PARENT ONLINE SAFETY

Information for
Schools, Community Groups and Youth Centres

Better conversations. A safer tomorrow.

Updated October 2026

Learn. Share. Stay Safe. Together.



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Further Resources and Support

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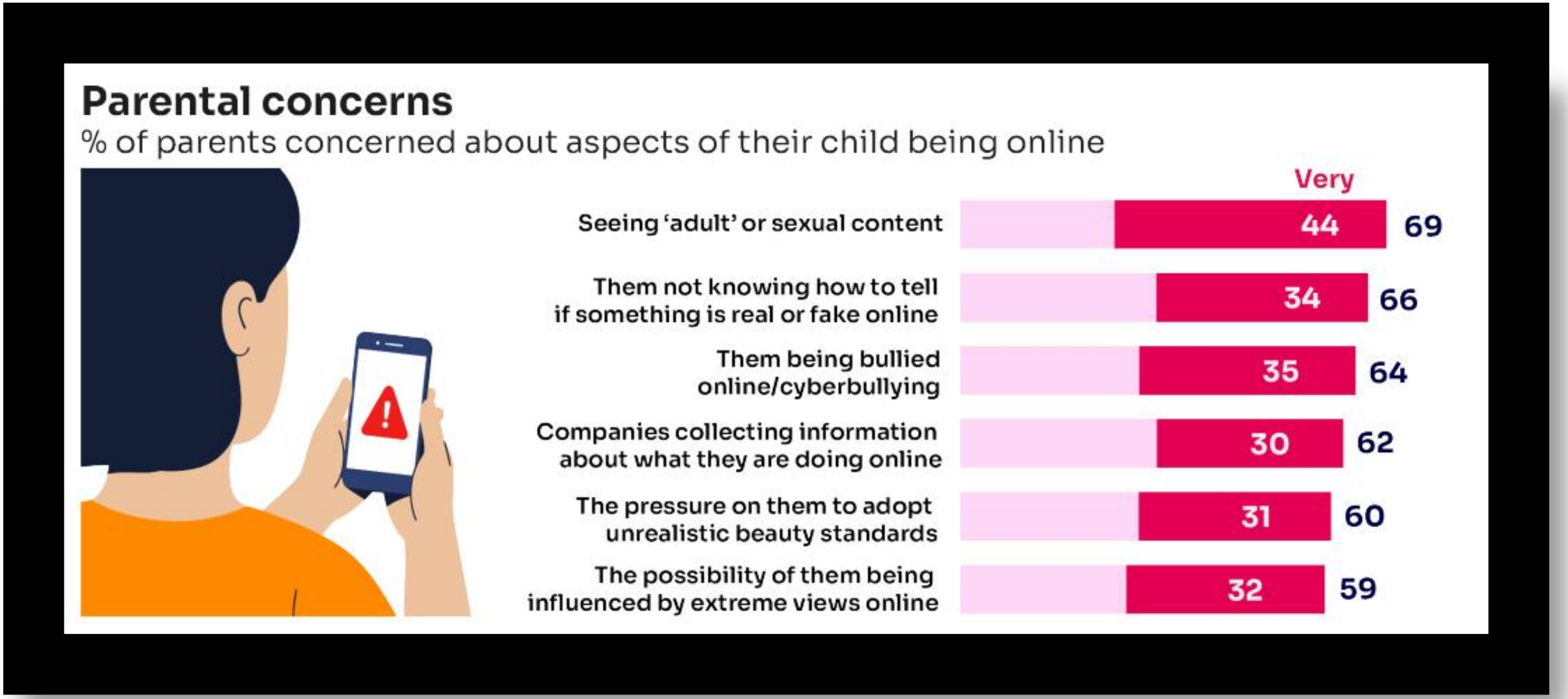
Basic Principles for Parents:



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- **Focus on the positives too** - remember not everything online is bad!
- **Treat online safety in the same way as you would offline safety** - such as stranger danger or crossing the road
- **Talk Little and Often:** Have frequent, casual chats about what your child does online rather than waiting for a major issue to happen
- **Listen Without Judgment:** remind children they can come to you if anything upsets them without fear of anger, shame, or punishment
- **Technology is constantly changing** – keep up to date on latest developments / trends
- **Online safety applies to all types of devices** – PCs, laptops, tablets, smartphones, wearable technology and online gaming
- **Establish Clear Boundaries:** agree on family rules regarding screen time, device-free zones (like bedrooms at bedtime), and age-appropriate apps

Summary of parental concerns (3 – 17 yr-olds)



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Source: Children and parents: media use and attitudes report 2026

YOU don’t need to be an EXPERT



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It’s your choice!	Don’t let others dictate when the right time is to use tech
Stay involved	Make time to communicate, talk about what they are doing. What do they enjoy?
Don’t quiz them	Have regular conversations, e.g. what's their favourite app? Best site to learn new things?
Join in	Watch them play a game and join. Who are they playing with? How do they know them?
‘Show me how..’	Ask for their help with your privacy settings, who you should add as a friend, are there any risks?
Lead by example	children learn as much from watching, so model good behaviour
Reassure them	Tell them that they won't get in trouble and that you are always there to help

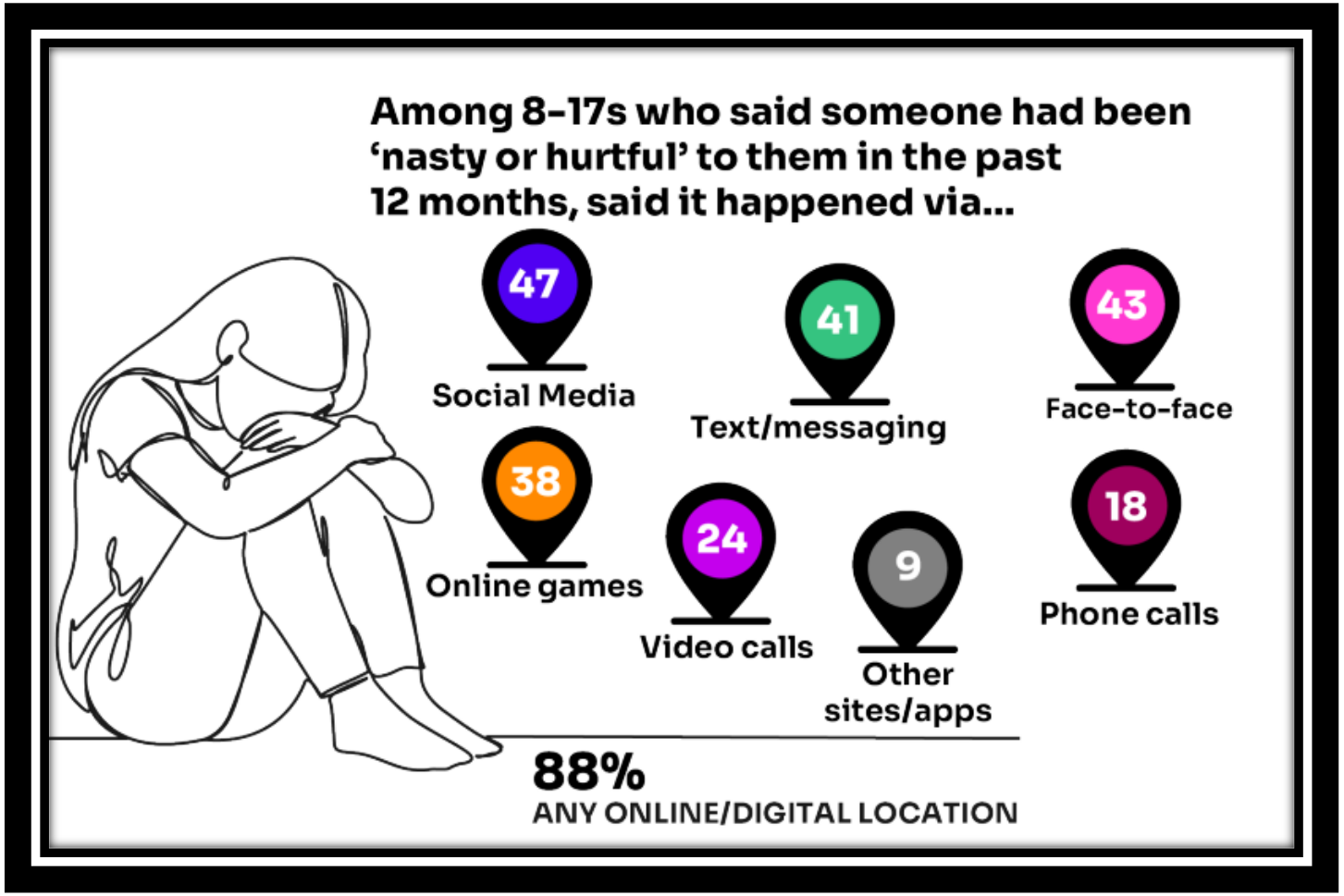


… just be a PARENT

Is your child confident to TALK TO YOU?

DID YOU KNOW?

- **83%** who saw something **'worrying or nasty'** say they would tell a family member
- **Younger children** are more likely to **tell a parent**

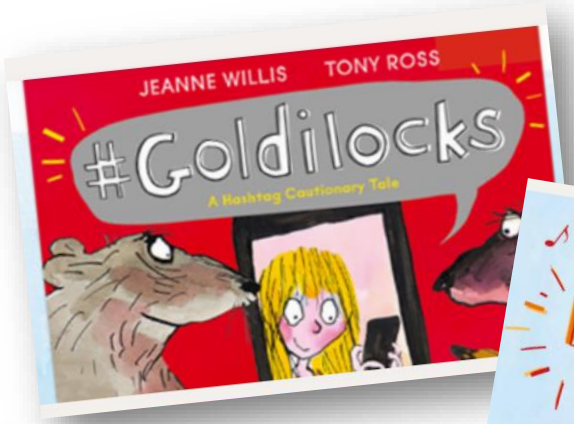


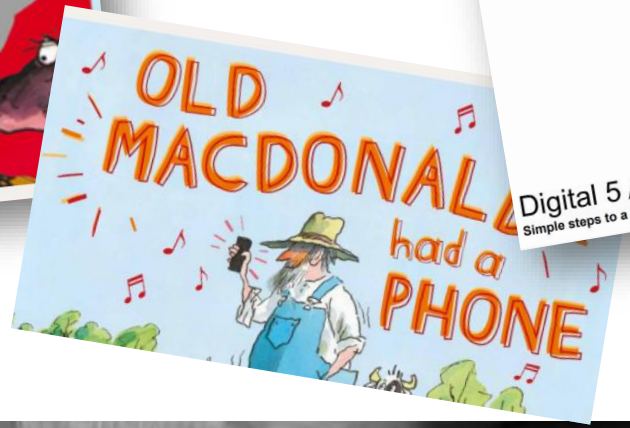
Source: Children and parents: media use and attitudes report 2026

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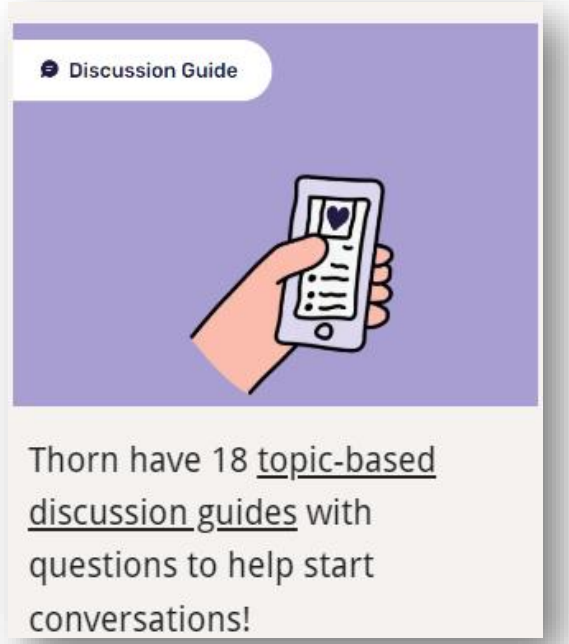
TALKING TO CHILDREN ABOUT LIFE ONLINE

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









Thorn have 18 topic-based discussion guides with questions to help start conversations!



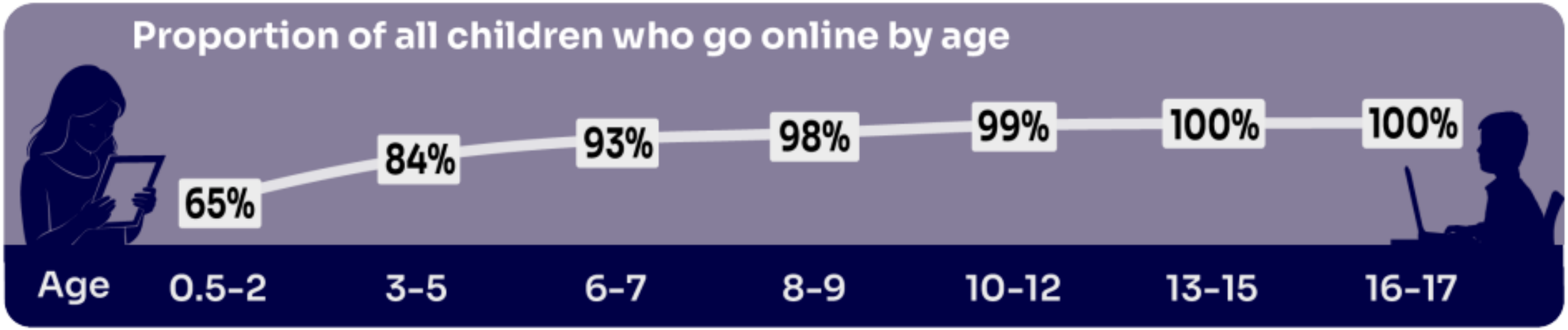
PARENTSAFE

Keeping your children safe: online & beyond



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



Almost all children (99%) aged 8 – 17 went online last year, 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 2026

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What other DEVICES does your child use?



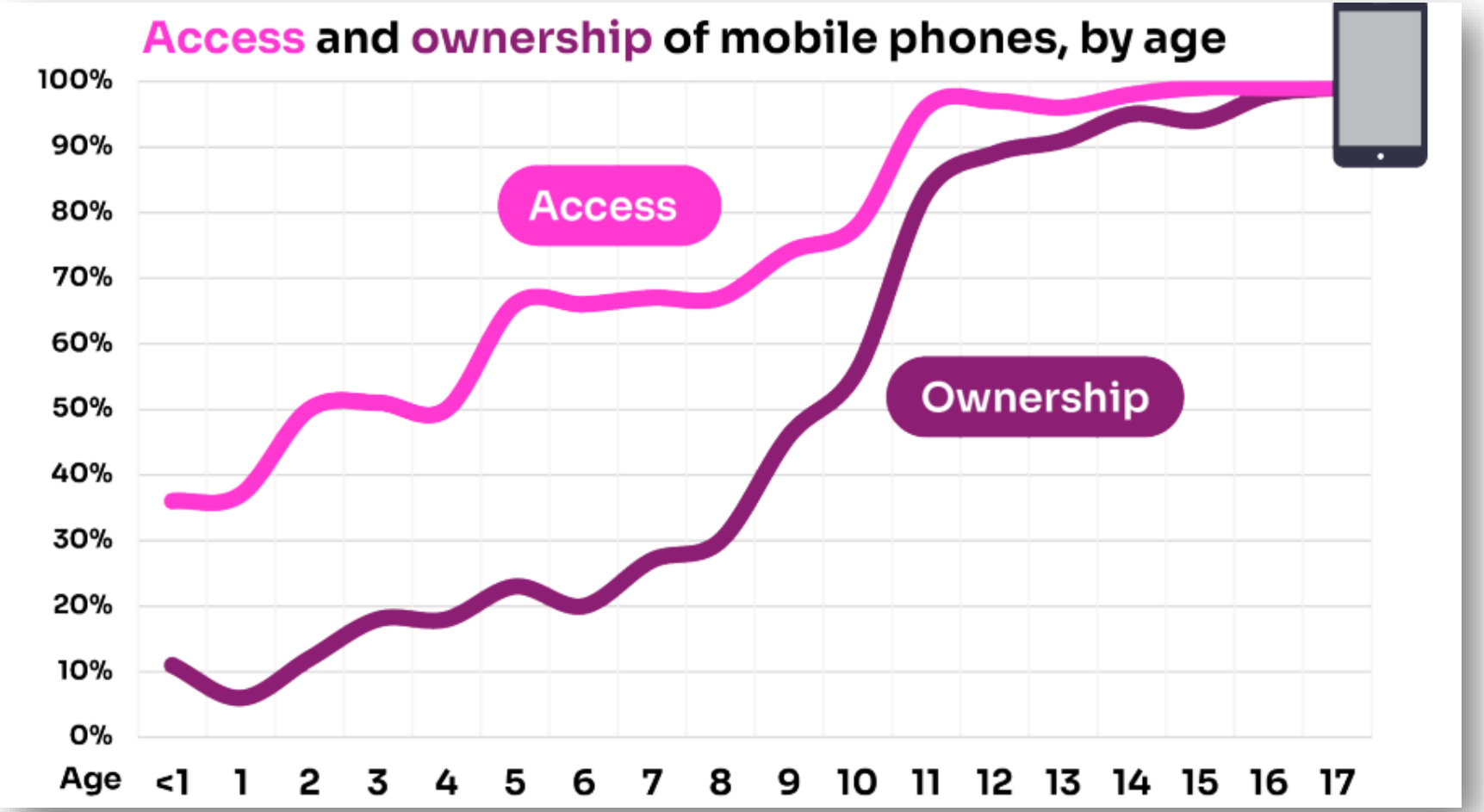
- Children increasingly use **wearable technology** like smartwatches, smart glasses and fitness trackers
- These are often **created for adults**, so some features might pose potential risks and impact digital wellbeing, safety and security
- Wearable technology can also **collect real-time data.**
- Many of these device require an app, which can link to **online communities**

https://www.internetmatters.org/tech-and-kids-digital-futures/what-is-wearable-technology-safety-for-children/

Does your child have their OWN MOBILE PHONE? If so, is it a SMART PHONE?

What AGE do you think is appropriate?

56% of 10 yr olds
vs
83% of 11 yr olds
have a mobile phone

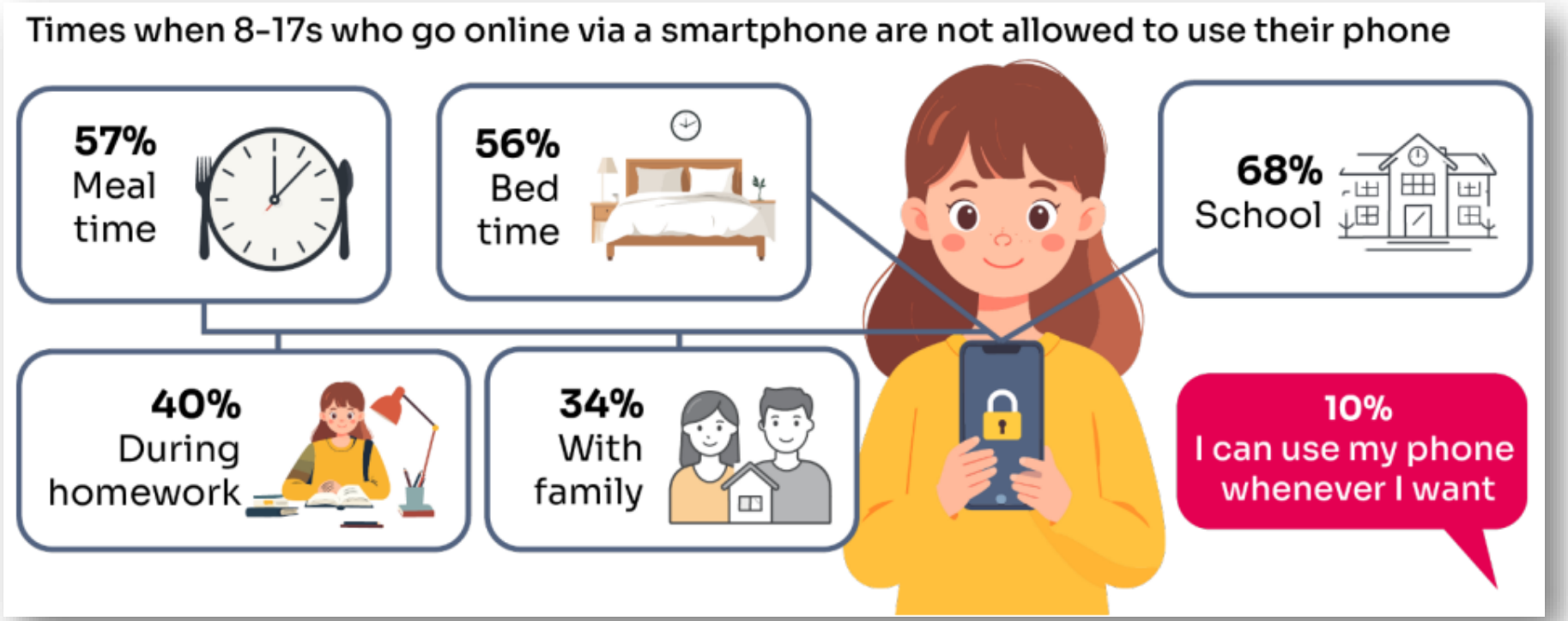


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Source: Children and parents: media use and attitudes report 2026

What RULES do YOU SET around using mobile phones?





DID YOU KNOW?

89% of children who go online via a smartphone have rules around when they can use their phone

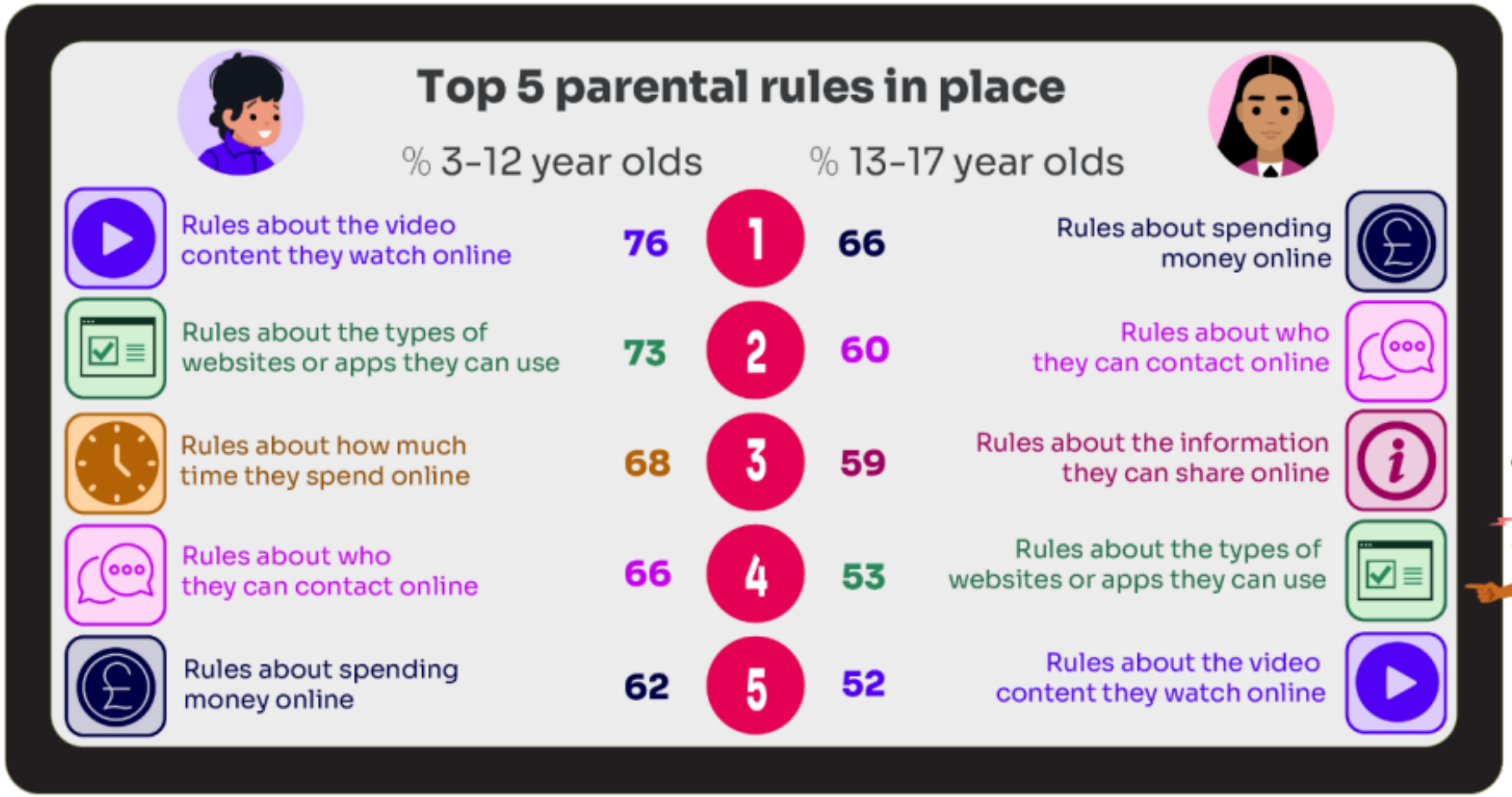
What do you do that WORKS?

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Source: Children and parents: media use and attitudes report 2026

What RULES do YOU SET about being online?

How CONFIDENT are YOU in implementing them?





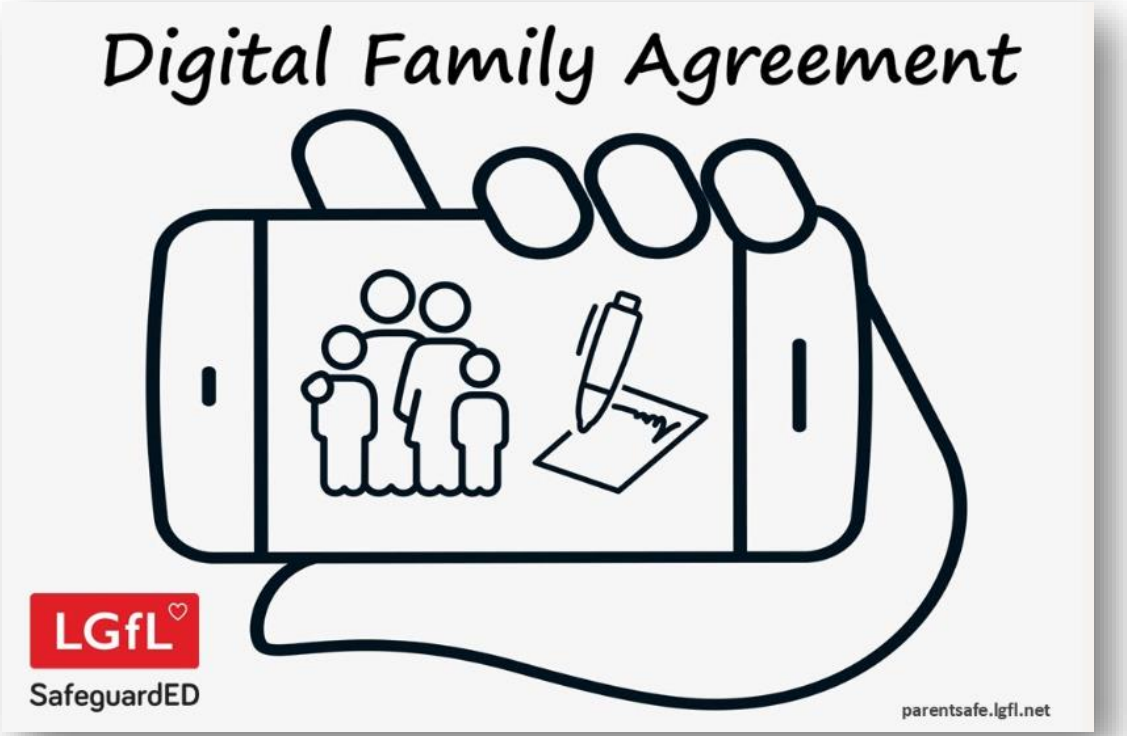
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Source: Children and parents: media use and attitudes report 2026



Why not have a family agreement to:

- ✓ **clarify** what is allowed...or not
- ✓ **establish** ground rules like no phones at the table or in the bedroom at night-time
- ✓ **agree** shared expectations to reduce arguments and keep everyone safe & healthy



PDF version to view, print and write on

Powerpoint version to edit online

Google Sheets version to edit online

Download it at:
parentsafe.lgfl.net/digital-family-agreement

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Digital Family Agreement



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I will:	Why?
• Check with dad before I chat with anyone for the first time, even if they are a 'chatbot'	
• Check with mum before getting a new app or game, or buying an add-on so she can check it is safe	
• Not post or share any personal information, e.g. mobile, address to stay private and safe	
• Check with mum and dad before going 'live' and explain what I can do to avoid any risks	
• Put my phone down when we're eating together or family want to talk, as it's respectful	
• Turn off notifications when I'm doing homework or at bedtime so I can concentrate and sleep	
• Come off my devices an hour before bedtime to help me unwind and sleep	

Parent/carer will:	Why?
- Put our devices down when you want to talk to me/us so we can model good behaviour	
- Keep our mobiles away for important family time e·g· breakfast and dinner so we can have quality time and talk	
- Trust you to manage your screen time sensibly as we agreed, and only say something id I/we are worried, to help you stay safe and healthy	
- Ask permission before sharing any photos of you to respect your privacy	

If there are any issues:

We will talk about it calmly and respectfully

I may have to show you more about what I do on devices, or face condequences

If I'm worried by anything:

I can tell mum and dad, and they won't judge me

I can talk to ..... At school

I can contact Childline or The Mix

EXAMPLE

Signed: Sophie Mum Dad

Today's date: 22nd July

Date we will review this: 22nd October

Download me again and find more support for

SHARENTING!

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parentsafe.lgfl.net

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



% of parents who use different supervision methods

	All children	7 and under	8-12	13-17
Any real time supervision	46	49	49	34
Any ongoing supervision	78	79	85	69
Any device management	77	80	82	67
Any supervision	93	95	98	83



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Source: Children and parents: media use and attitudes report 2026

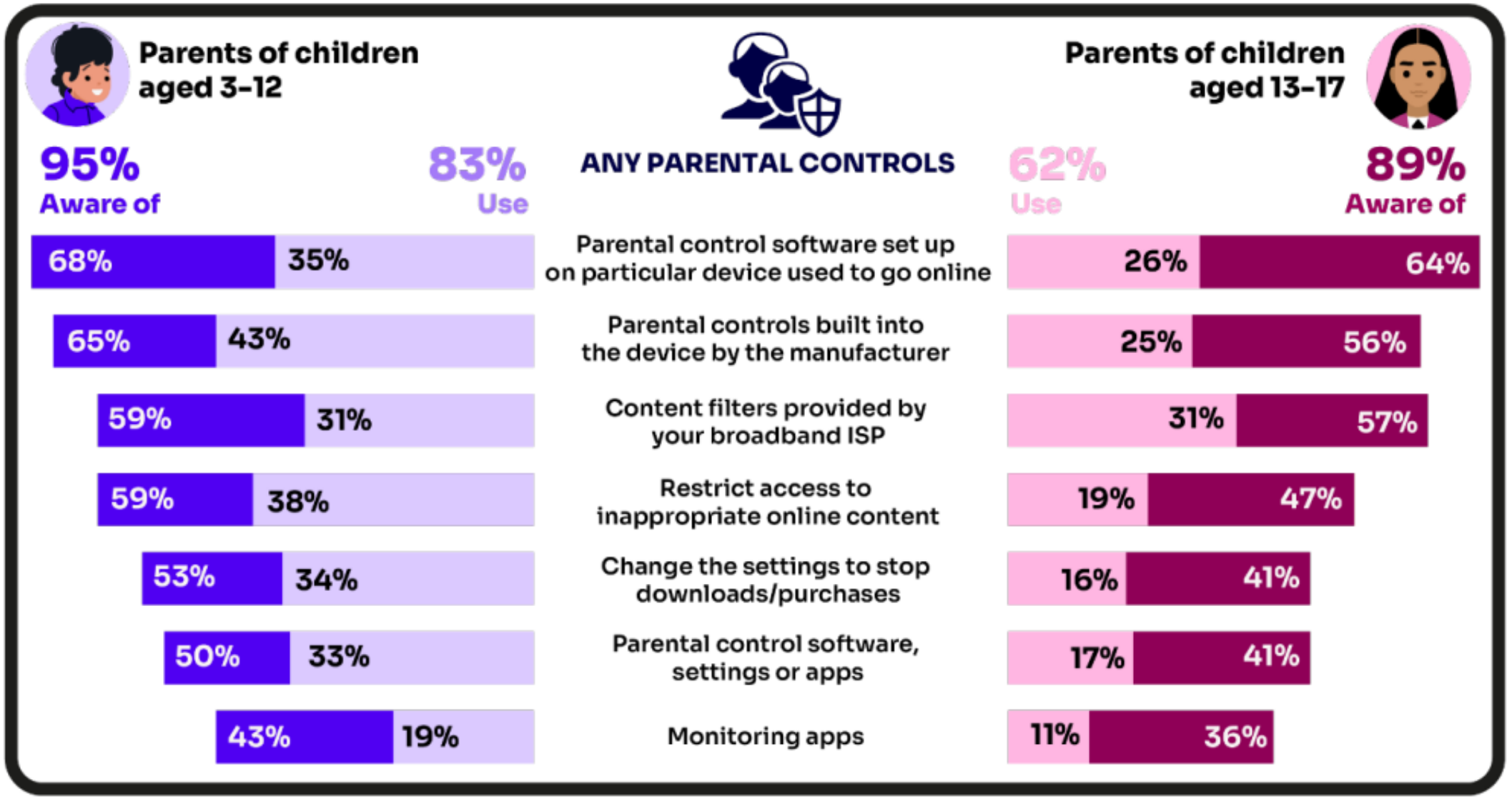
Have you set up parental CONTROLS/PRIVACY SETTINGS? Are these enabled for ALL DEVICES, NETWORKS and APPS?



- Controls need to be set up on the **broadband connection** AND **each individual device** AND **each game/APP used**
- 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
  - ✓ Prohibit features such as chatting or contact from strangers
  - ✓ Plan what time and how long your child can go online for

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Are you AWARE of these PARENTAL CONTROL TOOLS?
Which ones have YOU USED?



Source: Children and parents: media use and attitudes report 2026

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Visit internetmatters.org/parental-controls to find simple parental control guides:

Layer up for online safety

internet matters.org

A simple way to use safety settings to support children online.

Instead of thinking about parental controls as one big switch, it can help to think in layers, adding the right support around your child as they grow.

You don't need to do everything at once. Start with the basics, add more when it feels right, and change things as your child becomes more confident online. **Even one layer makes a difference.**



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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 is likely to come across inappropriate or upsetting content, so make time to talk regularly





What's wrong with SHARENTING?

(when parents share photos of their children online)

- **Identity** theft
- **Permanence** of digital content
- **Losing control** of images which can be manipulated
- **Exposure** to child predators
- **Creates their child's digital footprint** before they are old enough to **consent**

What can you do if you have already posted a lot about your children???

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This picture
SEEMS
NORMAL…





BUT…..

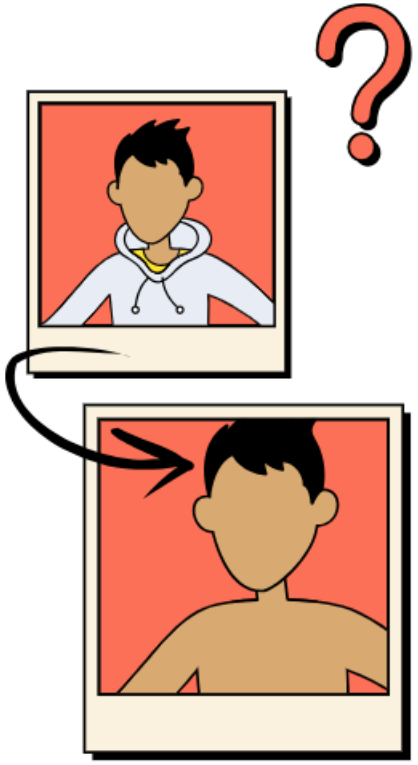
THINK:

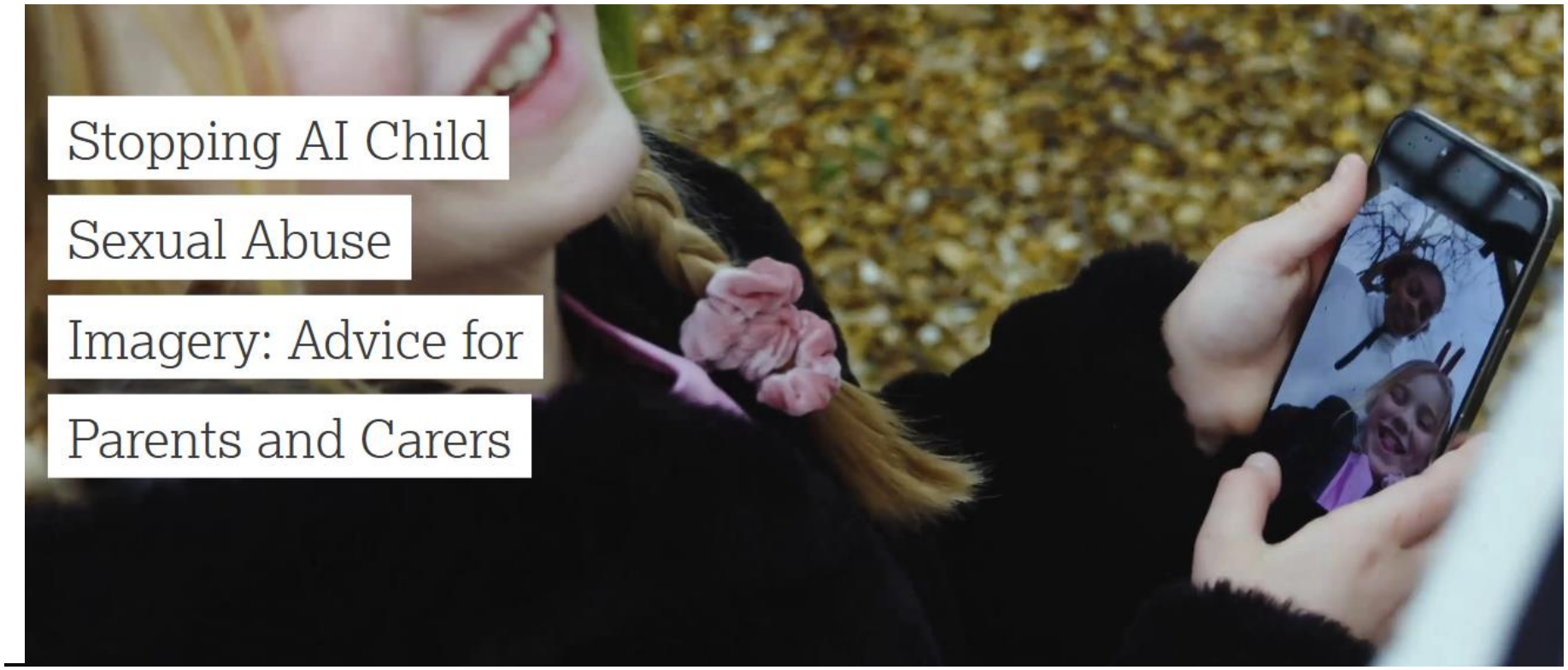
WHY is this post RISKY?

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Access this guide at the link below.







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https://www.iwf.org.uk/resources/ai-child-abuse-imagery-parent-guide/



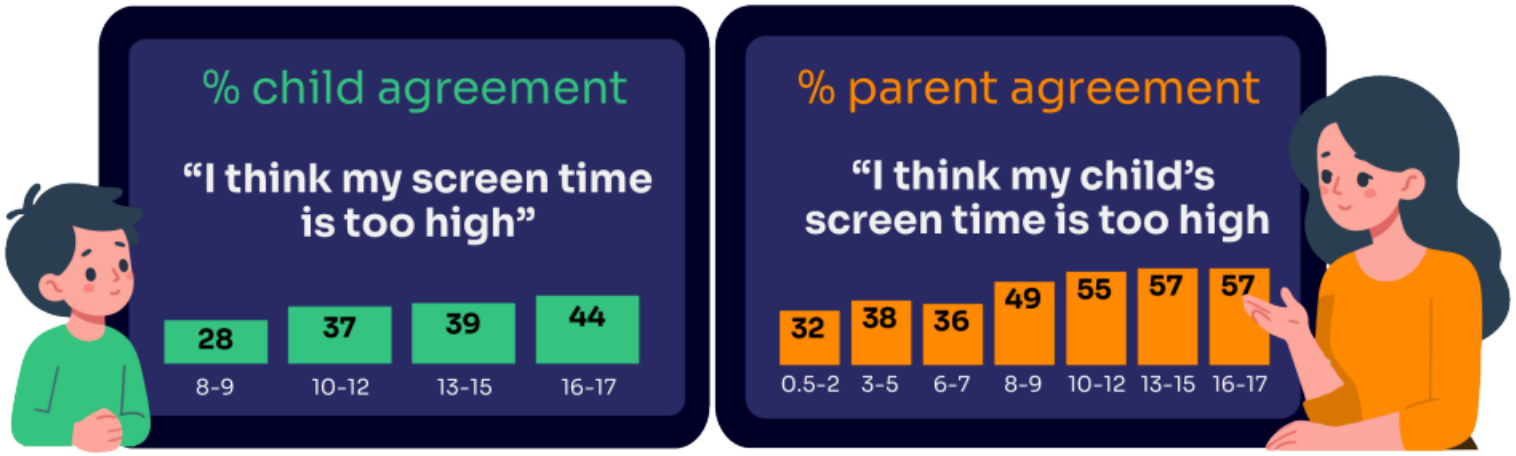
WORRIED about their SCREENTIME?

How do you MANAGE this?

Do you know HOW LONG your child spends daily?

Is it about QUANTITY or QUALITY?

"I've been told… that when I get off my screen, I'm less fun to be around.
..And like I can also feel angrier for like no reason."

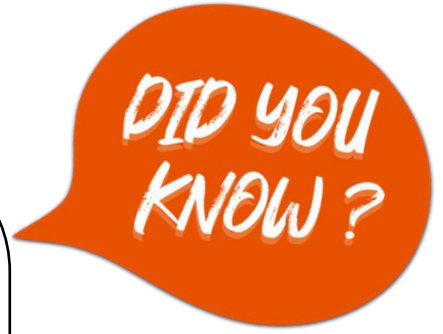


- Children spent an average **3 hours 5 minutes per day** accessing the internet via smartphones/tablets/computers
- **Around a third (32%) parents** of children aged 3-17 report finding it **hard to control their child's screentime**

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Source: Children and parents: media use and attitudes report 2026

Several children said they **spent too much time** online, particularly on social media. Some called themselves "**addicted**" to certain social media



"I mean, you can see by the hours, but my sleep schedule was terrible for this week. I was staying up really late … I definitely spend too much time online, and I could be using time more productively… I mean, having a really high screen time is a bit embarrassing just because, you know, you just shouldn't and you're just wasting time… I have a thing on TikTok when I've been 30 minutes uninterrupted, it'll give me a notification. Uh, I, I don't know why, because I usually just scroll it away and then carry on. Same thing on Instagram."

Ben (18)



WHY do you think they find it hard to switch off?
WHAT can they do to manage this?

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Source: Children and parents: media use and attitudes report 2026

Do YOU think lots of screen time is a BAD thing generally? WHY? How long is OK?

Children's COMMISSIONER



Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

The UK Chief Medical Officers agree - check out their version of what counts.



UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters
Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.

Sharing sensibly
Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!

Education matters
Make sure you and your children are aware of, and abide by, their school's policy on screen time.

Keep moving!
Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore

Safety when out and about
Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.

Talking helps
Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.

Family time together
Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.

Use helpful phone features
Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.

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

How does your child feel about YOUR SCREENTIME?



DID YOU KNOW ?

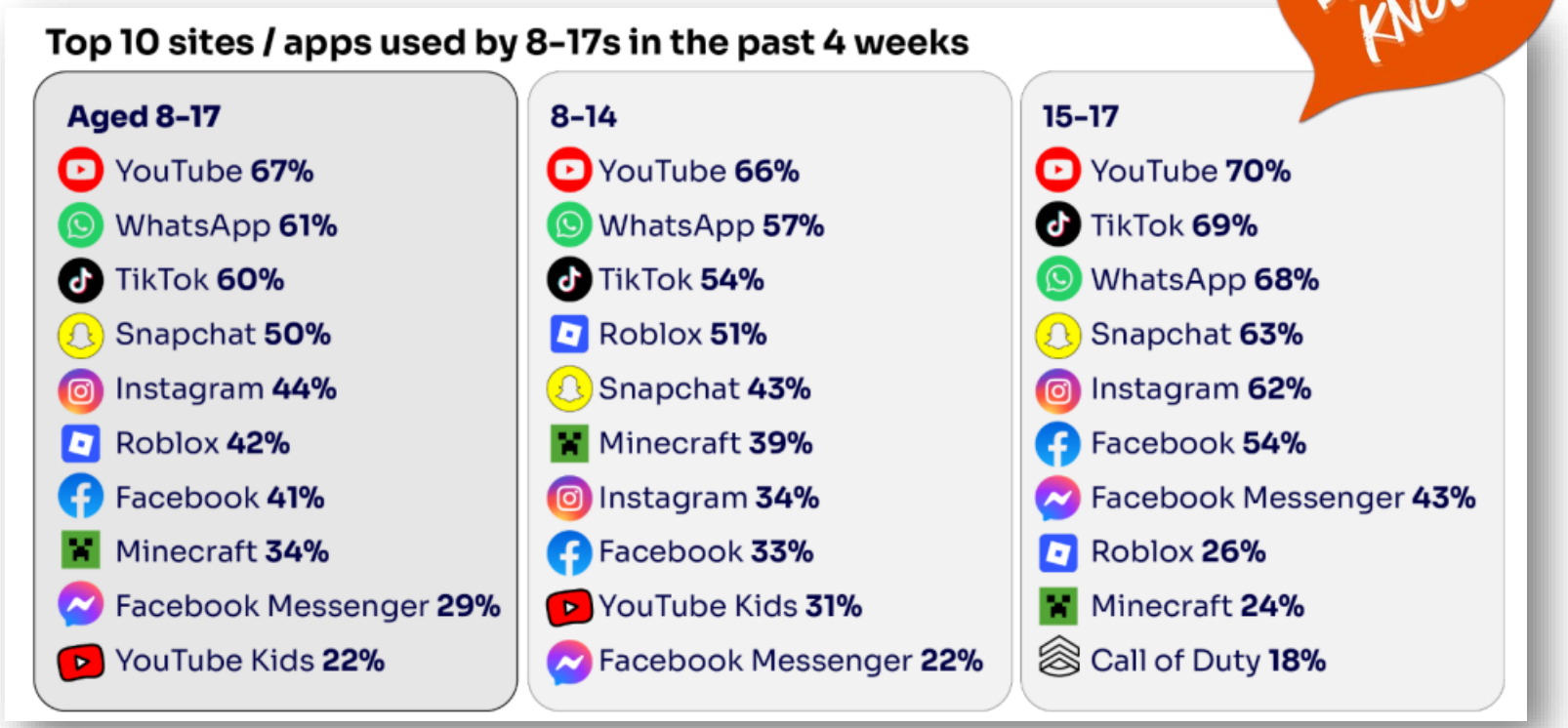
52% of 8-11s feel that their parents' screentime is too high

33% of 8-17s feel that their own screentime is too high

Source: Children and parents: media use and attitudes report 2026

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



DID YOU KNOW?

85% of **under 2's** look at a screen

Seven in ten who use social media and messaging apps say there is **pressure to be popular**

56% of **10 yr-olds** vs 83% of 11 yr-olds have a **mobile phone**

8-14s are most likely to have profiles on **WhatsApp** (57%), **TikTok** (%) or **Snapchat** (43%)

YouTube is the most popular - the appeal of many social media platforms varies by age

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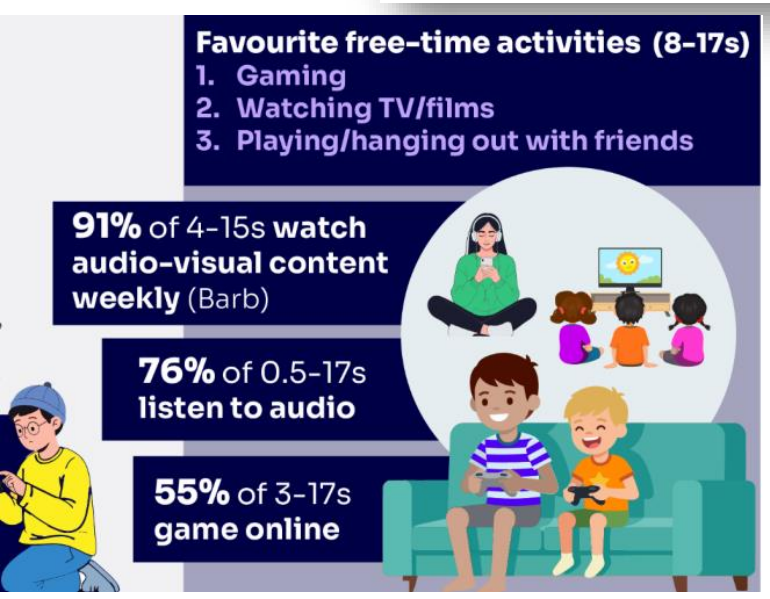
Go to apps.lgfl.net for guidance on apps and social media sites

Source: Children and parents: media use and attitudes report 2026

KNOW WHAT THEY DO in their free time?

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DID YOU KNOW?

While the top ten free time activities selected by children include a mix of online and offline activities, the **top two activities involve devices**

Source: Children and parents: media use and attitudes report 2026

What about WHATSAPP? What are the RISKS?



Unwanted contact	All you need is a phone number or user name which could expose you to unwanted messages or calls
Inappropriate content	Messages are end-to-end encrypted which means content cannot be monitored. This means that your child could see or hear harmful or upsetting content e.g. pornography or violence
Location sharing	Live location feature means that your child could reveal their current location to others
Cyberbullying	Children could be bullied, feel left out or deliberately excluded from groups
Oversharing	• Privacy features e.g. disappearing messages might mean your child feels safe to reveal private or risky information or images, which could be copied and shared • Whatsapp channels are designed for public broadcasting rather than small trusted groups and their privacy tools do not offer adequate protection for younger users.

The minimum age for WhatsApp is 13 years.

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What can you do as a parent?

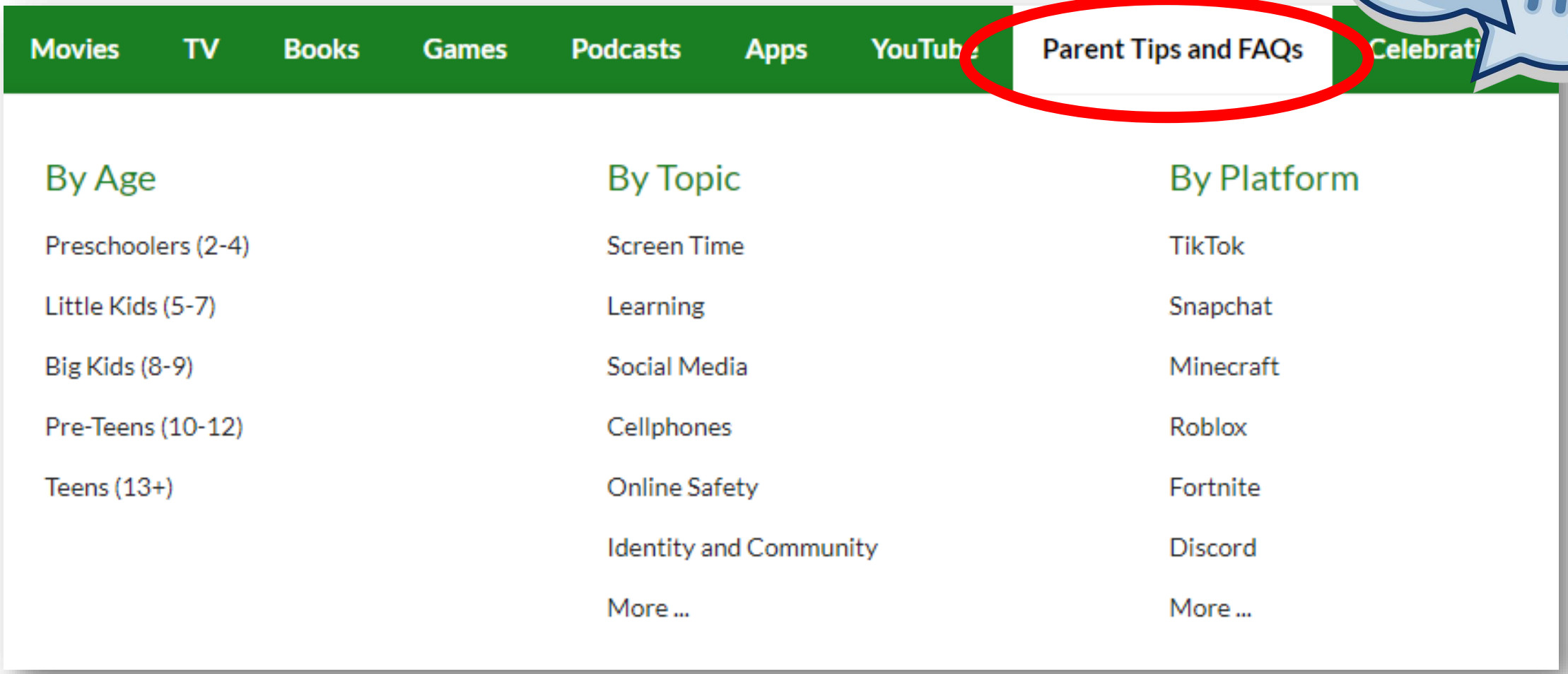


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Visit https://www.internetmatters.org/resources/whatsapp-safety-a-how-to-guide-for-parents/#whatsapp-safety-tips for advice for parents

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

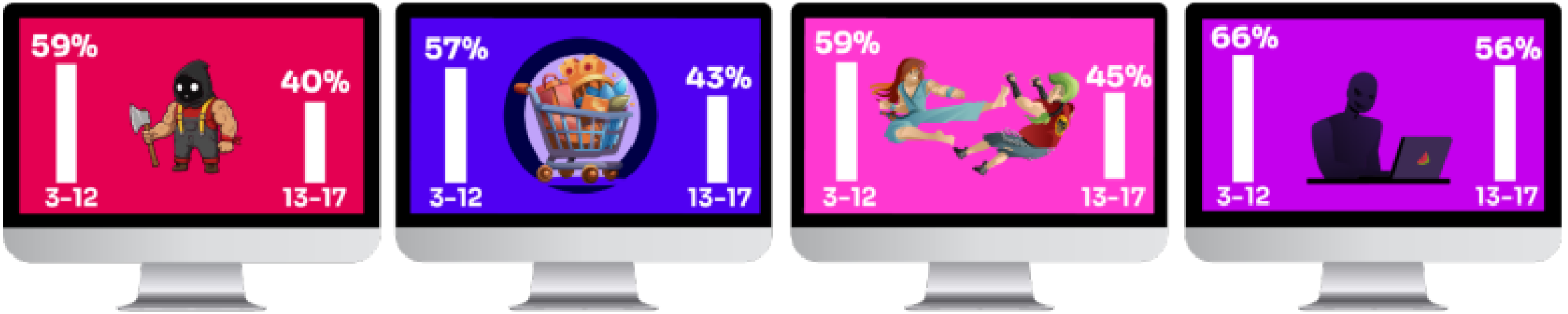




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What are YOU most WORRIED about in GAMING?

Parental concerns about gaming (% of parents of children who game)



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Visit gaming.lgfl.net for advice and activities

Source: Children and parents: media use and attitudes report 2026

Know the DIFFERENCE between an 'ONLINE' FRIEND and real one? How does this differ from your CHILD'S VIEW?



- 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 2026

GambleAware

Research finds children's online spaces **"saturated" with GAMBLING-like content** and advertising

Risks are not understood by children due to the **blurred lines between gambling and gambling-like activity** such as **loot boxes**

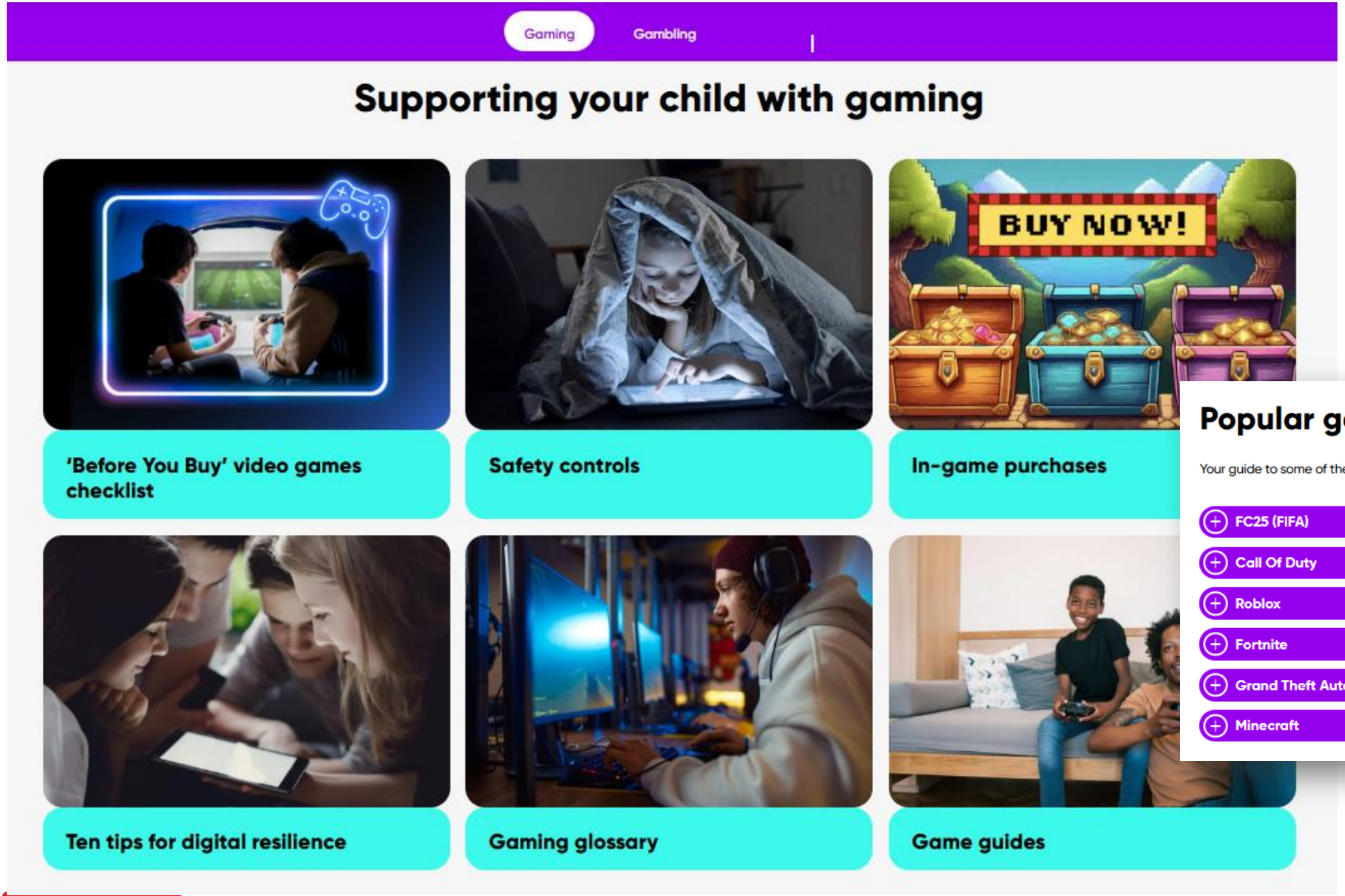
They make it look like a game; it does not look like gambling."



Do you **DISCUSS** this when you talk about **MONEY?**
How is gambling made to **LOOK ATTRACTIVE?**

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https://www.gambleaware.org/media/hbcp3qgd/exploring-the-lived-experience-and-views-of-gambling-among-children-and-young-people_final_0.pdf





Popular games guide

Your guide to some of the most popular games with children and young people today.

- FC25 (FIFA)
- Call Of Duty
- Roblox
- Fortnite
- Grand Theft Auto (GTA)
- Minecraft

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Visit https://ygam.org/family-hub/ for advice and support

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 or 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

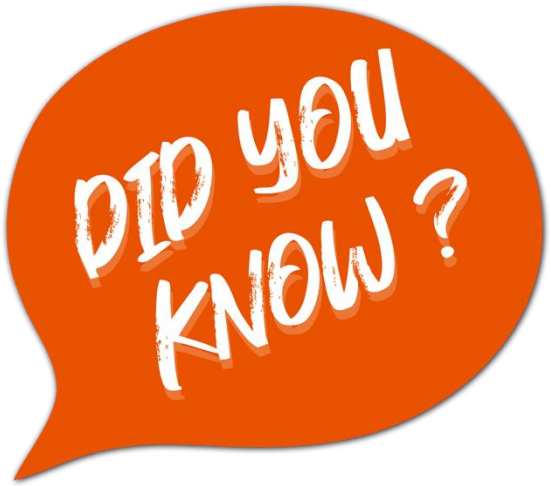


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Visit gaming.lgfl.net for advice and activities to keep them safe

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

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

DID YOU KNOW?



83% of parents are **aware** that social media platforms have a minimum age requirement

32% of parents correctly identified 13 as the minimum age

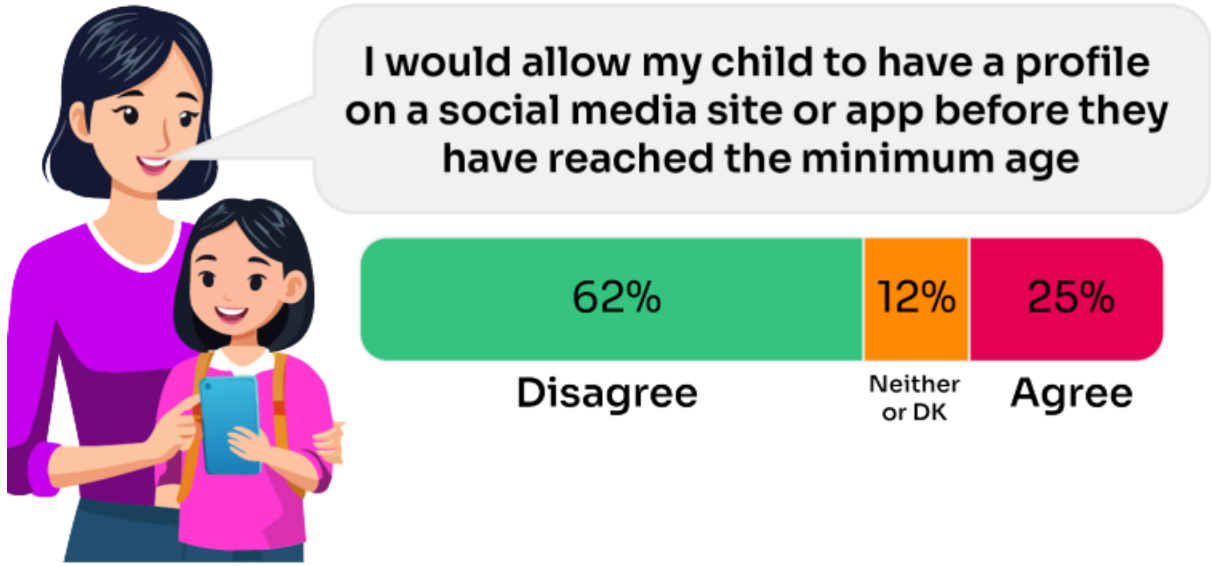
34% thought the minimum age was **higher** than 13 &
9% thought it was **lower**

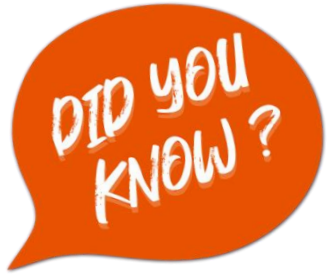
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Find ratings and reviews for parents on apps, games and social media at www.commonsensemedia.org

Source: Children and parents: media use and attitudes report 2026

Would you ALLOW your child to have a SOCIAL MEDIA PROFILE before they reach the MINIMUM AGE?





Despite there being a minimum age requirement of 13 for using most social media apps, over half of 3-12-year olds (55%) were reported as using at least one social media app or site

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

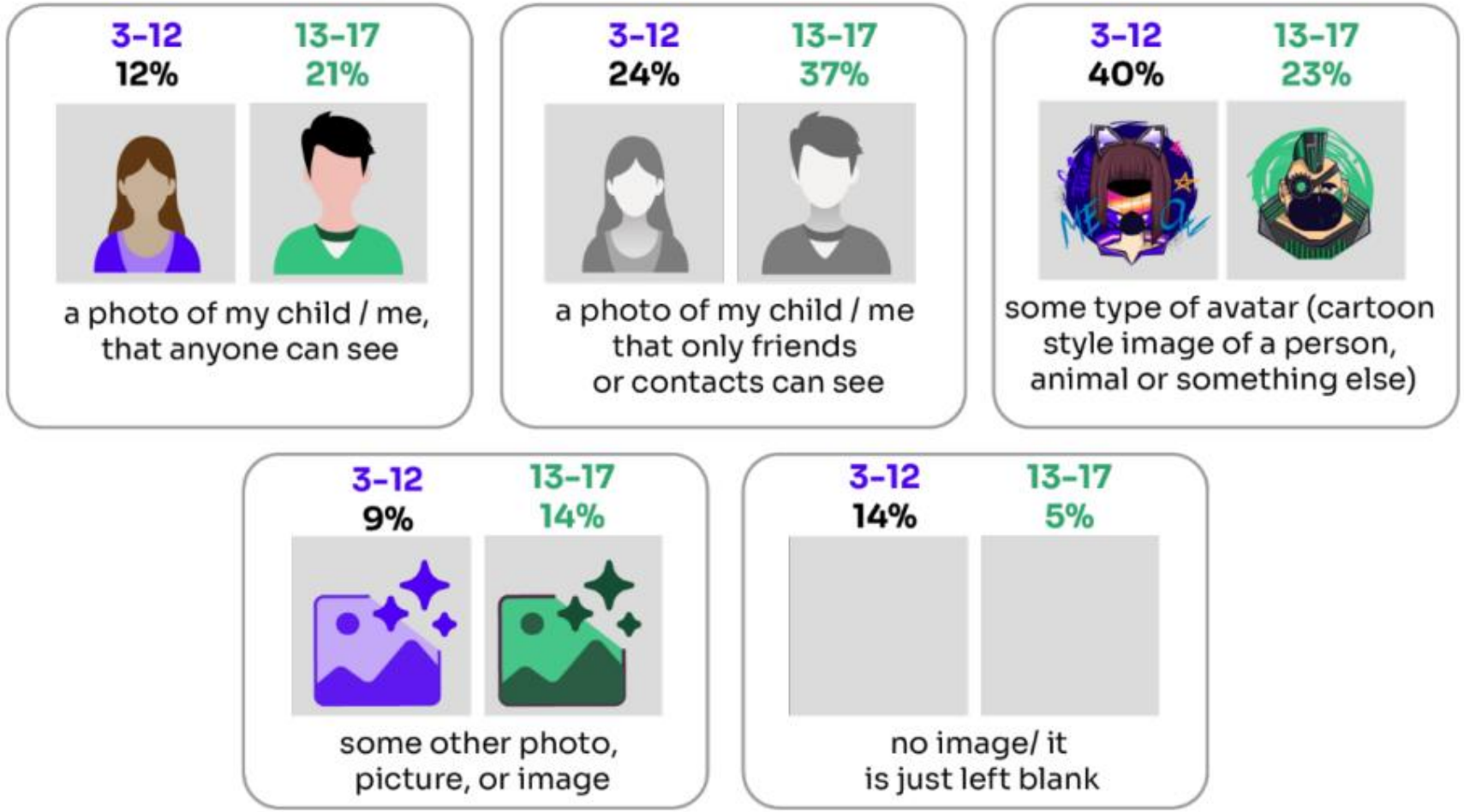
Source: Children and parents: media use and attitudes report 2026

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Do you KNOW what they SHARE?

16% of children who have a social media profile include a **photo of themselves which anyone can see**

Type of profile picture used (among those with a profile)



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Source: Children and parents: media use and attitudes report 2025



WHY is this WORRYING?

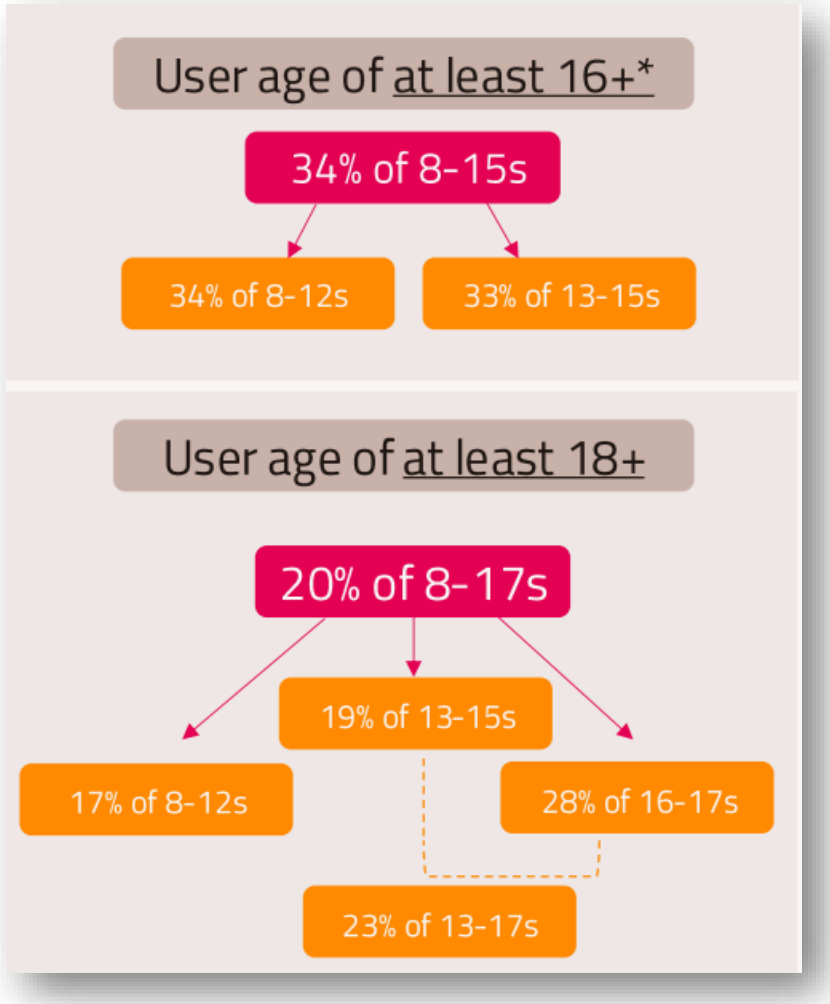
- **33%** admit to giving a **fake age online** to access a new app/site
- **Four in ten under-13s have a profile on social media apps or sites**
- Up to a **quarter** had **changed their date of birth** on their profile
- **25%** of 8-12 yr-olds were more **likely to change it on Snapchat**



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Children's Online User Ages 2025 Quantitative Research Study

WHY does this MATTER?



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 2025



Do you KNOW what an ALGORITHM is? What are the RISKS?

> "I know I was the one who searched those topics in the past but at this point I'm too stressed to even open the apps because they will keep showing me triggering content."
>
> Girl, 17, Childline

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https://learning.nspcc.org.uk/research-resources/2026/impact-harmful-online-content-children

What do you KNOW about the SOCIAL MEDIA BAN FOR UNDER 16s?



- Will come into effect early 2027
- To include platforms like TikTok, Snapchat, Instagram, YouTube, Facebook and X
- Under 16s blocked from livestreaming, including on gaming platforms
- Safety restrictions will default on for under 17s to avoid a sudden change at 16
- Potential overnight curfews and limits on infinite scrolling for under 18s coming later.

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REALITY CHECK!!!

DID YOU KNOW?

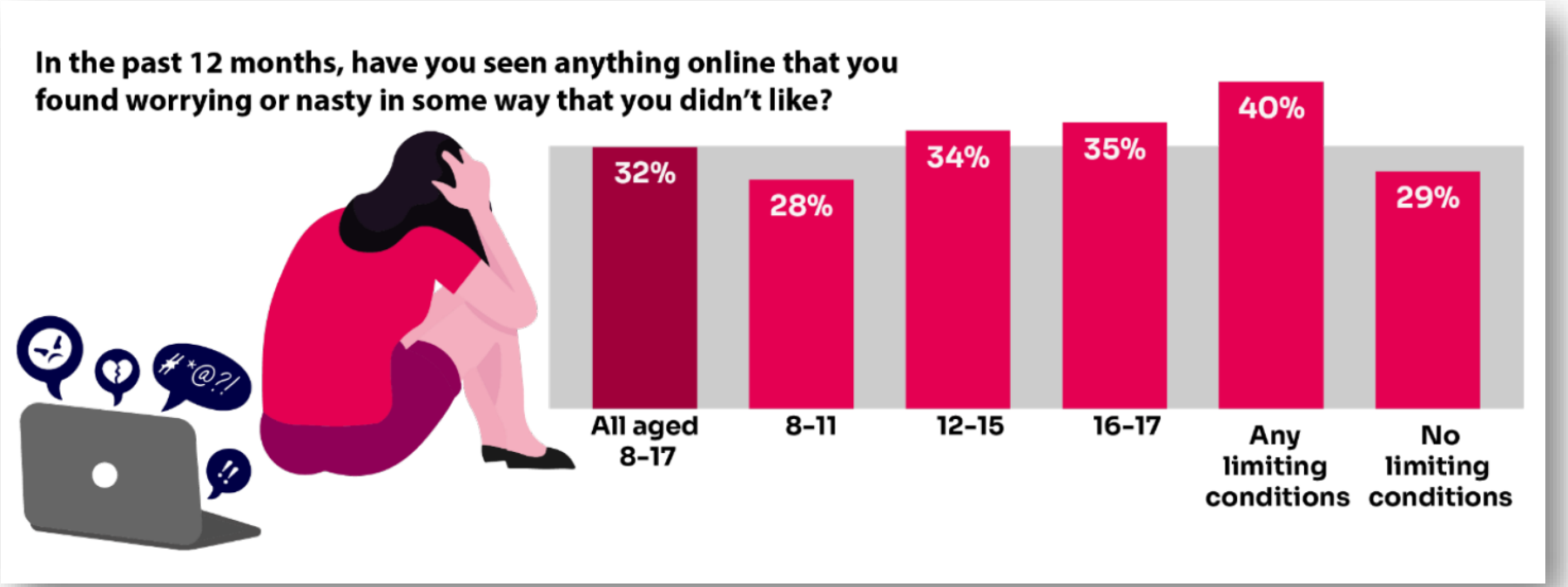
- This is **not a full ban** on social media for under 16s – we don't know the full list of platforms
- Only a **limited number of app**s are likely to be included
- There are hundreds of platforms, so children will still have **access to social media before 16**
- Age checks will play a major role but they continue to be ineffective and **easy to bypass**
- **Workarounds** are already common and likely to continue

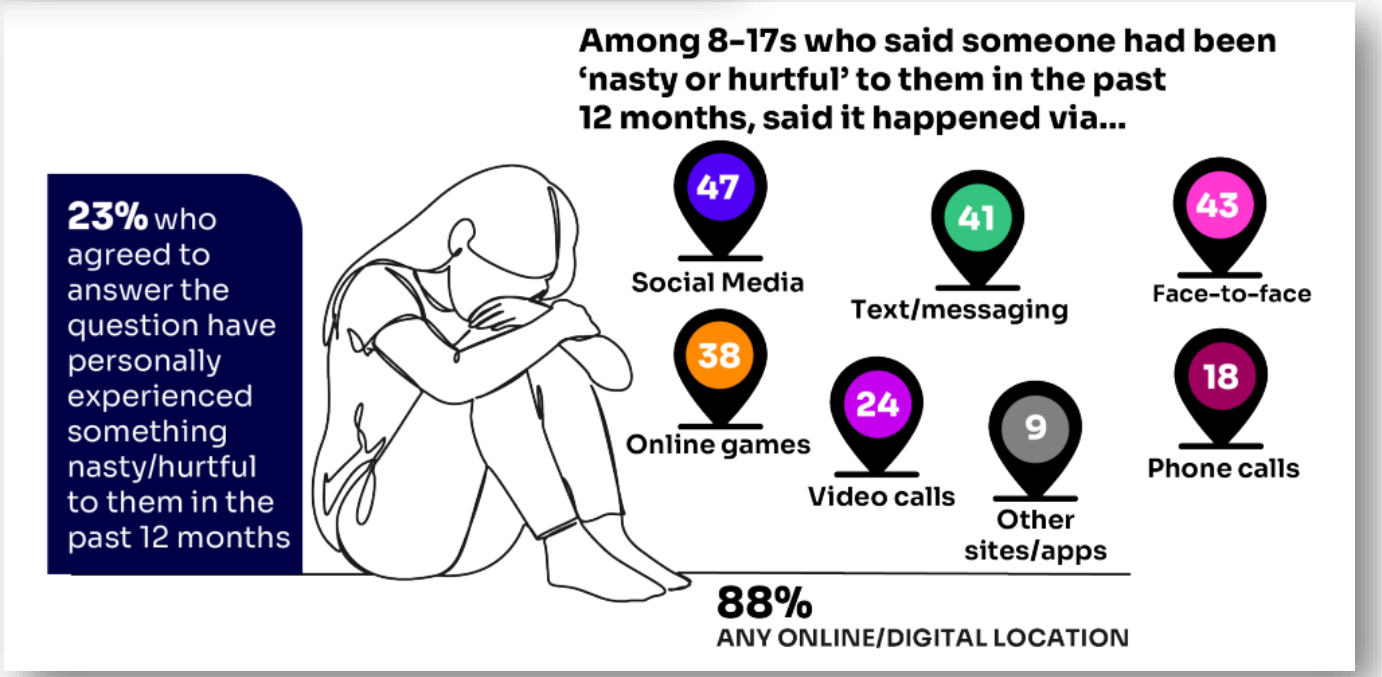


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https://mollyrosefoundation.org/wp-content/uploads/2026/06/Social-media-ban-announcement-guide-for-parents-1.pdf

Negative experiences





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GEN-AI & SAFEGUARDING RISKS

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Fake Child Sexual Abuse Material (CSAM)

AI can create CSAM, posing serious risks to children e.g. exploitation, grooming, bullying etc.



Adult Content via Chatbots

Chatbots can engage children in explicit adult conversations and make adult imagery available.



Inappropriate Advice

Chatbots can give harmful or inappropriate advice e.g. mental health, dieting, physical appearance



Exposure to Harmful or Fake Content

Fake or harmful messages promoting false ideals and narratives.



Emotional Impact of AI Companions

AI companions can replace human interactions and r'ships risking harm to children's social and emotional wellbeing.



Bias Reinforcing Harmful Stereotypes

AI can deepen stereotypes by reinforcing harmful biases.



Risks of Sharing Personal Data Online

Sharing personal info with AI risks children's exposure to cyber crime.

Gen-AI is embedded in many websites/apps & easily available to anyone. Children ARE using Gen-AI & so are exposed to these risks.

Find out more @ genai.lgfl.net

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https://genai.lgfl.net/

Talking to your child about AI

USE language that identifies it as a tool - E.g. avoid saying 'him/her/them' and instead use 'it'.

SET clear boundaries - Remind children that AI personalities and emotions are entirely artificial and cannot replace human support networks

ENCOURAGE critical thinking- Teach children to question and verify AI-generated answers rather than accepting them as absolute facts.

AGREE on privacy rules - Talk about what information is okay to share with AI chatbots and what isn't.

DISCUSS the difference between a real friend and an AI chatbot – Chatbots cannot feel upset, angry, sad or happy, for example, but a human can.



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KNOW how to TALK to your child about PORNOGRAPHY?



Average age children first view pornography is 13

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**

DID YOU KNOW ?

how to talk to your child about pornography - https://www.keepitrealonline.govt.nz/parents/pornography

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Protecting children from online pornography

internet matters.org

How to start a conversation and manage what your children see online



When should you start a conversation?

By the age of 15 children are more likely than not to have been exposed to online pornography so, talking to them early on can equip them with the right coping strategies to deal with it.

And of course the conversation about where babies come from could also be a good trigger to start an age-appropriate conversation about their bodies and what healthy relationships look like.

How to have conversations with children about online pornography

Be natural and straightforward

If you seem embarrassed to talk about sex and pornography your child will also feel uncomfortable and will be unlikely to let you know if they have seen sexual images.

Try techniques like getting them to write things down, or start conversations when they don't have to look you in the eye, for example when in the car.

Be on the lookout for teachable moments

Give them positive messages

Talk to them about loving sexual relationships and how to have respect for themselves and their boyfriend, girlfriend or partner.

Talk to them about their experiences

A deep discussion on pornography isn't recommended for younger children. However, whatever the ages of your children make sure that they know they can come and talk to you – and that you won't overreact or be shocked by whatever they tell you.

Take a no-blame approach

Recognise that children are naturally curious about sex and like to explore. An interest in sex is a normal part of a child's development.

Parentsafe.lgfl.net

Body Safe | Accessing Pornography | Bullying

Extremism & Radicalisation | Gangs & County Lines | Fake News & Hoaxes



Return to main ParentSafe page



Online Pornography Facts & Advice

Guidance and advice for parents about online pornography



Talking about Pornography

Tips and advice to approach the conversation with your child



Addressing Online Pornography

Guidance on protecting children from online pornography

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Source: https://parentsafe.lgfl.net/accessing-pornography

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

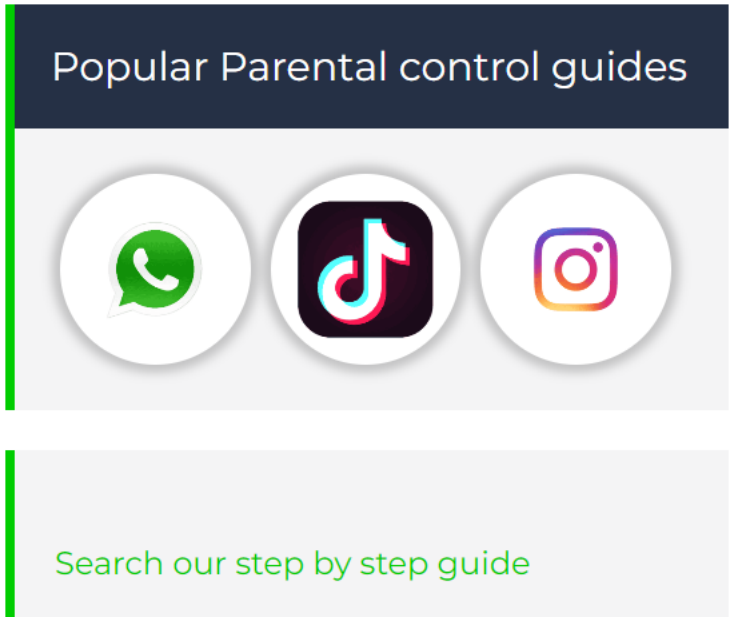
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Go to reporting.lgfl.net to find out more

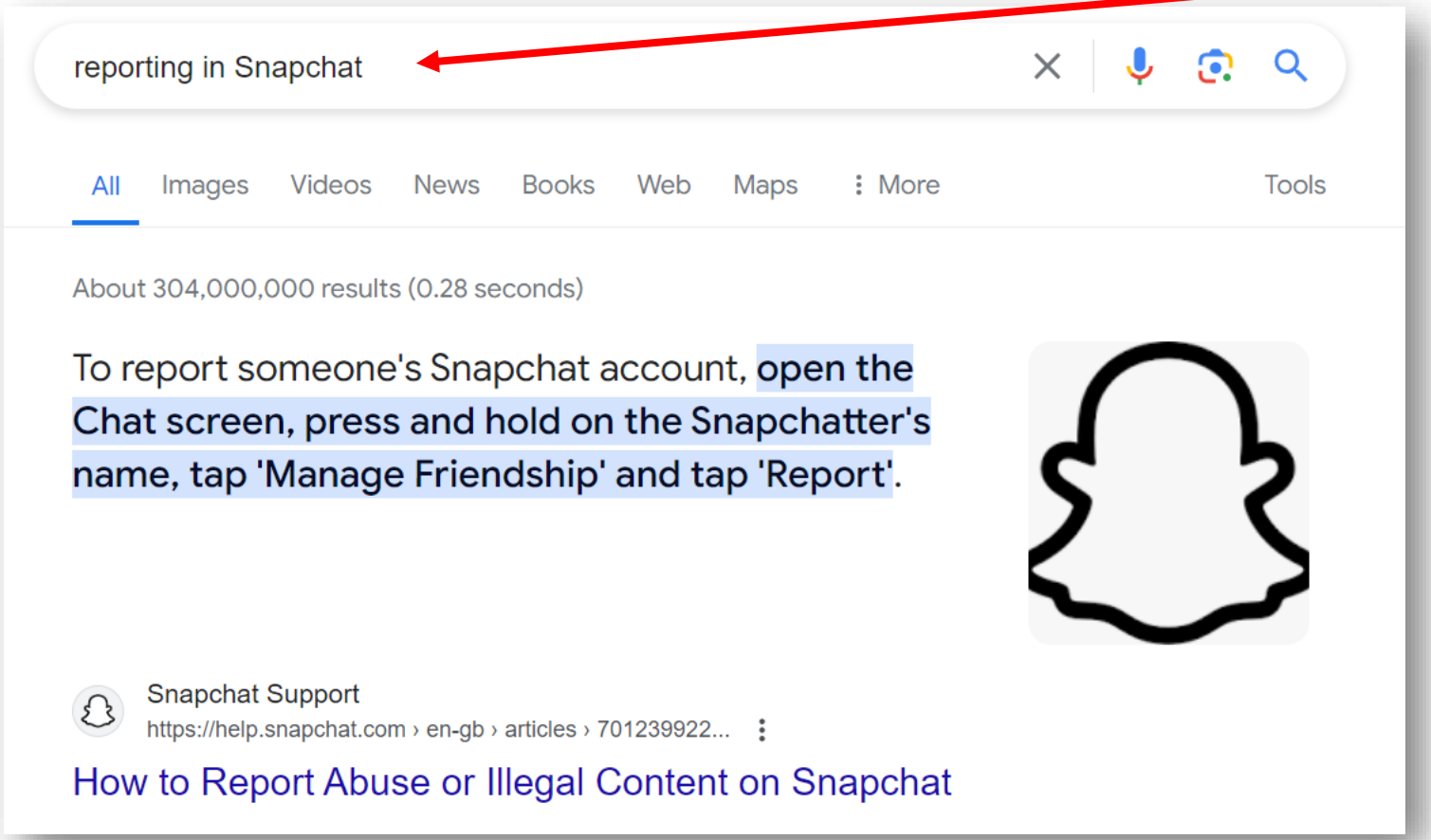
Do YOU know HOW TO REPORT to apps / sites?



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



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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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Remember!



Check that your child meets the minimum age requirement for the app/game

Remind them to be cautious about accepting friend requests:
a real friend is someone they/you know in real life, not a 'friend' they met gaming or in a chat room.

Stress the importance of not sharing personal information with online 'friends'

Keep passwords confidential

Check privacy settings on devices and individual apps/games

Report any content
e.g. a post, image or harmful, misleading or damaging comment

Reporting doesn't guarantee immediate removal
platforms assess reported content based on their rules and policies

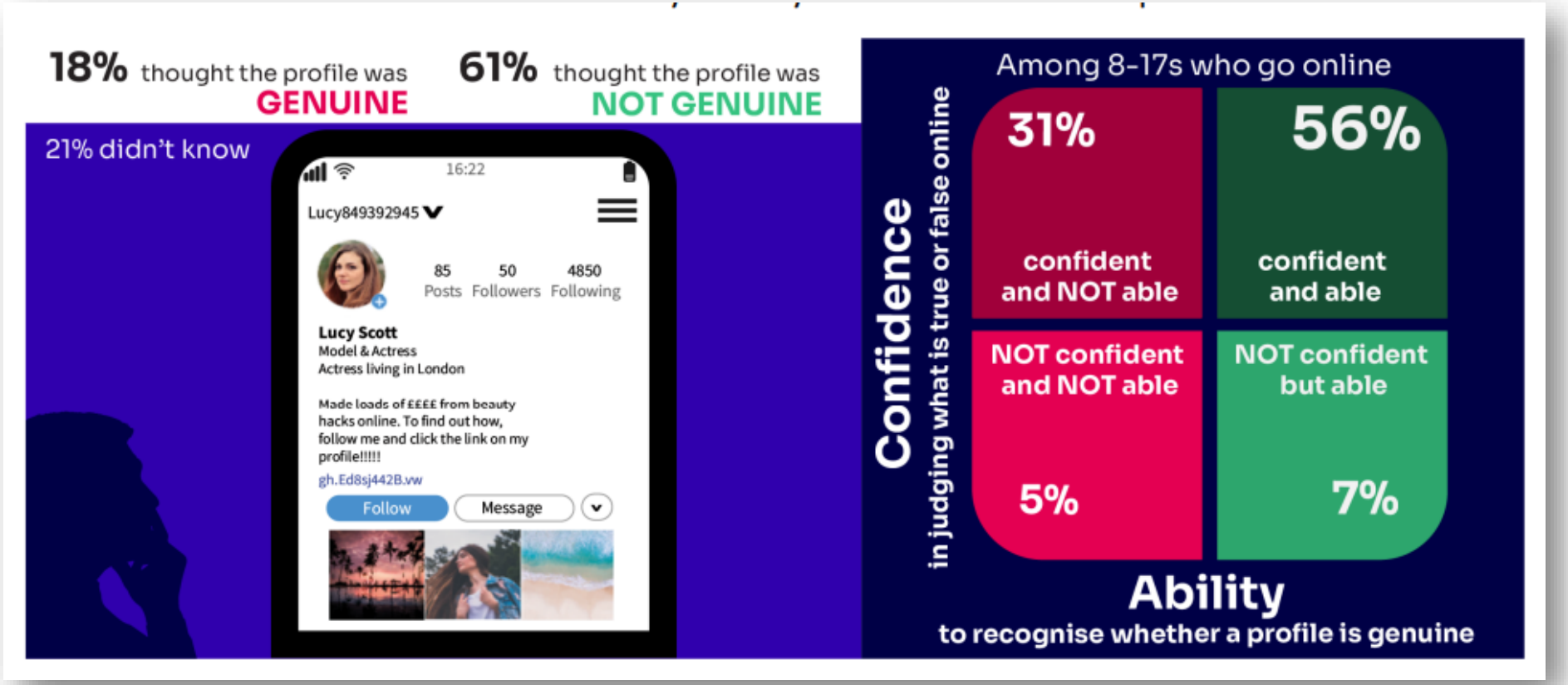
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Does your child TRUST everything they see online?

42% of teenagers say they use TikTok to access the news

Three in ten 8-17s are confident in their ability to tell if something is true or false online, but could not identify a fake social media profile

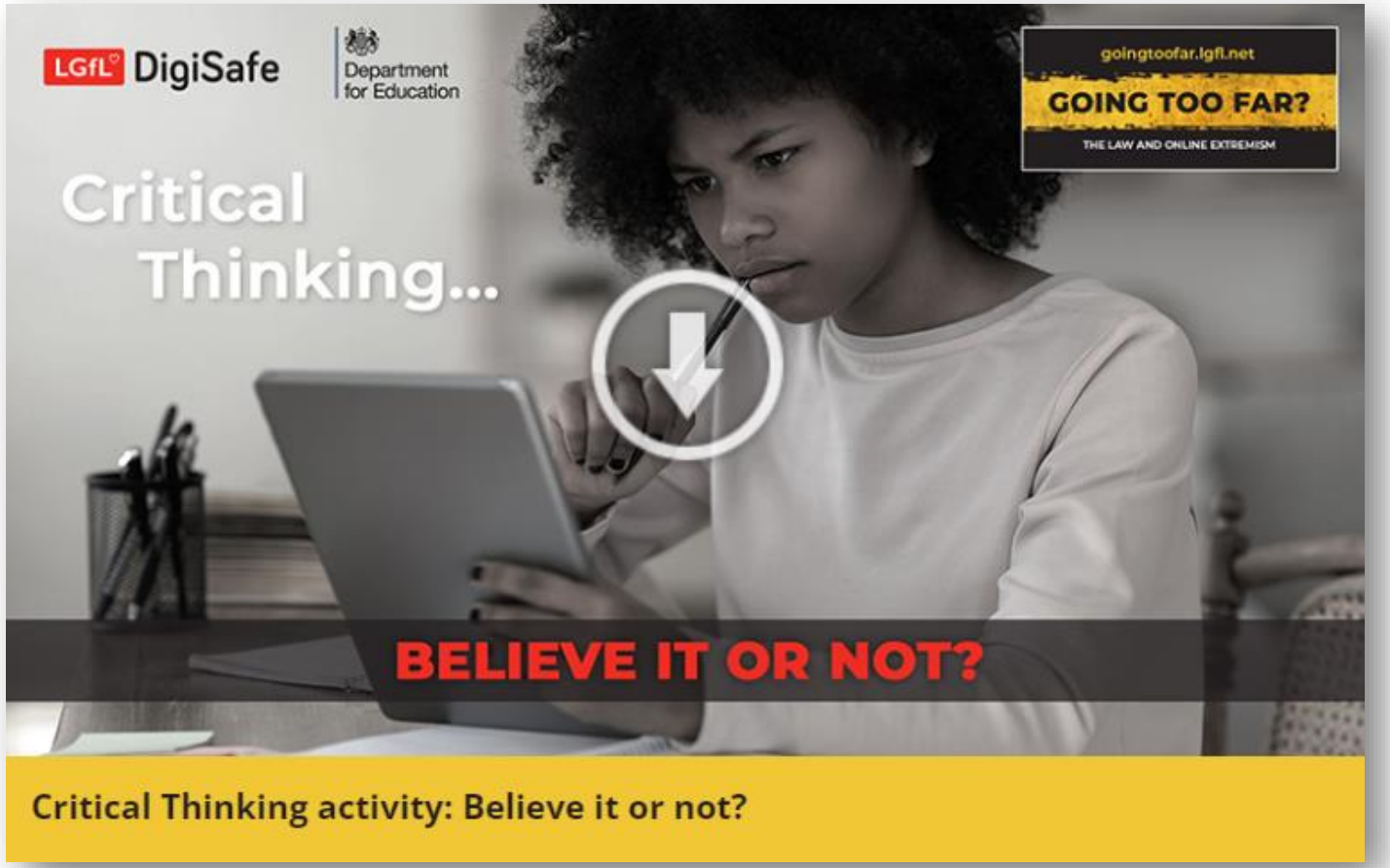
Children feel least confident identifying AI-generated content



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Source: Children and parents: media use and attitudes report 2026

DISINFORMATION / MISINFORMATION / FAKE NEWS – what do these terms mean to you?



Try the Critical Thinking Quiz at believe.lgfl.net

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Select an age-appropriate quiz to play with your child to learn and test their media literacy and fact-checking skills

https://www.internetmatters.org/issues/fake-news-and-misinformation-advice-hub/find-the-fake/

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Visit parentsafe.lgfl.net for tips and ideas to help parents:

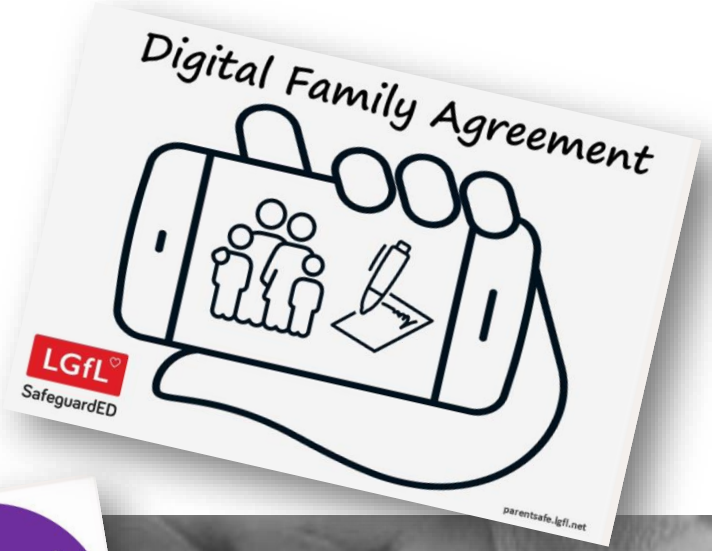
- Manage **screen time**
- Set controls **and settings**
- Understand **apps and games**
- Talk to children about **risk** - from bullying & sharing content, to extremism & gangs

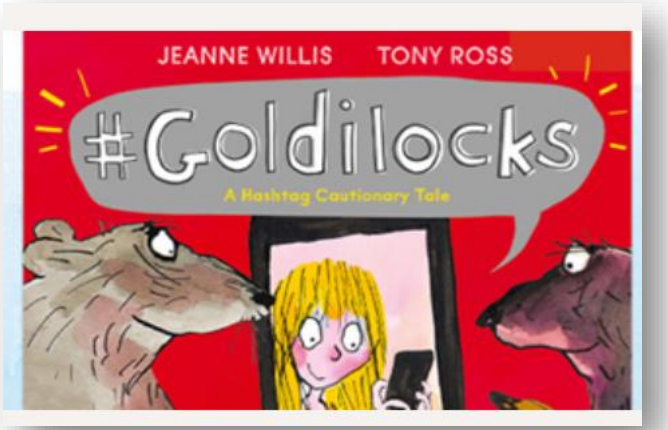


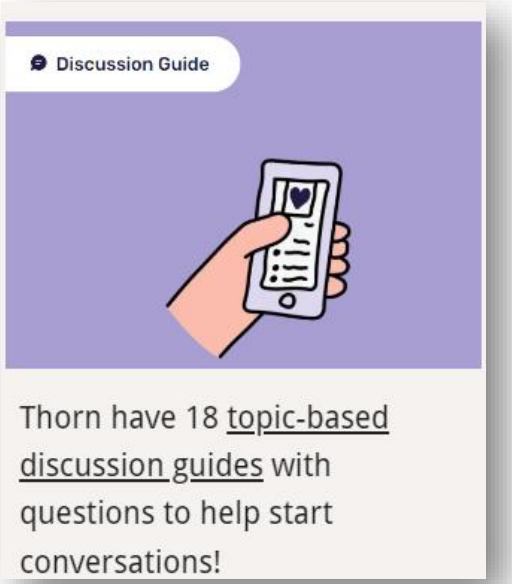
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TALKING TO CHILDREN ABOUT LIFE ONLINE

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









PARENTSAFE

Keeping your children safe: online & beyond



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Finally:

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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.

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