

There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



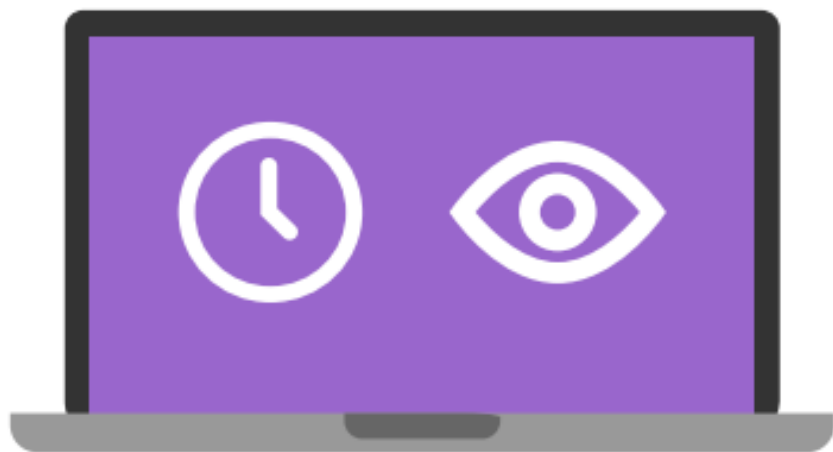
Improve both visual intelligence and hand-eye coordination

89% of 8-11 year olds said that using social media made them feel happy and **82%** said it helped them to feel closer to their friends

2020 Ofcom

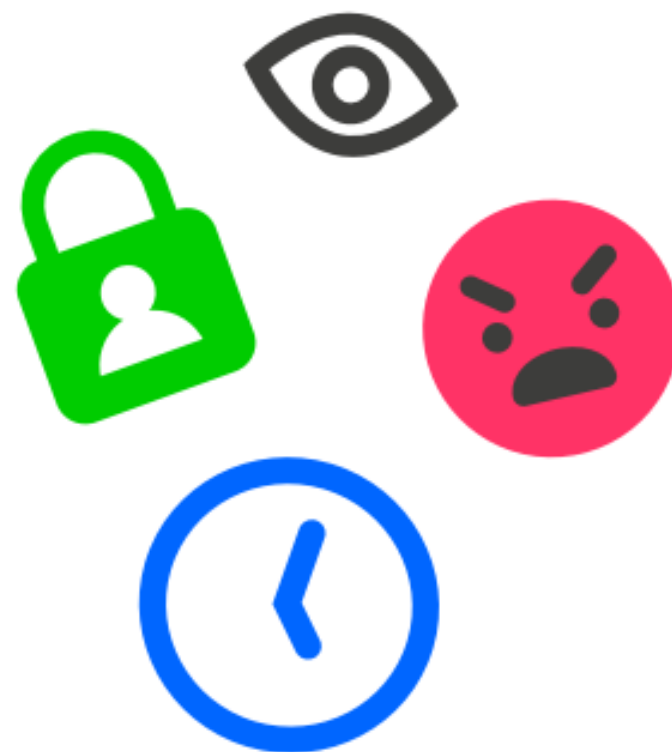
But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment **increases central nervous system arousal**
- Children today are **more forgetful** than OAP's
- One study found that the **more distracted** you are, the less able you are to experience empathy
- Gaming platforms use persuasive design in order to keep people using their product, and **children are particularly vulnerable** to these tactics.



Risks parents are concerned about

Concerns	% of parents
Encouraging self-harm	62%
Privacy and data collection	50%
Cyberbullying	45%
Radicalisation	41%
Excessive screen time	25%



Dealing with inappropriate CONTENT

4.7
million

URLs showing
pornographic content –
more than 12% of the internet

11
years

Average age to **first
view porn online**

1/3

of children have **seen explicit
images** by age of 10

Dealing with inappropriate CONTENT

What to talk about

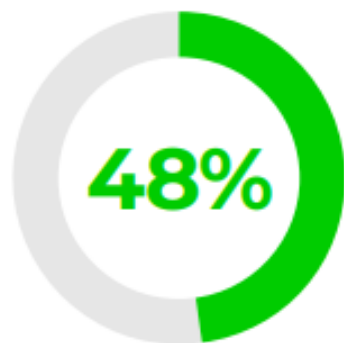
- They can come to you if they see anything that upsets them
- If they have seen pornography... that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

Top tips / tools to use

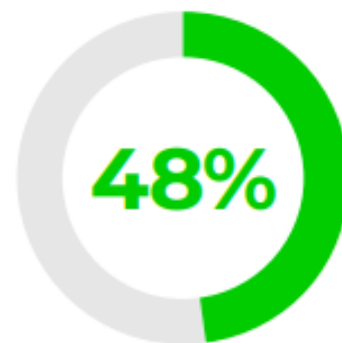
- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child-friendly search engines



Dealing with inappropriate CONTACT



of secondary school children
have talked to strangers
on social media



of 11 year olds **have a**
social media profile

Dealing with inappropriate CONTACT

What to talk about

- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life

Top tips / tools to use

- Set up safe social media profiles that don't share personal information
- Turn off geolocation settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute

Dealing with inappropriate CONDUCT



of children **will**
experience cyberbullying



of children **say someone**
has been nasty online

Dealing with inappropriate CONDUCT

What to talk about

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

Top tips / tools to use

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour

Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

- 1 Turn off notifications on apps to avoid that constant 'ping'
- 2 Buy an alarm clock so you don't have devices in the bedrooms
- 3 Keep phone on silent in your pocket or bag when you pick the kids from school
- 4 'No phones at the table' rule or 'no phones between 6 and 7' rule
- 5 Family tech-free days!



Use Screen Time on your iPhone, iPad or iPod touch

With Screen Time, you can access real-time reports showing how much time you've spent on your iPhone, iPad or iPod touch. You can also set limits for what you want to manage.

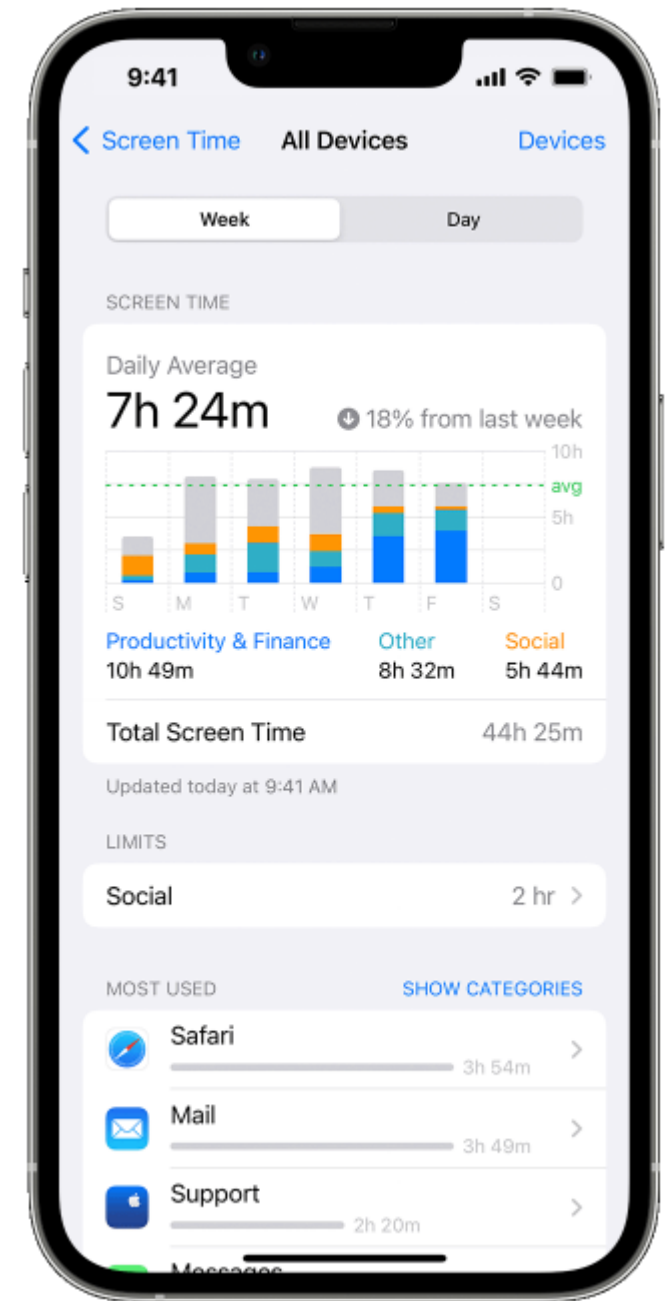
Screen Time lets you know how much time you and your kids spend on apps, websites and more. This way, you can make more informed decisions about how you use your devices, and set limits if you'd like to. Find out how to use parental controls to [manage a child's device](#).

Turn on Screen Time

1. Go to Settings > Screen Time.
2. Tap Turn On Screen Time, then tap it again.
3. Select This is My [device] or This is My Child's [device].

When you turn on Screen Time, you'll see a report showing how you've used your device, apps and websites. If it's your child's device, you can set up Screen Time and create settings on their device, or you can [use Family Sharing](#) to configure your child's device from your device. After you've set up your child's device, you can also use Family Sharing to see reports and adjust settings from your device.

With Screen Time, you can also create a dedicated passcode to secure settings, so only you can extend time or make changes. Make sure you choose a passcode that's different from the passcode you use to unlock your device. To change or turn off the passcode on your child's device, go to Settings > Screen Time and tap your child's name. Then tap Change Screen Time Passcode or Turn Off Screen Time Passcode and authenticate the change with Face ID, Touch ID or your device passcode.



Filter explicit results using SafeSearch

Whether you use Google Search at work, with children, or for yourself, SafeSearch can help you filter explicit content from your results. Explicit results include sexually explicit content like pornography, violence, and gore. [Learn more about Google Search's content policies.](#)


Important: SafeSearch only works on Google search results. It won't block explicit content you find on other search engines or websites that you go to directly.

[Android](#) [Computer](#) [iPhone & iPad](#)

Turn SafeSearch on or off

If you manage your own Google Account, you can turn on SafeSearch for your personal account or browser.

[Google app](#) 

[Mobile browser](#) 

[Android TV](#) 

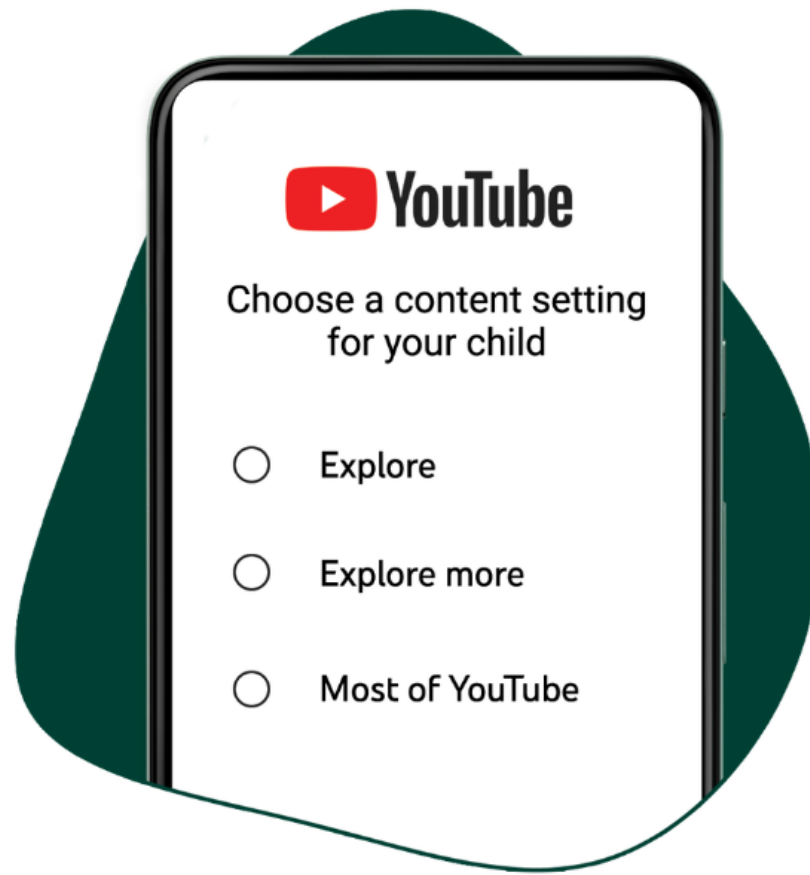
← SafeSearch

SafeSearch helps you manage explicit content in your search results, like sexual activity and graphic violence

- Filter**
Helps filter out explicit images, text and links
- Blur**
Helps blur explicit images, but explicit text and links may show
- Off**
Shows all relevant results, even if they're explicit

More about SafeSearch





Content setting options

Explore	Generally aligns with content ratings for viewers 9+
Explore more	Generally aligns with content ratings for viewers aged 13+
Most of YouTube	Almost all videos on YouTube except for content marked as 18+ and other videos that may not be appropriate for viewers using supervised experiences



You are here: [Home](#) > [Parental Controls](#)

Parental controls guides

Activate parental controls to manage children's devices, apps and platforms, to give them safer online experiences.

[FIND A GUIDE](#)[SEE SAFETY CHECKLIST](#)

 21 Likes

 Share

Activate



Childnet Family Agreement

A great way to start positive family conversations around online safety, and to agree clear expectations and boundaries.

Start by discussing the questions that are most relevant to your family.

Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- Do we already have any rules about use of tech we want to include in our family agreement?

Managing time online

- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

Sharing

- What should we check before posting images and videos online?
- Do we know how to use privacy settings and what makes a strong password?
- How can we use features like livestreaming and disappearing content safely?

Online content

- How do we decide which websites, apps, games and devices are okay for us to use?
- What can we do if we see something online which seems unreliable or untrustworthy?
- How can we stop ourselves accidentally spending money in a game or app?

Communicating online

- Who can we talk, chat or play games with online? Just family? Friends? Anyone?
- How can we keep ourselves safe if we are communicating with people who we only know online?
- How can we look after our friends when we are online?

If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, a video call, to meet up or to share personal information?
- Do we know how to find the report and block buttons on the websites, apps and games we use?

To finish...

- How could parental controls help our family?
- What should happen if one of us breaks the family agreement?
- When should we review our family agreement?

Want expert advice?

www.childnet.com/parents-carers-advice