



Internet Safety Parent's Meeting  
10<sup>th</sup> February 2025

## Aims:

- To raise the profile of online safety amongst parents and carers
- To highlight potential safeguarding issues
- To provide practical tips, support and advice

## The rise of the internet!

The internet provides a wealth of opportunities for all.

We cover internet safety within school for an entire half term for all and ensure that it reflects our current needs/advances in technology.

## The rise of the internet!

The internet provides a wealth of opportunities for all.

However, we must ensure that our children are safe whilst accessing it.

In contrast to a decade ago when childhood obesity was the leading health issue for children, it is now mental health, overuse of social media and excessive screen time.

Our Red Hill survey indicated that:

45% of children are accessing social media

56% of children had 1 – 2 hours of screen time a day

17% had 2-3+ hours

## Current threats with the internet

- Rise of AI and filtering. Children's self esteem is being impacted by what they see online.
- Misinformation (fake news)
- Online bullying. Children are having access to Whatsapp and messaging services which leads to online bullying, messages, groups which exclude children.
- Inappropriate material is easy to access (National survey indicates that 27% seen pornography by age 11 and 10% by age 9!)
- Gaming allows instant access to anybody, anywhere.



# Online format



Imagine a room with 100 people in it.

These people come from all walks of life, all ages and ANYONE can be allowed in.

There are no rules and no one policing the situation.

Would you let your child in unattended?

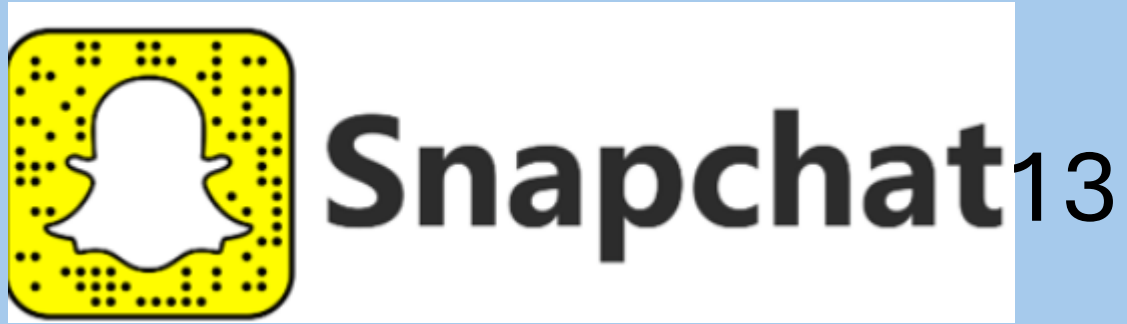
# Red Hill Online Safety Curriculum

(Our online safety overview is available on the website)

<u>Online Safety Overview</u>		
Year 1	Year 2	Year 3
<p>Know who your trusted adults are</p> <p>Asking permission to do something online</p> <p>Information online may upset me</p> <p>Ask a trusted adult before sharing online</p>	<p>People can look and act differently online and offline</p> <p>Communicating online with someone you don't know can be risky</p> <p>Right to say no</p> <p>Information online can be seen by anyone</p> <p>Online bullying</p> <p>Password protection</p>	<p>Identity can be represented in different ways online</p> <p>Ensure you know the person before accepting invites</p> <p>It is ok to change your mind</p> <p>Cyberbullying can hurt people's feelings</p> <p>You do not have to agree with everything online facts vs opinions</p> <p>Age restrictions on gaming</p> <p>Negative impacts of gaming on physical health</p>
Year 4	Year 5	Year 6
<p>Seek permission before accepting a friend request</p> <p>Respectful comments online</p> <p>Think carefully before posting</p> <p>Images can be copied and shared online</p> <p>Some information online is fake, biased or inaccurate</p> <p>Bots</p> <p>Gaming design and creating screen limits</p>	<p>Self-image and self-identity (linked to filtering)</p> <p>Insulting, spamming and flaming</p> <p>Bullying online. Being a bystander/upstander</p> <p>Online influencers and 'Ads'</p> <p>Adverts and pop ups</p> <p>Artificial Intelligence (AI)</p>	<p>Filters and AI to adapt images- self esteem</p> <p>Online reputation</p> <p>Digital footprint- information online forever</p> <p>Screen grabs and sharing</p> <p>Trolling, dissing and excluding</p> <p>Fake news, targeted ads or hoaxes</p> <p>Copyright</p> <p>Healthy balance of online and offline</p>

# Age Limits

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13

13



16



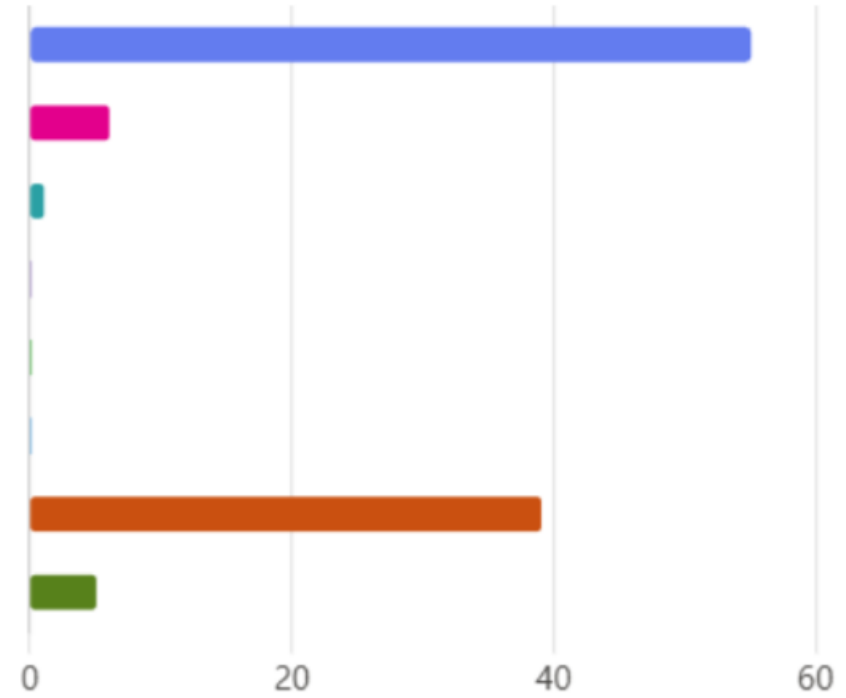
No age restrictions but  
Common Sense media  
suggests 13+

Consider...  
If you set the age to 13 when they  
are 9, by the time they are 14, they  
will have full access to 18+  
material

# Social Media Statistics (Red Hill Survey Dec 2024)

4. What social media does your child have access to?

● None	55
● WhatsApp	6
● Tiktok	1
● Snapchat	0
● Instagram	0
● Facebook	0
● Youtube / Youtube shorts	39
● Other	5



# YouTube Shorts Safety Information (AN)

Endless Scrolling – YouTube Shorts uses an algorithm similar to TikTok, designed to keep children watching for hours.

Exposure to Inappropriate Content - Some content might look child-friendly but include scary or violent themes ( If a child accidentally watches one inappropriate video, YouTube may keep suggesting similar content)

Dopamine-driven Engagement – The quick, bite-sized videos give constant dopamine hits, making it hard for children to stop watching.

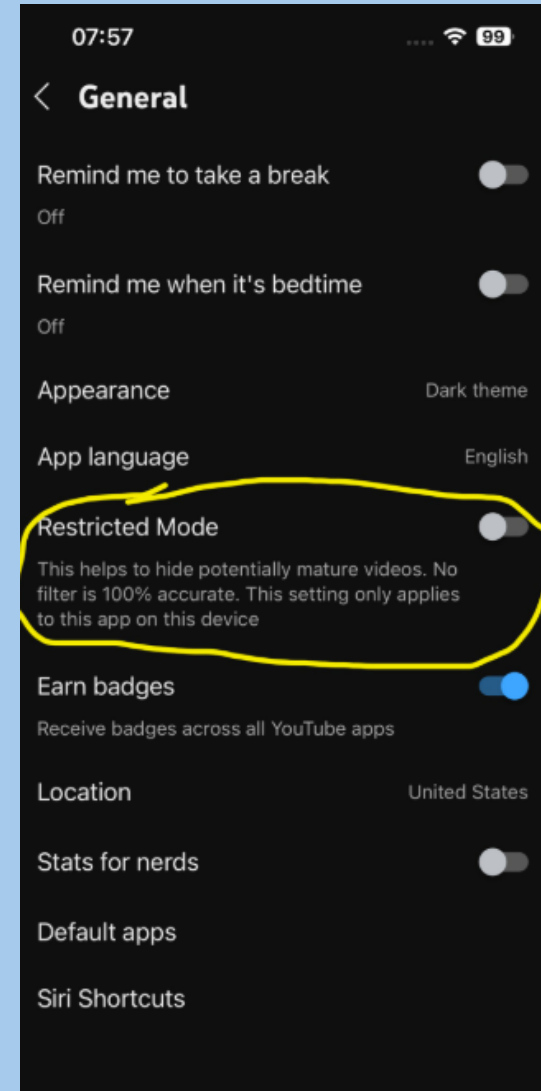
# How Can you keep your children safe on YouTube Shorts?

## Method 1

**Restricted Mode:** This feature helps filter out potentially mature content. To enable it:

- Open the YouTube app or website.
- Click on your profile picture.
- Select 'Settings' (or 'Settings' > 'General' on mobile devices).
- Toggle on 'Restricted Mode'.

This setting is device-specific, so ensure it's activated on all devices your child uses including TV



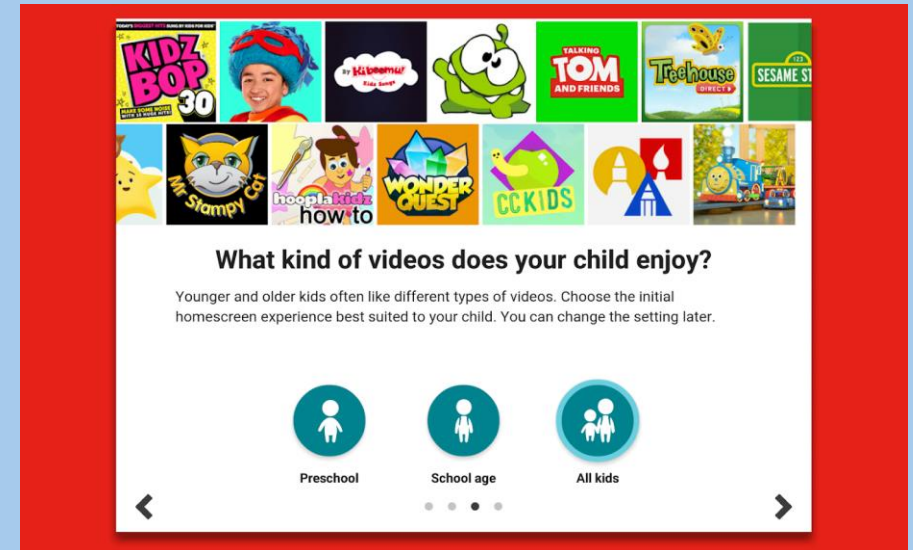
# How Can you keep your children safe on YouTube Shorts?

## Method 2

### Consider YouTube Kids:

For younger children, the YouTube Kids app offers a more controlled environment with:

- **Age-Appropriate Content:** Curated videos suitable for children.
- **Parental Controls:** Options to set time limits, block specific videos or channels, and monitor viewing history.



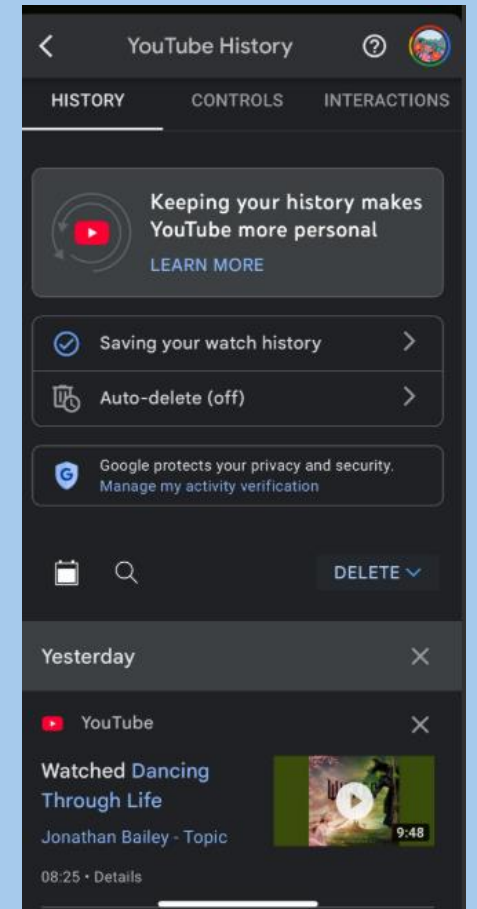
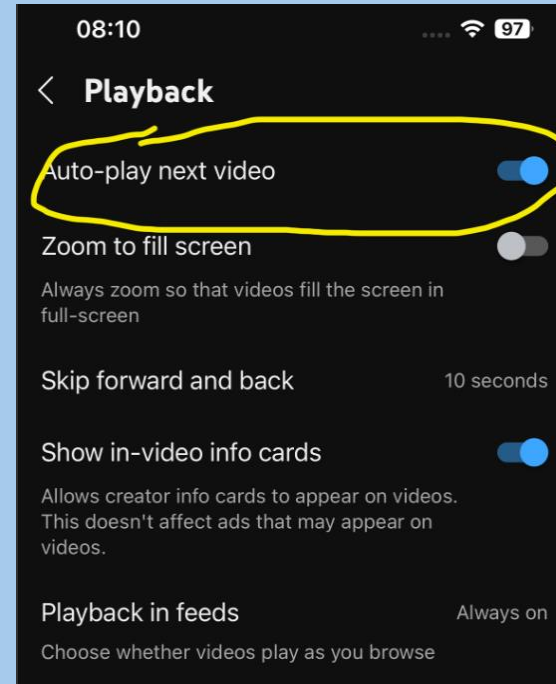


# How can you keep your children safe on YouTube Shorts?

Methods 3 and 4

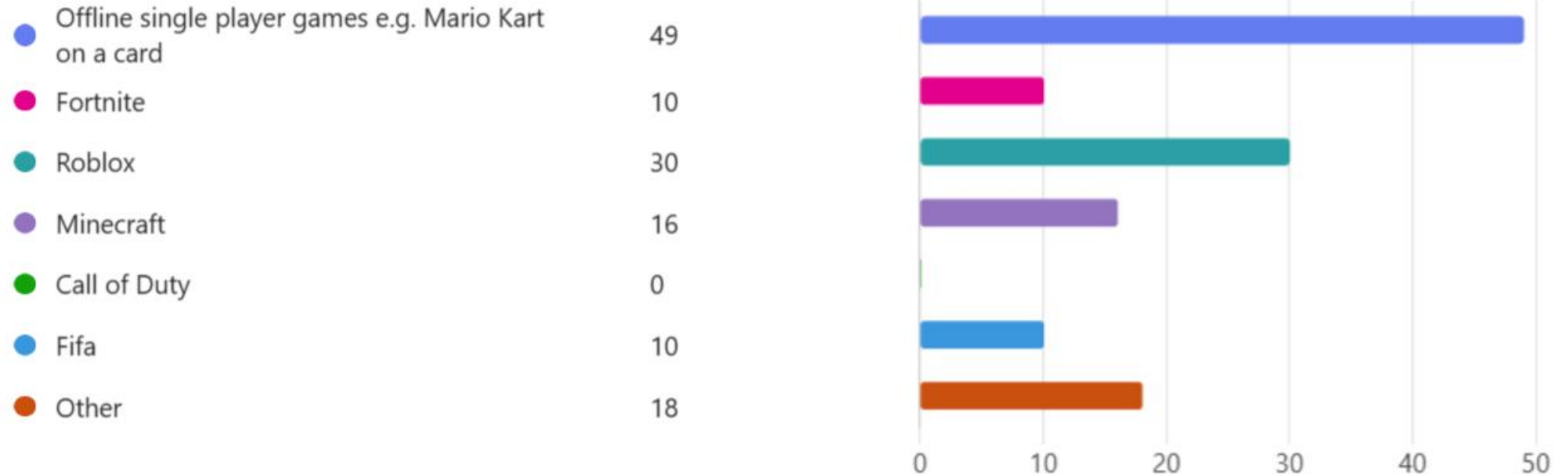
Turn off autoplay to prevent endless scrolling

Monitor viewing history in YouTube's settings



# Gaming Statistics (Red Hill Survey Dec 2024)

5. What gaming platforms does your child have access to?



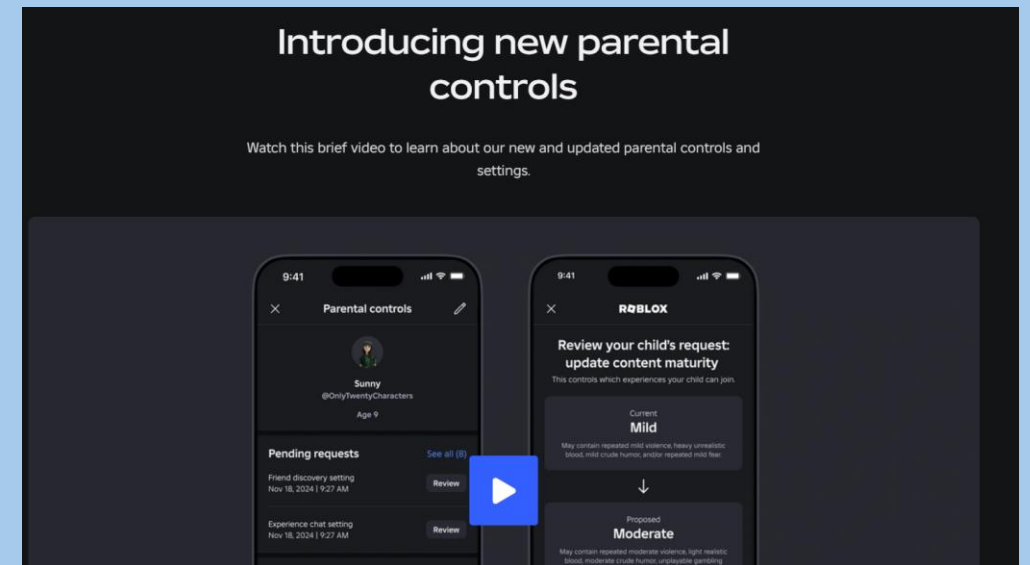
# Roblox Safety Information

- Inappropriate Content & Predators – Despite moderation, some games feature violence, explicit themes, or unsafe interactions. Predators may use chat functions to contact children.
- Scams & In-Game Purchases – Children can lose money on Roblox purchases, fall for scams in trades, or be pressured into spending.
- Addiction & Screen Time Risks – The endless gameplay loop and social pressure can lead to excessive screen time and difficulty managing breaks.

# Roblox Safety Information

- Enable Parental Controls – Use Roblox’s privacy settings to restrict chat, block strangers, and filter inappropriate content under *Settings > Privacy*.
- Monitor Gameplay & Friends List – Regularly check your child’s friends list, review their game history, and set screen time limits to prevent overuse.
- Sign up with the correct age  
Make sure your child creates an account using the correct age. On Roblox, certain safety settings and parental controls are enabled by default for children under 13.

[Click to see a step-by-step tutorial on setting up parental controls on Roblox](#)

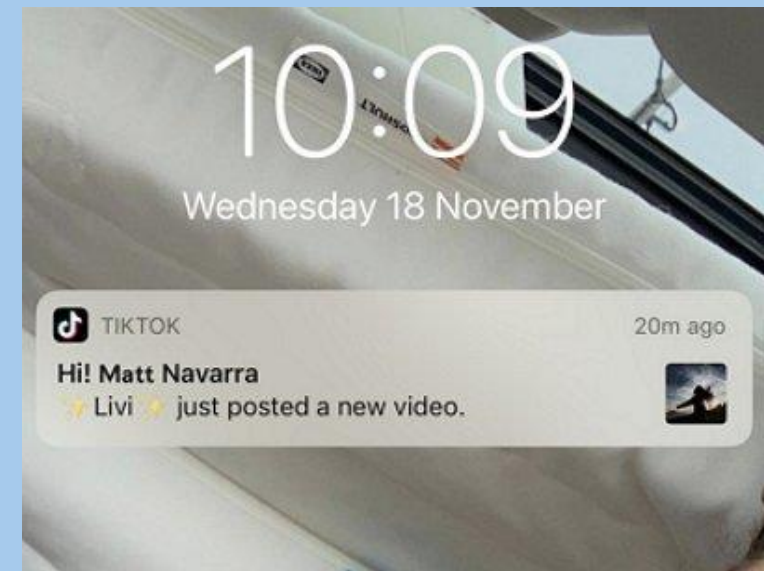


# Addictive nature and persuasive design

Social media and games are purposefully designed to be addictive.

Social media sets notifications to lure you back in.

Games such as Fortnite, no ending time.



## Online format

The most danger comes when children access the online chat format of games including Fortnite, Roblox, Minecraft etc.

According to 'National Strategic Assessment 2023' The current estimate is that 1.3-1.6% of the adult population pose some degree of sexual threat to children (10 x the prison population). Current estimate 680,000 to 830,000 in UK.

There were 900 arrests per month in 2022.

## Things to do

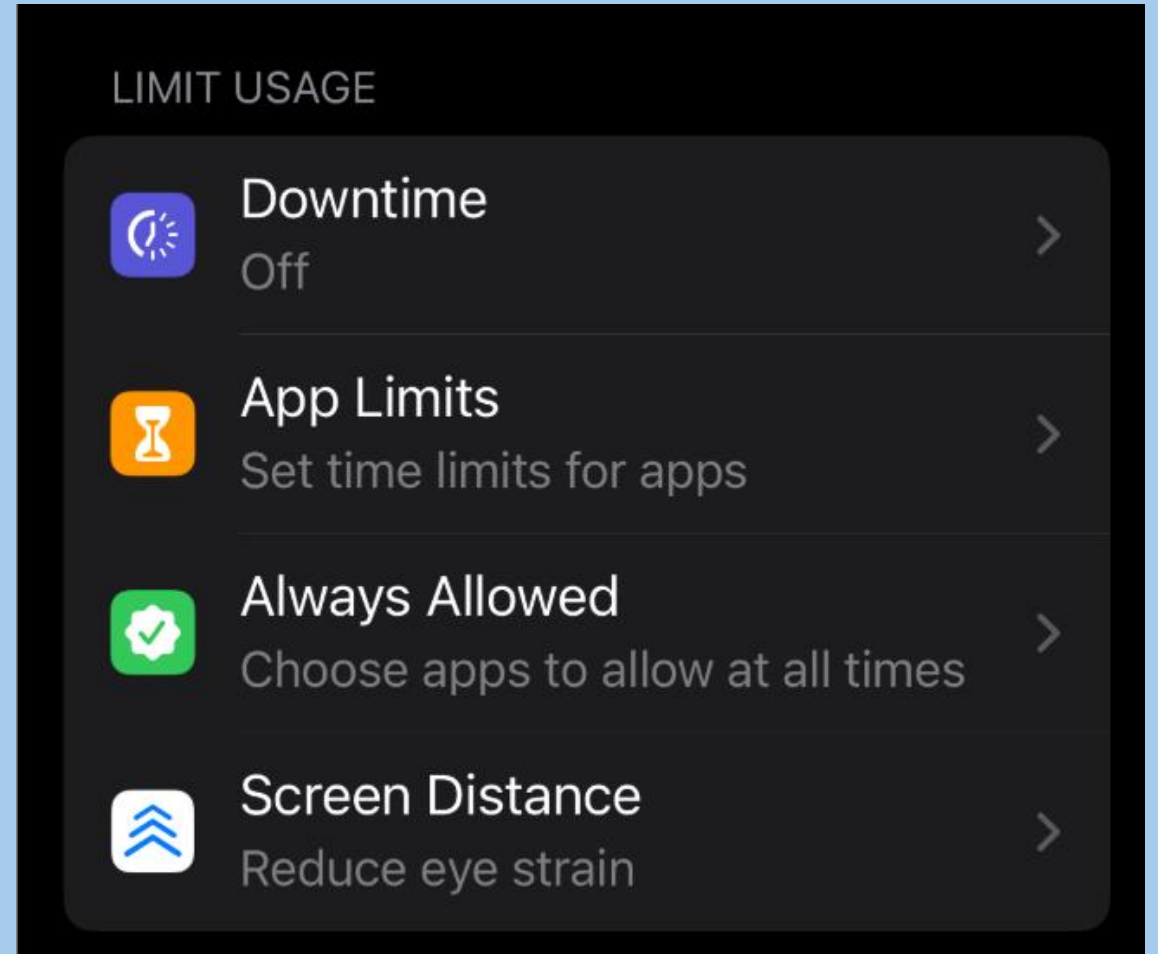
- Set mutually agreed ground rules in place. How long will you have? Do you give a warning e.g. 5 mins left. What is the consequence if don't come off?
- Where is phone/device stored to ensure 'pop ups' don't lure them back in?
- Where are devices stored at night? Are they charging downstairs or an amnesty of remotes to ensure no night time play?
- Time off devices at least an hour before bed time to allow the brain to be less stimulated

# Apple Safety Features

## Screen Time:

**Features:** Set daily time limits for specific apps, schedule downtime to restrict device usage during certain hours, and view detailed reports on your child's activity.

**Access:** Navigate to *Settings* > *Screen Time*.

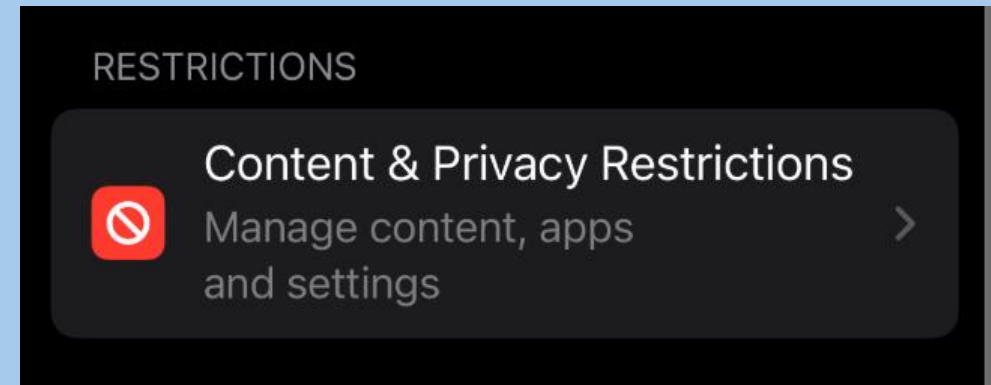


# Apple Safety Features

Apple provides a suite of parental control features to help parents manage their children's device usage and ensure a safer digital experience:

## Content & Privacy Restrictions:

- **Access:** Within *Screen Time*, select *Content & Privacy Restrictions*.



# Apple Safety Features

Apple provides a suite of parental control features to help parents manage their children's device usage and ensure a safer digital experience:

## Family Sharing

Family Sharing provides an approach to monitoring and managing your child's Apple device use while maintaining their privacy and independence.

Benefits:

- **Manage Purchases:** Approve or decline app downloads and purchases.
- **Share Subscriptions:** Give access to Apple Music, Apple TV+, and more without sharing your Apple ID.
- **Locate Devices:** Keep track of your child's location using Find My.



# Parental controls Use Parental Controls to Keep Your Child Safe

## INSPCC

Set up parental controls on wifi – you can filter inappropriate phrases and words

### Home broadband and WiFi

Home internet providers can offer parental controls for your family. You can:

- use a filter from your internet provider to control the content that you and your family see. Some providers allow different settings for each user
- set up any device connected to your home broadband. How you do this depends on your provider and you'll need to access your home router. You can ask your internet provider for help setting this up. Remember that this only affects your child accessing the internet through the WiFi – if they are using 4G or 5G etc to connect you need to check the settings on their mobile device too (see below).

# Additional Information about Apple Safety Features



Questions?