

Internet Safety for Parents & Carers

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Current context

- * Mass of new media, online services, products and devices.
- * Stay informed and make considered choices for your family.

2

Making this work - not easy!

- * Attempt to think ahead to your child's next request.
- * Which routines will achieve the right balance for you?
- * Keep dialogue open and try to remain interested!

3

Tech preventions

- * Router-level filtering
- * Device-level filtering
- * Apps to control content on children's devices
- * Social media controls
- * Yet don't be fooled into thinking you have fixed the issue!

4

Further points

- * Most of the time, don't panic!
- * Questions & Discussion

Current context of Internet Safety

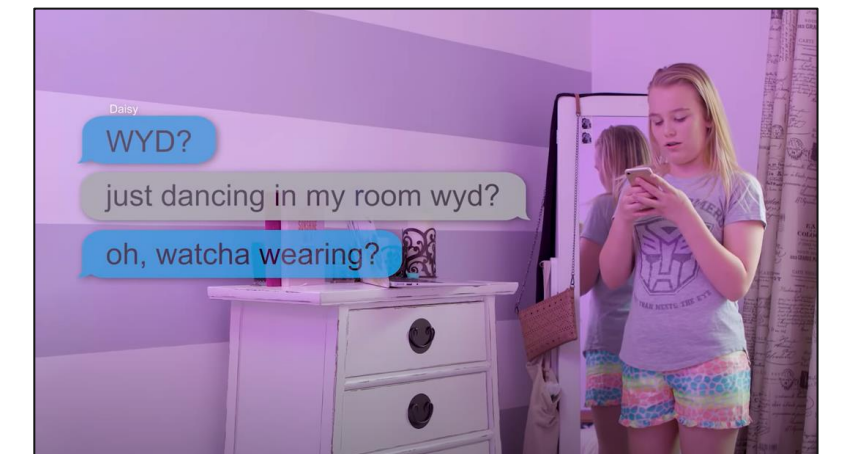
- * Flood of systems and unregulated content have permeated into our lives over the last ten+ years.
- * A complex environment to navigate, yet do not dismiss your convictions and pursuit of making things work well for your family.
- * 'Screen time' is a useful term but does also lack the nuance that we need. Some activities with screens could be regarded as very worthwhile and beneficial; many activities might also be thought of as a huge waste of time!
- * Physical and mental health are both factors that need consideration when planning for the best everyday balance for our families.

Is social media causing childhood depression?

Child depression rates are skyrocketing - but social media isn't to blame. Here's why

When are kids old enough to have a smartphone? Expert advice on the risks and right time for your child

Our new Real Life Parenting Dilemmas series unpacks the burning questions faced by our readers. In this first instalment, we talk about when is the best time to allow your child to have a smartphone.



Facebook whistleblower Frances Haugen calls for urgent external regulation

Ex-employee tells UK MPs Mark Zuckerberg 'has unilateral control over 3bn people' due to his position



newsround

Smartphones could be banned for children in the Irish town of Greystone

'Screen Time'

- * This catch-all phrase evokes images of zombified children with eyes glued to devices. What is the reality?
- * There is a lot to consider when thinking about the pros and cons of the media we – and our children – consume and interact with in modern life.
- * Yet an overriding safety message is that, if possible, stay aware of the content your children are engaging with, keep dialogue open with them. Keeping devices out of bedrooms and children's private spaces is often a really sensible move, if it is possible.



Why you should take devices out of your child's bedroom overnight

By Natterhub
24th February 2023 15:29 pm

SCREENS.
IT'S WHAT'S ON THEM THAT COUNTS.

A parent's guide to screen time

Loved 13

Child development expert Dr Amanda Gummer shares her top ten tips for using screens and how they can be a powerful tool for children and families.

Further context

- * **The online safety bill is now 'finished' and ready to become law – how will these aspects play out over coming years?**
- * **Adults are themselves discovering ways to shield themselves from addictive social media services.**
- * **The hope is that regulation will make it easier for us to keep control of our own digital habits, and allow us to keep children safe with less effort needing to be made by parents.**

The people going 'monk mode' to limit social media use

15 hours ago



TUGCE NELSON

Susie Alegre says it is hard to limit your social media use by willpower alone

What if WhatsApp really does leave the UK?

The UK's Online Safety Bill promises to help law enforcement fight crime more effectively across the internet. Critics say its encryption provisions will force big tech out of the country.

GOV.UK

Home > Society and culture > Online safety

Press release

Britain makes internet safer, as Online Safety Bill finished and ready to become law

Mental health: doomscrolling

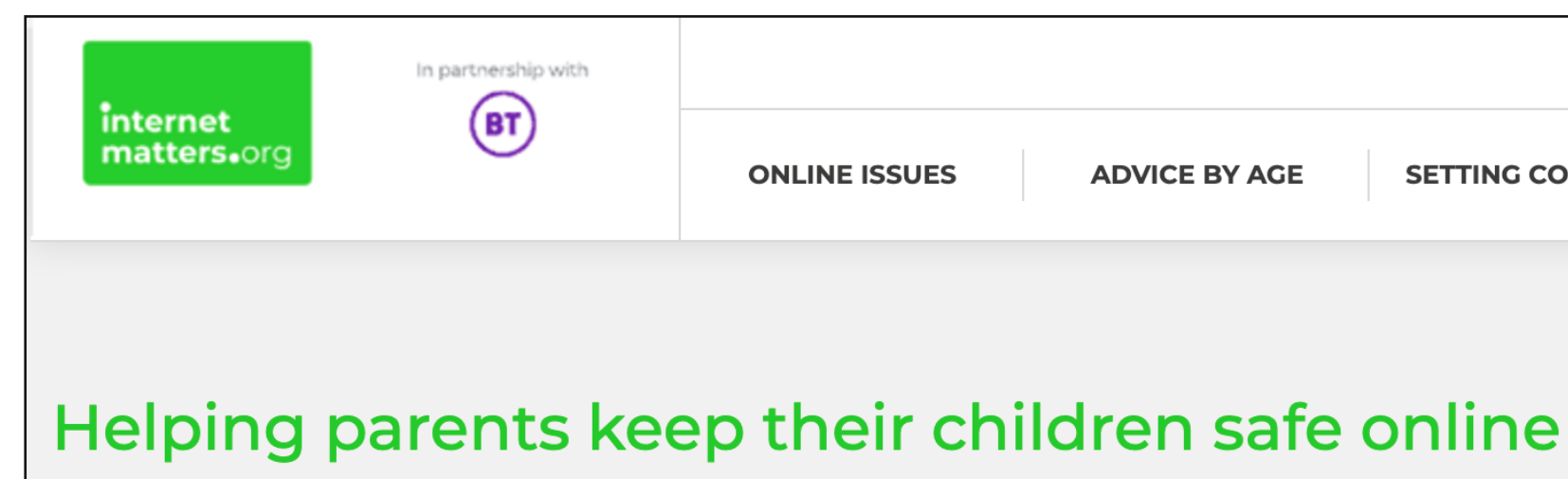
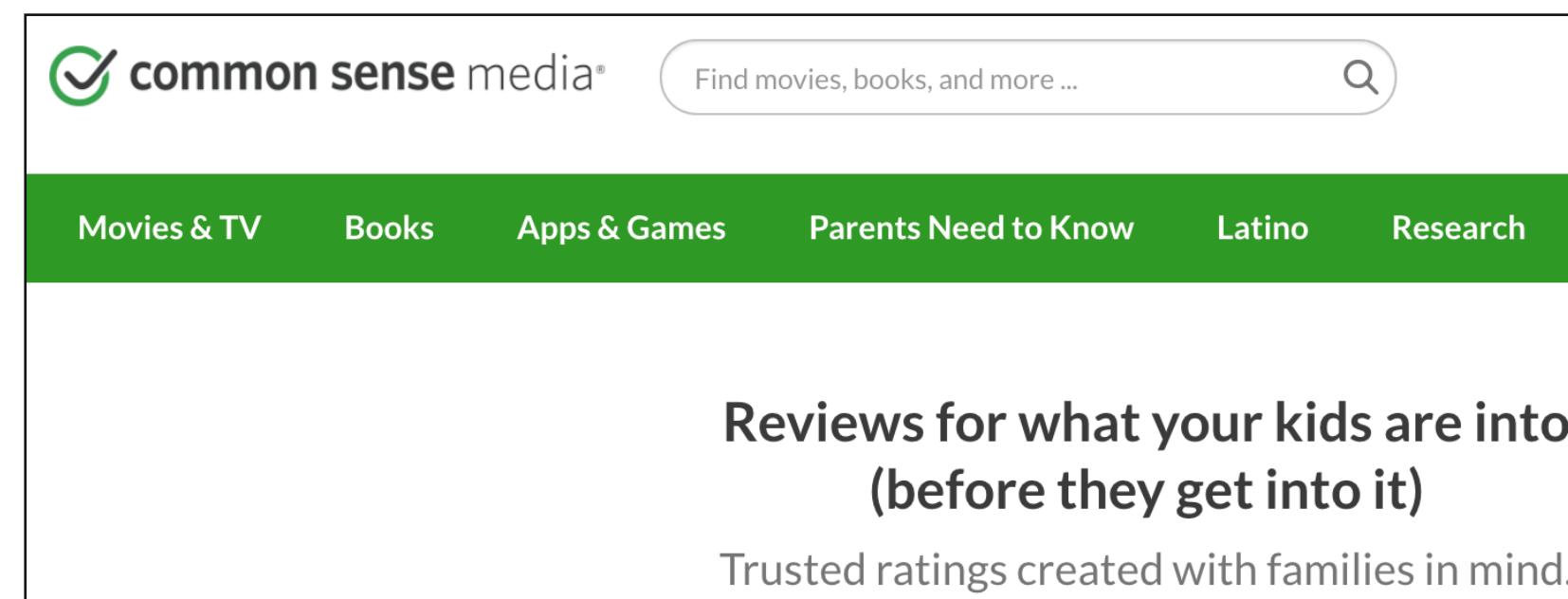
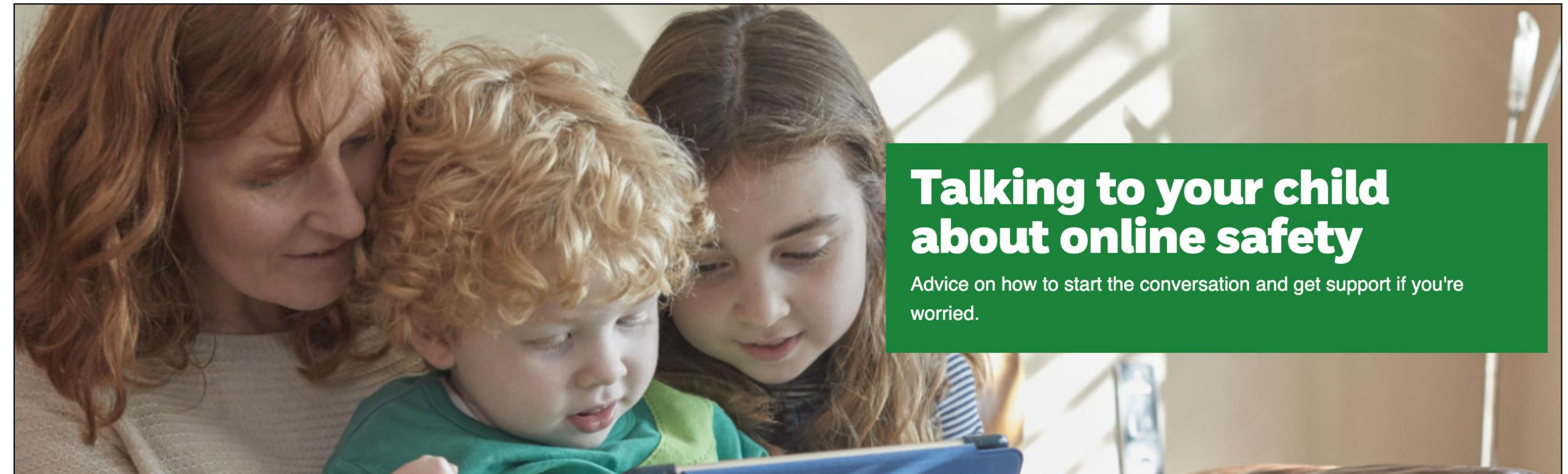
What is "doomscrolling"? And why do the media often present negative news stories?

Making it work for your family

* **Routines, rules and structure - what is acceptable for your children? What will work well for you and your family to achieve balance?**

* **Staying ahead of what your child(ren) may be asking about next - it is always worth staying in conversation with parents whose children are a little older than your own.**

* **Stay aware of what your children are doing online - keep the dialogue open and honest if possible. Be available to your children for discussion and reassure them that if things go wrong, they can seek help from you.**



Tech-based preventions

- * There are lots of ways that devices and services can be limited so that children are kept within the boundaries that you set. Unfortunately, this does not mean it is always safe to think that you have solved all problems and can happily send children off to bedrooms with devices!
- * As technologies change, updates happen - and children become better at finding loopholes. It is always better to keep a child's screen-based activity in-sight – and *attempt* to discuss matters with them regularly as children get older.
- * Filter at the router.
- * Filter on an account.
- * Filter on the device itself.
- * Settings within apps to increase safety.



Parents' Ultimate Guide to Snapchat
 Is Snapchat safe for kids? How does it work? And what's with Snapstreaks? Everything curious parents need to know about this ultra-popular app.

Topics: Cellphones and Devices Social Media

Parents' Ultimate Guide to Instagram
 Is Instagram safe? How does it work? How do teens use the app?

Topics: Cellphones and Devices Social Media

How to set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.

The 4 big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media – provide their customers with free parental controls which can be activated at any time. They have come together to produce these helpful video guides to help you to download and set-up the controls offered by your provider.

We know that children, particularly younger children, can be bothered by things they see online, and filters can be a helpful tool in reducing the chances of coming across something upsetting.

How to set up the parental controls offered by BT	How to set up the parental controls offered by Sky	How to set up the parental controls offered by TalkTalk	How to set up the parental controls offered by Virgin Media
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Tech-based preventions from the big manufacturers

* **Services from Apple, Google and Microsoft allow parents to manage their children's devices and accounts**

* **Sony offer restrictions for Playstation consoles, and Nintendo offer family restrictions on devices**

* **These systems are increasingly impressive, particularly by limiting the amount of time that systems can be used for, and shutdown times**

* **However, they will not necessarily prevent inappropriate content being accessed. There will always be advantages to keeping devices in your sight.**

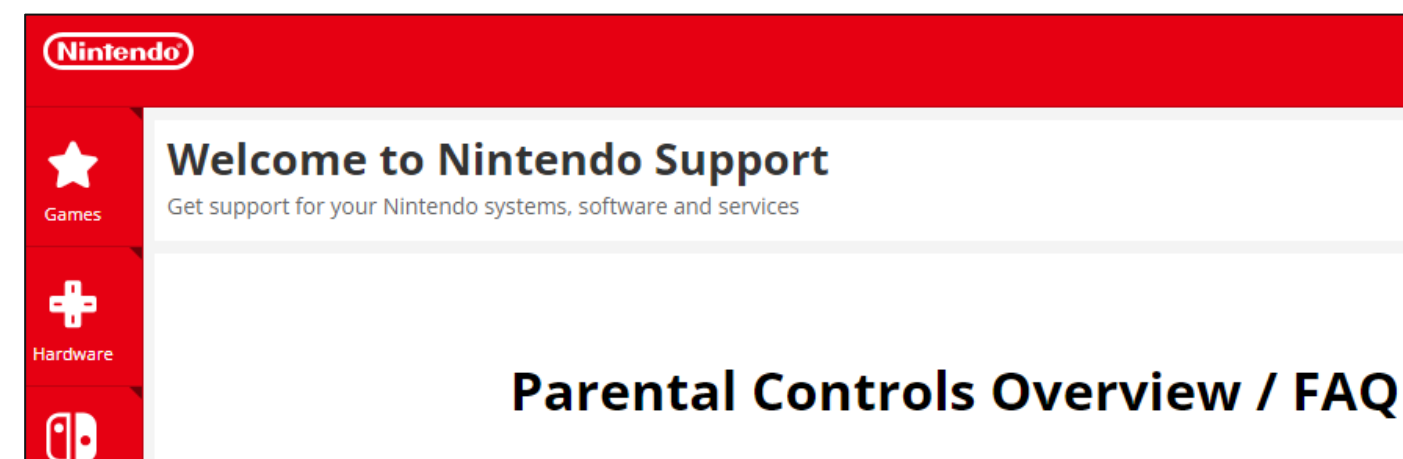


Help keep your family safer online

With Family Link, you decide what's best for your family. Easy-to-use tools allow you to understand how your child is spending time on their device, manage privacy settings and more.*

Set up parental controls with Family Sharing on iPhone

With [Family Sharing](#), the organizer can set up parental controls for children in the Family Sharing group. You can use Screen Time to manage how your children use their Apple devices. You can also turn on Ask to Buy, so children must receive approval for purchases or free downloads.



Microsoft Family Safety

Create a safe and healthy environment for your family with digital content filtering, screen time limits, and location sharing.

[Get started for free](#)

[Sign in to Microsoft Family Safety](#)

How to set parental controls on PS4 consoles

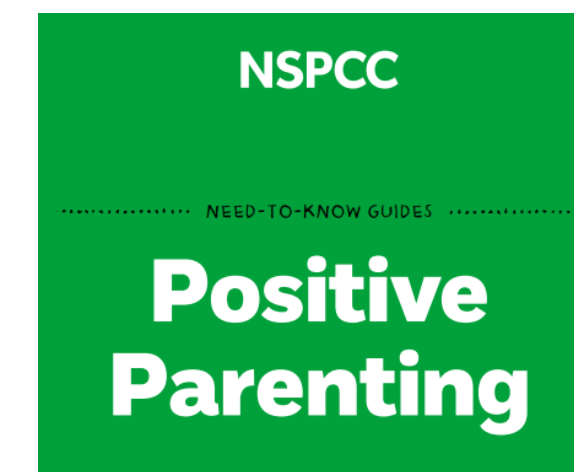
Learn how to set up parental controls and limit your child's use of games, apps, and features on your PlayStation®4 console.

Further points and discussion

- * **Mostly, don't panic! It can be easy to create hysteria and attention on particular services / programs / games with well-meaning, high-visibility warnings that end up creating further unnecessary attention.**
- * **Expect flare-ups every winter as children and adults spend more time indoors on screen-based activities.**
- * **No one gets everything right all of the time. Setting up regular, healthy routines that allow us to achieve a balance in our lives can be achieved. Try to be aware of the changes that happen as children get older, and attempt to stay ahead of those changes.**



1. **Talk to your children:** As your kids are going to be indoors a lot more this winter, it's more important than ever to talk to them about their online presence. What websites do they usually visit? Do they have any social media profiles? Are they being trolled? Understanding their online footprint will put you in a better position to help them if they run into trouble.
2. **Remind them of 'Stranger Danger':** Speak to your children about safe internet use; remind them of 'Stranger Danger' and warn them not to send anyone private information, pictures, or videos.
3. **Install parental controls:** These can help reduce the risk of children viewing inappropriate content on the web. They can be used for a whole manner of things such as controlling or blocking access to video games; limiting what children can search online; managing access to social media sites; and requiring parental authorisation to make online purchases.
4. *Maintain trust:* When you install controls for the first time, you may find your kids think you are just out to spoil their fun and you could lose their trust, making it harder to spot signs of trouble. Maintain a dialogue and explain why you have set these rules, while putting in time to review them at a later date.
5. **Remember to be flexible:** As your children's habits change, so will their online behaviour, meaning your approach will have to change too. While tools like parental controls are crucial in the case of younger children, with teenagers, parents need to connect and encourage their them to be open about their online activity.



[Dove social media campaign](#)