



Online Safety Workshop February 2026

Aims

- ▶ To raise awareness of the online safety issues that our children face
- ▶ To support you in setting boundaries and exploring the different parental controls
- ▶ To explore the role AI plays in our children's lives and consider how this can be used safely and responsibly
- ▶ To empower you to have ongoing conversations about online safety at home.

Key Messages

- ▶ We are here to support, not scare!
- ▶ Children today are growing up with technology – they may know more than we do!
- ▶ Online safety is not about banning technology, it's about giving the children skills to make safer choices.
- ▶ The same values we teach offline apply online.

Our Children's Online Lives

- ▶ We asked our children in Key Stage 2 which apps they enjoyed using.
- ▶ What do you think were the most common?
- ▶ Which were the least common?



1%



2%



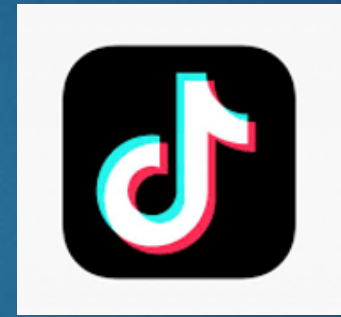
40%



84%



18%



21%



87%

Safety Issues

- ▶ Each of these apps come with their own safety concerns.
- ▶ Social media apps like Snapchat, TikTok and Instagram all have a 13+ age restriction.
- ▶ To create a YouTube account, you also have to be 13+; it receives 300 minutes worth of content every minute and this is not checked until it is reported.
- ▶ We asked the children which areas of being online worried them most: content (25%), contact (18%), conduct (13%) and commerce (45%).
- ▶ Interestingly, this is not reflective of what staff deal with: online group chats and conversations around consent are most common in school.
- ▶ Online safety comes under our responsibility – even if it happens outside of school.

Mobile Phones

- ▶ It can be a difficult decision when considering when to buy a child their first phone.
 - ▶ 46% of the children surveyed from Years 3 to 6 already have their own phone (26% in Year 3 up to 71% in Year 6).
 - ▶ 63% of these children have parental controls set up
 - ▶ 41% take their phone to bed with them.
 - ▶ 45% say their parents check their phone regularly.
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- ▶ Encourage your child to talk
“If it makes you feel unsure, worried or uncomfortable, talk to me.”



Family Agreements

- ▶ It's important to educate your child about the potential risks online and establish rules
- ▶ A family agreement is a great place to start and this opens up good conversations about boundaries.
- ▶ Consider
 - What can be used
 - When they can be used
 - Where devices are used
- ▶ Remember that you own the phone and should always know the passcode.

We agree to...

I will use my tablet for _____ mins a day

We will make sure the children's favourite games are bookmarked for them to get to easily

Who is responsible for this?

Isabel and Phoebe

Mum and dad

Suggested ideas for an agreement with pre-teen children.

We agree to...

I will tell mum and dad when I see something that worries me

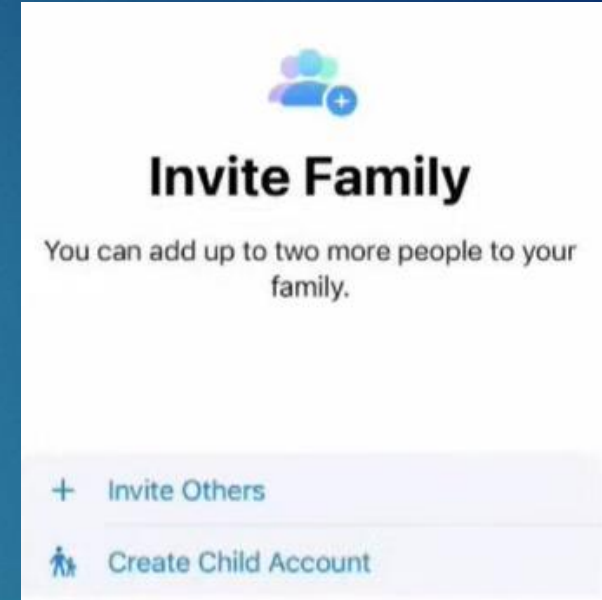
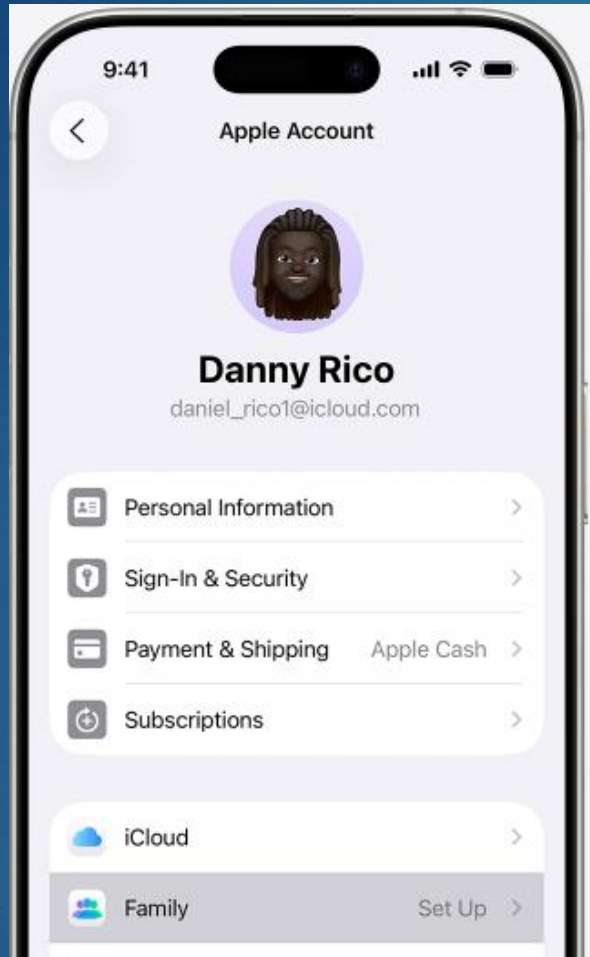
We will put parental controls in place but review it as the children grow up

Who is responsible for this?

Jack and Tom

Mum and dad

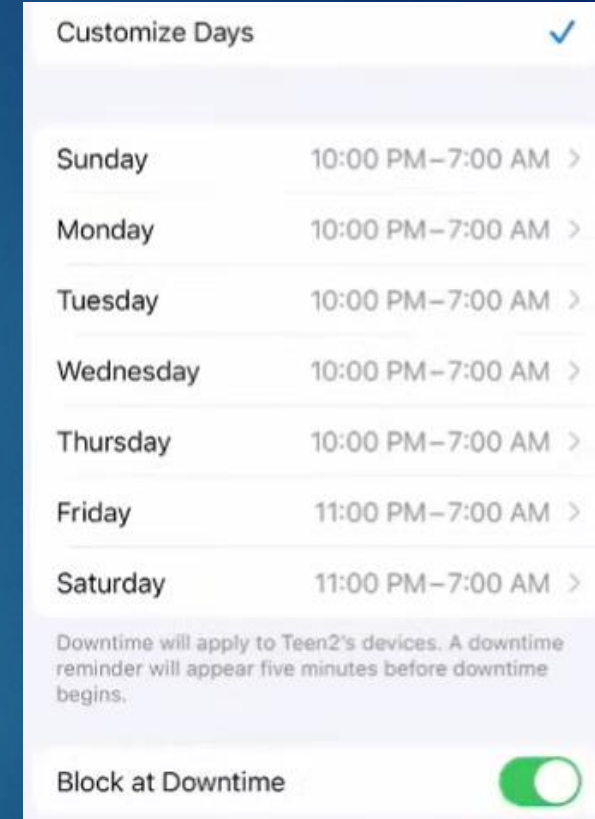
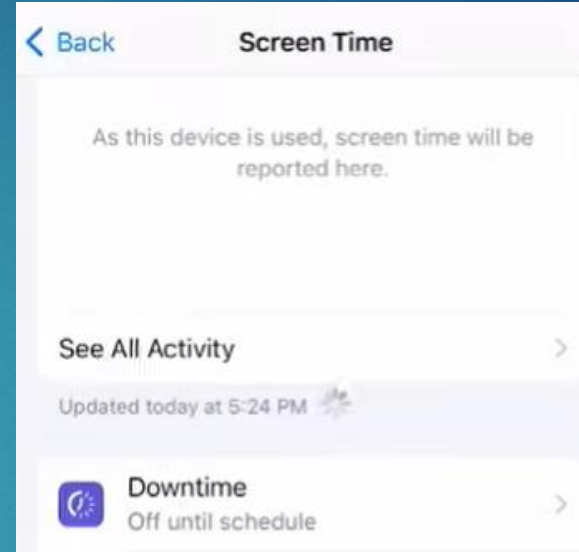
Parental Controls



For children under the age of 13.

Parental Controls

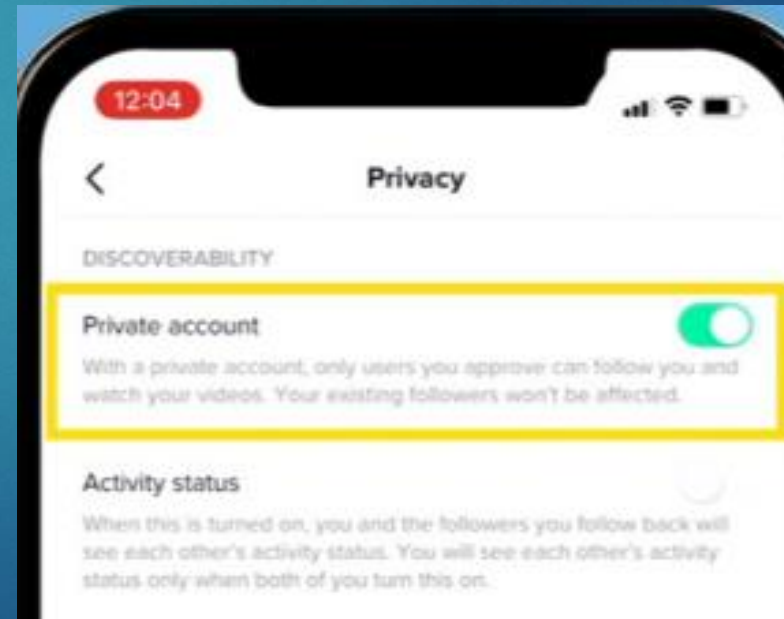
- ▶ On both Apple and Android products, parents can:
 - Turn on screen time and use downtime to block access during the night
 - Set daily time limits for apps (particularly YouTube and games)
 - Content and privacy restrictions
 - Communication limits – who the children can message



<https://www.youtube.com/watch?v=JB8SXTC2c5s> – iPhone
<https://www.youtube.com/watch?v=VEHXgjSzFhE> - Android

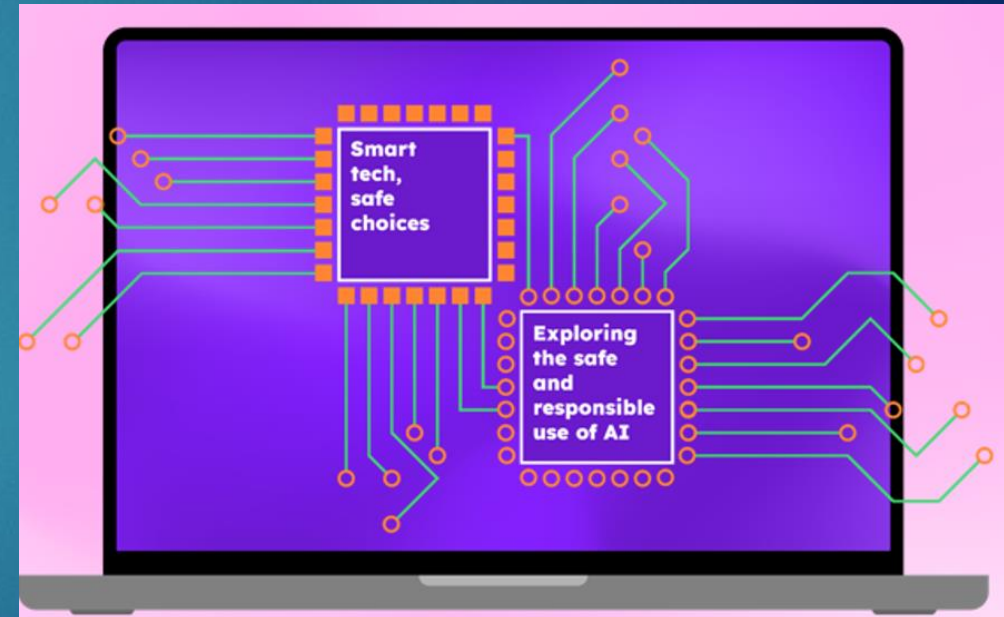
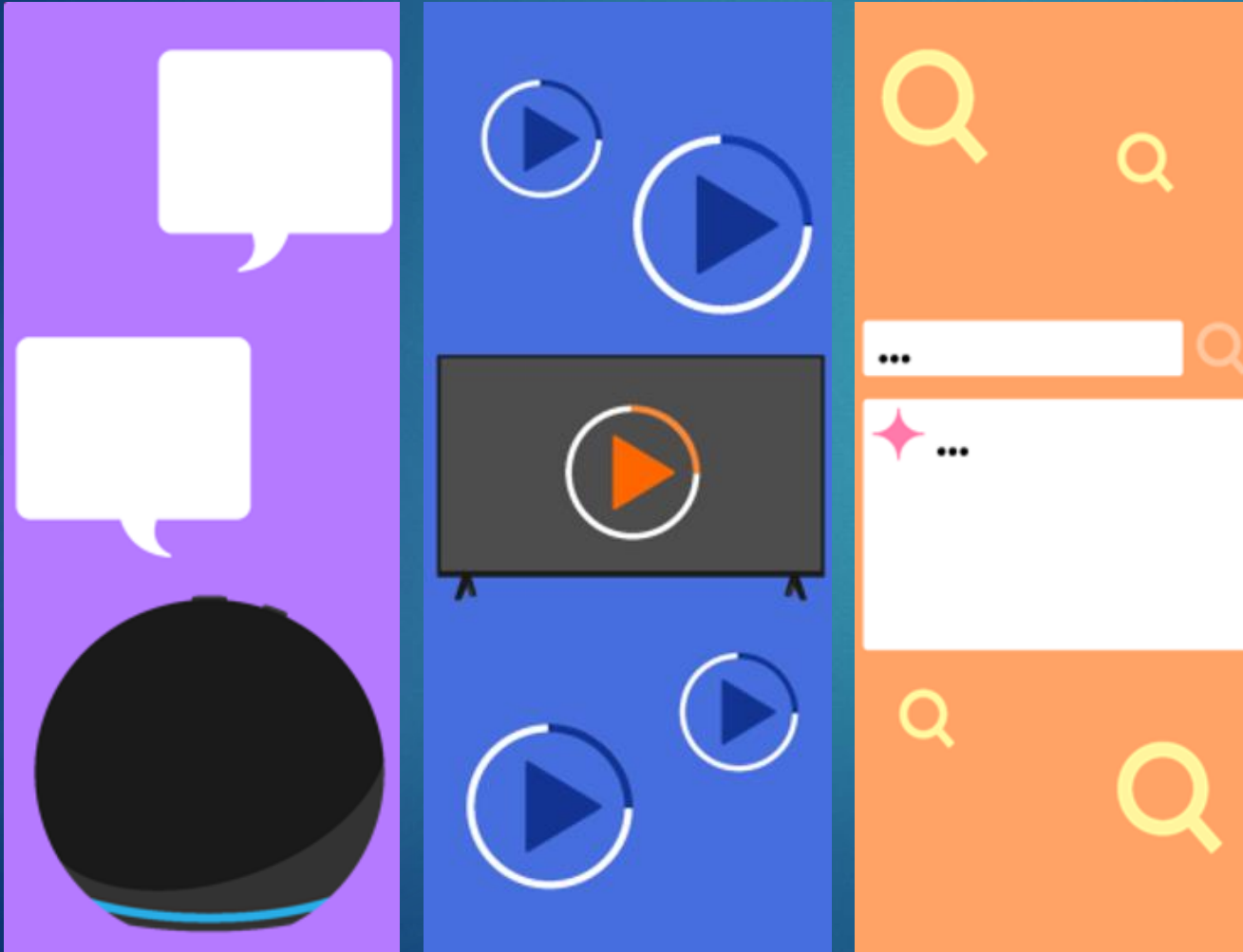
Games and Social Media

- ▶ Games like Roblox also have parental controls and these can be found under 'Account Settings'.
- ▶ From here you can disable or restrict chat and filter age-appropriate content.
- ▶ YouTube Kids is a good alternative for younger children.
- ▶ Social media apps can be made private and you can limit who can message/comment.
- ▶ Consider reviewing follower lists together.



Artificial Intelligence (AI)

- ▶ Children are already encountering AI without realising it.



Key Risks

- ▶ We need to help children to develop their understanding of AI and be critical users.
 - Algorithms control what your child may be seeing (this might be extreme opinions or risky behaviours)
 - Misinformation – AI can sound confident but can frequently be wrong.
 - Personal information be accidentally be shared.
 - Children may rely on AI instead of their trusted adults.
- ▶ The goal is not to stop children using AI, it's to help them grow up knowing when to trust it, when to question it and when to step away.



Talking

- ▶ Avoid only talking about online safety when things go wrong.
- ▶ Show curiosity about their online uses, “What do you like about this app?”
- ▶ Children will be reluctant to share problems and worries if they expect blame, anger or punishment.
- ▶ Remember that children are not only accessing the internet in your home.
- ▶ Check that they know how to stay safe.
- ▶ Remember, you don't need to be a tech expert, you just need to be a trusted adult.



Scenario

- ▶ How would you respond in this situation?

Your child tells you that they have heard inappropriate language whilst playing a game online.

Scenario

- ▶ How would you respond in this situation?

Your child tells you that one of their friends has arranged to meet an 'online friend'.

Scenario

- How would you respond in this situation?

Your child has
made some
unkind
messages
about another
child on the
class group
chat.

Thank you for coming!

- ▶ Slides will be uploaded to the parent section of the school website.
- ▶ Are there any questions?

