# PARENT ONLINE SAFETY

Ready to use Presentation for
Schools, Community Groups and Youth Centres

Better conversations. A safer tomorrow.

NEW for 2026

Learn. Share. Stay Safe. Together.




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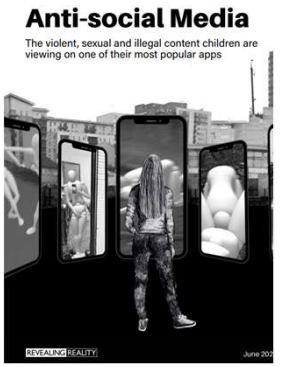
# This presentation brings together:










- **Key Findings from:**
  - Children and parents: Media Use and Attitudes report
  - Children and parents: media use and attitudes report 2026– interactive data
  - https://www.internetmatters.org/hub/research/me-myself-and-ai-chatbot-research/
  - https://www.iwf.org.uk/annual-data-insights-report-2025
  - https://www.gambleaware.org/media/hbcp3qgd/exploring-the-lived-experience-and-views-of-gambling-among-children-and-young-people_final_0.pdf
  - Children's Online User Ages 2025 Quantitative Research Study
  - NSPCC (2026) The impact of harmful online content on children
  - NSPCC (2024) Young people's experiences of online sexual extortion or 'sextortion'
  - Evidence on pornography's influence on harmful sexual behaviour among children Report 2023
  - Revealing-Reality Anti-social Media Report 2023

- **Suggested Resources and Tips for Staff to help Parents/Carers:**
  - keep up with the latest trends, apps and games
  - manage controls and settings
  - talk to children about risk



# Practitioner Guidance:

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## When it comes to online safeguarding, we recommend:

- **a drip-feed approach** – e.g. monthly newsletters with a dedicated 'top online safety tip', parent letters
- **incorporating online safety into other events** where parents are present, rather than a single standalone session e.g. coffee mornings, parent evenings & celebration days
- **encouraging your pupils to present with you** – why not tap into their knowledge of the latest trends, ask them to share their experiences or demonstrate how to set privacy settings and controls on devices

## Before you begin:

- **We would not expect you to cover ALL of these slides** in a single session - decide which topics to cover.
- **Feel free to amend** the presentation - add/remove slides at your discretion to make sessions relevant.
- **You may wish to use a trigger warning** depending on the topics you cover – see next slide.
- **Ensure you are familiar and confident** with the content.
- **Refer to the practitioner notes** in the notes section of each slide to support discussions.
- **Use these Questions Prompts** **on the slides** to promote interaction.
- Avoid being judgemental of parents, and instead offer **information**, **empathy** and **support**.

# 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

# Warning!



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# Planning your Parent Session:

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Select **REQUIRED SLIDES FROM EACH SECTION** below to build and personalise your programme:

## 1. CHOOSE TOPIC(S):

- **Talking to Your Child (7-14)**
- **Device Use & Ownership (15-21)**
- **Supervision & Parental Controls (22-35)**
- **Screentime (36-42)**
- **Social Media & Gaming (43-58)**
- **Age Requirements (59-68)**
- **Critical Thinking (101-122)**

## 2. ADD RELEVANT RISK FACTORS TIPS:

- **Risks and Negative Experiences**(69-94)
- **Staying Safe Online and Reporting** (95-100)

## 3. PICK RESOURCES

- **Resources and Support** (123-130)
- You may also wish to scroll through parentsafe.lgfl.net and showcase some of the resources here.

# TALKING ABOUT LIFE ONLINE




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# What are you MOST WORRIED about when your child is ONLINE?



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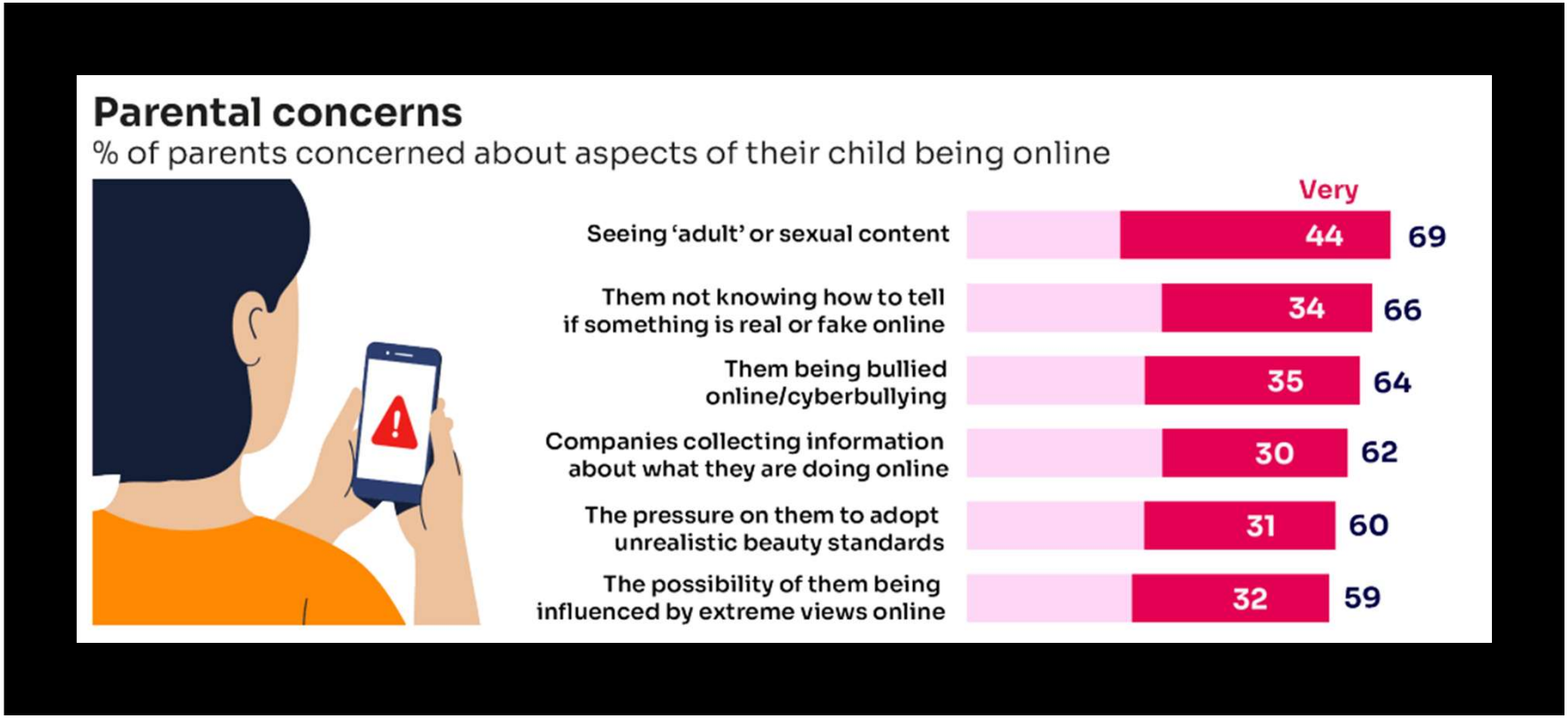
# **Summary of parental concerns** (3 – 17 yr-olds)

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

# Are you CONFIDENT to TALK TO YOUR CHILD about staying safe online? How OFTEN?

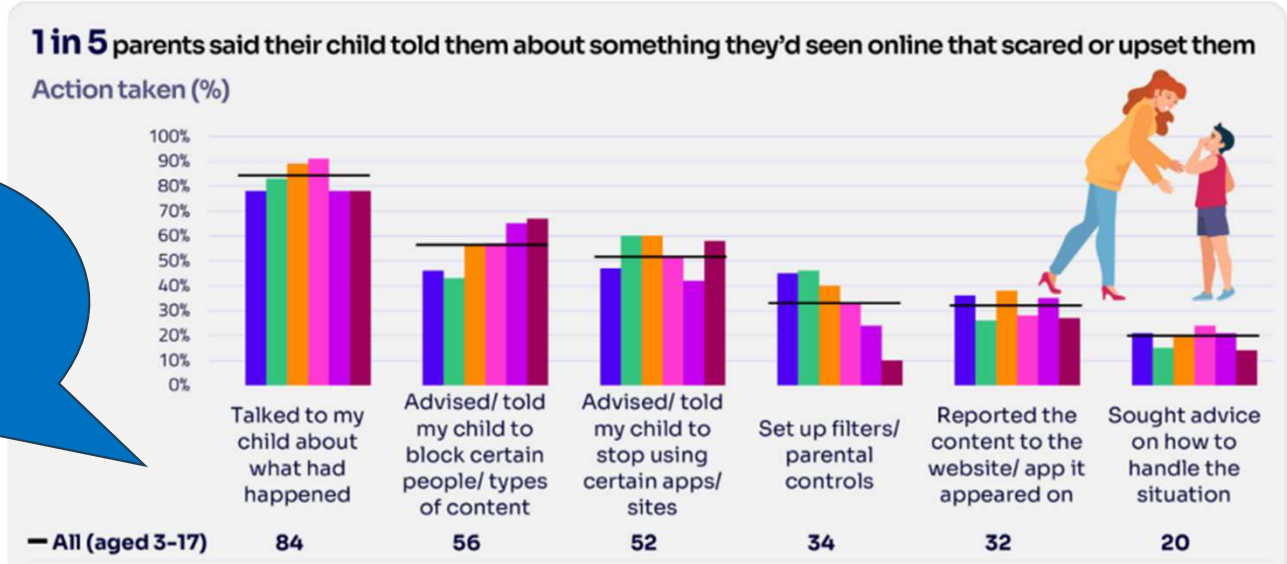
DID YOU KNOW?

**66%** of parents say they talk to their child about staying safe online at least every few months

**81%** of parents agree with the statement: **'I feel I know enough to help my child stay safe online'**

Are there any topics/areas you do not feel confident to discuss?

**1 in 5** parents said their child told them about something they'd seen online that scared or upset them

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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 |

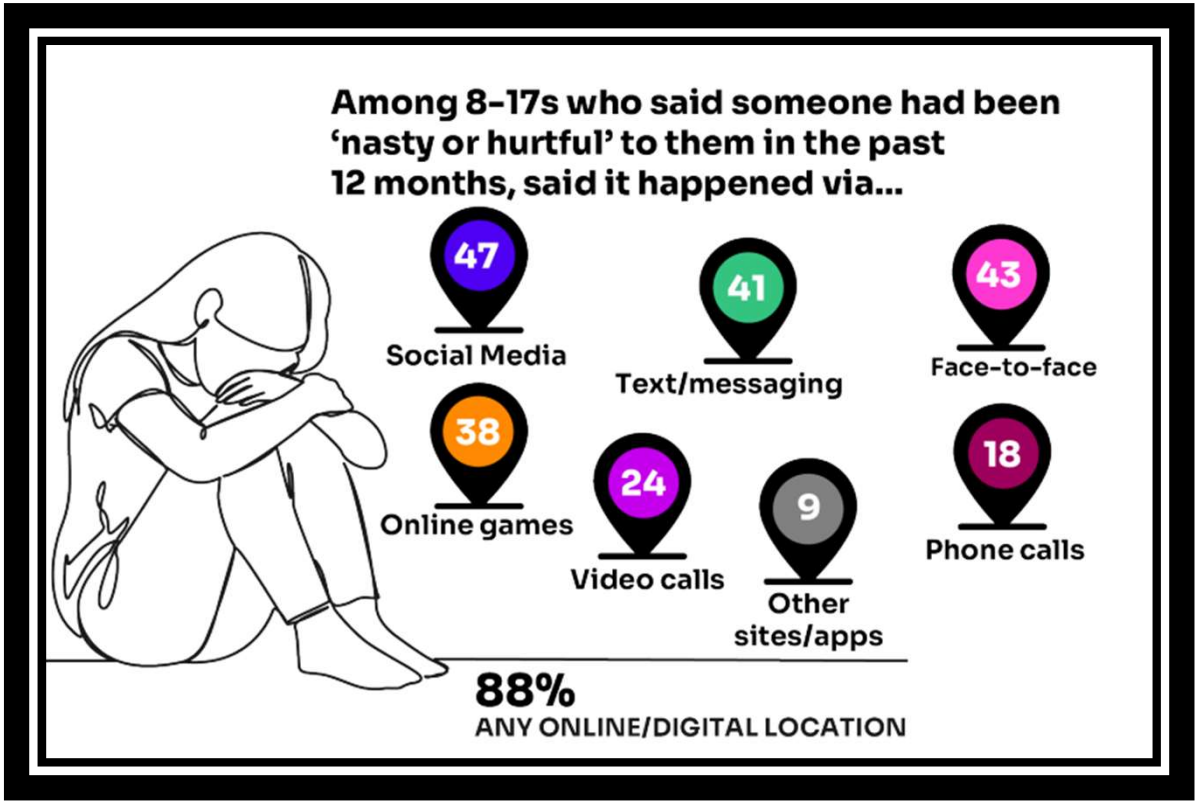
## … just be a PARENT



# 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**

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




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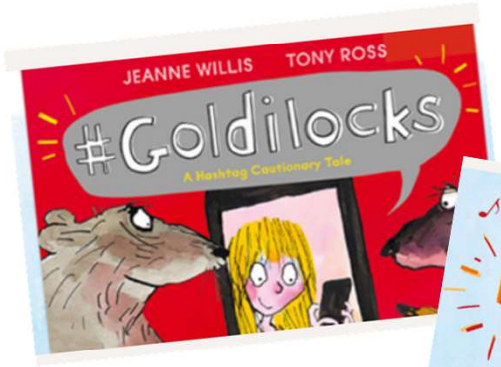
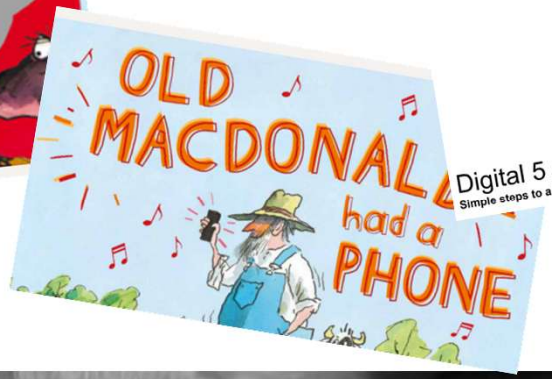
parentsafe.lgfl.net

## TALKING TO CHILDREN ABOUT LIFE ONLINE

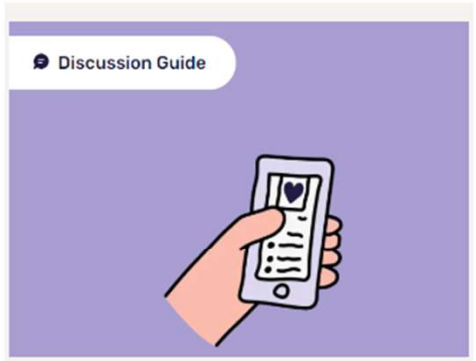
**Find conversation starters, story time ideas and top tips to reinforce key safety messages at [parentsafe.lgfl.net](parentsafe.lgfl.net)**










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




# PARENTSAFE

*Keeping your children safe: online & beyond*

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# DEVICE USE AND OWNERSHIP




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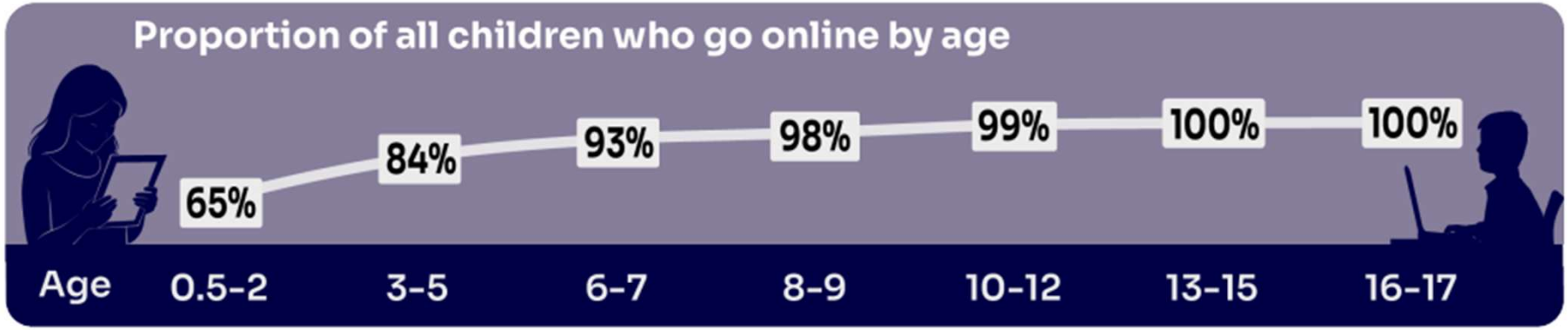
# HOW MUCH DO YOU KNOW about your child's life online?




**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**

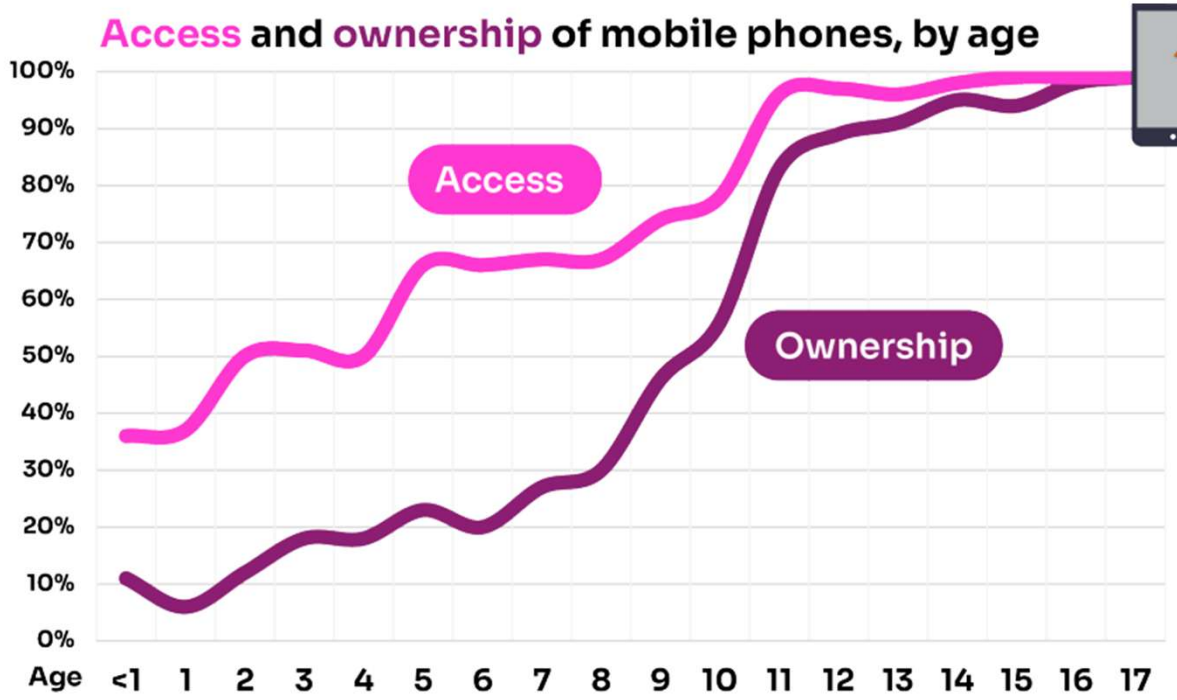
https://www.internetmatters.org/tech-and-kids-digital-futures/what-is-wearable-technology-safety-for-children/

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

DID YOU KNOW?

## 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

# SMARTPHONE or 'NON'-SMART / BRICK phone?

- ✓ Internet access
- ✓ Social media, apps and games
- ✓ Notifications
- ✓ Anytime connection
- ✓ Parental controls




- ✓ NO internet access
- ✓ Some games
- ✓ Anytime phone calls and texts
- ✓ Limited parental controls



**REMEMBER IT'S**
**YOUR CHOICE**

Every child and situation is unique, and you are best placed to know their needs

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To help you with the transition of pupils from primary to secondary, why not download our **FREE** [Leaflet for parents]:

- understanding **risk**
- using **tech for good**
- **healthy habits** and tips
- **when best** to get a phone



Your child's first phone - letter to parents 2026

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# Secondary school ready?

## Pointers for family conversations about safety



### Use and watch good tech

- Choose technology that supports learning – e.g. maths, languages and BBC Bitesize.
- Enjoy quality TV as a family - avoid endless short-reel videos on individual devices. For ideas see: commonsensemedia.org
- Ask your school for device recommendations.

### Follow school phone policy

- Read the school's policy to support the school and reinforce the messages at home.
- Consider, does your child have the skills to manage a smart phone? Would a more basic phone be better to start with?
- Agree Home Rules for device use too – such as: familyagreement.lgfl.net

### Form good daily habits

- Limit gaming to the weekends – school nights will be busy with homework and clubs.
- Follow minimum age restrictions on apps and games.
- Avoid mindless scrolling. Be mindful of what you digitally consume.
- Read quality books at bedtime.
- Create a study area at home without mobile devices.
- Keep phones and gaming out of bedrooms.

### Real online harms

The NSPCC calls the internet the "Wild West," because extreme and harmful content is easily accessible on mainstream social media and contact with strangers via platforms and games is all too frequent. Children don't always understand the meaning of words nor the impact of viewing/hearing extreme content. They get excited by new friendship groups and often struggle to self-regulate on these highly addictive apps, which nudge children to share photos, videos and location. Schools have behaviour policies which include expectations of online behaviour. Children who reuse rude words they've heard online or share inappropriate content could face serious consequences.

- Be involved and set security passcodes on children's devices. Consider limiting access to this 'junk food' type tech

**INSERT SCHOOL STATEMENT HERE FOR YOUR:**

- MOBILE PHONE POLICY
- WEARABLE TECHNOLOGY POLICY

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# SUPERVISION & PARENTAL CONTROLS




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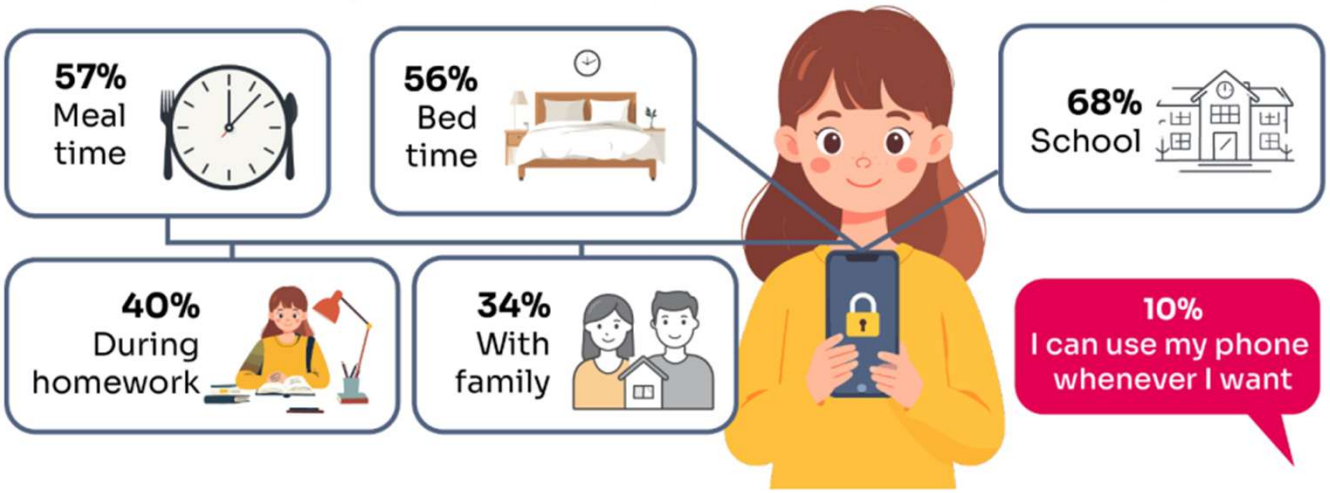
# What RULES do YOU SET around using mobile phones?









## What do you do that WORKS?

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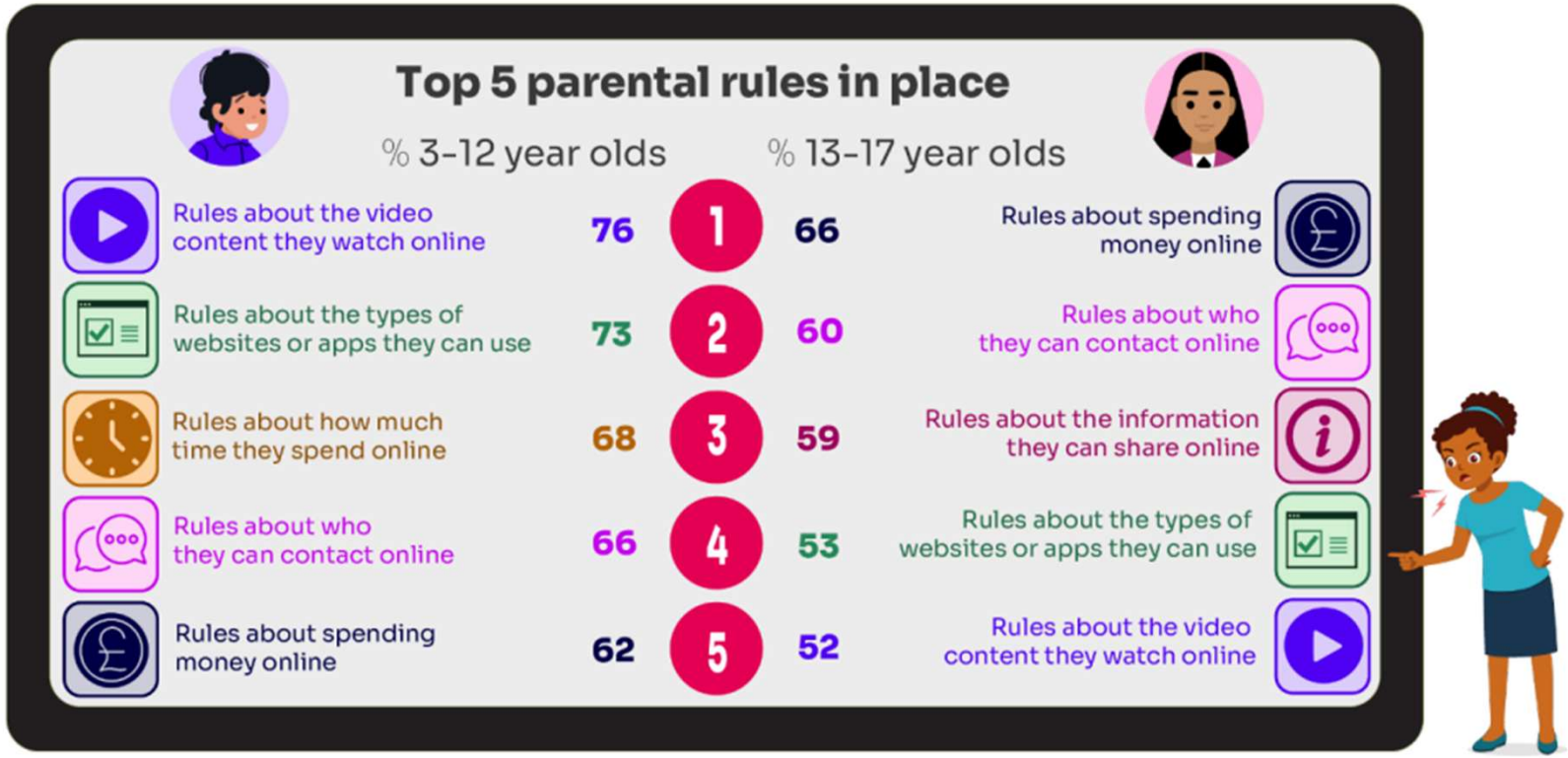
Source: Children and parents: media use and attitudes report 2026

# 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

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

# 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



## 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…..**



**WHY is this post RISKY?**

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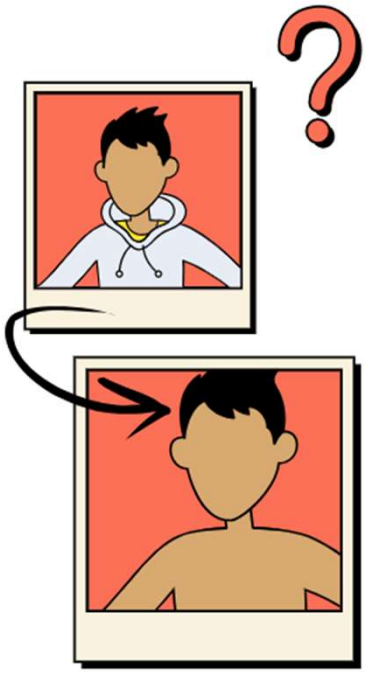
Why not share this guide with parents

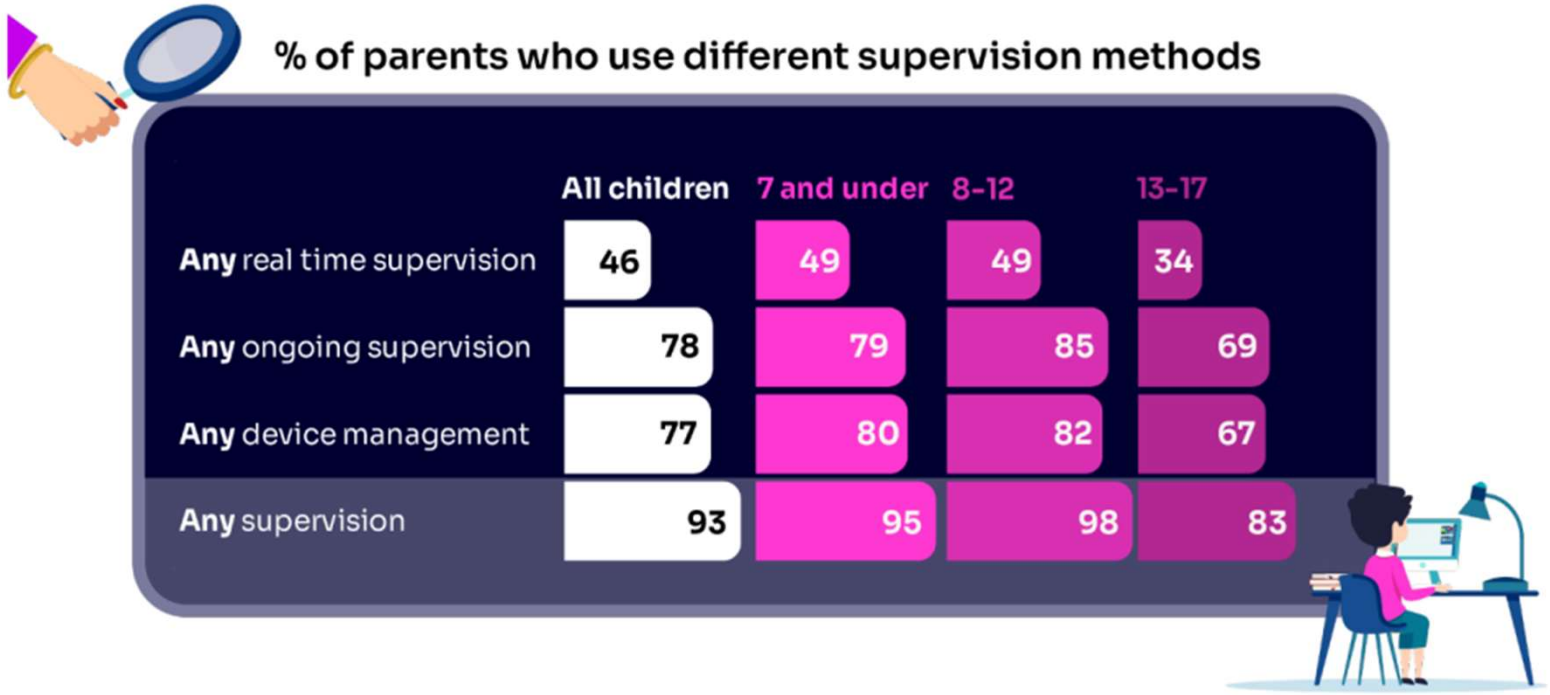





https://www.iwf.org.uk/resources/ai-child-abuse-imagery-parent-guide/

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

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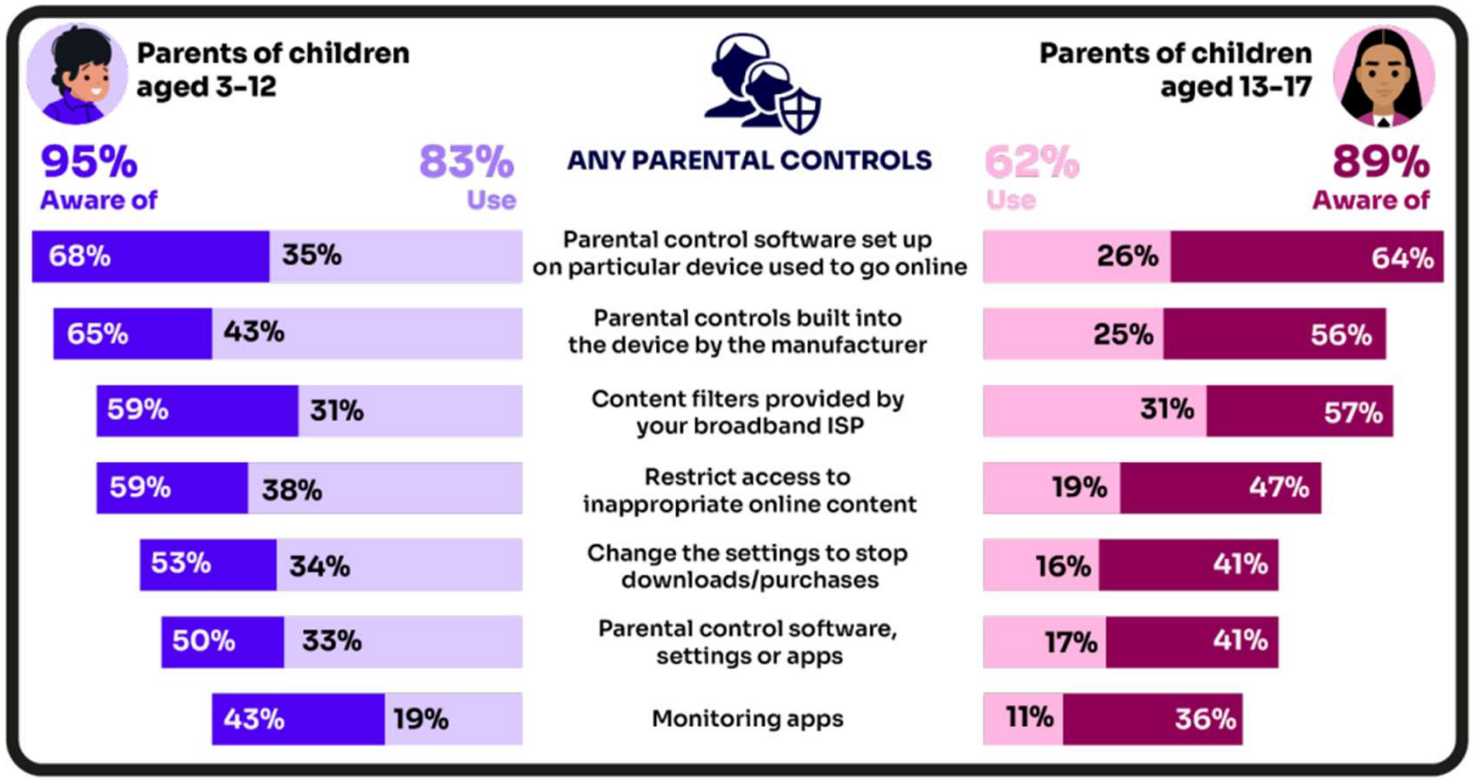
# Are you AWARE of these PARENTAL CONTROL TOOLS? Which ones have YOU USED?

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

Visit [internetmatters.org/parental-controls](internetmatters.org/parental-controls) to find simple parental control guides:

DID YOU KNOW?

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

DID YOU KNOW?

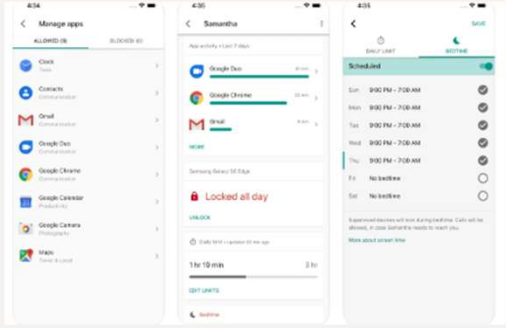
## SAFE SETTINGS, CONTROLS & MONITORING

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?).



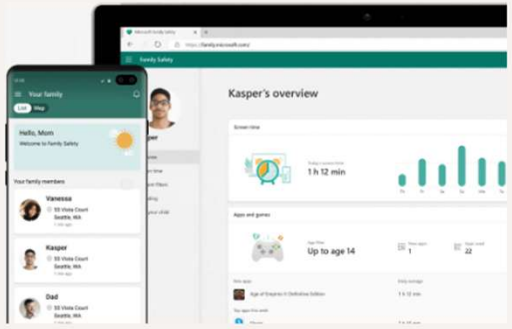
### Apple Screen Time

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

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

# 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




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# SCREENTIME



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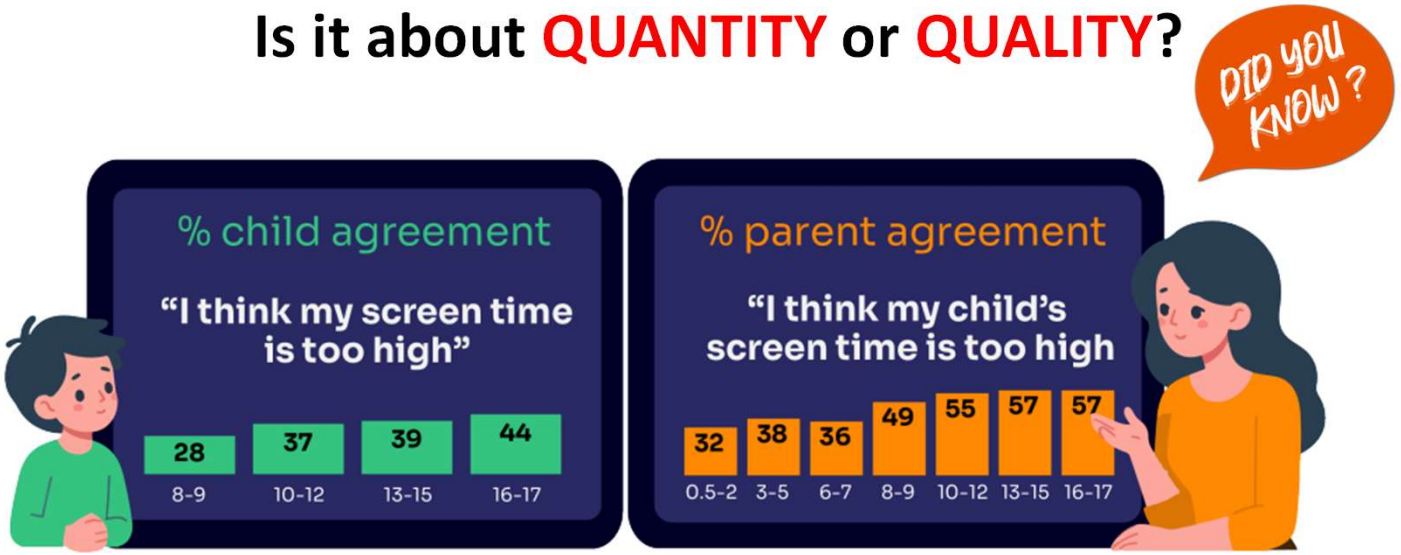
# WORRIED about their SCREENTIME?

## 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**

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

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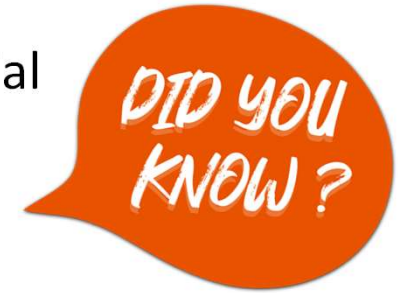
Several children said they **spent too much time** online, particularly on social media. Some called themselves "**addicted**" to certain social media




"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?**







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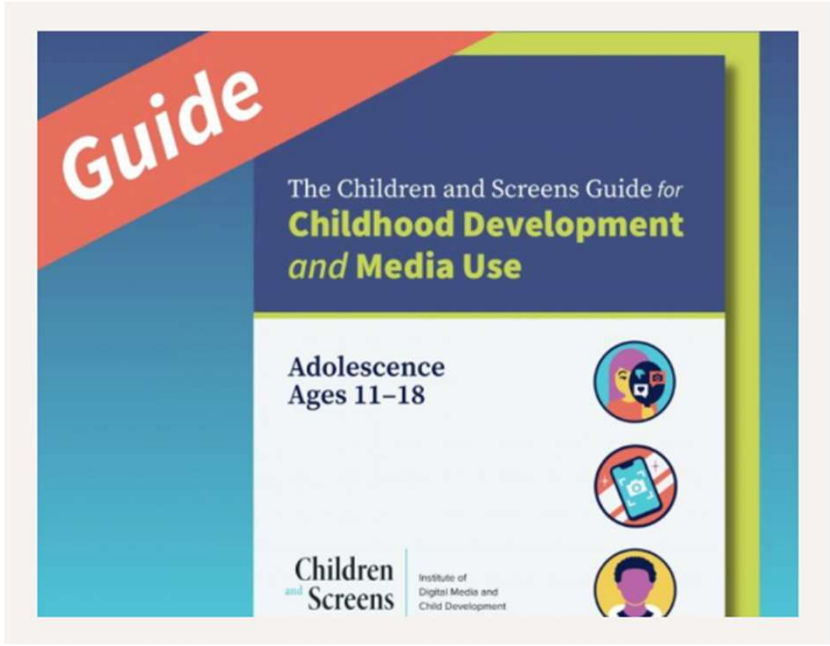
Visit parentsafe.lgfl.net/ for advice and tips to manage screentime




**Parenting tip Sheets for Adolescence**



**Screen use in the Early Years guidance**

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Visit [parentsafe.lgfl.net/](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**

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


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# SOCIAL MEDIA AND GAMING




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

DID YOU KNOW?

**Top 10 sites / apps used by 8-17s in the past 4 weeks**

| Aged 8-17 | 8-14 | 15-17 |
|---|---|---|
| YouTube **67%** | YouTube **66%** | YouTube **70%** |
| WhatsApp **61%** | WhatsApp **57%** | TikTok **69%** |
| TikTok **60%** | TikTok **54%** | WhatsApp **68%** |
| Snapchat **50%** | Roblox **51%** | Snapchat **63%** |
| Instagram **44%** | Snapchat **43%** | Instagram **62%** |
| Roblox **42%** | Minecraft **39%** | Facebook **54%** |
| Facebook **41%** | Instagram **34%** | Facebook Messenger **43%** |
| Minecraft **34%** | Facebook **33%** | Roblox **26%** |
| Facebook Messenger **29%** | YouTube Kids **31%** | Minecraft **24%** |
| YouTube Kids **22%** | Facebook Messenger **22%** | Call of Duty **18%** |

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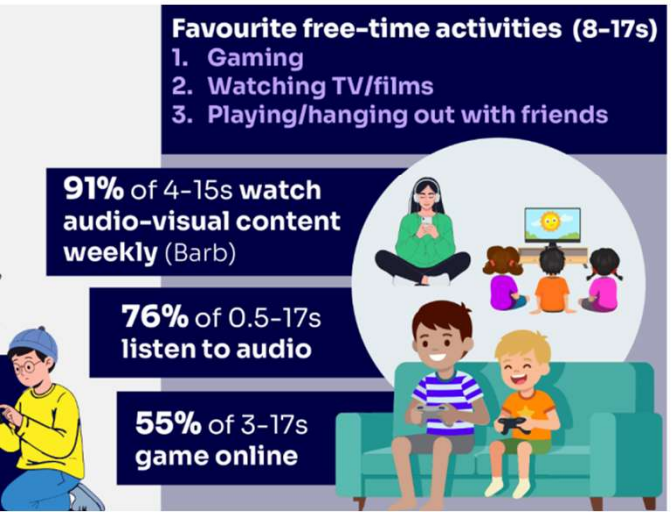
Go to apps.lgfl.net for guidance on apps and social media sites

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

# KNOW WHAT THEY DO in their free time?




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

# KNOW WHAT THEY DO on social media?

- Eight in ten (81%) children use at least one social media app/site for **following friends**, **people and organisations, reading, liking or sharing content**
- A third (34%) are '**active**' – they typically **share, comment or post**
- Most children used it to **passively consume content**, typically scrolling and watching short-form content. When they did share content, they were **more likely to repost**



LGfL SafeguardED

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

# What kinds of RISKS do you think children could be exposed to ?




DID YOU KNOW ?

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

**WHY** is this **RISKY**?

LGfL SafeguardED

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

# What might they NOT BE TELLING YOU???



Nearly six in ten (56%) 8-17s use **multiple profiles** on at least one social media platform

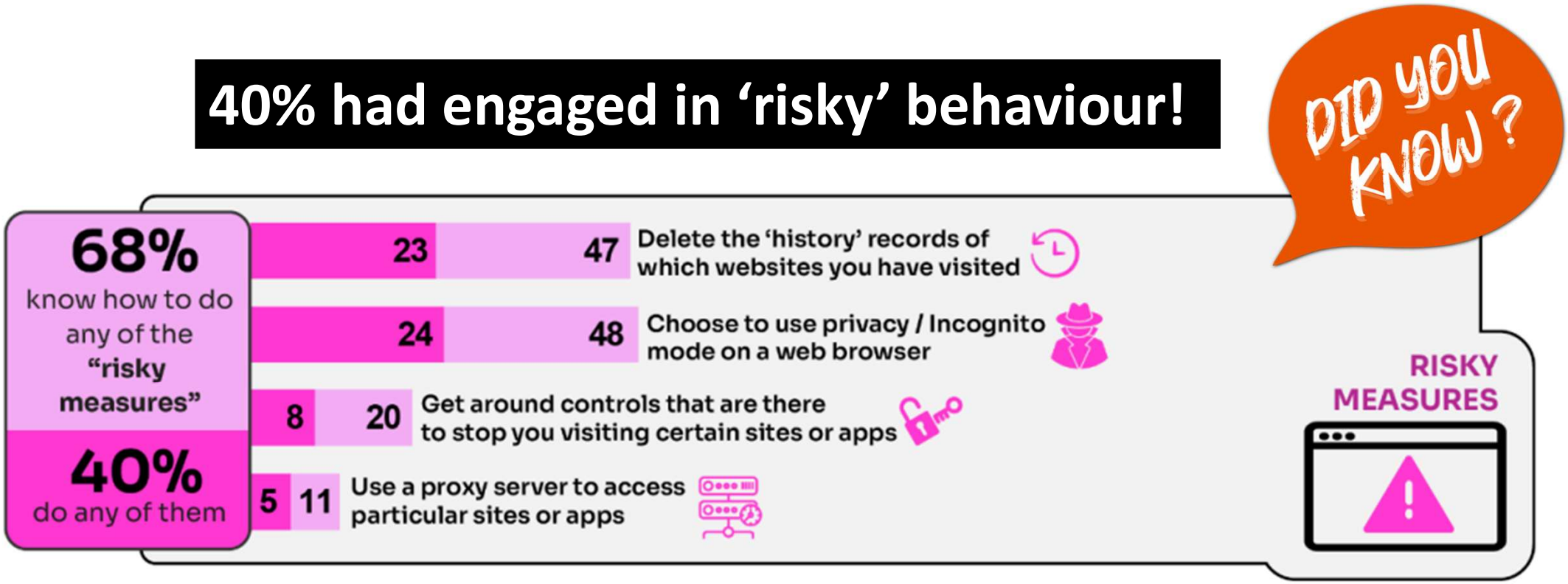
(23%) said it was because one account was **just for parents/family** to see

15% said one account was for the **'real me'** and another contained **edited/filtered** posts or photos

LGfL SafeguardED

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

# 40% had engaged in ‘risky’ behaviour!






**WHY do you think this behaviour is ‘RISKY’?**

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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<br>• Whatsapp channels are designed for public broadcasting rather than small trusted groups and their privacy tools do not offer adequate protection for younger users. |

Do you know the **minimum age** to use this?

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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](commonsensemedia.org)




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

## By Age

- Preschoolers (2-4)
- Little Kids (5-7)
- Big Kids (8-9)
- Pre-Teens (10-12)
- Teens (13+)

## By Topic

- Screen Time
- Learning
- Social Media
- Cellphones
- Online Safety
- Identity and Community
- More ...

## By Platform

- TikTok
- Snapchat
- Minecraft
- Roblox
- Fortnite
- Discord
- 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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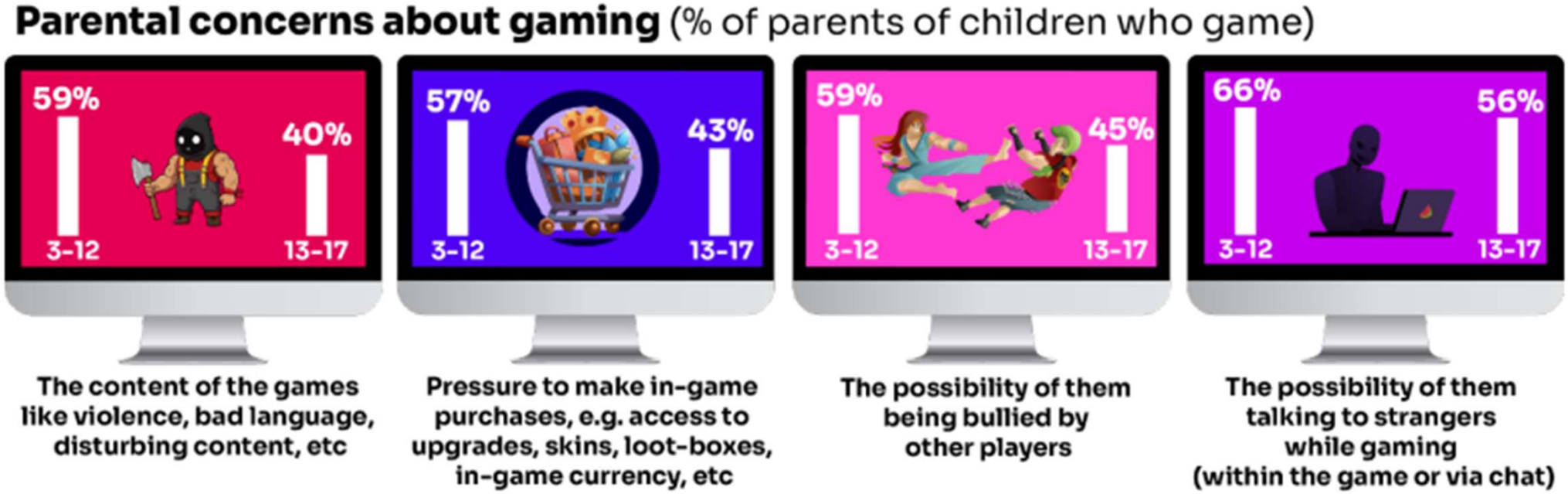
# What are YOU most WORRIED about in GAMING?

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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?




**Why is this risky?**

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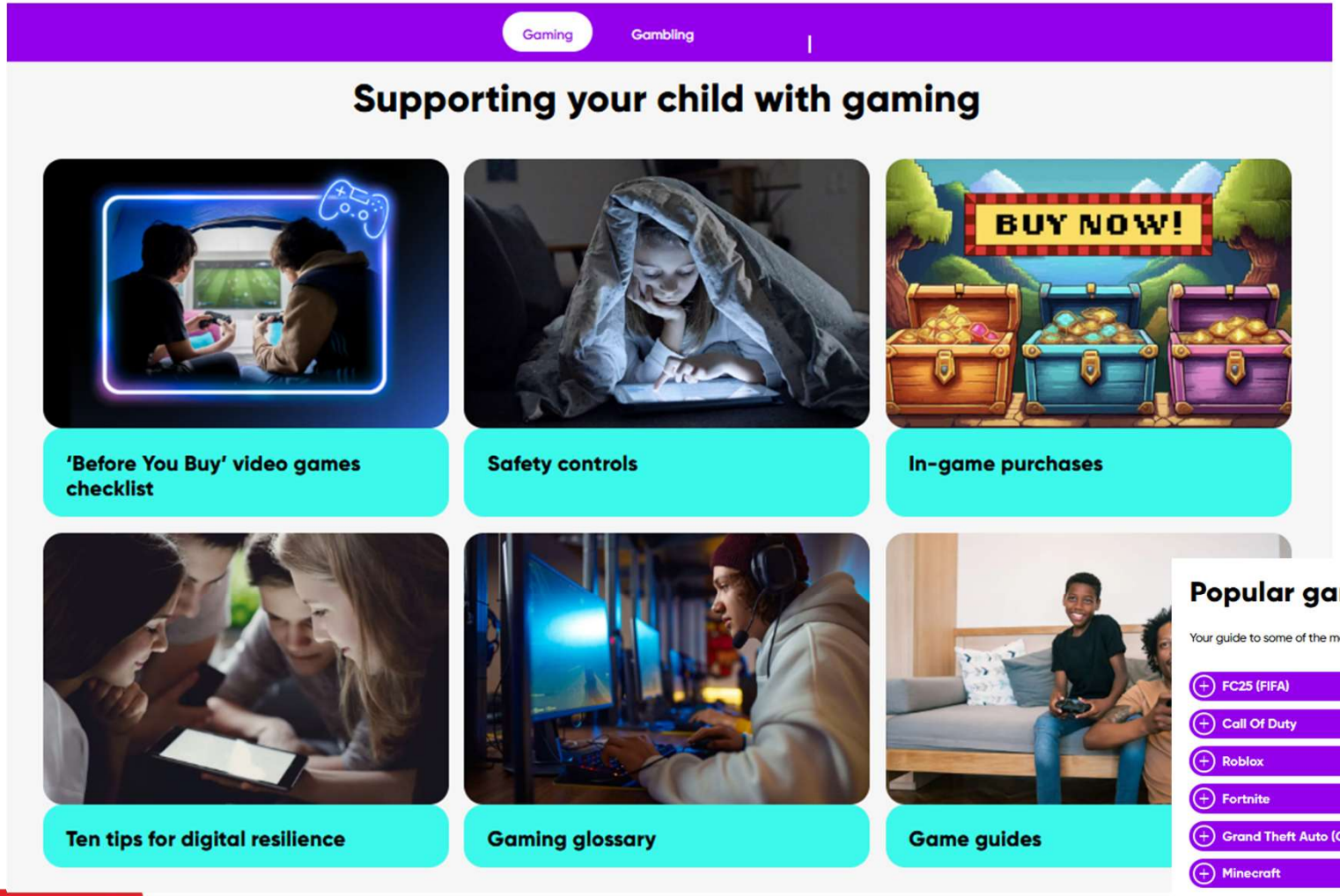
https://www.gambleaware.org/media/hbcp3qgd/exploring-the-lived-experience-and-views-of-gambling-among-children-and-young-people_final_0.pdf







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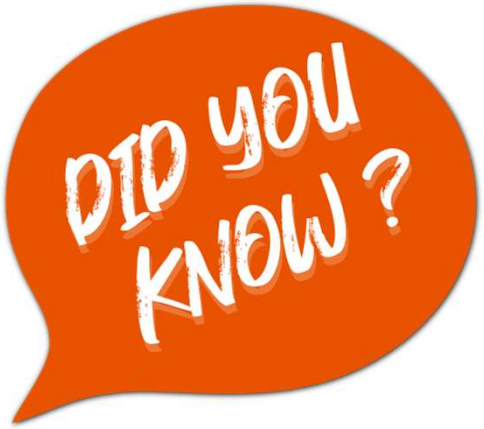
Visit gaming.lgfl.net for advice and activities to keep them safe

## 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

# AGE REQUIREMENTS




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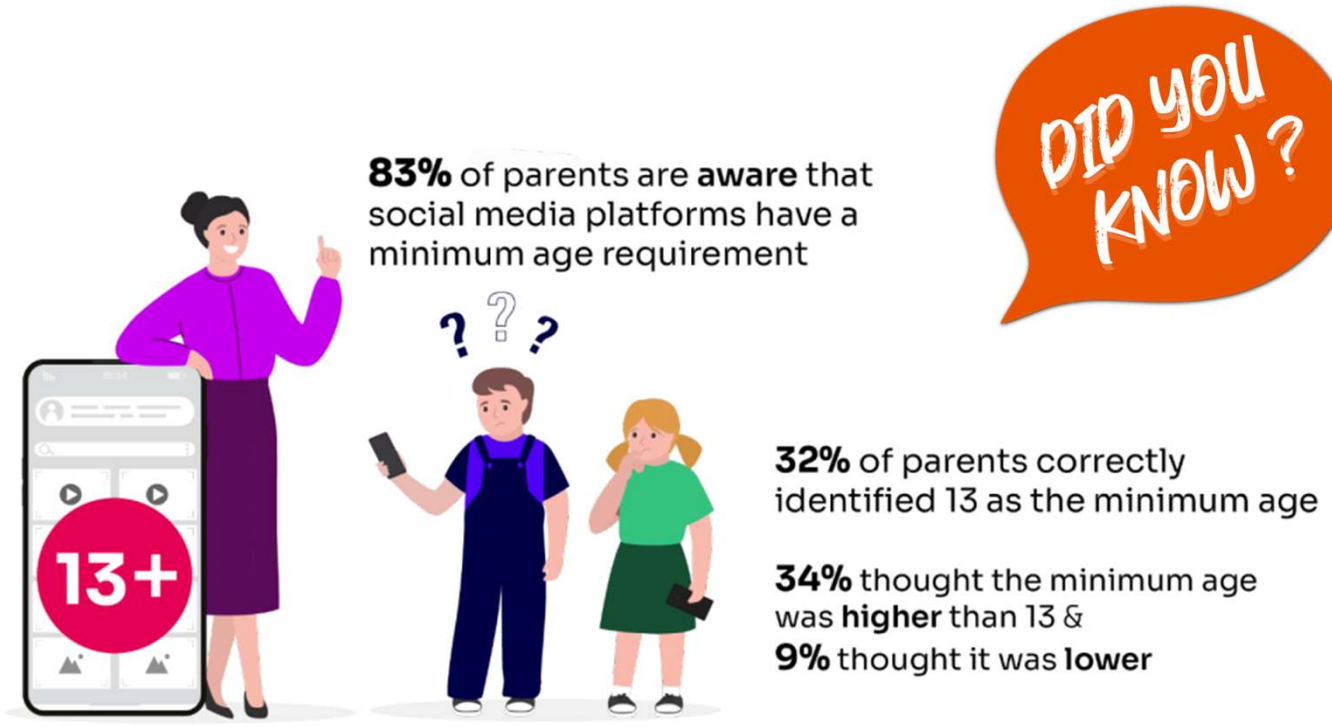
# Are YOU aware of the MINIMUM AGE REQUIREMENT for social media?

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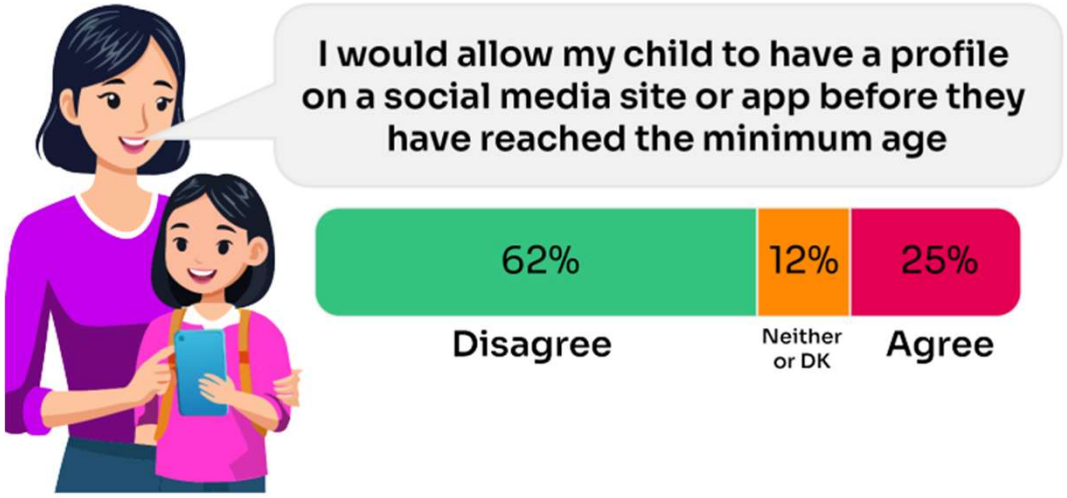
Find ratings and reviews for parents on apps, games and social media at www.commonsensemedia.org

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?




DID YOU KNOW ?

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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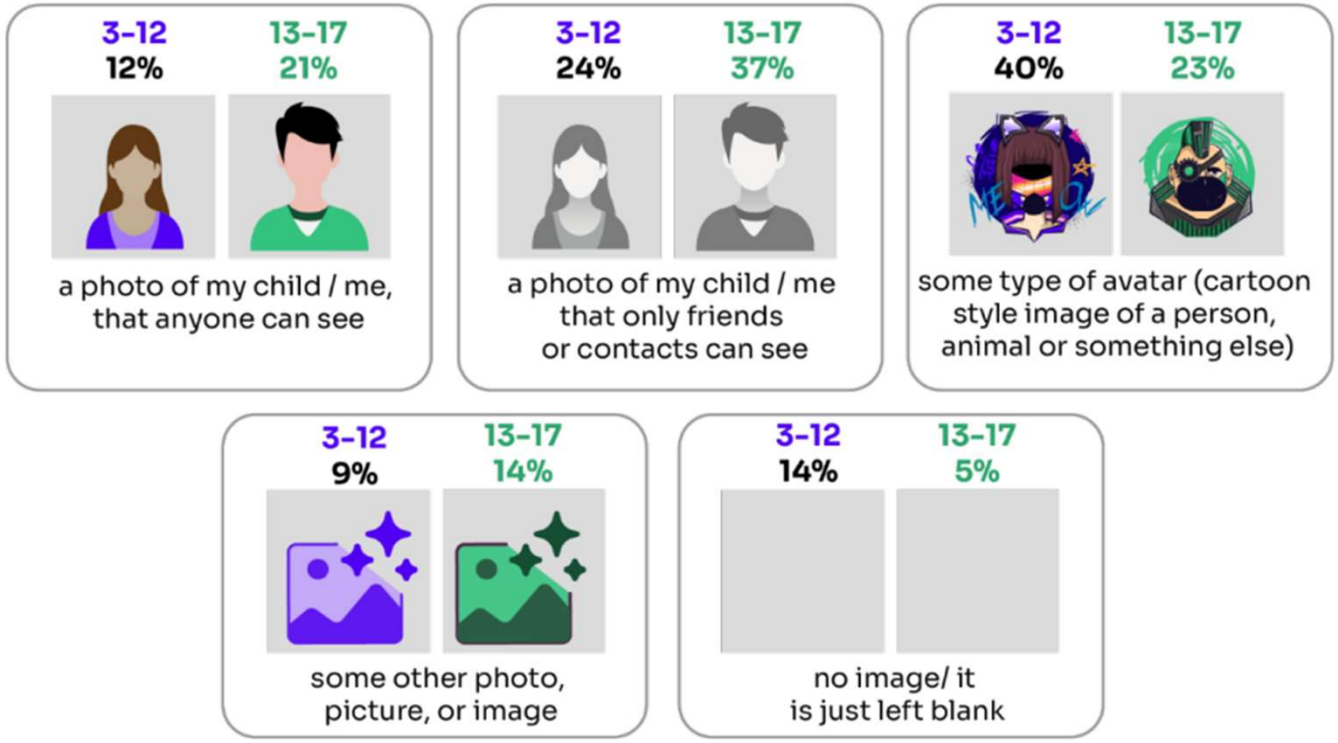
# Do you KNOW what they SHARE?

**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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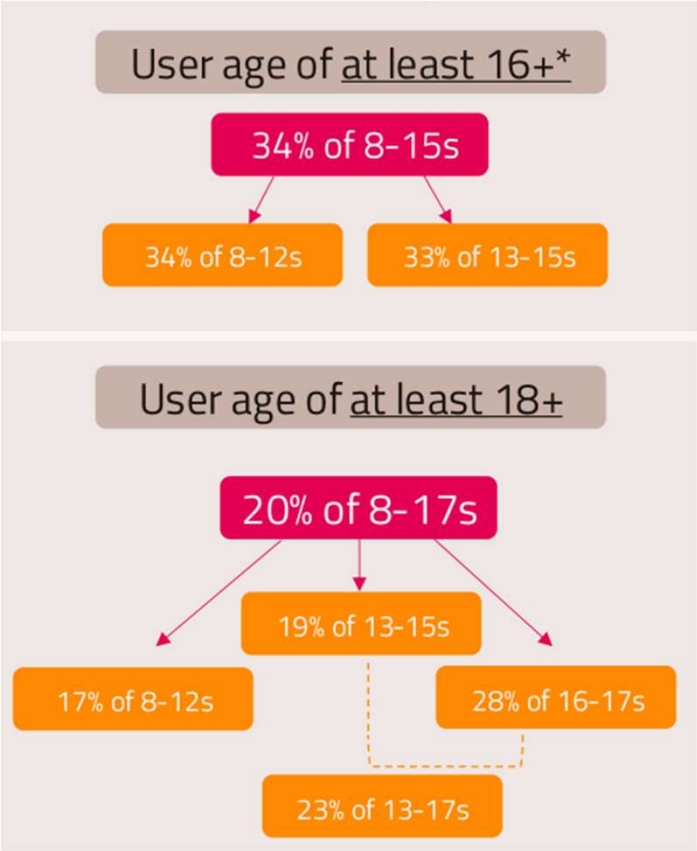
Children's Online User Ages 2025 Quantitative Research Study

## 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




**Algorithms:** Find out how AI algorithms are turning harmless searches into harmful content, promoting misogyny or violence to boys in this video from Vodaphone.



**HOW can you SUPPORT your child?**

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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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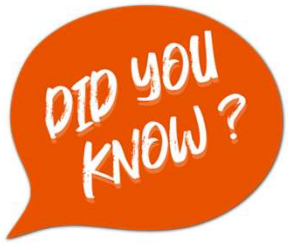
**REALITY CHECK!!!**




- 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


MOLLY ROSE FOUNDATION

THE MESSAGE CHILDREN GET NEXT MATTERS

- If children hear "you should not be on social media", they may feel unable to speak up.
- This can make it harder for them to ask for help if something goes wrong.
- We want children to feel safe coming to us, not worried about getting in trouble.

HELP THEM UNDERSTAND WHAT HAS BEEN ANNOUNCED

- Keep explanations simple and balanced
- Some platforms may introduce age restrictions
- Certain features may change

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

# RISKS AND NEGATIVE EXPERIENCES




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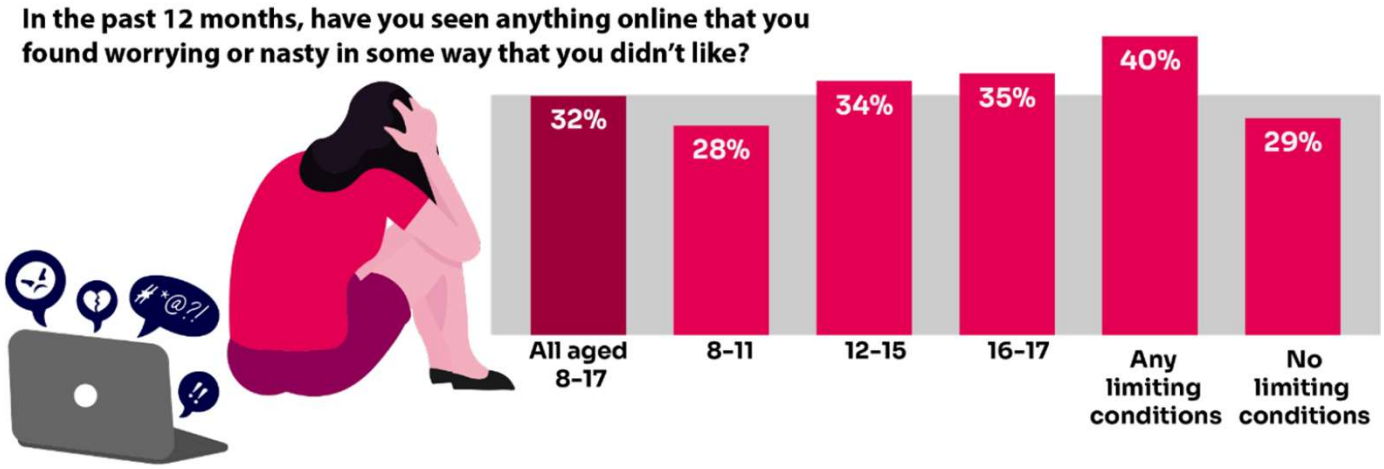
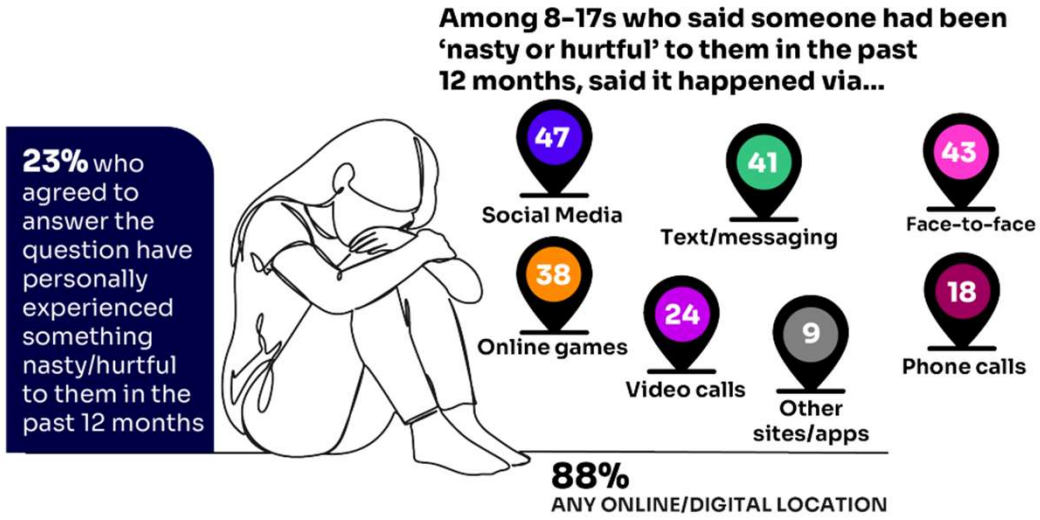
# Negative experiences

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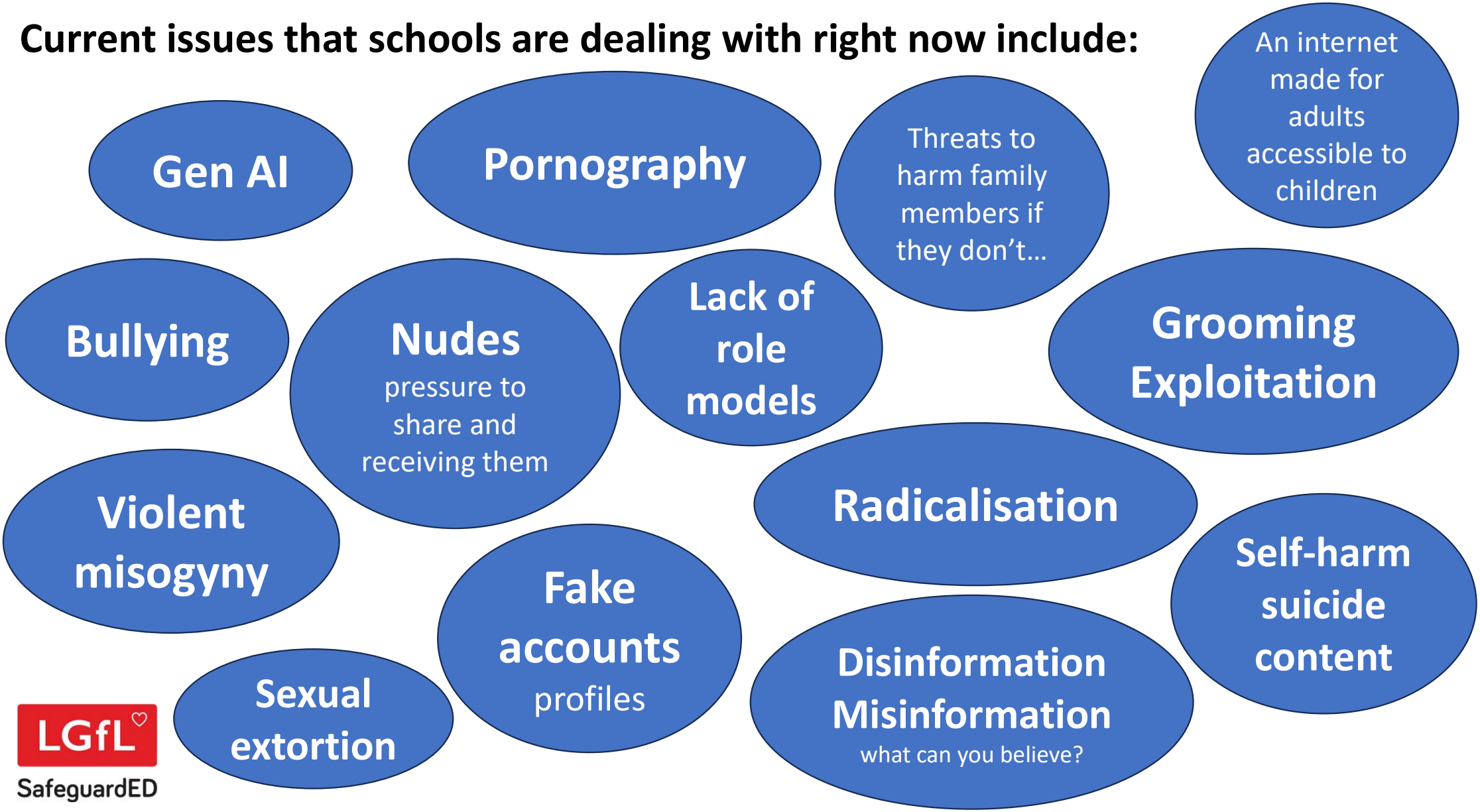
**Current issues that schools are dealing with right now include:**

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# So, what are the RISKS?

## Content

### Exposure to harmful material

Being exposed to illegal, inappropriate, or harmful content, for example: pornography, racism, misogyny, self-harm, suicide, antisemitism, radicalisation, extremism, extreme sexual or physical violence, misinformation, disinformation (including fake news) and conspiracy theories

## Contact

### Harmful online interactions

Being subjected to harmful online interaction with other users or generative AI applications that simulate this; for example: peer-to-peer pressure, commercial advertising and adults posing as children or young adults with the intention to groom or exploit them for sexual, criminal, financial or other purposes

## Conduct

### Personal online behaviors

online behaviour that increases the likelihood of, or causes, harm; for example, making, sending and receiving explicit images, including those generated using AI and online bullying

## Commerce

### Commercial risks & financial harm

Risks such as online gambling, inappropriate advertising, phishing and or financial scams. If you feel your pupils, students or staff are at risk, please report it to the Anti-Phishing Working Group



# PARENTSAFE

***Keeping your children safe: online & beyond***

## TOP TOPICS (porn, bullying, extremism, fake news...)

We have selected our top two or three resources to help parents on six key themes, which we think are important to all families. Take a look and see what you think - even if you think it may not apply to you.

| | | |
|---|---|---|
| Body Safe | Accessing Pornography | Bullying |
| Extremism & Radicalisation | Gangs & County Lines | Fake News & Hoaxes |

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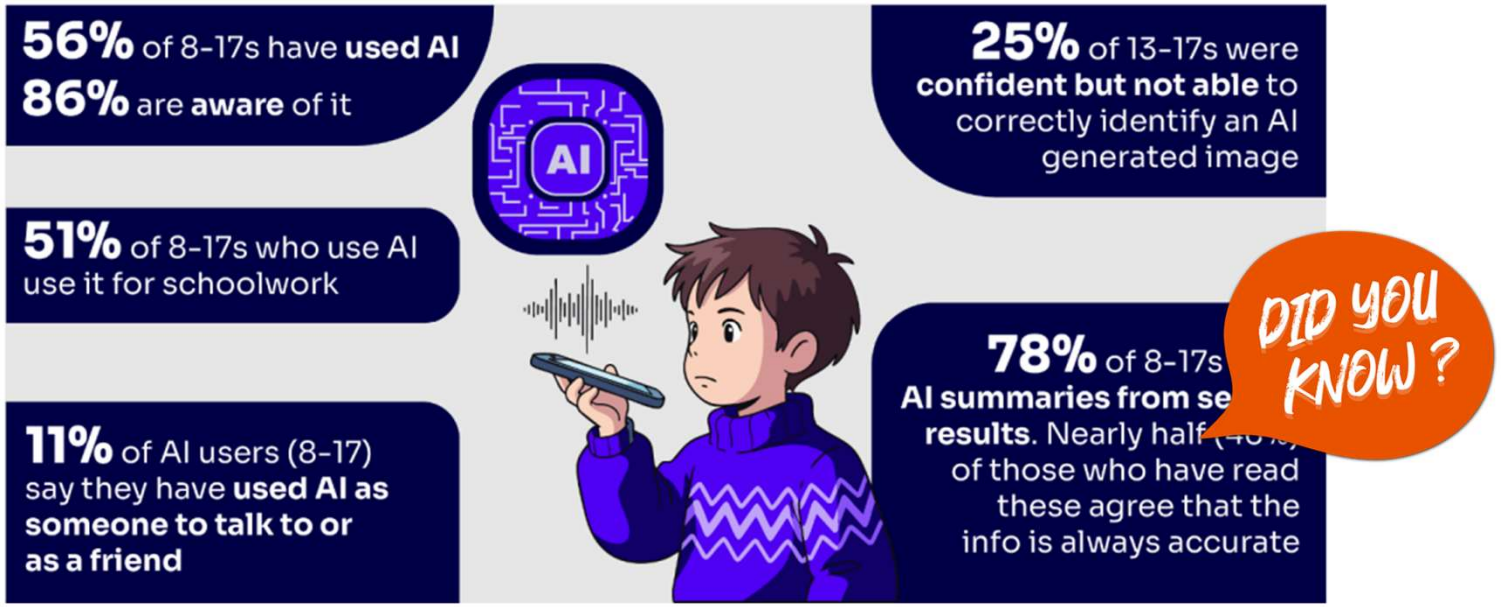
https://parentsafe.lgfl.net/

# What does ‘GENERATIVE AI’ mean?




Half of children say they use artificial intelligence (AI) tools

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https://www.childnet.com/wp-content/uploads/2025/03/Childnet-Cheat-Sheet-GenAI.pdf

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



# Do you think AI is TRUSTWORTHY?



Taken from X

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# Do you think AI is TRUSTWORTHY?

"I just trust it [ChatGPT]...which seems bad, but I think it's bound to be accurate."

Arjun (14)

"I trust it [Google's AI overview] yeah, because they're a multibillion-dollar company which they're not going to jeopardise that over an AI machine."

Angus (13)

DID YOU KNOW?

Most children regarded AI as a trusted source of information




tip

https://www.childnet.com/wp-content/uploads/2025/03/Childnet-Cheat-Sheet-GenAI.pdf

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

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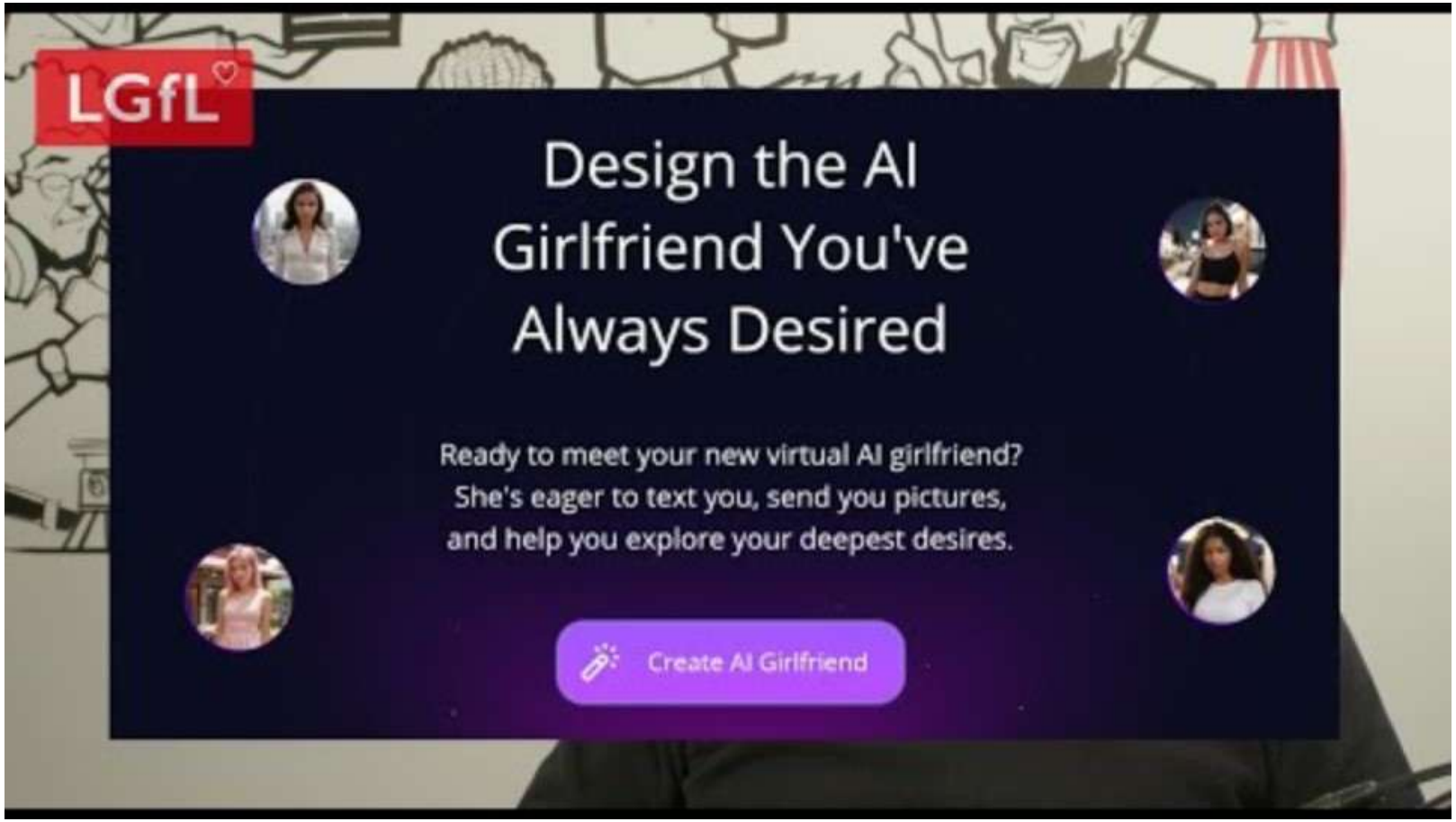
# What do you think the RISKS of Gen AI are?

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https://www.youtube.com/watch?v=XEsHwss2x8E&list=PLaIzX4UgxCRl8e_36R79fqLp_qt1imm4D&index=3&t=203s

**Generative AI – find out how nudify apps might impact young people or why a teenager might make friends with a chatbot**

DID YOU KNOW?




WeProtect

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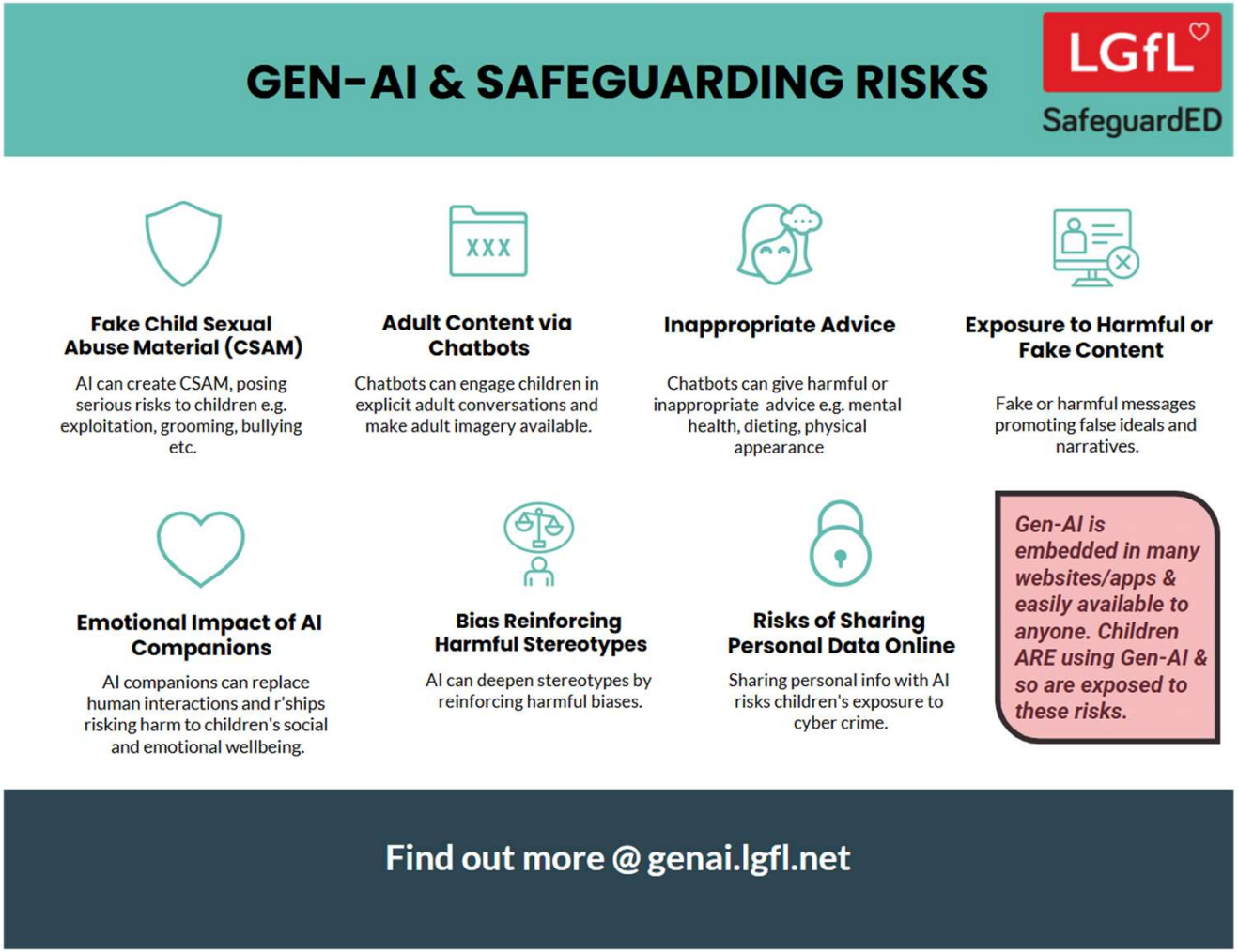
Why not share this poster with parents?

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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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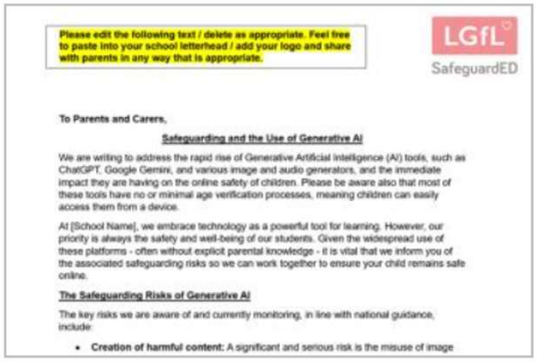
# Why not share the following with parents?







https://www.internetmatters.org/wp-content/uploads/2026/01/AI_conversation_guide_for_families_Internet_Matters_2026.pdf


Please edit the following text / delete as appropriate. Feel free to paste into your school letterhead / add your logo and share with parents in any way that is appropriate.

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To Parents and Carers,

Safeguarding and the Use of Generative AI

We are writing to address the rapid rise of Generative Artificial Intelligence (AI) tools, such as ChatGPT, Google Gemini, and various image and audio generators, and the immediate impact they are having on the online safety of children. Please be aware also that most of these tools have no or minimal age verification processes, meaning children can easily access them from a device.

At [School Name], we embrace technology as a powerful tool for learning. However, our priority is always the safety and well-being of our students. Given the widespread use of these platforms - often without explicit parental knowledge - it is vital that we inform you of the associated safeguarding risks so we can work together to ensure your child remains safe online.

The Safeguarding Risks of Generative AI

The key risks we are aware of and currently monitoring, in line with national guidance, include:

- **Creation of harmful content:** A significant and serious risk is the misuse of image

**AI risks letter to parents**

https://safepolicies.lgfl.net/




**How to Talk to Children About Frightening AI Headlines**

https://www.safeaiforchildren.org/how-to-talk-to-children-about-frightening-ai-headlines/

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# Financially Motivated Sexual Extortion – 'SEXTORTION'

"I recently got tricked into sending nudes to whom I thought was a girl, but I now know to be a grown man. They threatened to post my nudes on socials unless I paid them. At first, they wanted £20 so I sent it to them. Then they came back asking for £30, £50, sometimes more."

Boy aged 16, Childline

"I sent nudes to this boy on Snapchat. I thought I could trust him, but I was wrong cos he saved the images to his camera roll. Now he's threatening to post them to my friends and family unless I do stuff on FaceTime. I don't know how to handle this, I've never been so anxious in my life."

Girl aged 15, Childline

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NSPCC (2024) Young people's experiences of online sexual extortion or 'sextortion'. London: NSPCC.

- Learn about FMSE
- Talk with your child about FMSE
- Know how to support your child and where to report if they become a victim of FMSE

## What does FMSE look like?

If your child has been approached by an offender, they may tell you that they have been:

- contacted by an online account they do not know but appears to be another child or young person
- quickly engaged in a sexually explicit conversation. This may include the offender sharing indecent content first
- pressured into taking nude or semi-nude photos or videos. Or, they may have been blackmailed with images that have been digitally manipulated or AI-generated
- blackmailed into sending money or meeting another financial demand, such as buying a pre-paid gift card

# Financially Motivated Sexual Extortion (FMSE): advice for parents and carers

**How to talk to your child and access support if they need help**

NCA National Crime Agency

CEOP Education from the National Crime Agency

## Parents and carers template letter

Dear parent/guardian,

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

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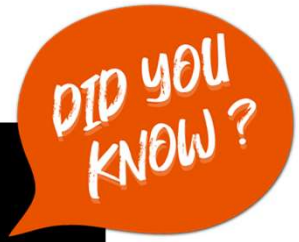
https://www.ceopeducation.co.uk/globalassets/professional/nca-fmse-social-campaign-guidance-doc---english.pdf

# Livestreaming




**16% of children livestream their own videos**

3-9 year-olds (1 in 10)

10-12 year-olds (2 – 10)



**WHY does this MATTER?**

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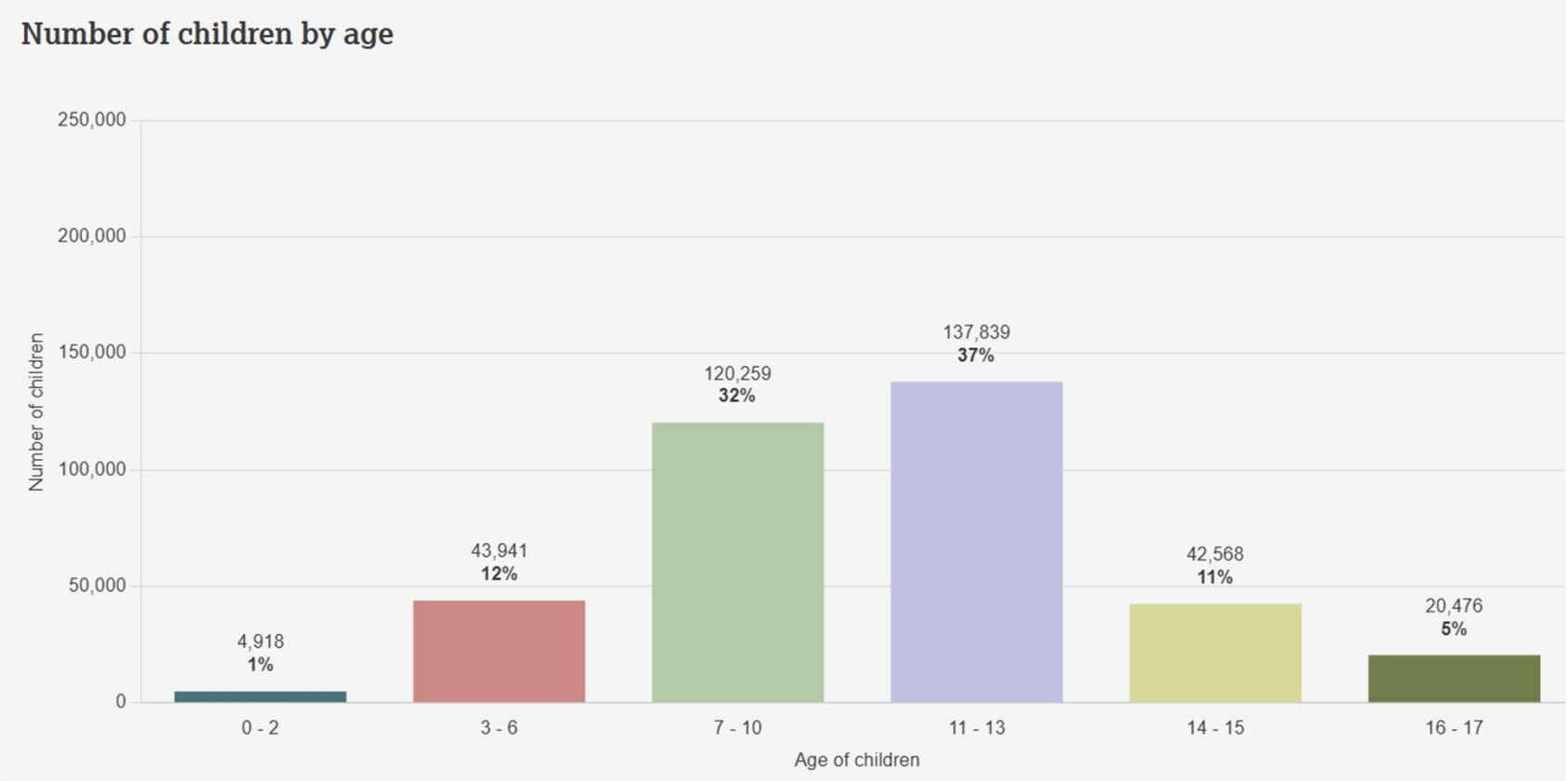
Source: Children and parents: media use and attitudes report 2025

# Child Sexual Abuse Material (CSAM)




***It can also affect younger children!***

https://www.iwf.org.uk/annual-data-insights-report-2025

# Being safer while live streaming




- **Talk** to them about what they are sharing
- Use devices in **public spaces** e.g. lounge not bedroom
- Check privacy and safety **settings** on the app/site
- Be wary of **requests to chat in private**
- Know **Support and Reporting** functions

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## So, what can YOU do?




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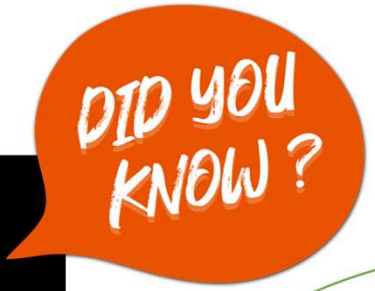
undressed.lgfl.net

# Sharing 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%**

Receiving pictures or videos of naked / half-dressed people **32%**

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

**Earlier in the year**

Taylor (13) received messages from people she did not know that **included nude images/inappropriate messages.**

***"I'd probably get one or two messages a month. They want [to add you on Snapchat] because on Snapchat, you can send pictures that you can't get away with on Instagram."***

**12 months later**

She had taken steps to reduce this by no longer adding people on Snapchat after they had messaged her on Instagram or using Snapchat's Quick Add feature to talk to strangers.

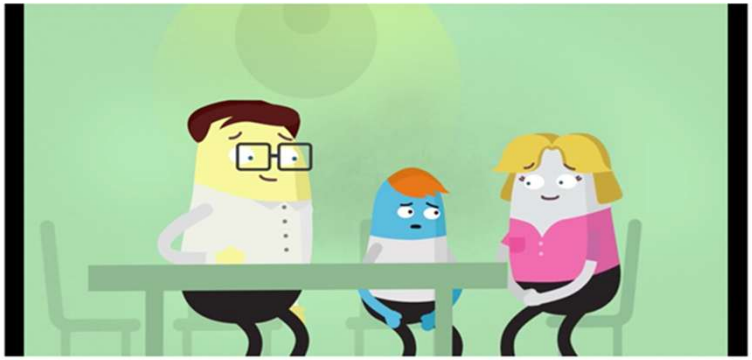
***"It… hasn't happened in a long time. Maybe once in the last year…***
***It doesn't happen much anymore because I don't really talk to people I don't know any more."***

Children and parents: Media use and attitudes report 2025

# 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

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CEOP

# 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**

DID YOU KNOW ?

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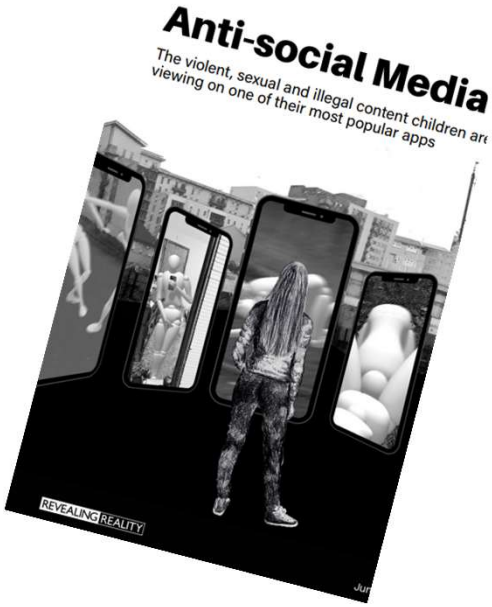
Source: https://parentsafe.lgfl.net/accessing-pornography

# Snapchat: ‘It’s our evening news…’




- **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**

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

# 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

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## NCA

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

## 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

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

Go to reporting.lgfl.net to find out more

# STAYING SAFE ONLINE AND REPORTING




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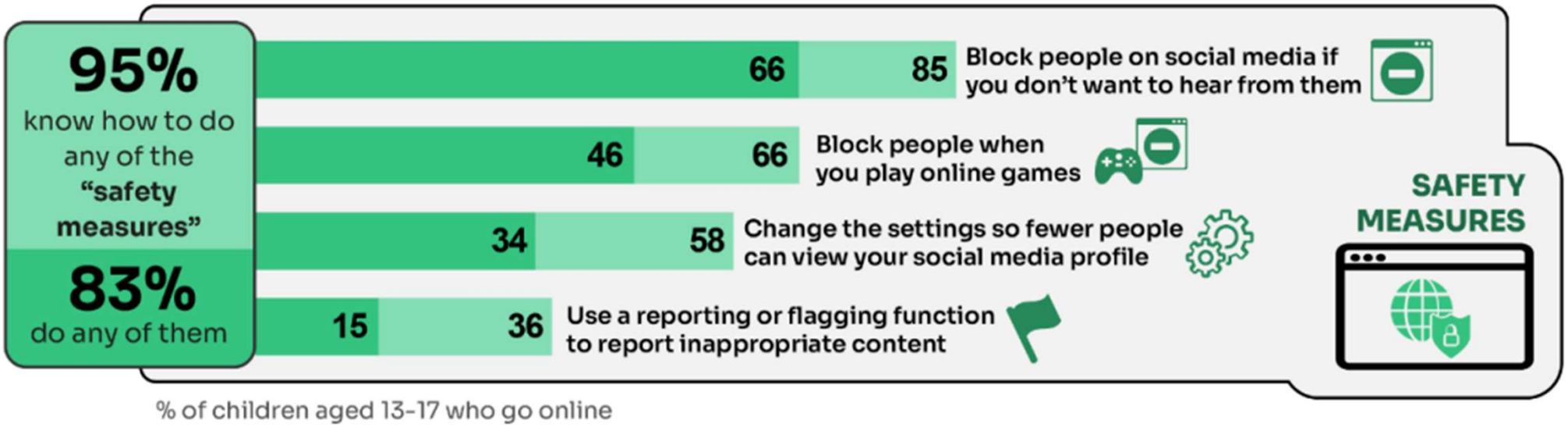
# What do YOUNG PEOPLE do to STAY SAFE ONLINE?




**Only 15% had used a reporting or flagging function**
(36% were aware of these functions)

Go to reporting.lgfl.net to find out how to remove content from social media and where to report bullying, racial hatred, terrorism, sexual abuse and more

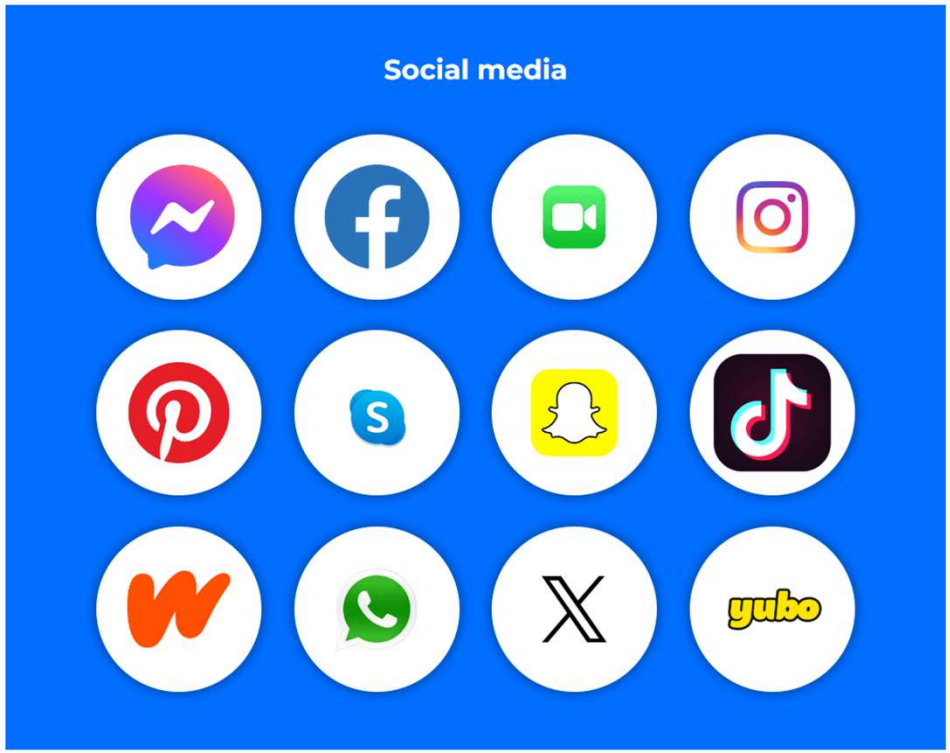
Source: Children and parents: media use and attitudes report



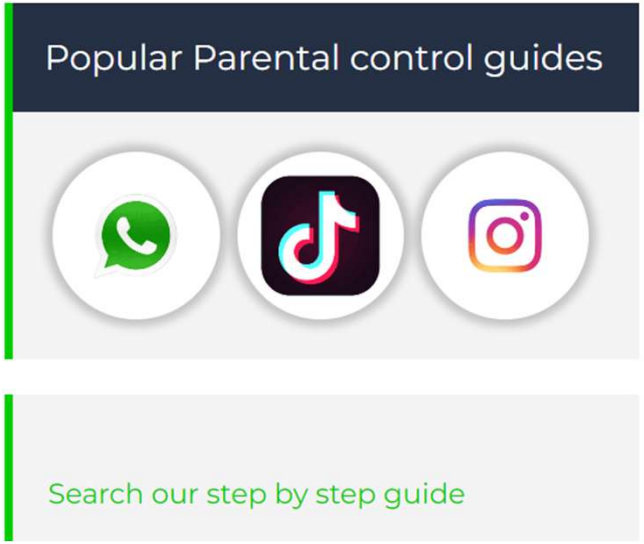
# Do YOU know HOW TO REPORT to apps / sites?

Step-by-step Guides

Click on the guides for step-by-step instructions to set controls on popular devices.




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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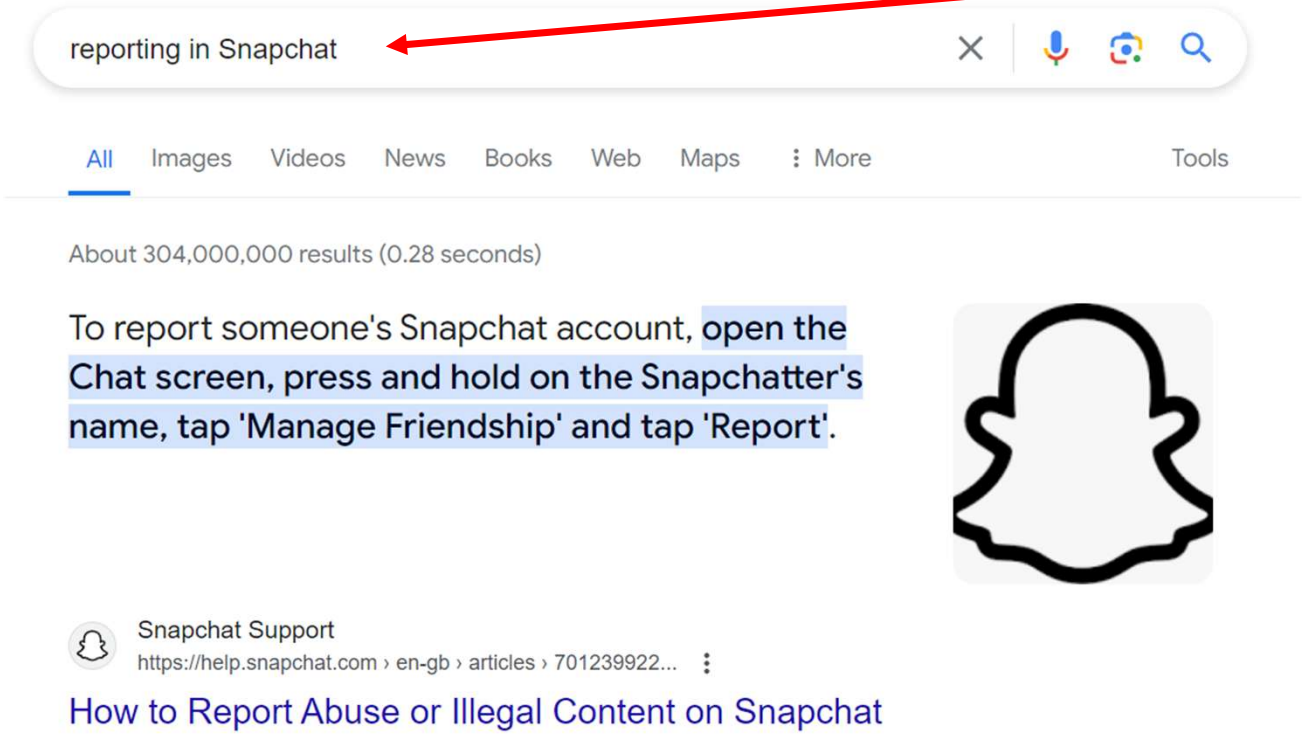


A simple **Google search** with the site name, **e.g. 'reporting in Snapchat'** will bring up the steps to take and signpost to the reporting page

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# 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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# CRITICAL THINKING




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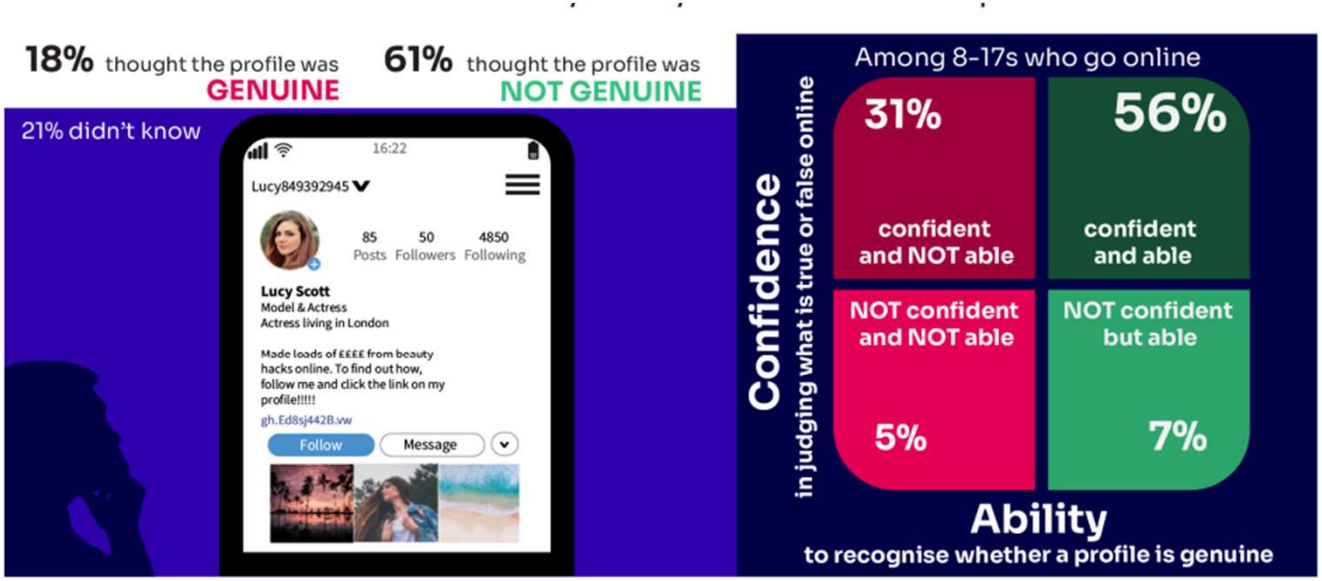
# Does your child TRUST everything they see online?

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

**Children feel least confident identifying AI-generated content**




**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**

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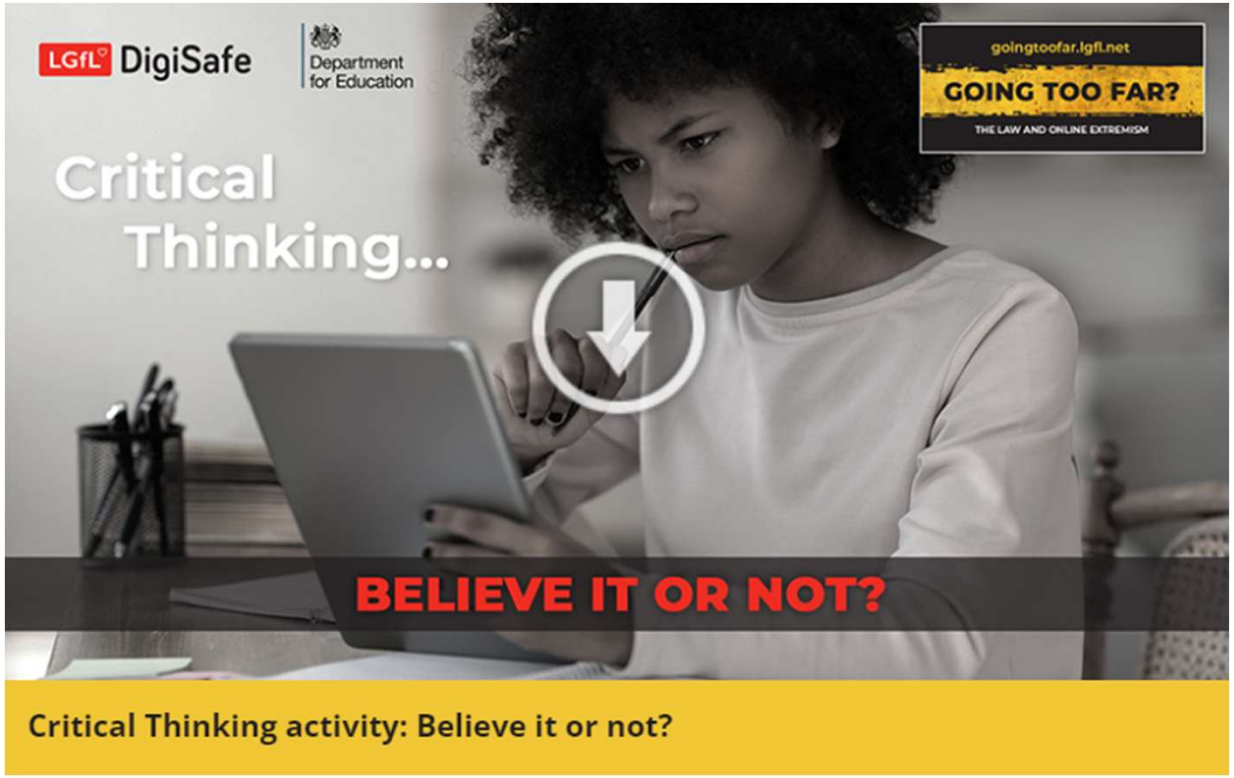
Source: Children and parents: media use and attitudes report 2026

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



Critical Thinking activity: Believe it or not?

Let us try our Critical Thinking Quiz at [believe.lgfl.net](believe.lgfl.net)

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# BELIEVE IT OR NOT?

goingtoofar.lgfl.net
GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM

Match the terms to the definitions

| | |
|---|---|
| • **Disinformation** | what you want to achieve by sharing certain messages or content |
| • **Misinformation** | presenting inaccurate stories or hoaxes as factual reporting or journalism |
| • **Fake news** | accidentally sharing inaccurate information – not trying to trick anyone |
| • **Agenda** | deliberate and selective use of facts and/or misleading information to influence choices, actions or beliefs |
| • **Propaganda** | deliberately sharing inaccurate information – to trick, confuse or influence |

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# BELIEVE IT OR NOT?

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# BELIEVE IT OR NOT?

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GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM

## Match the terms to the definitions

- **Stereotype** — information that is true and backed up by evidence
- **Opinion** — background or surrounding information to help you fully understand something that could have a different meaning on its own
- **Fact** — a fixed or oversimplified idea about what someone or something is like
- **Context** — a belief based on personal feelings, which cannot be proved

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# BELIEVE IT OR NOT?

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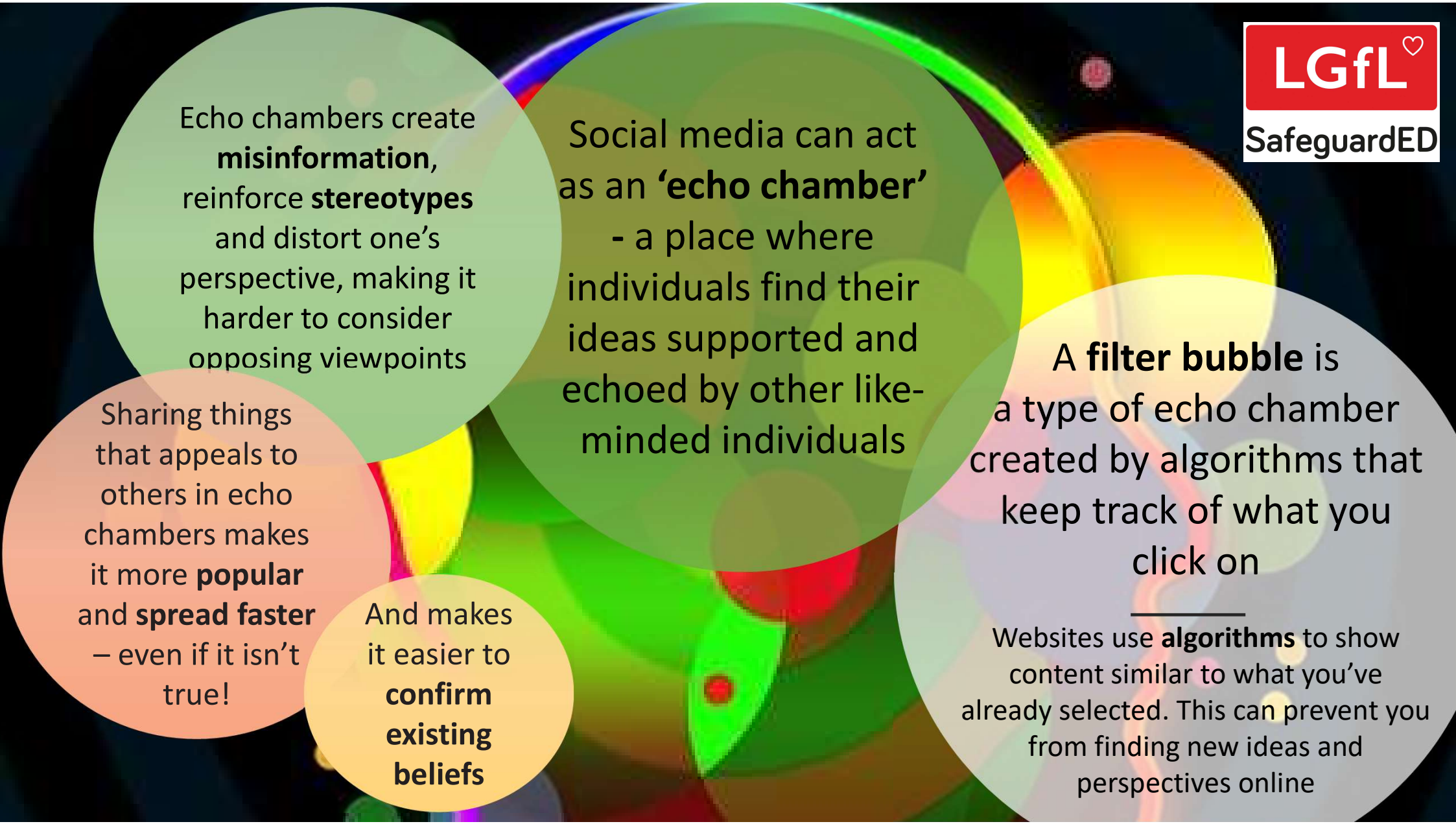
Echo chambers create **misinformation**, reinforce **stereotypes** and distort one's perspective, making it harder to consider opposing viewpoints
Social media can act as an **'echo chamber'** - a place where individuals find their ideas supported and echoed by other like-minded individuals
A **filter bubble** is a type of echo chamber created by algorithms that keep track of what you click on
Websites use **algorithms** to show content similar to what you've already selected. This can prevent you from finding new ideas and perspectives online
Sharing things that appeals to others in echo chambers makes it more **popular** and **spread faster** – even if it isn't true!
And makes it easier to **confirm existing beliefs**
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# BELIEVE IT OR NOT?

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GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM




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# BELIEVE IT OR NOT?

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THE LAW AND ONLINE EXTREMISM




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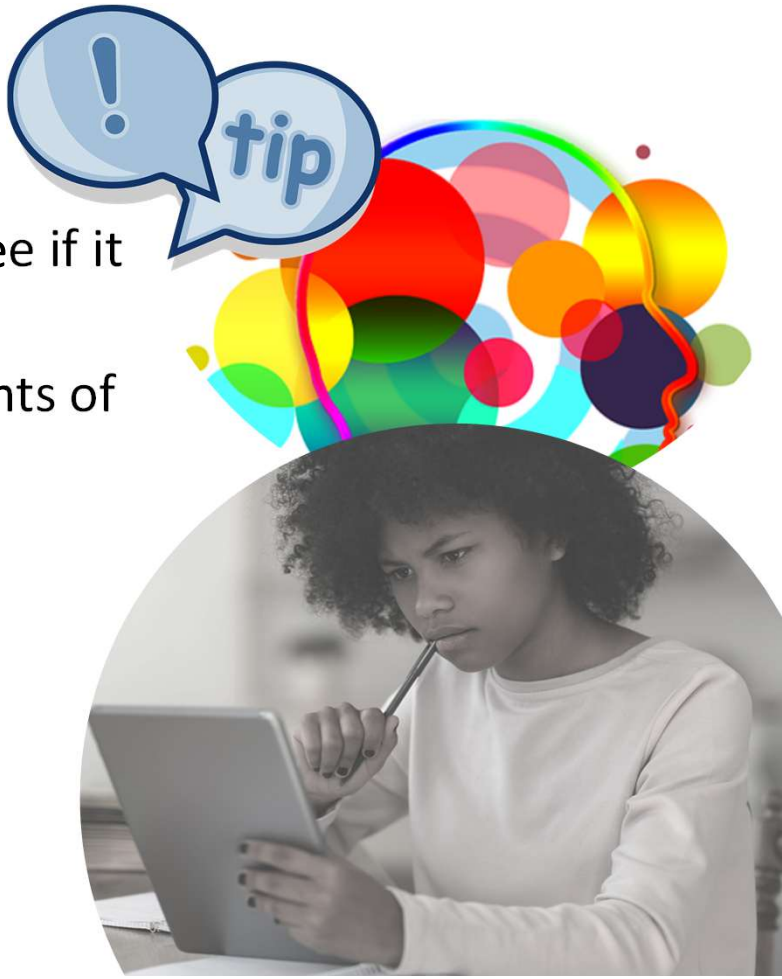
# What can you do about FILTER BUBBLES?

- Look at things **in context**
- **Look for evidence** to separate facts from opinion
- Look for the **source** of the content and try to check to see if it exists somewhere else
- **Question** what you come across and consider other points of view
- Follow accounts you might not always agree with, so algorithms can show you a **variety** of viewpoints
- Only share something if you're **certain**
- Just because you **WANT** it to be true, doesn't mean it is!

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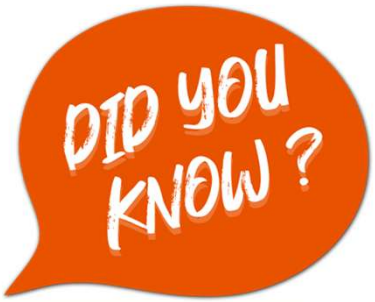
"I'm worried my 14-year-old has been spending too much time online. They spend a lot of time on Discord, where I fear they're being influenced by the far-right because they've started making some concerning jokes. What should I do?"

Mother, NSPCC Helpline




**59% of parents** were concerned about them being influenced by **extremist** content

NSPCC (2026) The impact of harmful online content on children




Visit goingtoofar.lgfl.net to find out how to help children:

- recognise extremist behaviour and content on social media/apps/games
- understand actions likely to attract police investigation
- get help
- report concerns

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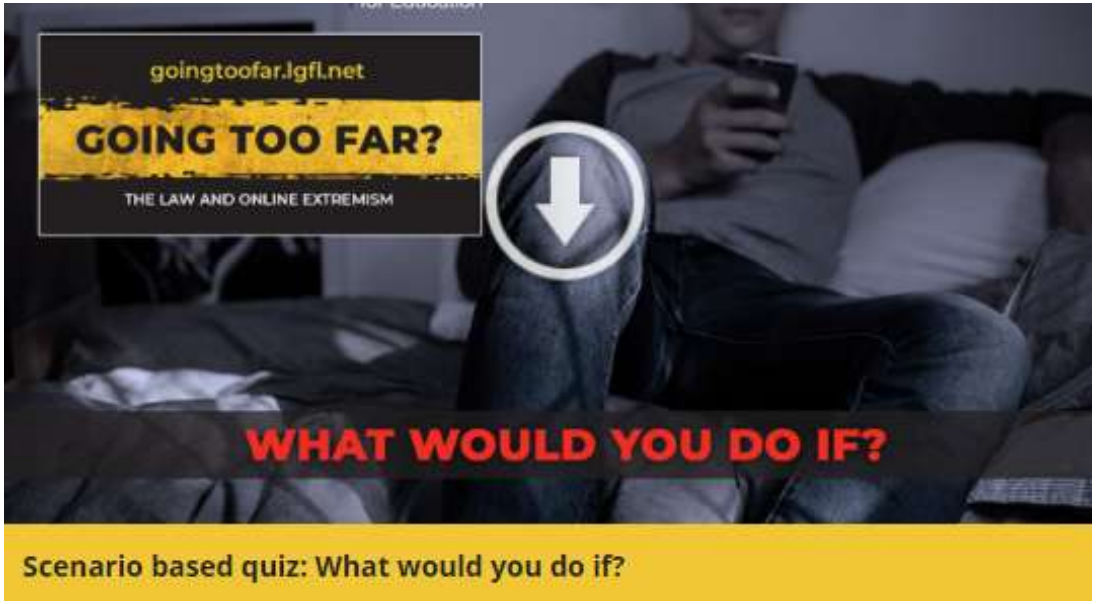
Source: Children and parents: media use and attitudes report 2026

**Are YOU aware of the IMPLICATIONS your ACTIONS could have?**

Could you be breaking the **LAW**?

Or putting yourselves or others at **RISK**?

Let's take this quiz together at [takingastand.lgfl.net](takingastand.lgfl.net)




Visit [goingtoofar.lgfl.net](goingtoofar.lgfl.net) to find out more.

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# WHAT WOULD YOU DO IF?

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GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM



**You notice lately there are lots of posts from a group appearing on your page which are offensive and racist.**

What can you do about it?



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# WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net
GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM

A. Nothing, just ignore them
B. Report them directly via the site's report button
C. Select the option to unfollow or stop seeing posts from this group

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# WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net
GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM



**Your class are all talking about this funny meme. It's making fun of people from another country, and some of the comments are really rude.**

**There are lots of 'likes'.**

How could you respond?

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Department for Education

# WHAT WOULD YOU DO IF?

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GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM

A. ‘Like’ it – after all it can’t do any harm
B. Join in the comments so you can also be part of the group
C. Share it
D. Report it directly to the site as racism
E. Talk to a trusted adult for advice

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# WHAT WOULD YOU DO IF?

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GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM




**This pop star tweets a post showing how she's lost weight by taking these diet pills- she says the first 100 people can get it half price.**

What could you do?



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# WHAT WOULD YOU DO IF?

goingtoofar.lgfl.net
GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM

A. Buy them straight away
B. Think about her motives - she might be being paid to advertise it
C. Check the reviews
D. Discuss with a parent/carer before buying anything online
E. Do your research and to find out more about this subject

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# WHAT WOULD YOU DO IF?

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THE LAW AND ONLINE EXTREMISM

**An influencer you came across shared a link where you can meet new friends and chat anonymously without worrying about getting in trouble with the law.**

What could you do?



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# WHAT WOULD YOU DO IF?

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GOING TOO FAR?
THE LAW AND ONLINE EXTREMISM

A. Join the chat, after all it's anonymous so it can't do any harm
B. Invite one of your friends to come along so you can both make new friends
C. Check with a trusted adult at home or school

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## Why not share the following with parents?




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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# 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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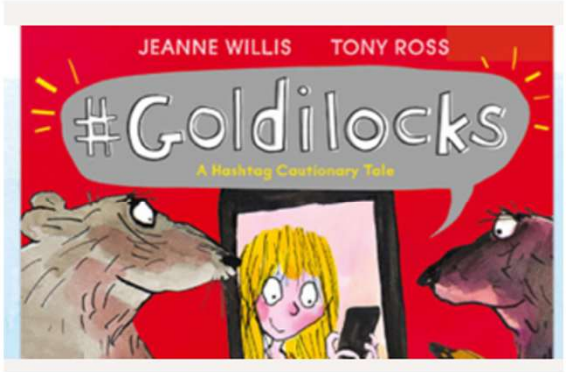
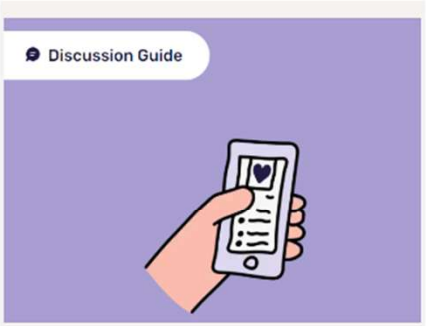
## TALKING TO CHILDREN ABOUT LIFE ONLINE

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




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




# PARENTSAFE

*Keeping your children safe: online & beyond*

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**Download this FREE poster to put on your fridge**

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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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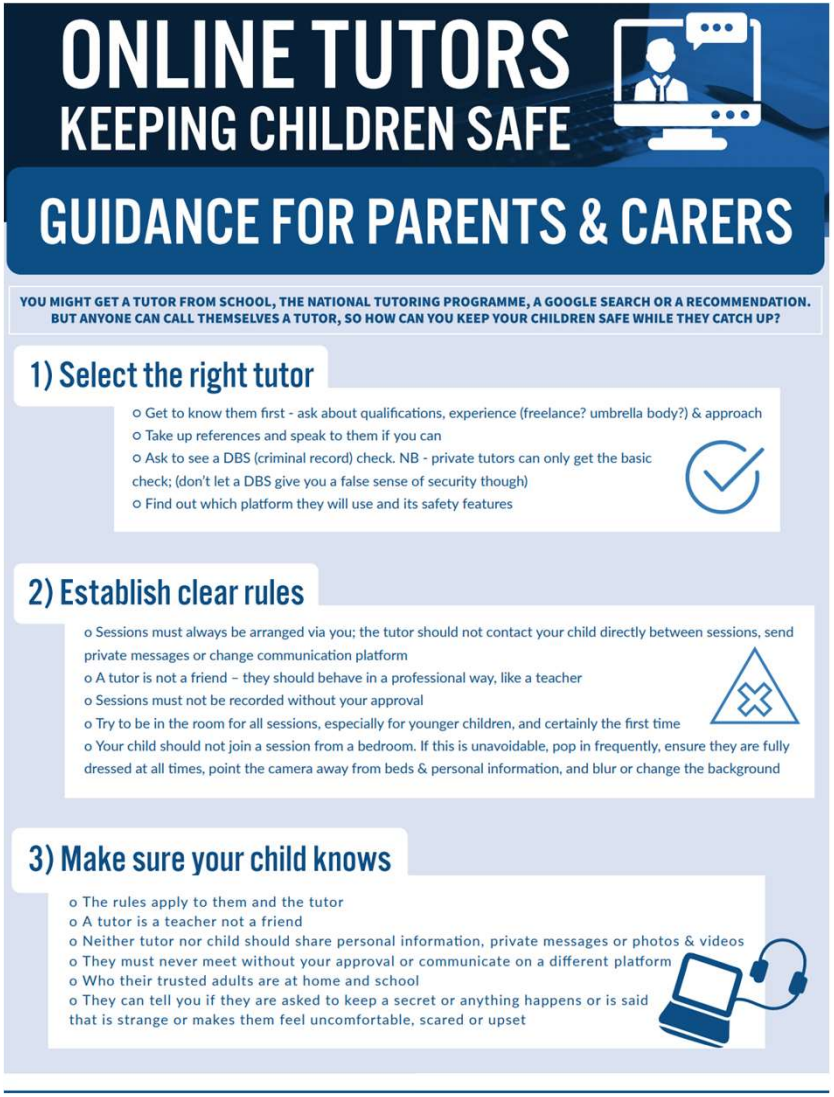





**Download this FREE Poster for tips to help if your child has an online tutor**

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**You can download FREE 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

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parentsafe.lgfl.net/digital-family-agreement

# 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

# Where to get help?

INSERT SCHOOL SPECIFIC INFO HERE, SUCH AS:

- DSL NAMES AND PHOTOS
- REPORTING PROCESS (In school and out of school hours)
- LINK TO POLICIES
  - AUP
  - Online Safety Policy
  - AI Policy
- FILTERING AND MONITORING APPROACH (In school and out of school hours)

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