

## Keeping children safe online

Social media and the internet can have both positive and negative effects on children's mental health. As a school, we do our utmost to educate children and parents about how to stay safe online, however, we still regularly encounter issues concerning children's safeguarding.

Below are some findings from the 'Children and parents: Media use and attitudes report 2018' (Ofcom). The full report can be found at

[https://www.ofcom.org.uk/data/assets/pdf\\_file/0024/134907/children-and-parents-media-use-and-attitudes-2018.pdf](https://www.ofcom.org.uk/data/assets/pdf_file/0024/134907/children-and-parents-media-use-and-attitudes-2018.pdf)

Children are still being exposed to unwanted experiences online, but almost all recall being taught how to use the internet safely.

Parental concerns about the internet are rising, although parents are, in some areas, becoming less likely to moderate their child's activities.

Parents agree that they find it harder to control their child's screen time as they increase in age, from 19% of parents of 3-4s to 44% of parents of 12-15s.

Seven in ten 12-15s who own a smartphone are allowed to take it to bed; for tablets this is six in ten – a factor possibly contributing to the difficulty

78% of age 12-15 year olds feel there is pressure to look popular and 90% say that people are mean to each other on social media, at least 'sometimes'.

Children showed that they were aware of internet safety advice and that they should not talk to strangers online, but some were exposing themselves to contact from strangers by keeping their social media profiles public or allowing people to add them without knowing who they were.

## What are parental controls?

Parental controls are software and tools which you can install on phones or tablets, games consoles or laptops – and even your home broadband.

You can also use them to help you block or filter the content your child sees when searching online and family-friendly public WiFi can help when you're out and about.

Parental controls are also available to help you to:

- plan what time of day your child can go online and how long for
- stop them from downloading apps they're too young for
- manage the content different members of the family can see.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/>

Visit [saferinternet.org.uk](https://www.saferinternet.org.uk) and search for 'parental controls' for more advice on how to set up controls for different devices and individual apps.

### Apple Family

Screen Time gives you a better understanding of the time you and your kids spend using apps, visiting websites and on your devices overall. It also lets you set the amount of time you and your kids can spend each day on specific apps and websites.

With Downtime, you can set a specific time, like bedtime, when apps and notifications are blocked.

Communication Limits let you choose who your children can communicate with throughout the day and during downtime, so you can make sure they're always reachable.

With a few taps you can keep your kids from accessing films, TV programmes, music, apps, books or podcasts that contain things you don't want them to see or hear.

Give your kids an extra minute to wrap up what they're doing. They'll get a notification when they've reached their time limit, so they can quickly wrap up a conversation, save a file or close a game session before their time runs out.

### Google Family Link

Family Link can help you better understand how your children explore online, manage their accounts and compatible devices. You can set boundaries that work for your family by managing apps, keeping an eye on screen time, setting a bedtime for your child's device and more.

### Kaspersky Safe Kids

Lets you manage their screen time and use of apps

Reports on their public Facebook activity, including their posts and newly added friends

Shares expert advice and tips from child psychologists on online topics

Allows you to block access to adult websites and content

Below is a snapshot of how children use and interact with media devices and services, split by age.

**3-4s**

1% have their own smartphone, 19% have their own tablet.



96% watch TV on a TV set, for **14h a week**.

30% watch TV on other devices, mostly on a tablet.

36% play games, for nearly **6¼h a week**.

52% go online, for nearly **9h a week**.

69% of these mostly use a tablet to go online.

32% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

45% use YouTube, 80% of these say they use it to watch cartoons while 40% say funny videos or pranks.

1% have a social media profile

**5-7s**

5% have their own smartphone, 42% have their own tablet.



97% watch TV on a TV set, for around **13¼h a week**.

44% watch TV on other devices, mostly on a tablet.

63% play games, for around **7½h a week**.

82% go online, for around **9½h a week**.

67% of these mostly use a tablet to go online.

44% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

70% use YouTube, 65% of these say they use it to watch cartoons while 61% say funny videos or pranks.

4% have a social media profile.

**8-11s**

35% have their own smartphone, 47% have their own tablet.



94% watch TV on a TV set, for nearly **13h a week**.

43% watch TV on other devices, mostly on a tablet.

74% play games, for around **10h a week**.

93% go online, for around **13½h a week**.

45% of these mostly use a tablet to go online, with 24% mostly using a mobile.

43% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

77% use YouTube, 75% of these say they use it to watch funny videos or pranks while 58% say music videos.

18% have a social media profile.

40% who own a mobile are allowed to take it to bed with them, it's 28% among tablet owners.

**12-15s**

83% have their own smartphone, 50% have their own tablet.



90% watch TV on a TV set, for around **13¼h a week**.

62% watch TV on other devices, mostly on a tablet or mobile.

76% play games, for around **13¼h a week**.

99% go online, for **20½h a week**.

53% of these mostly use a mobile to go online, with 23% mostly using a tablet.

58% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

89% use YouTube, 74% of these say they use it to watch funny videos or pranks with same proportion saying music videos.

69% have a social media profile.

71% who own a mobile are allowed to take it to bed with them, it's 61% among tablet owners.