
Internet Safety Parents Workshop

Miss Morris and Miss Hunter

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Internet Safety Parents Workshop

Link to slides: <https://bit.ly/SAsid25>

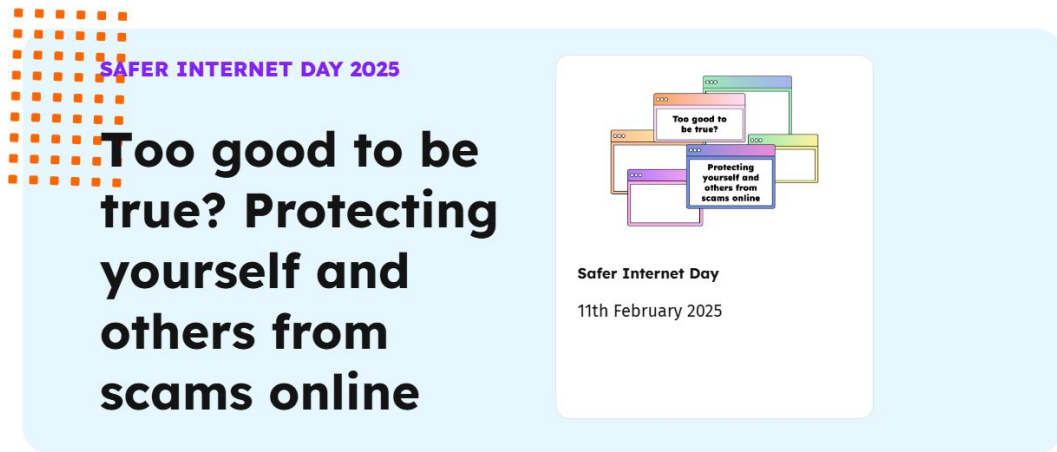


Internet Safety Day 2025



Internet Safety Day is celebrated every year. Each year has a different theme that children will focus on. They will take part in different activities throughout the day which are planned for their age group.

This year's theme is:

A graphic for Safer Internet Day 2025. It features a light blue background with a white rounded rectangle in the center. To the left of the rectangle is a grid of orange squares. Inside the rectangle, the text "SAFER INTERNET DAY 2025" is in purple. Below it, the theme "Too good to be true? Protecting yourself and others from scams online" is written in large, bold, black letters. To the right of the text is a graphic of three overlapping computer monitors. The top monitor says "Too good to be true?", the middle one says "Protecting yourself and others from scams online", and the bottom one is empty. Below the monitors, the text "Safer Internet Day" and "11th February 2025" is displayed.

SAFER INTERNET DAY 2025

Too good to be true? Protecting yourself and others from scams online

Too good to be true?

Protecting yourself and others from scams online

Safer Internet Day
11th February 2025



Statistics

NSPCC / Ofcom Children and Parents: Media Use and Attitudes Report, 2023

97%

of homes with children aged 0-18 had access to the internet in 2022

87%

of children aged 3-4 went online in 2022

75%

More than 7 in 10 parents of children aged 3-17 were concerned about their child seeing inappropriate content.

29%

of children aged 8-17 say they've seen something worrying or nasty online in the past 12 months



Statistics

NSPCC / Ofcom Children and Parents: Media Use and Attitudes Report, 2023

89%

of children play video games

96%

The most popular online activity among children aged 3-17 (96%) was engaging with video sharing platforms like Tik Tok or YouTube.

29%

of children aged 8-17 have experienced someone being nasty or hurtful to them via apps or platforms



Computing Curriculum

Teaching children how to be safe whilst using the internet is a key part of the National Curriculum.

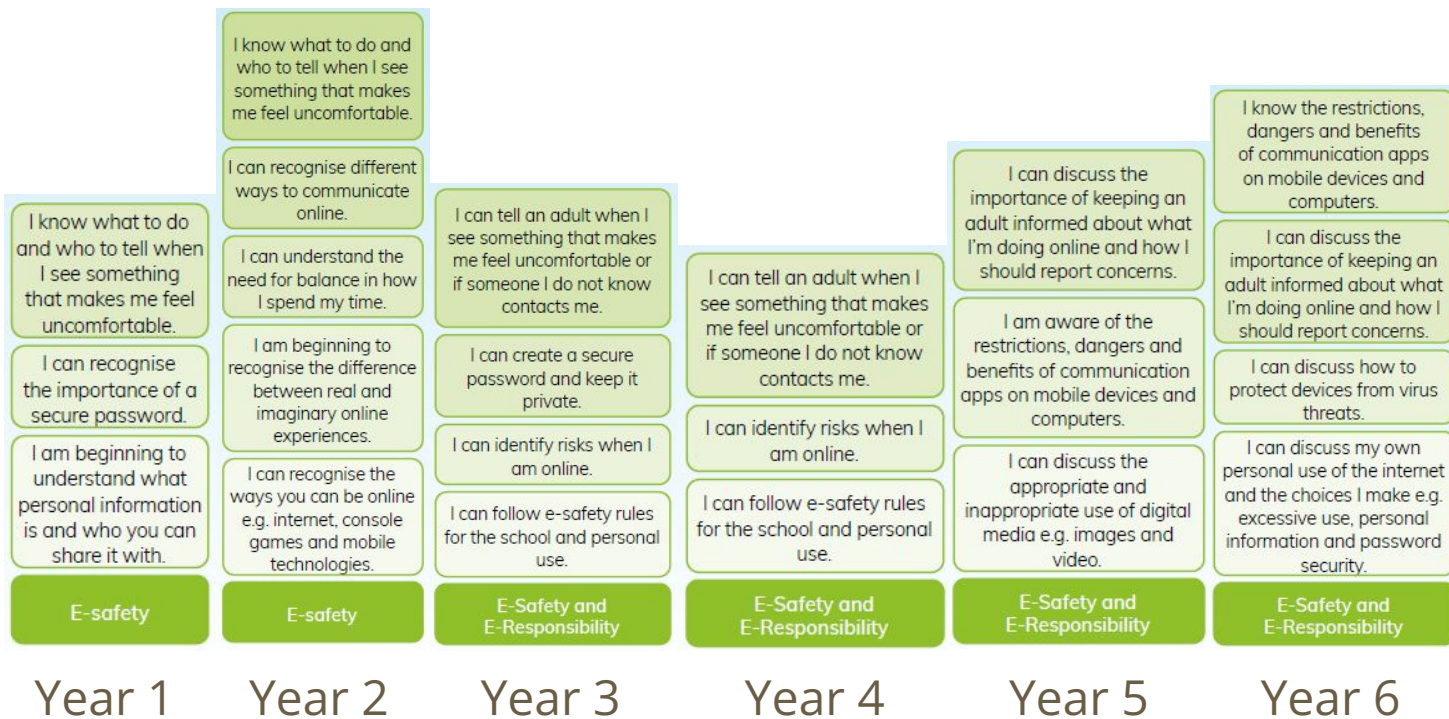
Key Stage One



Key Stage Two



Computing Curriculum - E-Safety & E-Responsibility



Computing Curriculum

The National Curriculum for computing aims to ensure that all pupils:

- Are responsible, competent, confident and creative users of information and communication technology.

We teach children from Year 1 onwards about the different forms of technology in their home and at school, their purposes and how they can affect our lives (both positively and negatively - age appropriate).



Computing Curriculum

Key Stage One

Pupils should be taught to:

- Use technology safely and respectfully; keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.



Computing Curriculum

Key Stage Two

Pupils should be taught to:

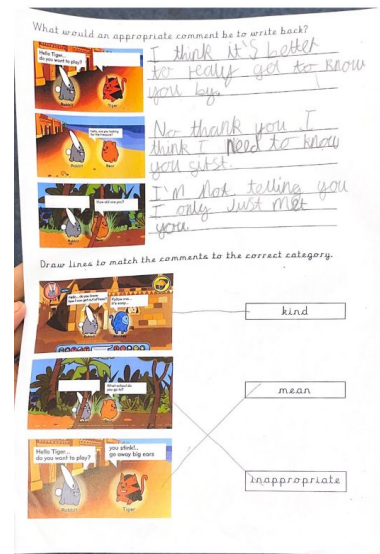
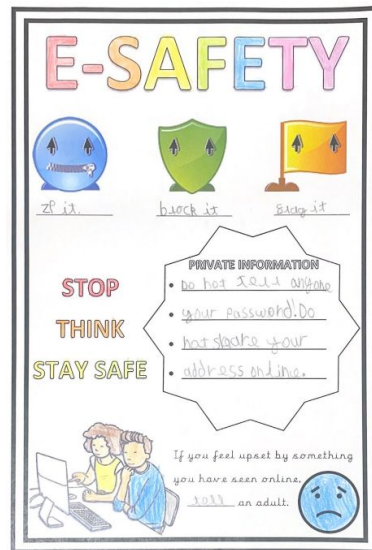
- Use technology safely and respectfully **and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways** to report concerns about content and contact.



Key Stage One

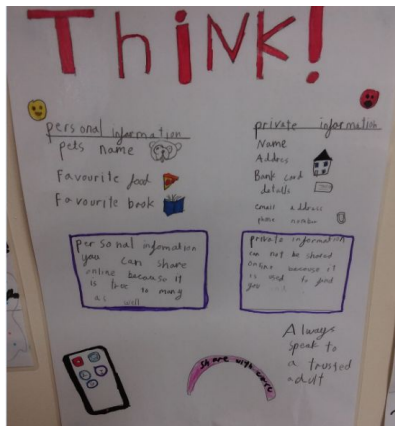
Internet Safety is taught through age-appropriate activities e.g. stories, scenarios, watching videos and discussing them. It is often linked with real-life situations and keeping safe offline too.

Keeping ourselves safe	
Online	Offline
- Keep our personal information private (full name, address, age, school and our passwords) - Only talk to people online if you know them in the real world - Be kind and respectful - Tell a trusted grown up if something upsets us/scares us - Only play age appropriate games - ZIP IT, BLOCK IT, FLAG IT	- Eat sensibly - Stay with our trusted grown ups - Road safety - Cook only when supervised. - Watch where we are running - Wear a seatbelt - Tuck our chairs in - Keep our environment tidy - Listen carefully to instructions - Follow the rules - Don't touch things we are unsure of (chemicals) - Don't talk to strangers - Dial 999 in an emergency - Tell an adult if you're hurt - Be kind and have kind hands - Stay away from bonfires and fireworks



Key Stage Two

Internet Safety in Key Stage Two has a focus on the acceptable / unacceptable use of the internet and on the children becoming more responsible.



L.O. I am aware of the restrictions, dangers and benefits of communication apps on mobile devices and computers.

Some apps have been known to get 'hacked', so strangers may have your personal information.

You may get somebody requesting you has a friend, pretending to be someone else.

They can get a bit addictive that it takes up a lot of your time.

Some apps are fake and users can be scammed of their money.

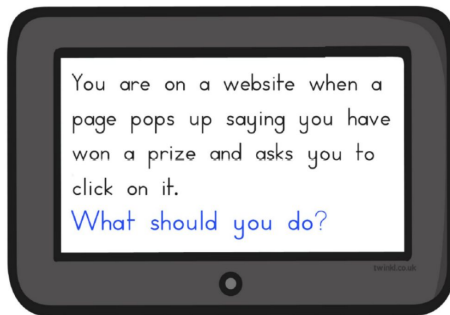
What are the reasons for and against using communication apps on mobile phones or computers?

You can use game apps to play against your friends, especially if they live far away.

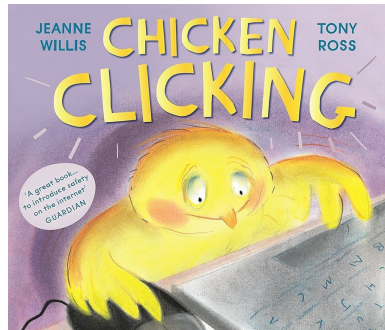
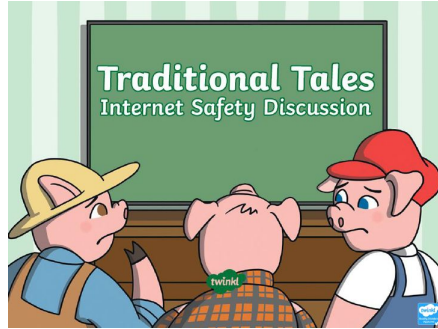
Using Snapchat helps you to video call your friends face to face.

Facebook is where you can make new friends.

Most apps allow you to chat/or send photographs to friends or family for free.



Stories



<https://www.childnet.com/resources/digiduck-stories/>



PSHE Curriculum (Relationships and Mental Health)

- Relationship Education is compulsory for all children (2019).
- Online safety that is age appropriate and relevant to pupils lives.
- Data and information sharing, sharing pictures and understanding how websites are used (data, scams, fake websites etc)
- Online relationships, the importance of respect even when being anonymous.
- Rules and principles of how to keep safe online and reporting concerns
- Appropriate boundaries in friendships (including in a digital context)
- Benefits of rationing time spent online and the risks with excessive usage
- Age restrictions and the impact on mental health



PSHE Curriculum

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rights and Responsibilities	Feelings and Friendship	Safety and Risk	Identity	Being Healthy	Financial Health
Handwashing Nurses Dentist Tooth Brushing Nurses	Kindness Week NSPCC visit Road Safety Week	Online Safety – Internet Safety Day Keeping Safe Week Creativity Week Crossing patrol Fire Visit Transport police PANTS are PRIVATE workshops	Enterprise Week	Health Week	Aspirations Week

I know how to resolve conflict and why it is important to react in the appropriate way	I know the steps to take if a relationship isn't positive	I understand who I can trust and who not to trust	I know the importance of being part of a community	I can talk about how to handle situations that I may be faced with when I go to high school	I know that images that are shown in the media do not always reflect reality
I understand the word 'discriminate'	I know that a family gives love, respect, security and stability to each other	I know what to do if I do not feel safe when using my mobile phone and online	I can talk about my local community	I can talk about strategies that help me cope under pressure	I understand I have choices when it comes to my own money
I understand that I should respect all people regardless of our differences	I understand that all family units are different and to respect this	I know how to keep safe online	I can talk about my role in the school community	I know and understand physical exercise is important	I understand the meaning of a 'critical consumer'
I can agree and write class rules and understand why they are important	I understand that I have different types of relationships	I know how to keep safe when using a mobile phone	I can talk about my role in the class community	I understand why it is important to have good personal hygiene	I can understand the role money has in our lives
How can I be respectful to all people?	What makes a healthy relationship?	How can I keep myself safe?	What is a community?	What choices help my health?	How can we manage our money?



NSPCC Online Safety Workshop

An online 40 minute workshop led by NSPCC available on our website or YouTube.

<https://www.youtube.com/watch?v=MY5NDhvVkG4&t=65s>



NSPCC Techosaurus

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus/>



Techosaurus is aimed at little ones who are starting to use technology and the internet, and keeps the conversation around online safety positive.

£6.00

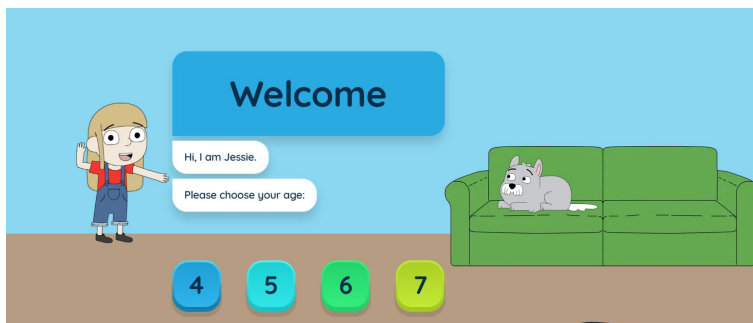


CEOP resources

CEOP has online games for internet safety which is aimed at your child's age.

<https://www.ceopeducation.co.uk/>

Jessie and Friends - Ages 4 - 7



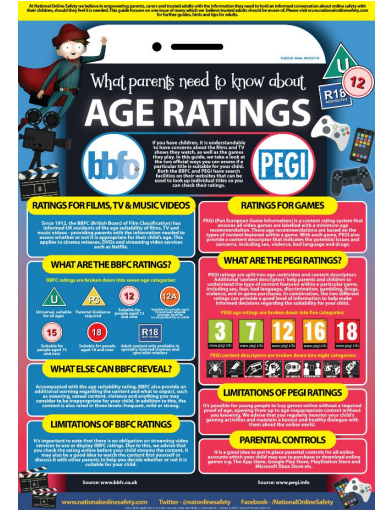
Band Runner - Ages 8-10



PEGI Rating

There are a few things that could increase the chance of your child accessing inappropriate content. These might include:

- Joining social networks before reaching the minimum age, which is normally 13 or older (whatsapp)
- Unsupervised access to the internet in private rather than in common spaces at home
- Playing games and using apps which are not appropriate for their age or development
- Streaming content which might show inappropriate material or taking part in livestreams and unconsciously being exploited
- Limited parental controls to restrict access



Apps

TikTok

Snapchat

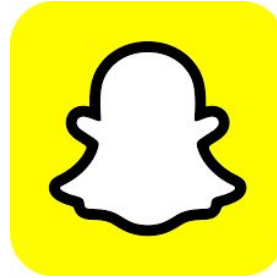
Whatsapp

Roblox

YouTube



#WakeUpWednesday



Reporting

Safeguarding Leads

Our Safeguarding and Child Protection Designated Staff are:

Safeguarding



Mrs J A Rainford
Headteacher / DSL



Mrs J Hodgson
Deputy Headteacher / DSL



Mrs C Giles
Safeguarding and Child Protection Governor



Mr P Lynch
Inclusion Manager and DDSL



Mrs C Heap
Watergrove Trust Inclusion and Safeguarding Lead

Please speak to your child's class teacher or one of our safeguarding leads in school about your concerns.



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ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.



<https://standrewsce.rochdale.sch.uk/our-school/e-safety/>

 Child Exploitation and Online Protection

If you need to hide this site quickly, just click here 

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

What happens when I make a report? →

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.

How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.

Make a report

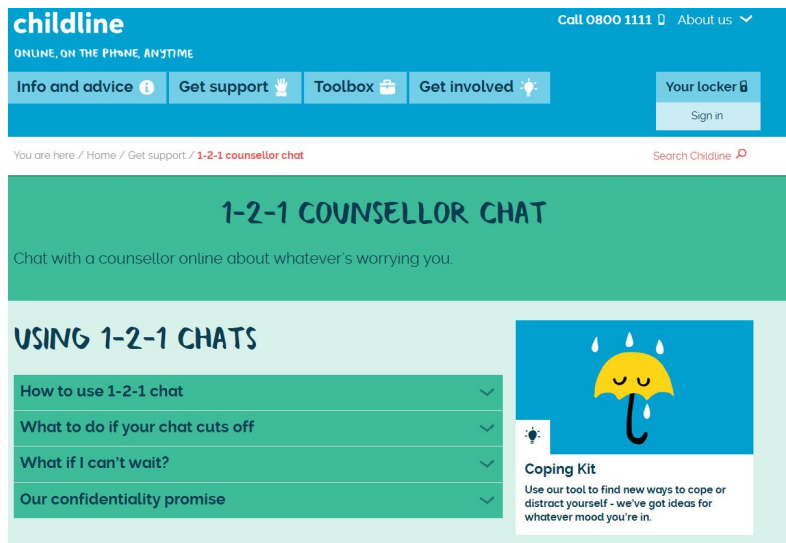
If you have experienced online sexual abuse or you're worried this is happening to someone you know, let us know safely and securely

bit.ly/3Erw3px

Reporting

You can also get help by calling Childline on 0800 1111, or have an online chat with a Childline counsellor.

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>



The screenshot shows the Childline website interface. At the top, the 'childline' logo is on the left, and 'Call 0800 1111' and 'About us' are on the right. Below the logo, it says 'ONLINE, ON THE PHONE, ANYTIME'. A navigation bar contains 'Info and advice', 'Get support', 'Toolbox', and 'Get involved'. On the right, there's a 'Your locker' section with a 'Sign in' button. Below the navigation bar, a breadcrumb trail reads 'You are here / Home / Get support / 1-2-1 counsellor chat'. A search bar is also present. The main heading is '1-2-1 COUNSELLOR CHAT'. Below it, a subheading says 'Chat with a counsellor online about whatever's worrying you.' A section titled 'USING 1-2-1 CHATS' lists four items: 'How to use 1-2-1 chat', 'What to do if your chat cuts off', 'What if I can't wait?', and 'Our confidentiality promise'. To the right of this list is a 'Coping Kit' section featuring a yellow umbrella icon and text: 'Use our tool to find new ways to cope or distract yourself - we've got ideas for whatever mood you're in.'



NSPCC Speak Out Stay Safe



- The assembly explains that all children have the right to speak out and have their views taken seriously, be kept safe and get help when they need it.
- The assembly is taught in all classes by the class teacher and is referred back to throughout the year.



Parental Controls

Helpsheet

parents and carers: primary



8 steps to support your child to be safer online

- Explore together.** Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.
- Chat little and often about online safety.** If you're introducing them to new websites and apps, talk to them about how to stay safe on these services and in general. Ask if anything ever worries them whilst online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.
- Help your child identify trusted adults who can help them if they are worried.** This includes you and other adults at home, as well as adults from wider family, school or other support services. Encourage them to draw a picture or write a list of their trusted adults.
- Be non-judgemental.** Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.
- Supervise their online activity.** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult is able to supervise. Children of this age should not access the internet unsupervised in private spaces, such as alone in a bedroom or bathroom.
- Talk about how their online actions affect others.** If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.
- Use 'SafeSearch'.** Most search engines will have a 'SafeSearch' function, allowing you to limit the content your child can access online. Look out for the 'Settings' button on your web browser homepage, often shaped like a small cog.
- Parental controls.** Use the parental controls available on your home broadband and all internet enabled devices in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.



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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally endorsed by National Online Safety, these guides now extend to wider topics and themes, for further guides, links and tips, please visit www.wakeupwednesday.com.

10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this, filtering out inappropriate content, limiting the ability to spend real money, copying screen time and generally making devices safer for young people.

- 1 KNOW THE TYPES**
While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. For example, two restricted modes for limiting inappropriate content, while keeping them safe from eye strain, could have been talking to friends or viewing your photos.
- 2 COVER ALL DEVICES**
Knowing what parental controls cover is crucial, as restricting access only to the risk of lost access to the device's built-in resources. Children can also check the interface - but you need to ensure that parental controls are applied across every laptop, tablet and potentially other phone, via desktop, ensuring a clear device may require you to set everything up again.
- 3 DON'T NEGLECT SHARED TECH**
While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that you have a way to limit your own access to the device. For example, for your laptop that does everything connected to the internet, it's important that you can just be brought with such device and other devices. And ensure that applications, settings, photos and tablets are protected too.
- 4 CONSIDER TIME CONTROLS**
Even with the most careful use, it's hard to limit screen time. But if you're looking for a way to limit screen time, there is a way to limit screen time. But if you're looking for a way to limit screen time, there is a way to limit screen time. But if you're looking for a way to limit screen time, there is a way to limit screen time.
- 5 BLOCK APP SPENDING**
Screening apps can be a challenge. However, if you're looking for a way to limit screen time, there is a way to limit screen time. But if you're looking for a way to limit screen time, there is a way to limit screen time.
- 6 NO CONTROLS ARE PERFECT**
Parental controls can be very useful, but they're not foolproof. Some of the most common risks are not caught by parental controls. For example, if you're looking for a way to limit screen time, there is a way to limit screen time.
- 7 MIND THE GAPS**
There's definitely no one-size-fits-all parental controls, so make sure that you're looking for a way to limit screen time. But if you're looking for a way to limit screen time, there is a way to limit screen time.
- 8 KEEP THINGS SECURE**
Some children can react poorly to parental controls, so make sure that you're looking for a way to limit screen time. But if you're looking for a way to limit screen time, there is a way to limit screen time.
- 9 REVIEW CONTROLS REGULARLY**
Parental controls shouldn't be a 'set and forget' solution. It's important to make sure that you're looking for a way to limit screen time. But if you're looking for a way to limit screen time, there is a way to limit screen time.
- 10 KNOW WHEN TO LET UP**
The parental controls you install on a child's device should be a 'set and forget' solution. It's important to make sure that you're looking for a way to limit screen time. But if you're looking for a way to limit screen time, there is a way to limit screen time.

Meet Our Expert
Alex Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website, *How to Geek*. He has contributed articles to publications including *The New York Times*, *TIME*, *The Guardian*, *Financial Times*, *Rolling Stone*, *Wired*, *Rock Paper Shotgun*, *Gizmodo*, *Pocket Gamer*, *South*, *IT*, *PC*, *Macworld*, *Technet* and *Cracked* websites.

WakeUp Wednesday
The National College

www.wakeupwednesday.com @wakeupwednesday

Internet Matters ABC Online Safety Checklist

Internet Matters have done it again, this time with a really simple guide for parents using Activate, Balance and Check.

The ABC's are broken down by age to make this as simple as possible: all ages, under 5's, 6-10, 11-13 and 14+.

<https://www.internetmatters.org/resources/abc-online-safety-checklist/#ABC-age-checklist>

What are the internet safety ABCs?

Activate



Activate parental controls

Use the controls and tools available from broadband providers, online platforms and apps to install safe search settings, block inappropriate content and prevent contact from strangers.

FIND A STEP-BY-STEP GUIDE

Balance



Balance screen time

Agree a good balance for your children's screen time, taking education and leisure content into account. Encourage active screen time over passive and consider setting limits for the total hours spent online each day.

LEARN ABOUT BALANCE

Check



Check and chat

Check which apps your children use and the relevant age limits for each platform. And talk regularly about online safety and what they might come across so you can work together to manage any risks and keep online experiences positive.

GET ADVICE BY AGE



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All agesUnder-56-1011-1314+

ABC online safety checklist

Set your child up for safety online

The checklist below covers actions you can take to help protect children of all ages from online harms. Once you've tackled this, use the tabs above to see extra steps you can take based on your child's age.

Activate

Turn on **broadband filters** for basic protection on devices in the home.

Manage **SafeSearch**.

Password protect app stores to limit downloads.

Unlink parental controls as their online activities change.

Balance

Set a good example with your own screen use.

Create screen-free zones at home.

Switch off devices an hour before bedtime.

Encourage children to take breaks (for example every 20 mins).

Charge devices outside bedrooms.

Use screen time tools to help manage how much time they spend online, e.g. **Google Family Link** for Android or **Screen Time** for Apple.

Set digital boundaries and routines together (**Family Agreement**).

Check

Review the **minimum age requirements** for the apps, games and platforms for your child wants to use.

Discuss **online risks**, including **online scams**, and how to deal with them.

Ask children what they like to do online and why.

Show them how to report or block inappropriate content on **platforms they use**.

Share your concerns about their online safety.

Talk to/with your child about their online life in casual settings (like over dinner or during a walk).

What we do to keep your children safe online

Education - helping them to understand how to be a good digital citizen

Filtering - protecting them from inappropriate content, and being aware of what they are searching for.

Monitoring - all adults in the building are aware of how to keep children safe online, and will actively monitor what they are doing when using computers.



What you can do to keep your children safe online

Education - as well as school demonstrating how to behave online, parent / carer behaviour has a huge influence on young people.

Spend time with your child online - learn what sites / platforms they like to use, and see the world through their eyes.

Location - can their internet access be limited to a family room?

Time limits - not all screen time is bad, but some limits can be healthy.

ISP filtering - use the tools at your disposal on both home internet and mobile devices.



Setting up parental controls



[Online issues](#) ▾ [Guides and resources](#) ▾ [Training and events](#) ▾ [Safer Internet Day](#) ▾ [Blog](#) [Research](#) [About](#)



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

Video guide from BT about how to set up parental



How to set up the parental controls offered by Sky

Video guide from Sky about how to set up parental



How to set up the parental controls offered by TalkTalk

Video guide from TalkTalk about how to set up parental



How to set up the parental controls offered by Virgin Media

Video guide from Virgin Media about how to set up



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.
- **Supervise** - avoid children going online behind closed doors.



Useful websites

<https://standrewsce.rochdale.sch.uk/>

NSPCC <https://bit.ly/40Nlp3M>

Safer Internet <https://bit.ly/40LmitB>

Internet Matters <https://bit.ly/4aKfgKk>

CEOP Safety Centre bit.ly/3Erw3px

CEOP Parents and Carers bit.ly/3EpzAEM

Parental controls on smartphones and apps bit.ly/parentalcontrolsapps



St Andrew's Social Media

Follow our social media pages where we will share the latest #WakeUpWednesday advice sheets from the National Online Safety website.



<https://www.facebook.com/StAndrewsCEPrimary/>



https://x.com/St_Andrews_CE



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