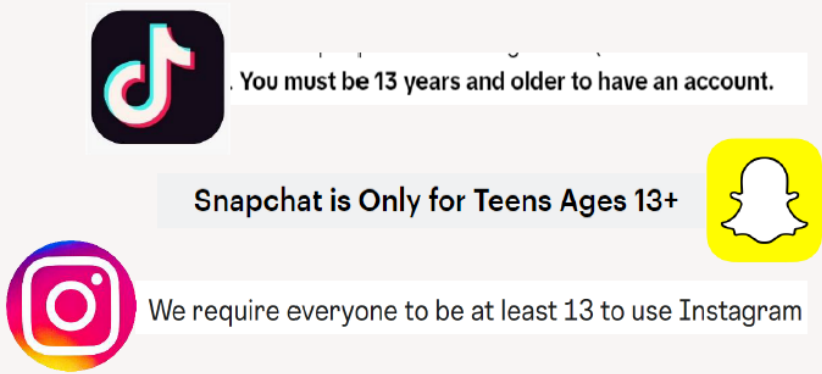



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[Children's Online User Ages 2023 Quantitative Research Study]

# Around half of children under 13 use social media and 38% have their own profile on at least one platform



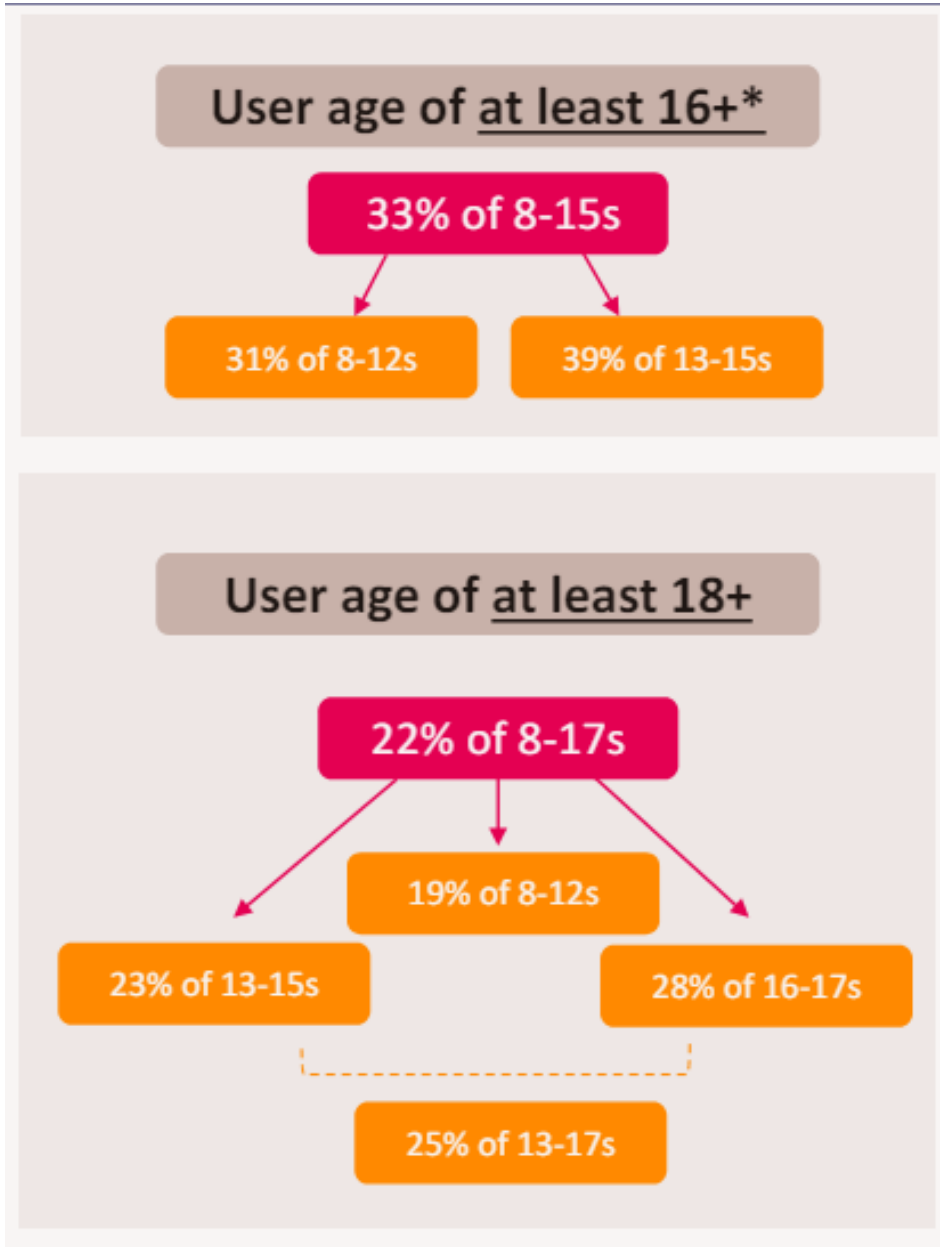




Given the 13+ minimum age requirement on most of these social media platforms, it is notable that half (51%) of children under 13 use them.

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

- Young people **can get around age restrictions** on apps and websites, **increasing the risk of them coming to harm online**

- To understand the **extent to which children are bypassing age checks**, Ofcom researched **how many children have online profiles that make them appear older than they actually are.**



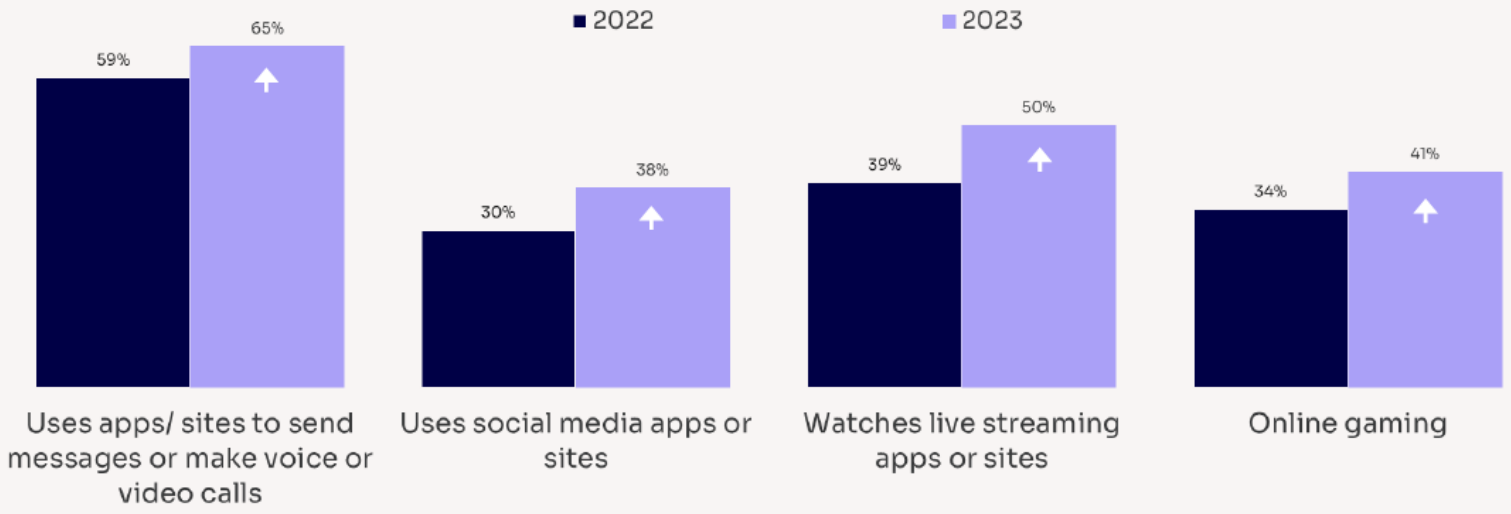

Source: Children and parents: media use and attitudes report 2024

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DID YOU KNOW?

# Five to seven-year-olds are increasingly present online

**Proportion of children aged 5-7- who do the following:**




Arrows show significant differences (95% level) between 2022 and 2023



More are using WhatsApp, TikTok and Instagram this year, too

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## 5–7-year-olds are also independent in their use of certain sites/apps!

- Many **have their own profiles** on several social media platforms:

**YouTube/YouTube Kids** (48%)

**WhatsApp** (11%)

**Instagram** (9%)

- 32% of parents reported that their child uses them **on their own**:

Parents increasingly likely to say they **would allow their child to have a social media profile**

Three in ten (30%) agreeing they **'would allow [their] child to have a profile on these sites or apps before they had reached the minimum age**

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# RISKS AND NEGATIVE EXPERIENCES

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# 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 childre**n 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**

# Average age children first view pornography is 13

DID YOU KNOW ?

Substantial proportions viewed it at a much younger age– **27% by age 11 and 10% by the age of 9**

Unbearable **pressure to view hardcore** pornography even if they do not want to

Degrading acts and **violence against women**

Think it is **reflective of real life or healthy relationships**

**Pornography sites are not the only way**, or even the most popular way, that young people access online porn

Wide **prevalence of on social media platforms such as Twitter, Snapchat and Instagram**




Source:
https://www.childrenscommissioner.gov.uk/resource/pornography-and-harmful-sexual-behaviour/

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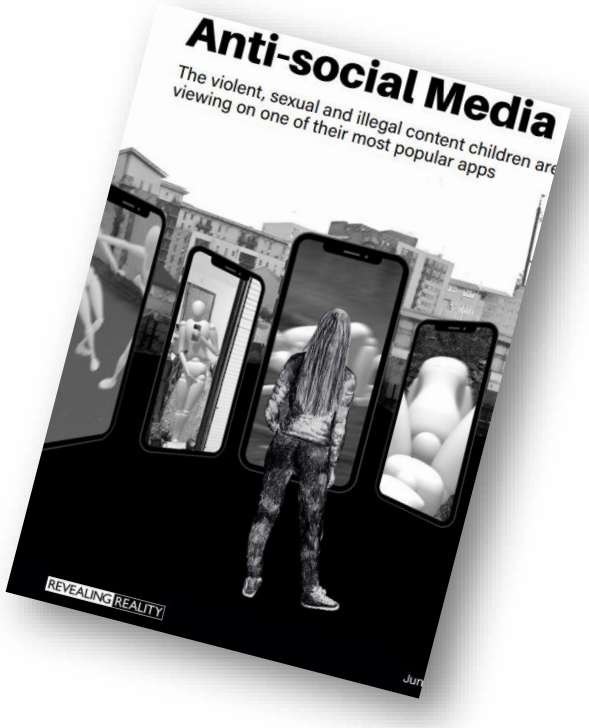
- **Disturbing, graphic and illegal content:**
  - Fights / beatings / stabbings / raids
  - Sexual assaults, sex acts involving children, CSAM
  - Sale of weapons and drugs online

  (Some see this type of content several times a day, daily)

- **Wouldn't consider reporting –** seen what happens to a 'grass'

- While other children use Snapchat's built-in filters to add funny effects to their selfies, the filter these children experience is the **normalisation of humiliation, aggression, violence and crime**

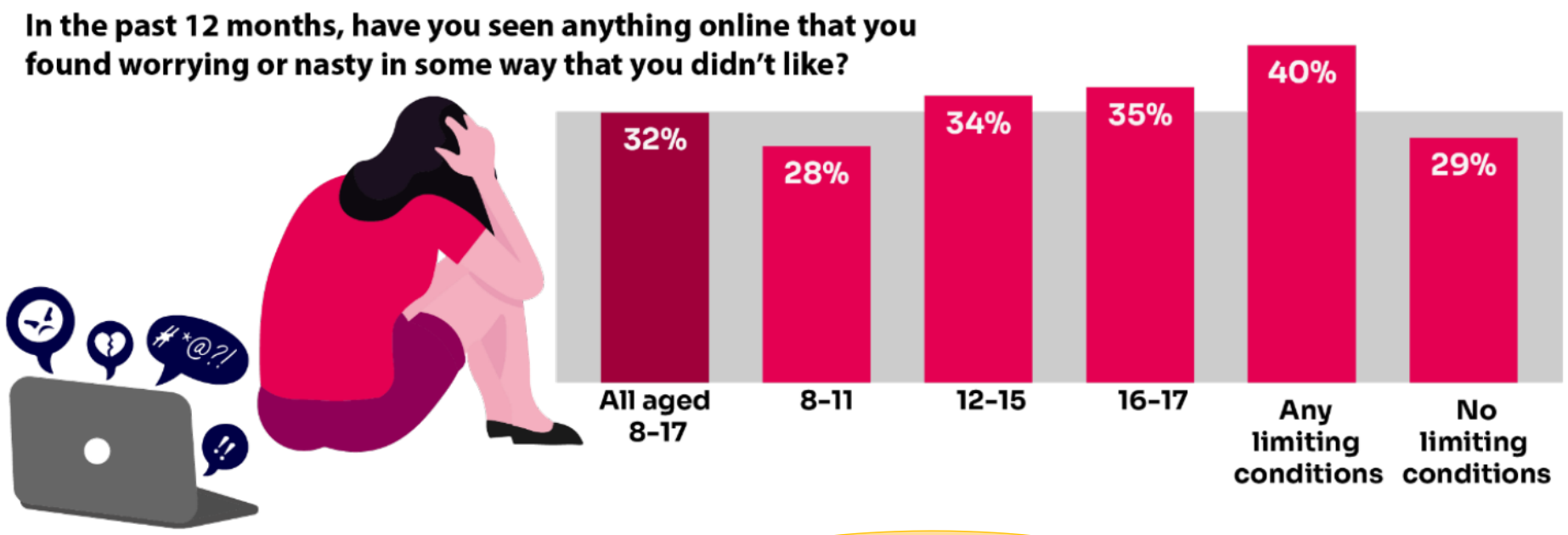
**Snapchat: 'It's our evening news'**




Source: Revealing-Reality: Anti-social-Media Report 2023

LGfL SafeguardED

# Summary of children's negative experiences:




**BUT Only 20% of parents report their child telling them about this in the same time frame.**

Source: Children and parents: Media use and attitudes report 2023

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# Nudes / Semi-Nudes

**Older girls (aged 16-18) were more likely than boys to have ever been exposed to potentially uncomfortable or unwanted types of contact:**

Asked to share naked/half-dressed pictures of themselves

**24% (2023) vs 9% (2022)**

Receiving pictures or videos of naked / half-dressed people

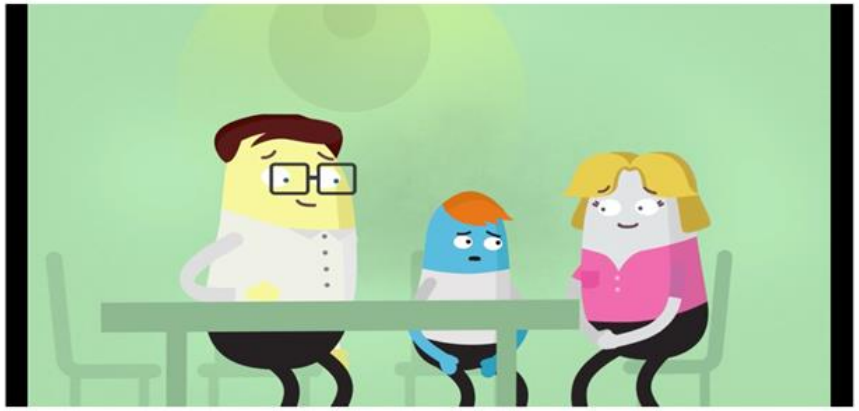
**32% (2023) vs 11% (2022)**

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Source: Children and parents: Media use and attitudes report 2023

# So, what can YOU do?

Nude Selfies: Understanding Why



Nude Selfies: Talking to your child



Nude Selfies: When should I be worried?



Nude Selfies: Where to get help




youtu.be/XjV0lKYpakk?si=6ONdtZJRjfB6bSRj – what parents and carers need to know

youtu.be/E5LA2nKHVZ0?si=gU3_jXFF51TU3vTq – when should you be worried?

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CEOP

https://talk.iwf.org.uk/




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# 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

THE MIX
Essential support for under 25s

CLICK CEOP
Advice Help Report

## NCA

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

REPORT REMOVE
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
0800 1111

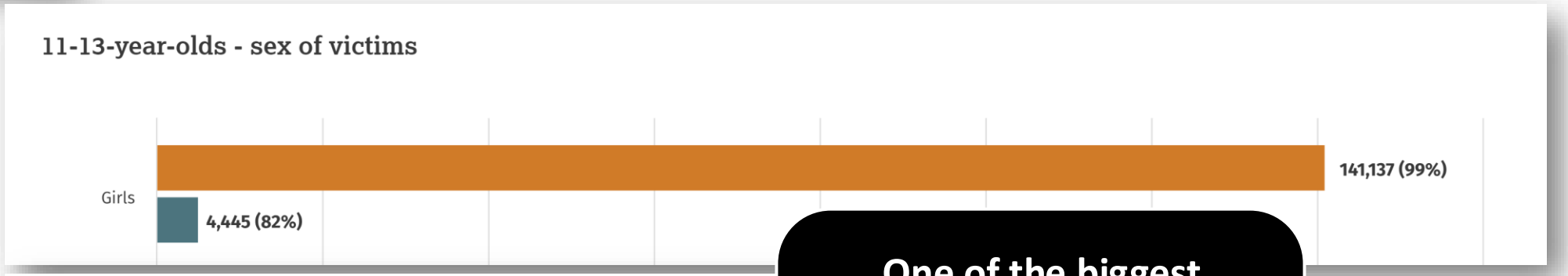
## ChildLine

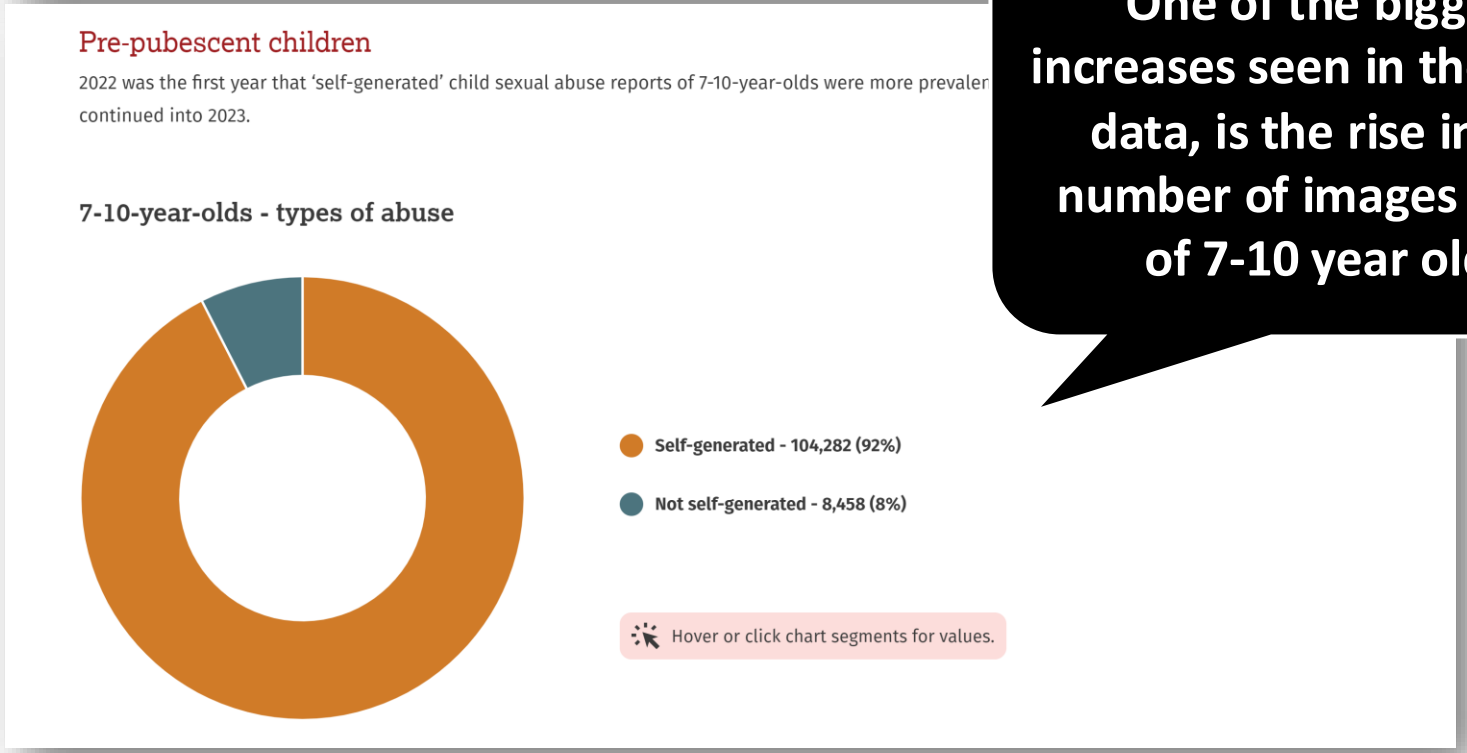
A free, private and confidential service where CYP can talk about anything to a trained counsellor, online or on the phone

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SafeguardED

Go to reporting.lgfl.net to find out more

iwf.org.uk/annual-report-2023




**One of the biggest increases seen in the latest data, is the rise in the number of images found of 7-10 year olds**

This is one of the reasons why we as parents need to start the conversations as early as possible with children, and to be very considered about when children start using devices and controls

SafeguardED

# So, what can YOU do?




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undressed.lgfl.net



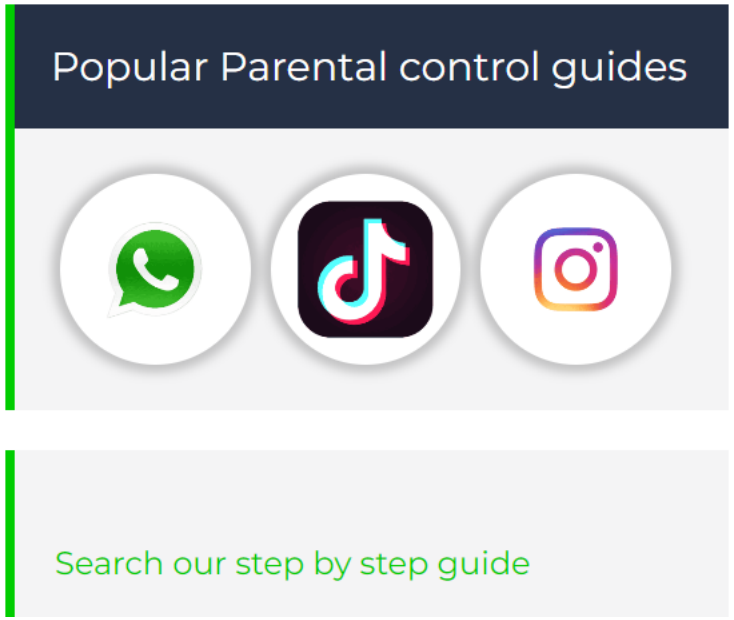
# STAYING SAFE ONLINE AND REPORTING

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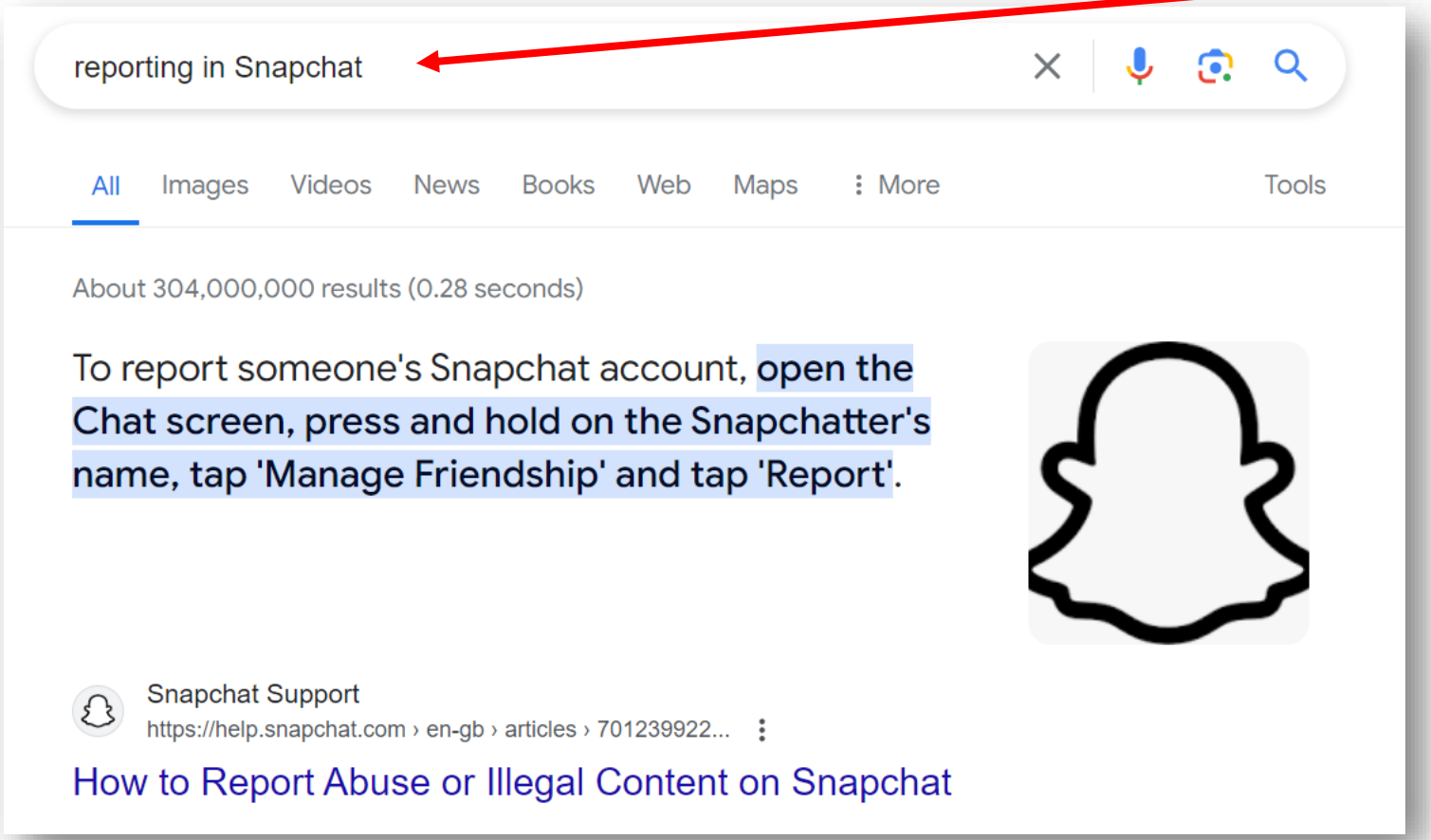
# Do YOU know HOW TO REPORT to apps / sites?




Internet Matters has helpful guides for social media apps and sites at [internetmatters.org/parental-controls/social-media](internetmatters.org/parental-controls/social-media)




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A simple **Google search** with the site name, **e.g. 'reporting in Snapchat'** will bring up the steps to take and signpost to the reporting page

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# RESOURCES AND SUPPORT

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Visit [parentsafe.lgfl.net](parentsafe.lgfl.net) for tips and ideas to help parents:

- Manage **screen time**
- Set controls **and settings**
- Understand **apps and games**
- Talk to children about **risk** - from bullying & sharing content, to extremism & gangs

**parentsafe.lgfl.net**



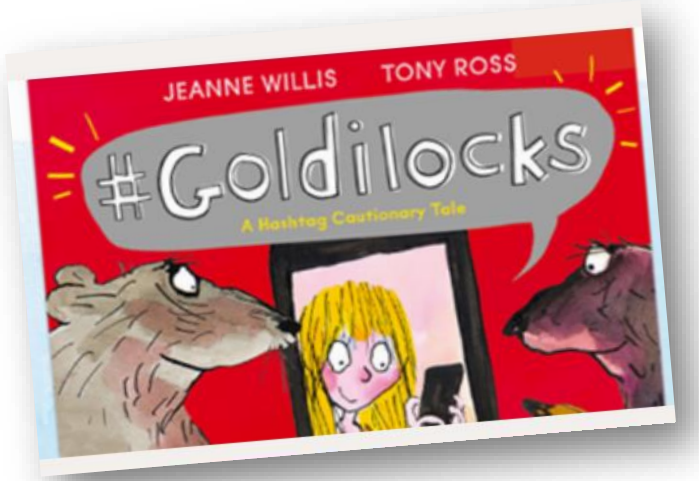
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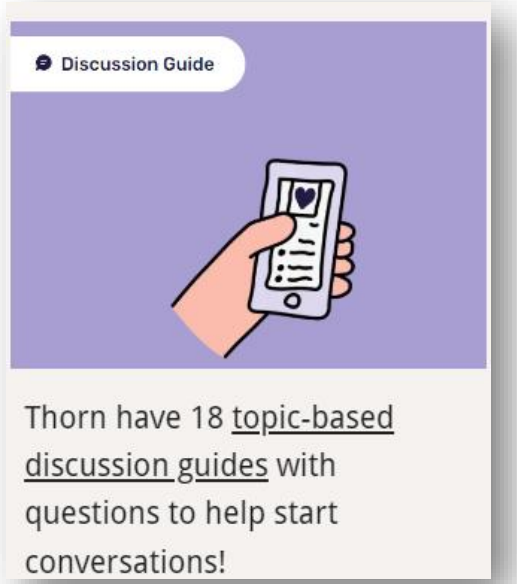
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# TALKING TO CHILDREN ABOUT LIFE ONLINE

**Find conversation starters, story time ideas and top tips to reinforce key safety messages at [parentsafe.lgfl.net](parentsafe.lgfl.net)**










# PARENTSAFE

*Keeping your children safe: online & beyond*

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

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# SIX TOP TIPS

## For Parents To Keep Your Children Safe Online

**Most parents & carers think their children and young people spend too much time on devices. DON'T FEEL BAD! Lots of it is perfectly healthy anyway. Instead, follow these tips to keep them safe, happy and healthy.**

### Don't worry about screen time; aim for screen quality

**Scrolling through social media isn't the same as making a film or story, or video calling Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.**




### Check the safety settings are turned on



**Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? What about safe search and Youtube? See parentsafe.lgfl.net for more.**

### Get your children to show you their apps and games



**You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for Common Sense Media reviews.**

### Don't try to hide news about scary things in the news



**If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch Newsround together and talk about how they feel – there is guidance from Childline to help you.**

# ONLINE TUTORS
# KEEPING CHILDREN SAFE



## GUIDANCE FOR PARENTS & CARERS

**YOU MIGHT GET A TUTOR FROM SCHOOL, THE NATIONAL TUTORING PROGRAMME, A GOOGLE SEARCH OR A RECOMMENDATION. BUT ANYONE CAN CALL THEMSELVES A TUTOR, SO HOW CAN YOU KEEP YOUR CHILDREN SAFE WHILE THEY CATCH UP?**

### 1) Select the right tutor

- Get to know them first - ask about qualifications, experience (freelance? umbrella body?) & approach
- Take up references and speak to them if you can
- Ask to see a DBS (criminal record) check. NB - private tutors can only get the basic check; (don't let a DBS give you a false sense of security though)
- Find out which platform they will use and its safety features



### 2) Establish clear rules

- Sessions must always be arranged via you; the tutor should not contact your child directly between sessions, send private messages or change communication platform
- A tutor is not a friend – they should behave in a professional way, like a teacher
- Sessions must not be recorded without your approval
- Try to be in the room for all sessions, especially for younger children, and certainly the first time
- Your child should not join a session from a bedroom. If this is unavoidable, pop in frequently, ensure they are fully dressed at all times, point the camera away from beds & personal information, and blur or change the background



### 3) Make sure your child knows

- The rules apply to them and the tutor
- A tutor is a teacher not a friend
- Neither tutor nor child should share personal information, private messages or photos & videos
- They must never meet without your approval or communicate on a different platform
- Who their trusted adults are at home and school
- They can tell you if they are asked to keep a secret or anything happens or is said that is strange or makes them feel uncomfortable, scared or upset



FIND MORE SAFEGUARDING RESOURCES TO SUPPORT PARENTS AT PARENTSAFE.LGFL.NET LGfL DigiSafe

LGfL SafeguardED

parentsafe.lgfl.net

# Where to get help?

# What's next?

https://parentsafe.lgfl.net/home
https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/
https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/bullying/
https://www.bbc.co.uk/bitesize/groups/cw9v6l8d0q6t
https://www.ditchthelabel.org/report (Reporting inappropriate content)
https://swgfl.org.uk/resources/checklists/
https://saferinternet.org.uk/guide-and-resource/parents-and-carers
https://www.nspcc.org.uk/keeping-children-safe/online-safety/internet-connected-devices
https://lgfl.net/safeguarding/resources?field_safeguarding_topic=286&s=5
https://www.vodafone.co.uk/mobile/best-for/kids-and-teenagers (mobile phones)
https://www.internetmatters.org/parental-controls/ (parental control guides)
https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/ (parental control)
https://lgfl.net/safeguarding/resources?field_safeguarding_topic=176&s=32 (app guidance)
https://www.commonsensemedia.org/ (ratings and reviews)
https://www.ripplesuicideprevention.com/ (Suicide prevention download)
https://www.bbc.co.uk/teach/live-lessons/articles/zm9vwsg (Internet Safety Day BBC video)
https://www.bbc.co.uk/teach/topics/cp440njz78zt (Internet safety videos for children)

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