



<b>Policy</b>	Keeping children safe online – advice and support
<b>Last reviewed on</b>	March 2026
<b>Next review date</b>	March 2027
<b>Approval level</b>	Headteacher

# Keeping children safe online – advice and support

As we move deeper into our digital age, the education, entertainment and communication potential coming from technology is continually increasing. Children use technology daily both at home and in school, and our strategy is to teach them how to use it safely and responsibly.

Technology is moving at a very fast pace, so it can be hard to keep up! This guide provides you with information and resources to help you support your child to stay safe online.

## **Understanding Online Risks**

There are 4 main areas of online safety risks to be aware of:

- Content: being exposed to illegal, inappropriate or harmful content
- Contact: being subjected to harmful online interaction with other users
- Conduct: online behaviour that increases the likelihood of, or causes, harm
- Commerce: risks such as online gambling or phishing/financial scams

## **Key Areas for Parent-Child Conversations About Online Safety**

Parents can have important conversations with their children in the following areas:

### **1. Sharing Images and Information**

Help your child understand the risks and responsibilities of sharing content online, including the serious legal consequences of sharing inappropriate images.

### **2. What They See Online**

Discuss the inappropriate and harmful content that exists online, including how it can present a distorted view of the world and relationships.

### **3. Deepfakes and AI**

Talk about manipulated content, AI-generated images and videos, and emerging technologies like AI chatbots and their potential risks.

### **4. Social Media**

Explore how social media works, including fake accounts, exaggerated profiles, and how online interactions can differ from face-to-face communication.

### **5. Personal Information and Scams**

Explain how personal data is collected and used online, and discuss the risks of scams, fraud and sextortion.

### **6. Bullying and Harassment**

Help your child recognise when technology is being used for bullying, harassment, stalking or other harmful behaviours, and know how to get help.

### **7. Screen Time and Wellbeing**

Discuss the importance of balancing online and offline activities, and how screen time affects mental and physical health.

### **8. Age Restrictions**

Make sure your child understands why age restrictions exist on social media, apps, games and gambling sites, and the importance of following them.

## **Useful Websites and Resources**

### **General online safety advice:**

- **NSPCC** - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/> - Lots of very useful information
- **UK Safer Internet Centre** - <https://saferinternet.org.uk/guide-and-resource/parents-and-carers> - Advice and resources to support you as you support your child
- **Internet Matters** - Provides age-specific online safety checklists, guides on how to set parental controls, and practical tips

- **Childnet** - Offers a toolkit to support parents and carers of children of any age to start discussions about their online life
- **Parent Zone** - Provides help for parents and carers on how to keep their children safe online
- **Children's Commissioner Digital 5 A Day** - A simple framework that reflects the concerns of parents as well as children's behaviours and needs

#### Understanding content:

- **PEGI (Pan European Game Information)** - <https://pegi.info/> - Information about video game ratings
- **Common Sense Media** - Provides independent reviews, age ratings, and other information about all types of media for children and their parents

#### Educational resources:

- **BBC Own It** - <https://www.bbc.com/ownit> - Short videos with useful safety advice
- **BBC Web Wise** - <https://www.bbc.co.uk/programmes/p023xv3k> - A series of short films introducing topics in relation to using email, the internet, mobiles and keeping safe online
- **Thinkuknow** - <https://www.thinkuknow.co.uk/> - The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse

#### Family/child settings for gaming:

- **Xbox family settings** - <https://www.xbox.com/en-GB/apps/family-settings-app>
- **PlayStation parental controls** - <https://manuals.playstation.net/document/en/ps4/settings/family.html>
- **Nintendo Switch parental controls** - <https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>
- **Apple parental controls** - <https://support.apple.com/en-gb/HT201304>

#### If you're concerned about someone's behaviour:

- **Stop It Now (Lucy Faithfull Foundation)** - Can be used by parents and carers who are concerned about someone's behaviour, including children who may be displaying concerning sexual behaviour
- **How Can I Help My Child? (Marie Collins Foundation)** - Sexual abuse online