

Helping Your Child Navigate Their Digital World



It was a great to see so many of you join the Parent Workshop session on 27th February. It was a pleasure to deliver and we hope you found it useful!

The following guide has been put together to recap main points from the session, and to offer reminders of advice given in the chat.

If you weren't able to attend live, please do feel free to contact us with any questions you may have following watching the recording. You can contact us directly at :

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We hope to see many of you again in the near future, and want to thank you for all of the lovely feedback we have recieved so far.

Trudie and Emma

Security and privacy settings on popular social media platforms

WhatsApp

Enable Two-Step Verification: Protect accounts with extra layers of security.

Set Privacy to "Contacts Only": Restrict who can see your child's profile photo, last seen, and status updates.

Disable Read Receipts: Prevent others from seeing when messages are read.

Manage Group Invitations: Set groups to "My Contacts" or "My Contacts Except..." to limit who can add your child to groups.

Report and Block: Teach your child how to report and block unwanted contacts.

Snapchat

Set Account to Private: Only allow friends to view snaps and stories.

Review Friend Requests: Only accept requests from people your child knows.

Turn off Location Sharing: Use the "Ghost Mode" to prevent others from seeing your child's location.

Enable Two-Factor Authentication: Add extra security to their account.

Monitor the "Snap Map": Make sure your child isn't sharing their location with everyone.

TikTok

Set Account to Private: Only allow approved followers to view your child's videos.

Disable Direct Messaging: Prevent strangers from messaging your child.

Limit Commenting: Set to "Friends" or "No one" for video comments.

Restrict Downloads: Disable the ability for others to download their videos.

Enable Family Pairing: Manage and set limits for your child's account via the Family Pairing feature.

Instagram

Set Account to Private: Ensure only approved followers can see posts.

Restrict Direct Messaging: Limit messages to friends only or block messages from strangers.

Monitor Tagging & Mentions: Turn off the ability for others to tag or mention them.

Enable Two-Factor Authentication: Add a second layer of protection.

Use Parental Controls: Limit who can view and interact with their content via the Instagram Family Safety tools.

YouTube

Set Account to Private: Keep videos from being searchable or viewable by strangers.

Use YouTube Kids: Opt for the child-friendly version of YouTube with more appropriate content.

Disable Comments: Prevent others from commenting on videos if needed.

Enable Restricted Mode: Filter out inappropriate content from search results.

Monitor Activity: Regularly check their history and activity through a connected Google account.

General Tips for All Platforms

Teach About Privacy: Educate children on the importance of keeping personal information private.

Use Parental Controls: Many platforms offer family and parental controls for managing accounts.

Have Regular Conversations: Encourage open communication about online experiences and any issues they may encounter.



Key takeaways from the workshop

Mobile Phone Use & Risks

- 70% of parents worry about online bullying; 52% fear bullying via calls or messages.
- 30% of parents allow underage social media use; one-third of 5-7 year olds use it unsupervised.
- 35% of children accept friend requests from strangers; 19% message people they've never met.
- 10% share their location publicly; 4% have met an online contact in person.

Legal Considerations

- Social media age limits (13+) exist due to data privacy laws (COPPA 1998), not child maturity.
- The Online Safety Act (2023) requires companies to:
 - Remove illegal content.
 - Address harmful material for children.
 - Enforce age limits for adult content.
- Nude images of minors: Illegal to create, possess, or share, regardless of 'consent'.

Impact of Screen Time

- The brain develops fully in the mid-20s to 30s.
- 58% of children spend 3+ hours online on weekdays.
- Blue light disrupts sleep, causing insomnia and focus issues.
- 68% of 5-10 year olds feel happier after creative play than screen time.
- Less screen time may result in a healthier diet & more exercise.



Managing Mobile Use

- Options:
 - No phone.
 - Call/text-only phone.
 - Smartphone with controls (privacy settings, monitoring, limits).
 - Free access (least safe).

Parental strategies:

- Maybe you could consider:
 - Restricting inappropriate content.
 - Regular phone checks.
 - Using parental controls.
 - Talking about online dangers.
 - Installing antivirus software.
 - Staying informed about digital trends.
 - Setting tech-free zones & clear rules.
 - Modelling healthy screen habits.

Supporting Children

- Spot warning signs of digital harm.
- Stay calm and encourage open conversations.
- Help children set personal online boundaries.
- Know where to seek help.
- Promote respectful and responsible online behaviour.
- Empowering Parents
- Changing rules: Acknowledge, set boundaries, collaborate, compromise.

Useful Links

Parental Settings/guidance for Apple Iphones and iPads:

<https://support.apple.com/en-us/105121>

Parental Settings/guidance for Android phones:

<https://www.androidauthority.com/android-parental-controls-explained-3250229/>

Parental Settings/guidance for OPPO phones:

<https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/digital-parenting-pro/oppo-smartphones/>

A guide to parental monitoring apps:

https://uk.cybernews.com/lp/best-parental-control-uk/?utm_source=bing&utm_medium=cpc&utm_campaign=BING_CN_PCA_S_T1_UK_G-B_Desktop_English&utm_content=82120153638460&utm_term=parental%20control%20software&utm_id=688253226&campaignId=688253226&adgroupId=1313918788357857&adId=82120153638460&targetId=kwd-82121051400336:loc-188&device=c&unique=1a672c383f701e49afc74bf9a4257f80&source=bing&medium=cpc&campaign=BING_CN_PCA_S_T1_UK_G-B_Desktop_English&content=82120153638460&term=parental%20control%20software&msclkid=1a672c383f701e49afc74bf9a4257f80

What's Next?

Upcoming Empowering Parents Workshops:

Online gaming safety (April)
Setting healthy boundaries (May)
Staying safe outside school (June)

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