

# Online Safety Parent Coffee Morning

*Friday 27<sup>th</sup> February 2026*





# TALKING TO YOUR CHILD ABOUT LIFE ONLINE

**LGfL** 

SafeguardED

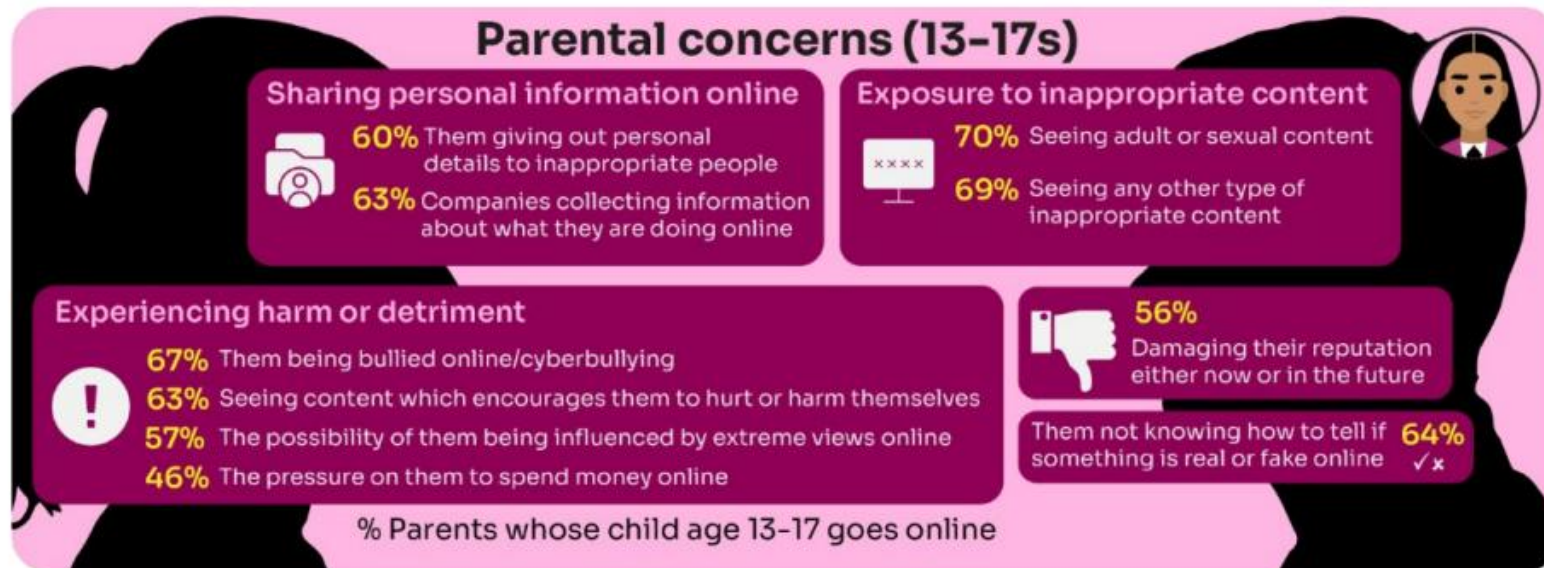
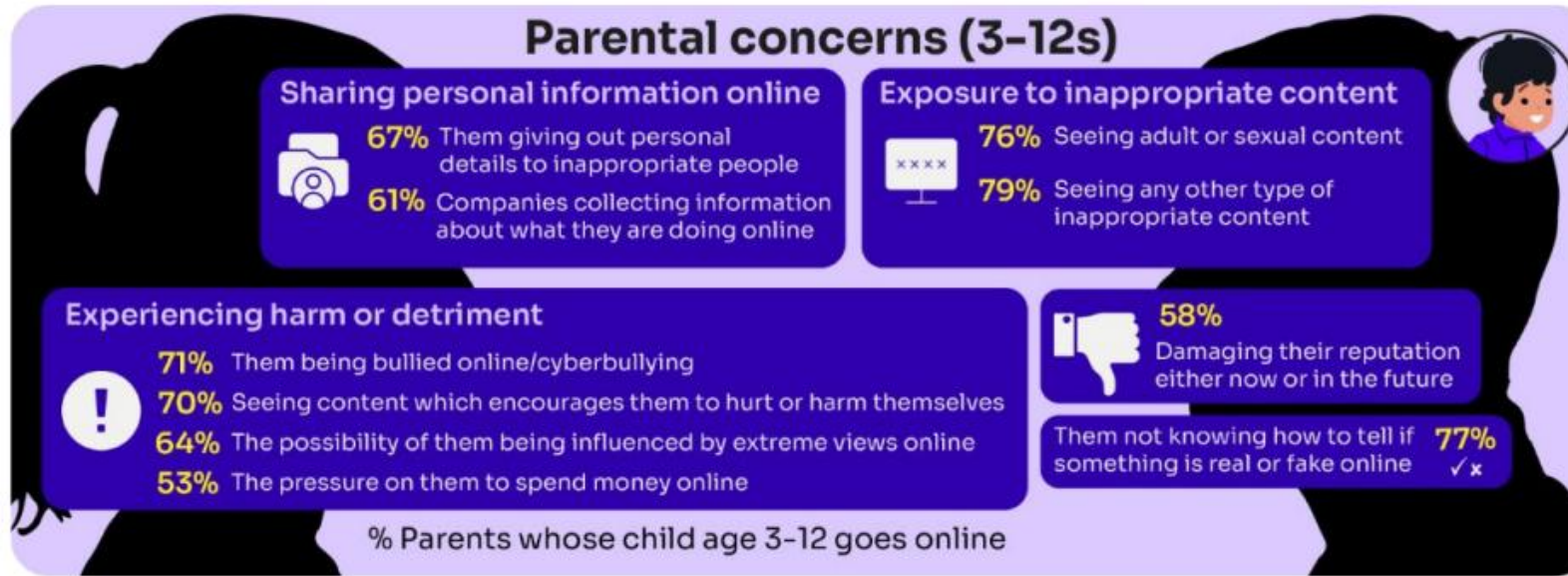


What are you most **WORRIED** about when your child is **ONLINE**?



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

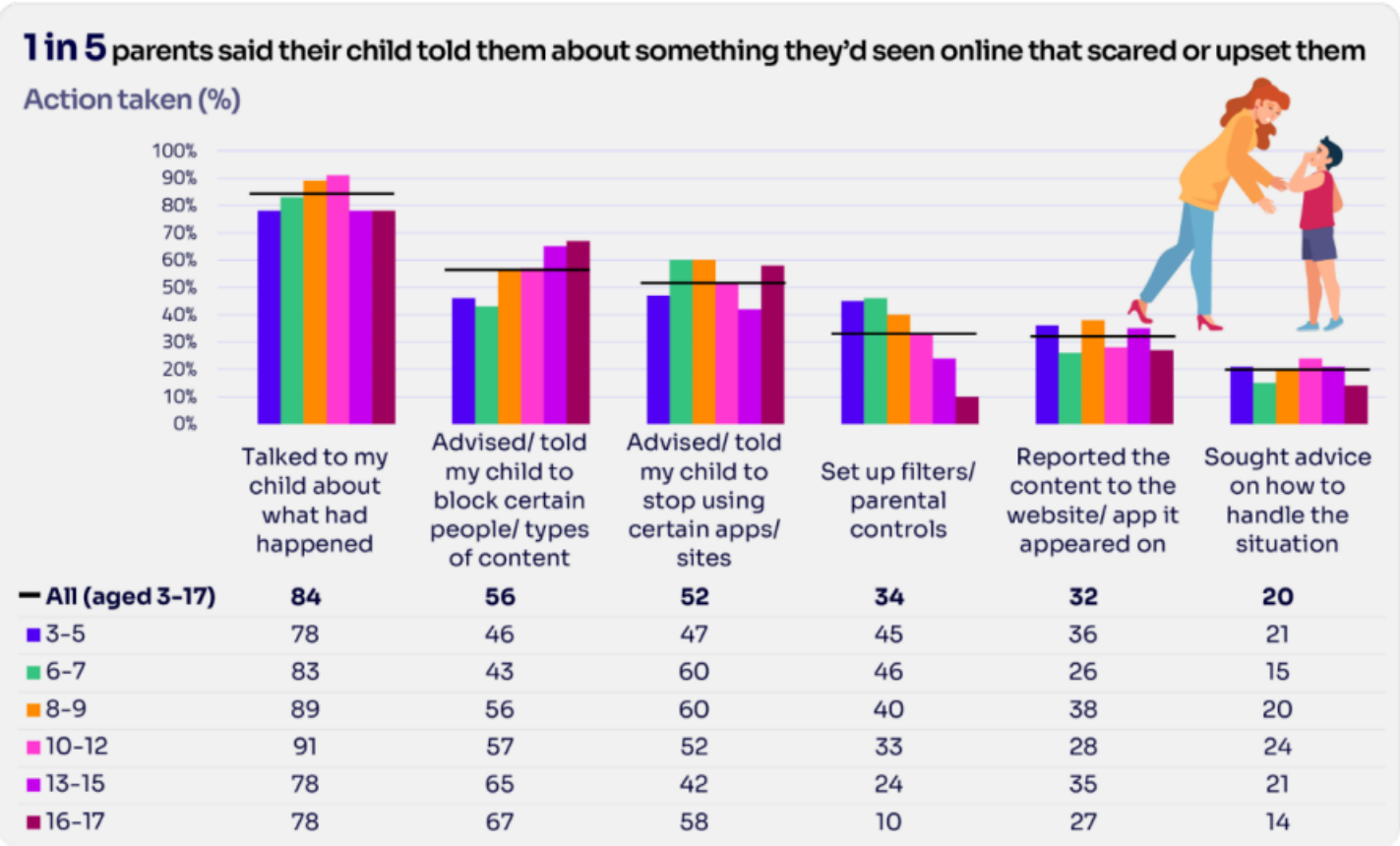
Source: Children and parents: media use and attitudes report 2025





# Are you **CONFIDENT** to **TALK TO YOUR CHILD?** Is your child confident to **TALK TO YOU?**

**WHAT WOULD YOU DO?**  
Are there any areas you would not feel confident or comfortable to discuss?



**Younger children are more likely to tell a parent if they see something worrying or nasty online:**

- 92% of 8-12-year-olds say that they would tell a parent
- 85% of 13-17s say that they would tell a parent



# YOU don't need to be an **EXPERT ... be a PARENT**



- **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? What makes them laugh?
- **Don't quiz them** – have regular conversations. What's their favourite app? What is the best site to learn new things from?
- **Join in** – watch them play a game and join in. Who are they playing with? Do they know the other players?
- **'Show me how...'** – ask their advice to help you with your privacy settings, who you should add as a friend, are there any risks?
- **Lead by example** – children learn as much from watching as they do from being told not to do something, so model good behaviour
- **Reassure them** – tell them that they won't get in trouble and that you are always there to help

# PARENTSAFE

*Keeping your children safe: online & beyond*

This page is for parents - if you are a teacher, click [here](#)

It's never easy to know how to keep our children safe when they aren't with us, and sometimes even when are, if we don't know what's happening in their lives or on their devices! Who are they talking to, what are they doing, are they okay? Don't despair though...scroll through this page for help or click a button to go straight to a particular topics.

TOP TIPS RIGHT NOW

SAFE SETTINGS & CONTROLS

WHAT'S THAT APP?

TALKING TO CHILDREN

SCREENTIME

TOP TOPICS (porn, bullying, ...)

SEX & RELATIONSHIPS

HELP & REPORTING

LGfL



SafeguardED

[parentsafe.lgfl.net](https://parentsafe.lgfl.net)



# SOCIAL MEDIA

**LGfL** 

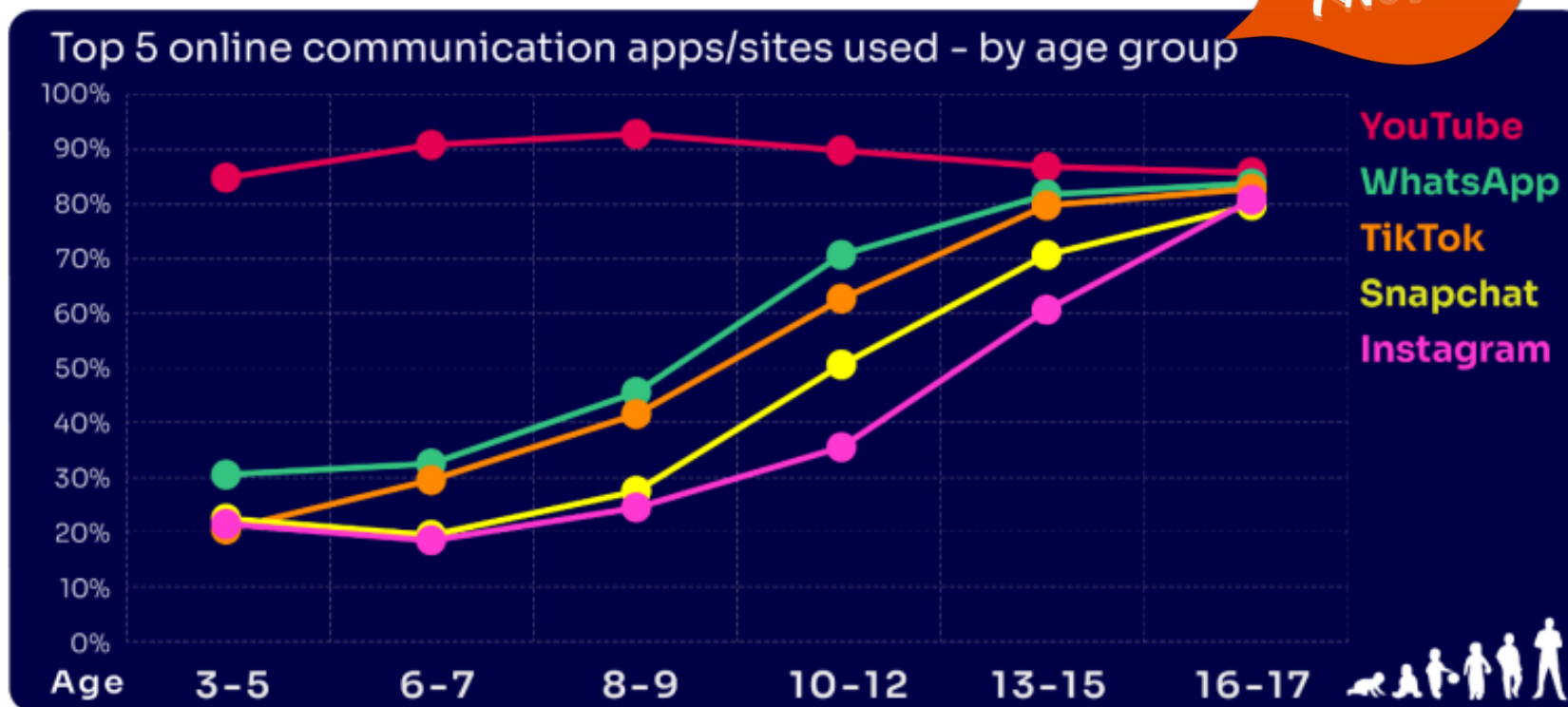
SafeguardED



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

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

DID YOU KNOW?



- The two most popular apps for 3 – 7 yr-olds are **WhatsApp** (2 in 10) and **Snapchat** (3 in 10)

- The proportion of 8-9s with an **Instagram** profile increased from 8% in 2023 to 14% in 2024

- 13-17s are most likely to have profiles on **WhatsApp** (62%), **Snapchat** (62%) or **TikTok** (61%)



SafeguardED

Go to [apps.lgfl.net](https://apps.lgfl.net) for guidance on apps and social media sites

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

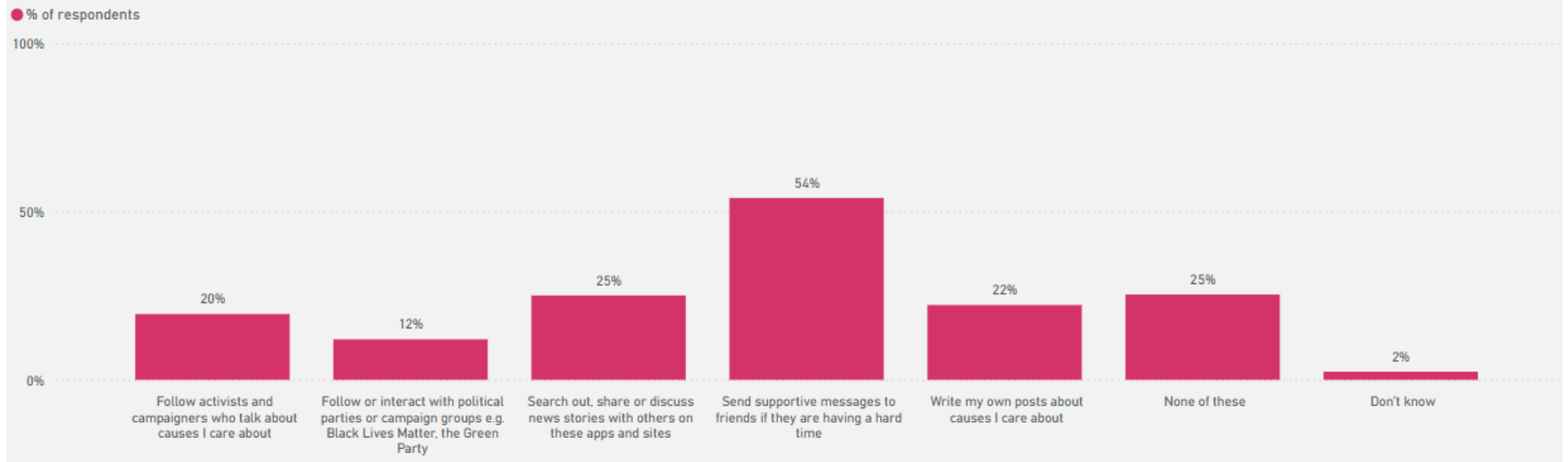


## KNOW WHAT THEY DO on social media?

Eight in ten (81%) of all children aged 8-17 use at least one social media app/site for following friends, people and organisations, reading, liking or sharing content

**TikTok** was the most favoured platform to message and communicate with friends.

QC18. Still thinking about social media and messaging apps and sites - like Snapchat, Instagram, WhatsApp and TikTok... Which, if any, of these things do you ever do on social media or messaging apps or sites?





## WHY DOES THIS MATTER?

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

**Addictive algorithms can make it harder to take a break** and maintain a healthy balance between time on and offline



Algorithms can also **target content** similar to what you've already selected/liked/shared

This can prevent you from finding new ideas and perspectives, create **misinformation** and **reinforce stereotypes**

# What might they NOT BE TELLING YOU?

DID YOU KNOW?

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

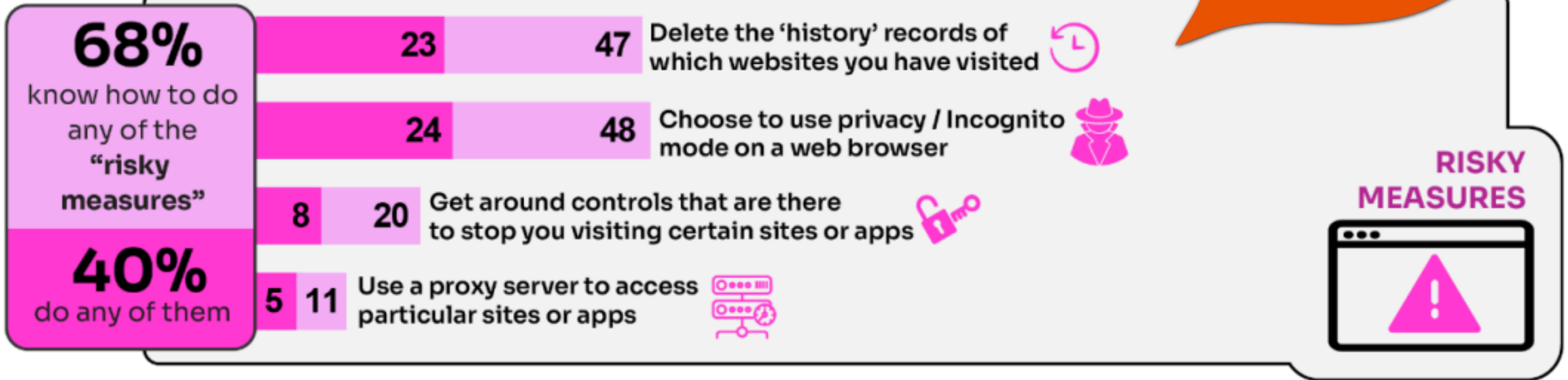
(23%) said it was because one account was **just for parents/family** to see

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



## WHY is this 'RISKY'?

DID YOU KNOW?



**40% had engaged in 'risky' behaviour!**



## What about **WHATSAPP?**

Do you know the **minimum age** to use this? What are the **risks**?



### **Unwanted contact**

to contact somebody on WhatsApp, all you need is their phone number, which could expose you to unwanted messages or calls

### **Inappropriate content**

messages are end-to-end encrypted which means that the 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 or removed from groups

### **Oversharing**

privacy features, such as disappearing and 'view once' messages, might mean that your child feels safe to reveal private or risky information or images. However, there is always a risk that this could be copied and shared





The infographic features a green WhatsApp logo at the top left, the title 'WhatsApp safety guide for parents' in bold black text, and the 'internet matters.org' logo in a green box at the top right. It includes three yellow data boxes: '13+' for minimum age, '58%' for kids aged 3-17, and '37%' for kids under 13. An illustration of a woman with a smartphone and a checkmark is on the right. Below is a section titled '5 tips to keep kids safe on WhatsApp' with five numbered items, each with an icon and a brief description.

## WhatsApp safety guide for parents

internet matters.org

**13+** WhatsApp's minimum age in the UK

**58%** Kids aged 3-17 who use WhatsApp

**37%** Kids under 13 who use WhatsApp

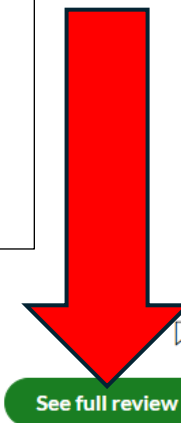
### 5 tips to keep kids safe on WhatsApp

- 1 Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.
- 2 Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.
- 3 Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.
- 4 Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.
- 5 Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

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



Movies	TV	Books	Games	Podcasts	Apps	YouTube	Parent Tips and FAQs	Celebrating Co
<b>By Age</b>			<b>By Topic</b>			<b>By Platform</b>		
Preschoolers (2-4)			Screen Time			TikTok		
Little Kids (5-7)			Learning			Snapchat		
Big Kids (8-9)			Social Media			Minecraft		
Pre-Teens (10-12)			Cellphones			Roblox		
Teens (13+)			Online Safety			Fortnite		
			Identity and Community			Discord		
			More ...			More ...		



APP  
**Snapchat**  
✓ age 16+ ★★★★★  
Send moments in photos, watch curated content; use wisely.  
Devices: [iPhone](#), [iPod Touch](#), [iPad](#), [Android](#) (2011)

See full review

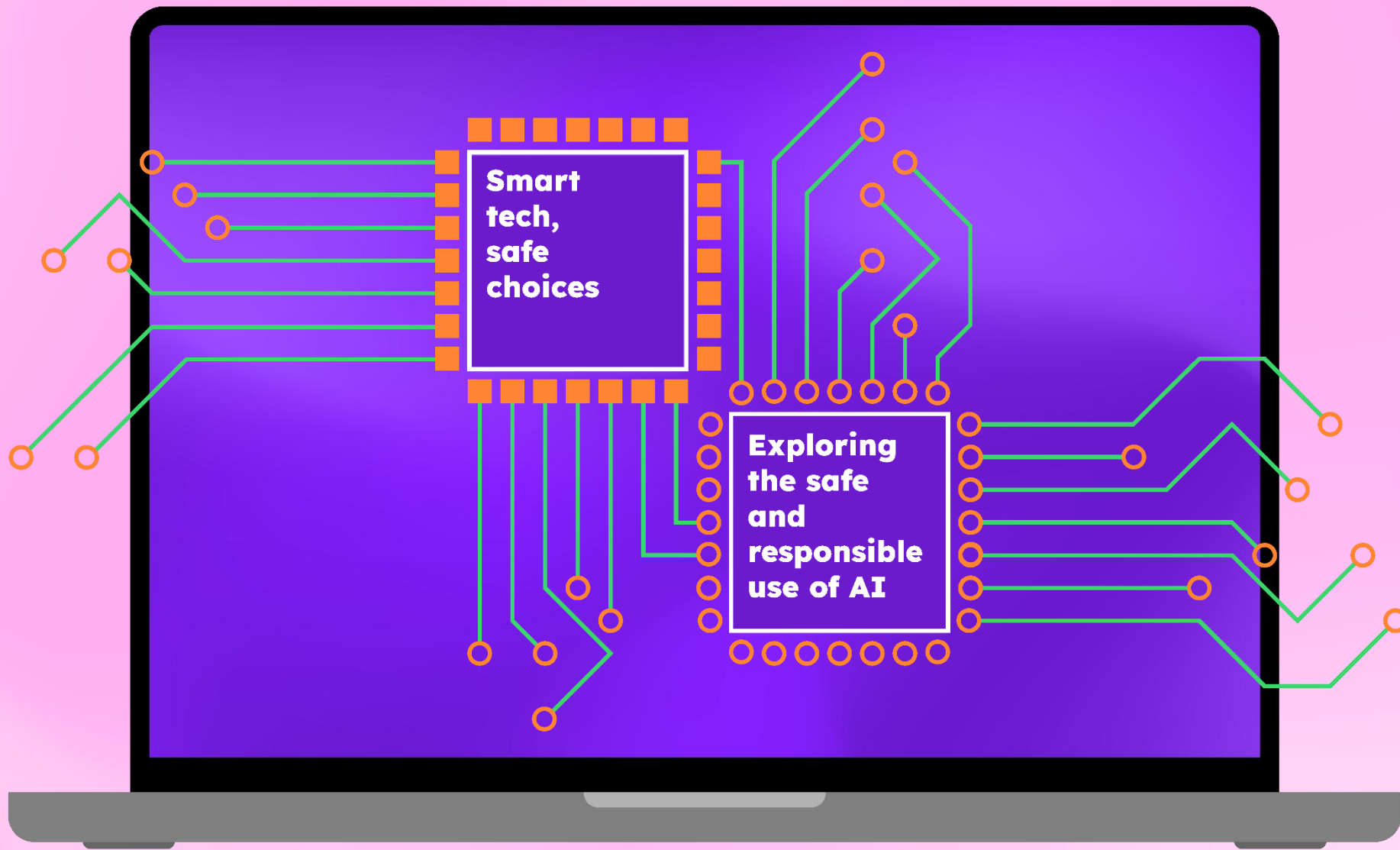


APP  
**Discord**  
✓ age 13+ ★★★★★  
Voice and video chat; slick features, some mature content.  
Devices: [iPhone](#), [iPod Touch](#), [iPad](#), [Mac](#), [Android](#), [Windows app](#) (2017)

See full review

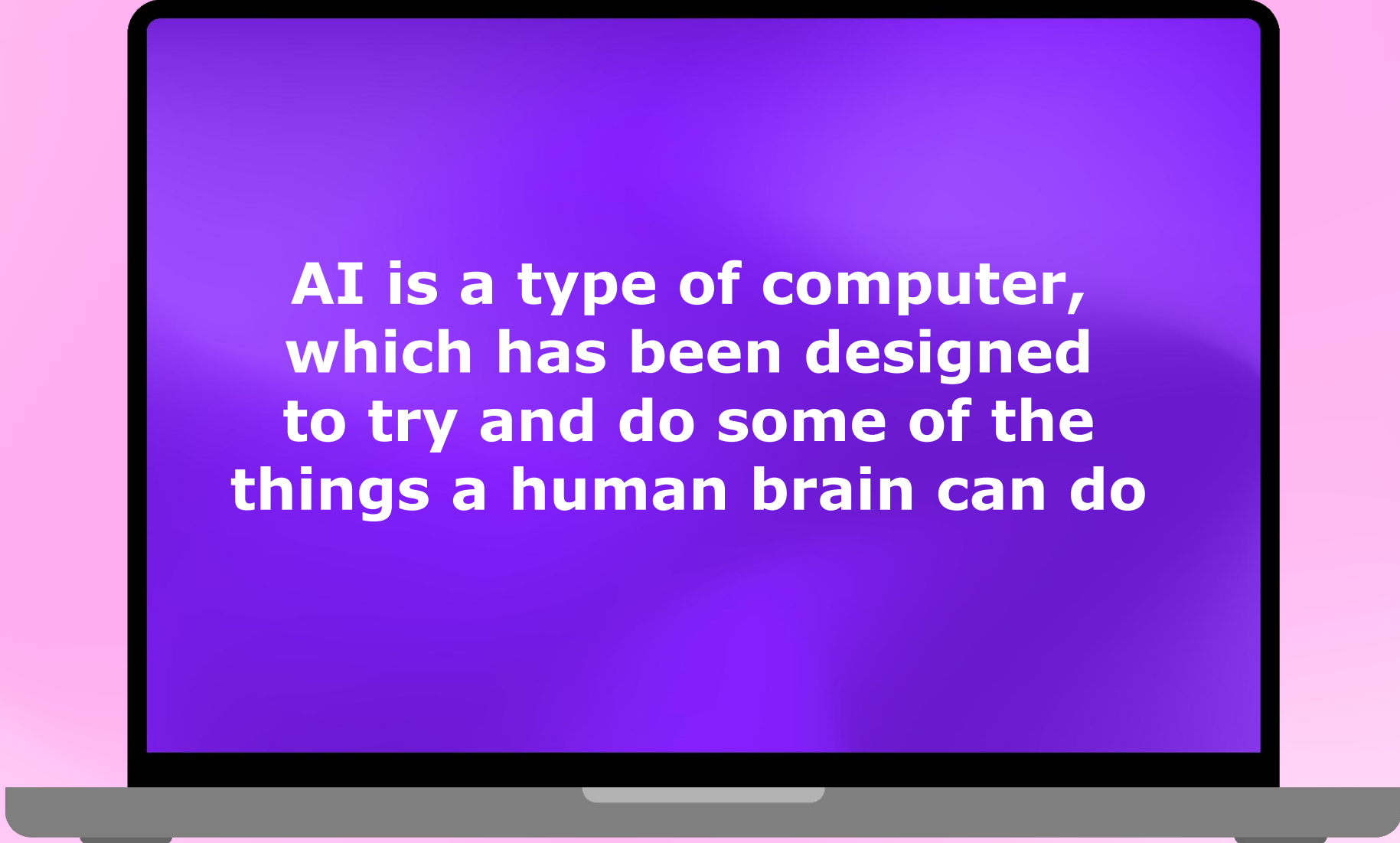


SafeguardED



**Smart  
tech,  
safe  
choices**

**Exploring  
the safe  
and  
responsible  
use of AI**

A stylized illustration of a laptop. The screen is a solid purple color and contains white text. The laptop's body is a dark grey color. The background is a light pink color with a thin black border.

**AI is a type of computer,  
which has been designed  
to try and do some of the  
things a human brain can do**



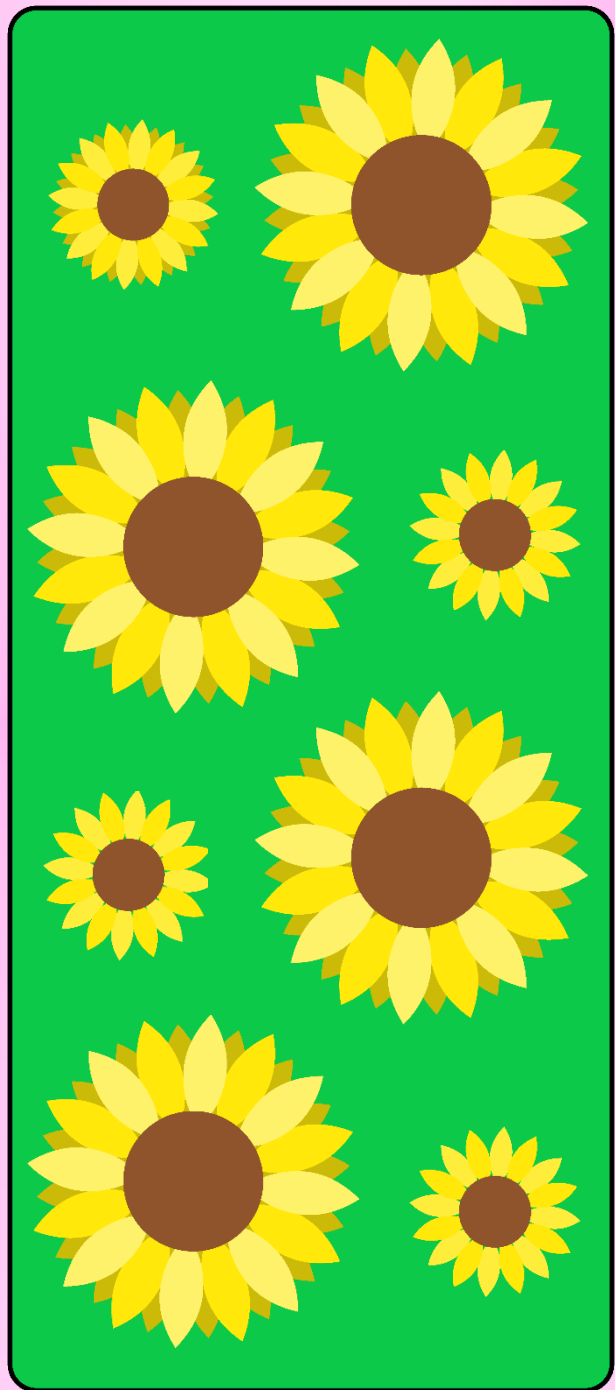
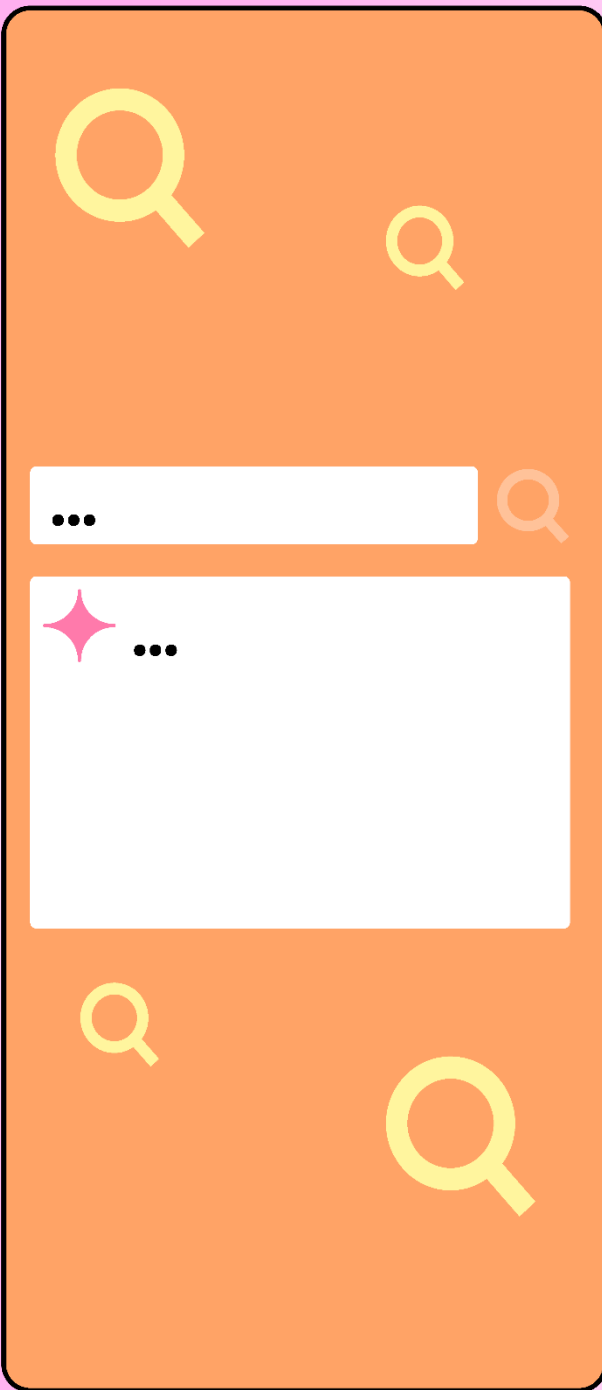
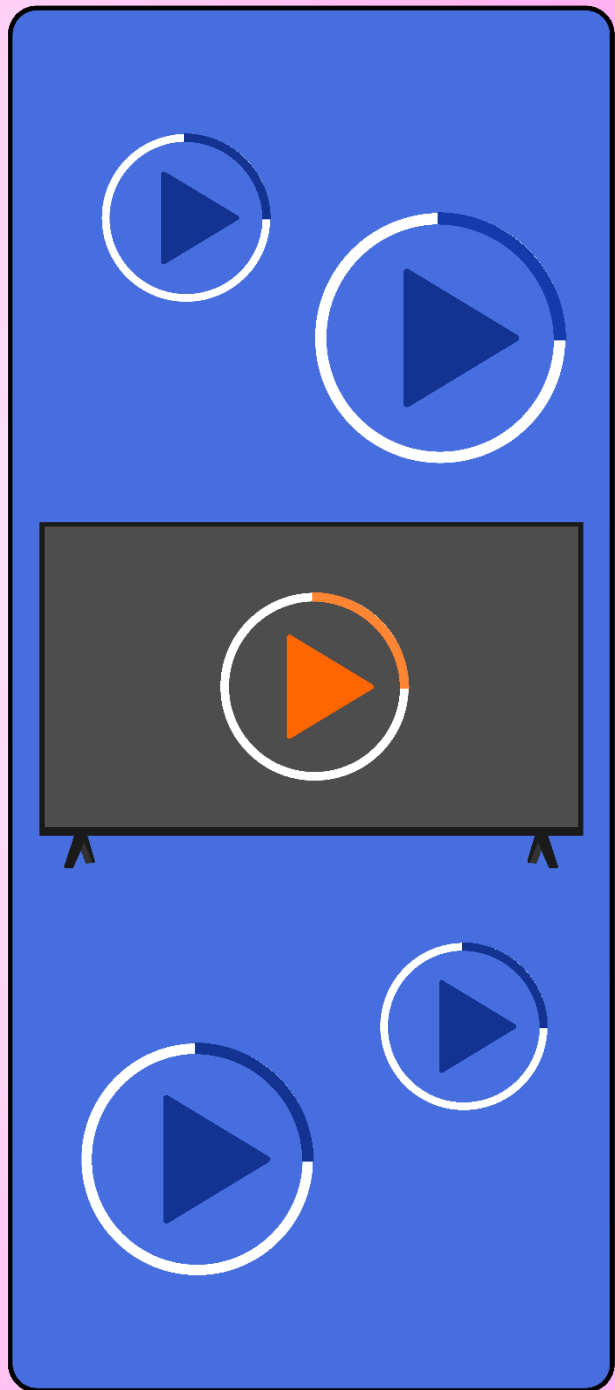
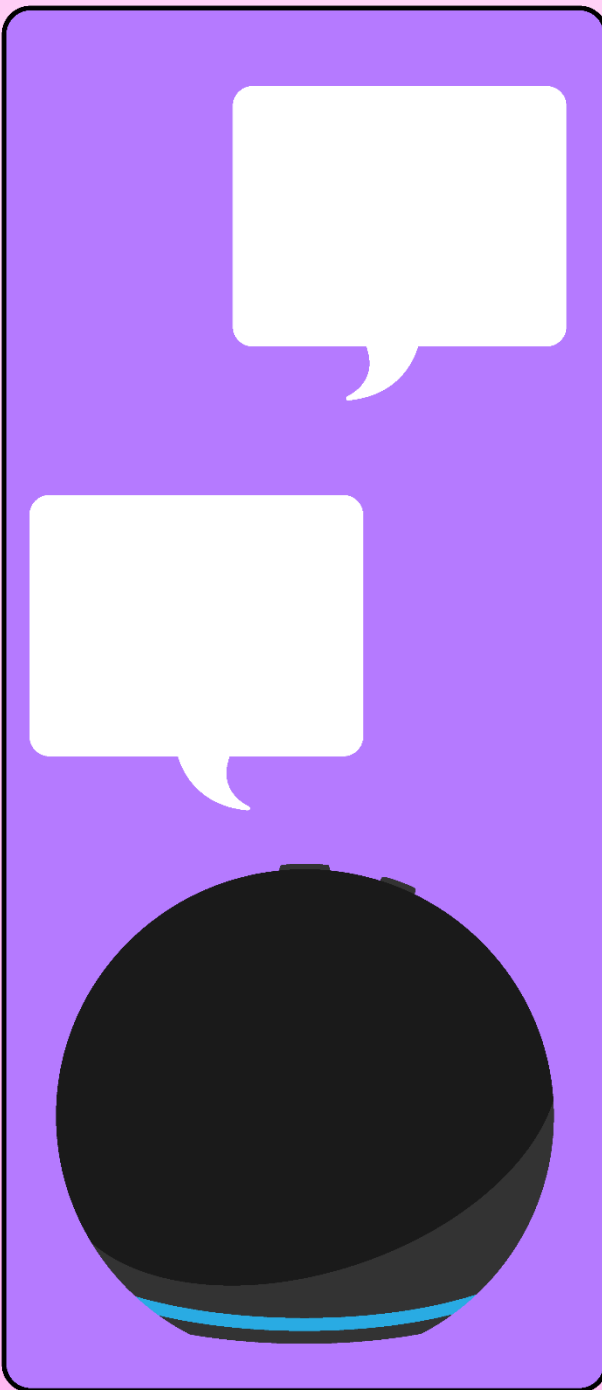
**'Our brains  
are amazing!'**

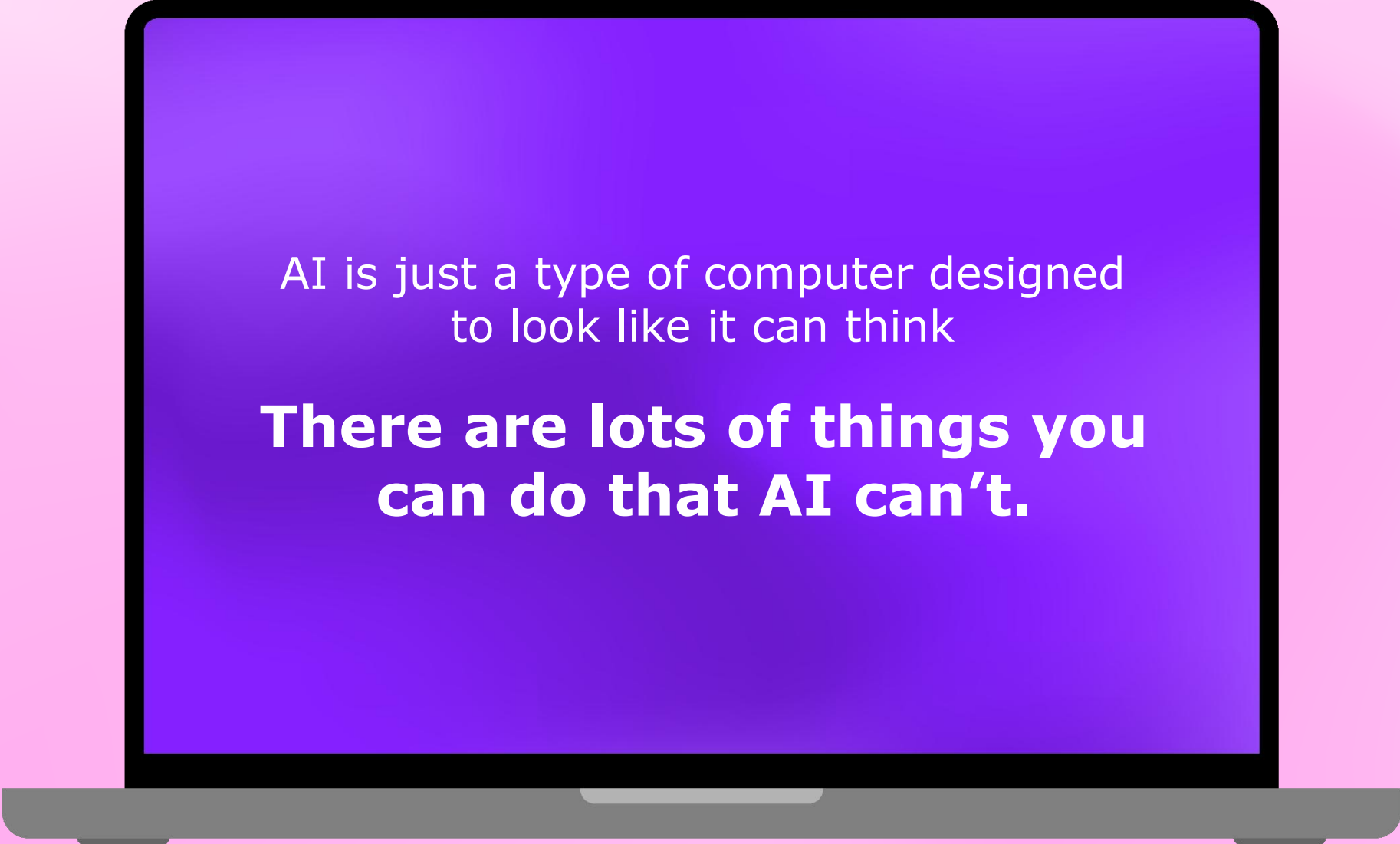
**'They help us  
think, feel and  
make decisions'**

**'They use  
information from  
the world around us'**



**'AI can be trained to do some of the things a human brain can do, like spot patterns and make decisions.'**



A stylized illustration of a laptop with a purple screen. The screen contains two lines of text: a descriptive sentence and a bolded statement. The laptop is dark grey with a black outline. The background is a light pink color.

AI is just a type of computer designed  
to look like it can think

**There are lots of things you  
can do that AI can't.**



**ÀĚİÖŨ**

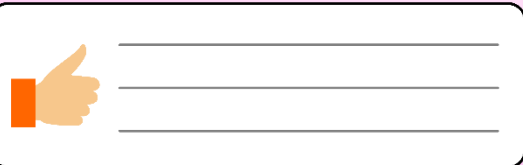
**AEIOU**

AI

'Sian uses AI to translate when she talks to her friend'

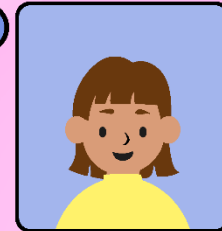


'Manu uses an AI speaker to play music'



AI

'Rory uses AI to help with his homework'



AI

'Issa uses AI to create nicknames for her classmates'

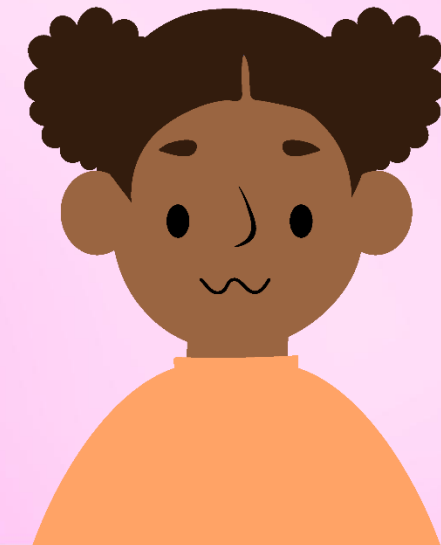
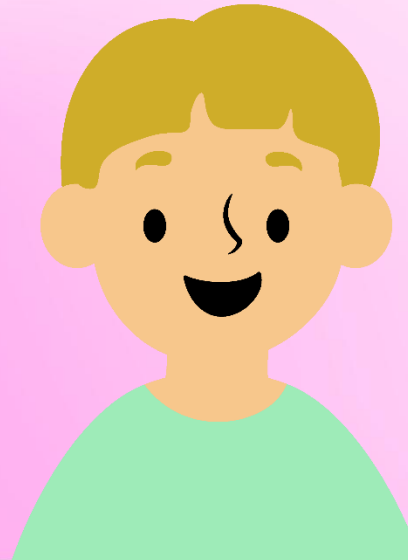
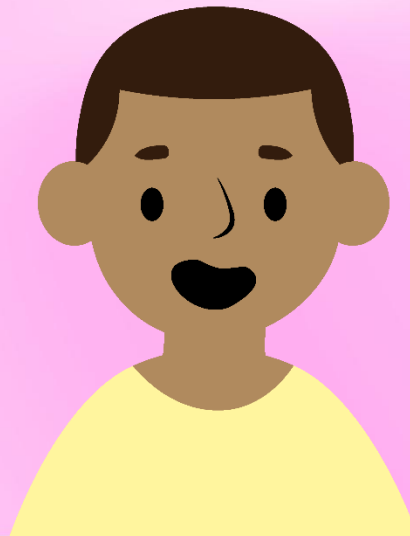
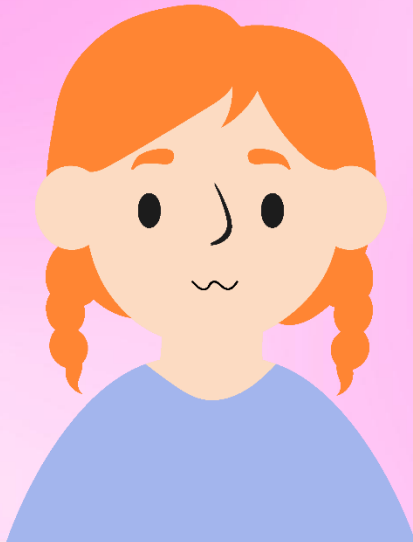
# How can you stay safe when you use AI?

Think about how your use of technology makes other people feel

Check information to make sure it's reliable

Ask a trusted adult before using a new AI tool

Talk to a trusted adult if you are upset or worried





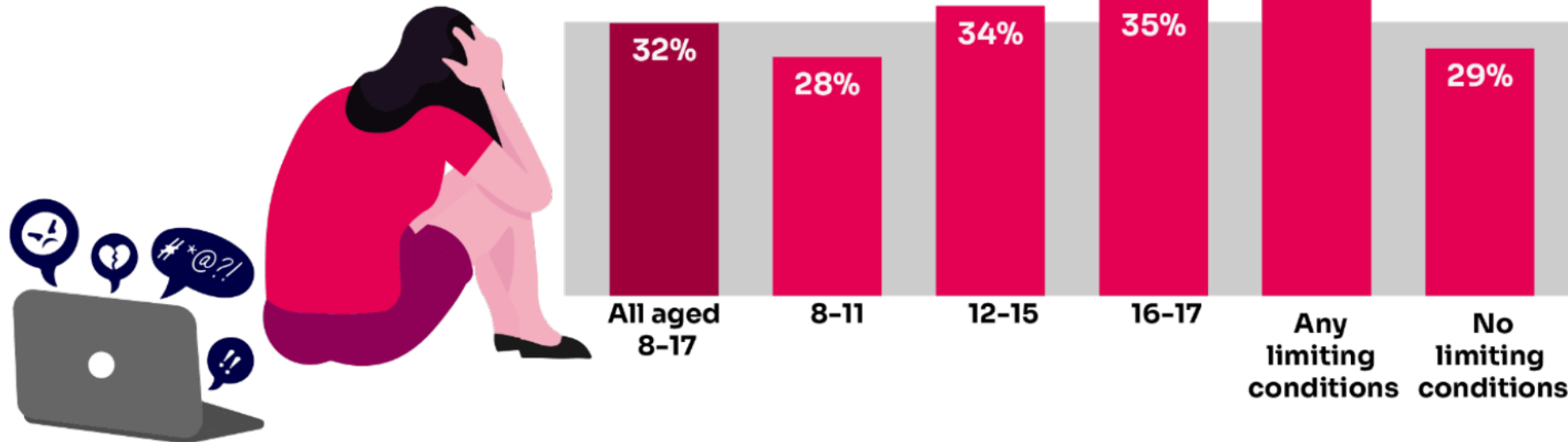
# **RISKS AND NEGATIVE EXPERIENCES**

**LGfL** 

**SafeguardED**

# Summary of children's negative experiences

In the past 12 months, have you seen anything online that you found worrying or nasty in some way that you didn't like?



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

Source: Children and parents: Media use and attitudes report

## So what are the **RISKS**?

**content:** being exposed to **illegal**, inappropriate, or **harmful** content, for example: **pornography, fake news, racism, misogyny, self-harm, suicide, anti-Semitism, radicalisation, and extremism.**

**contact:** being subjected to harmful online **interaction** with other users; for example: peer to **peer pressure**, commercial **advertising** and **adults posing as children** or young adults with the intention to **groom** or **exploit** them for **sexual, criminal, financial** or other purposes

**conduct:** online **behaviour** that increases the likelihood of, or **causes, harm**; sharing and receiving **explicit images** (e.g. **nudes** and semi-nudes and/or **pornography** and online **bullying**

**commerce:** risks such as online **gambling, inappropriate advertising, phishing** and or **financial scams**



# 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

LGfL 

SafeguardED

<https://parentsafe.lgfl.net/>

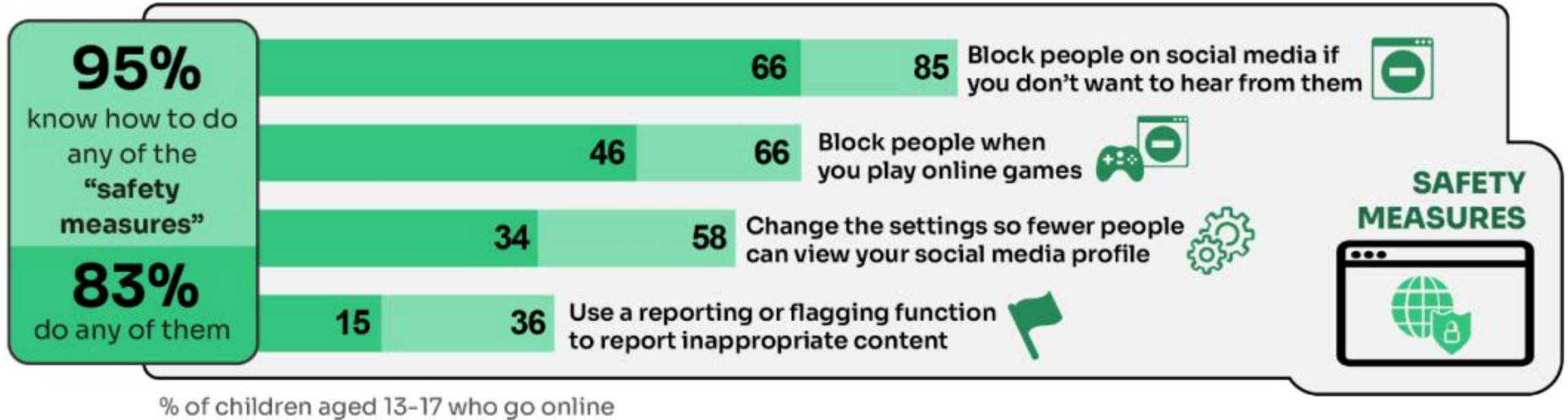


# **STAYING SAFE ONLINE AND REPORTING**

**LGfL** 

**SafeguardED**

# 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](https://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



## 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.

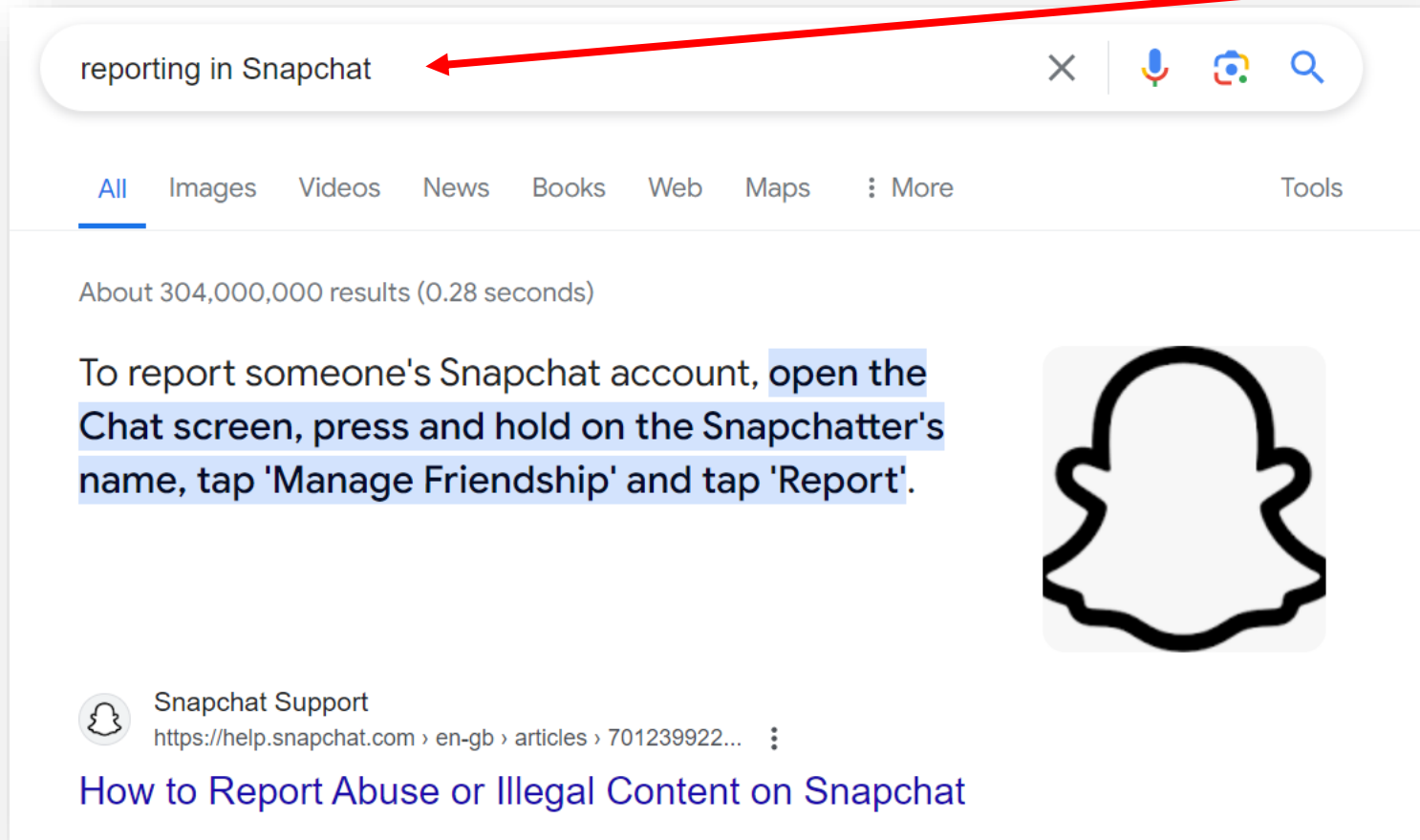


Internet Matters has helpful guides for social media apps and sites at [internetmatters.org/parental-controls/social-media](https://internetmatters.org/parental-controls/social-media)

### Popular Parental control guides



[Search our step by step guide](#)



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

# Remember!



- ✓ Before signing up to any app/site, **check that your child meets the minimum age** requirement for the platform to understand the risks
- ✓ Remind your child 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. Encourage them to **ask you for advice** if they are unsure.
- ✓ Stress the importance of **not sharing personal information** with online 'friends'
- ✓ Keep **passwords confidential**
- ✓ **Check their privacy settings**, emphasising the importance of not sharing personal information with strangers, and emphasising the confidentiality of passwords are all important steps
- ✓ You can **report any content**, e.g. a post, image or harmful, misleading or damaging comment
- ✓ Remember that **reporting doesn't guarantee immediate** removal, as platforms assess reported content based on their respective rules and policies

# 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



## NCA

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



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

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



SafeguardED

Go to [reporting.lgfl.net](https://reporting.lgfl.net) to find out more



# RESOURCES AND SUPPORT

**LGfL** 

**SafeguardED**

Visit [parentsafe.lgfl.net](https://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



**LGfL**  **SafeguardED**



SafeguardED