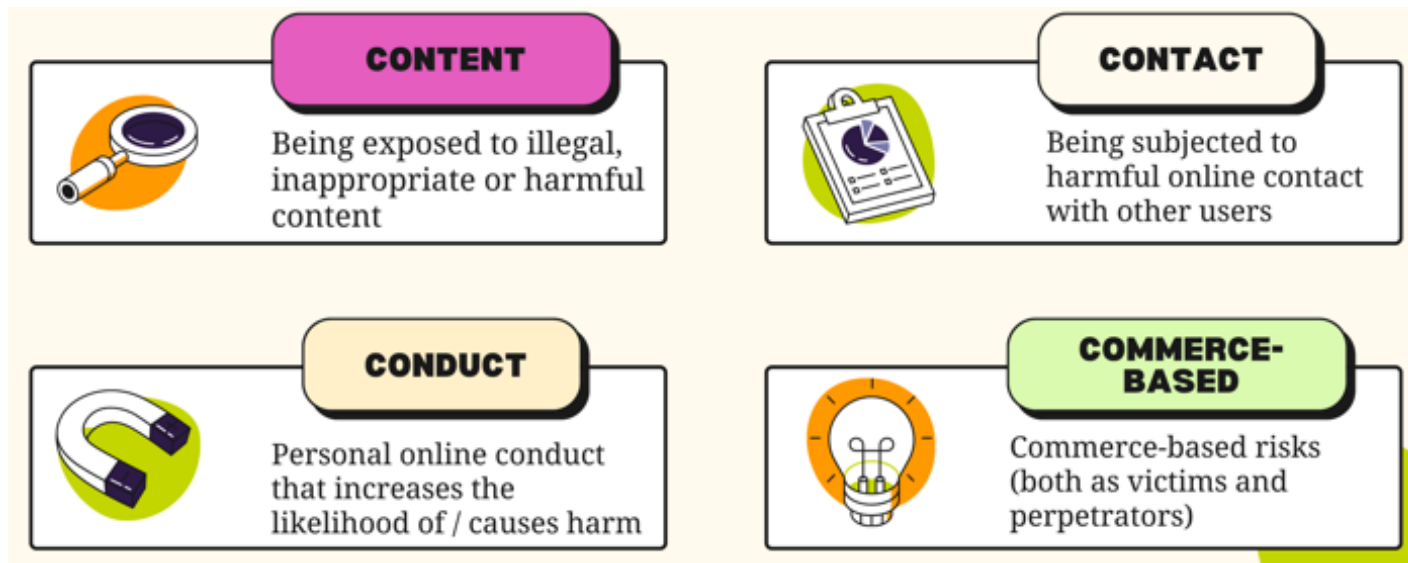


Online Safety

- Online Harms – The 4 Cs
- Worrying Statistics
- Parental Controls
- Tips for Parents



Online Harms – 4Cs



Some Worrying Statistics



90% of girls and 50% of boys have been sent unsolicited explicit content (Ofsted, 2021)

51% of 11-13 year olds in the UK have seen pornography. Of these children, over 60% said it was mostly unintentional (BBFC, 2019)

75% of 15-16 year olds questioned by the Children's Commissioner had been sent a video of a beheading (CC, 2022)

45% of children aged 8-17 have seen content they felt was inappropriate or made them worried or upset. (Children's Commissioner, 2022)

Teens who spend more than 3 hours a day on social media face a doubled risk of depression and anxiety (Jama Psychiatry, 2019)

Current Concerns



- **Deepfakes** (AI-generated imagery/videos) – videos/pictures created with AI to look real. Indecent deepfakes of children are illegal.
- **Sextortion** – online blackmail where a sexual image is procured and then the sender blackmailed
- **Disinformation/Misinformation** (‘fake news’) – false information that is spread deliberately to mislead (disinformation) or without the intent to mislead (misinformation). This includes conspiracy theories.
- **AI chatbots** – apps or interfaces that create human-like conversation, but without all the empathy, morality or ethics to keep children safe
- **Extremist content** (e.g. misogyny) – online content which spreads hatred towards a particular group (e.g. girls/women)

Parental Controls

- Visit www.internetmatters.org/parent-controls for comprehensive guides to setting up parental controls, as well as age-specific advice and tips

How to start your parental controls activation

- 1 Start with broadband controls** – your home's first line of defence. Set up controls on your broadband to filter inappropriate content across all devices connected to your Wi-Fi.
- 2 Protect the devices they use** – including tablets, smartphones, and gaming consoles. Activate device-level controls to manage screen time and app access.
- 3 Add extra protection on the apps they love** – many apps, games, and streaming services have built-in parental controls. Turn these on to manage what they can see and do.

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Tips for Parents

- Talk to your children, be open and stay involved
- Talk to your child about their digital footprint / online reputation
- Set up and regularly check parental controls
- Check your child's privacy settings
- Model the behaviours you wish to see from your child
- Set boundaries and explain the reasons for them

