



**Let's Talk about Online Safety  
28th March 2025  
Jess Morrison, Deputy Headteacher**

## **Aims:**

- **Talking to your child about online safety**
- **Supervision and parental controls**
- **Screen time**
- **Social Media and Gaming**

Please connect to the school wifi (if you use your phone in here today)

Safeguarding is **everyone's** responsibility.

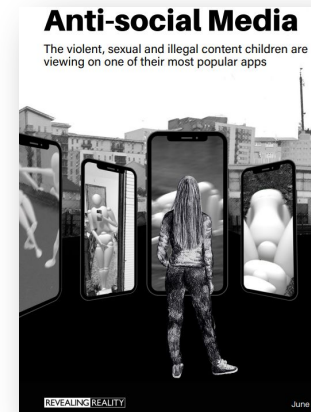
All staff and visitors must have all devices logged into the St Stephen's school wifi

Wifi: **CITL-SSS**

Password: **TW11LF3462**



# This presentation brings together:



## • Key Findings from:

- [Children and parents: Media Use and Attitudes report](#)
- [Children's Online User Ages 2023 Quantitative Research Study](#)
- [Children's Media Lives: Year 10 findings – 19 April 2024](#)
- [Revealing-Reality Anti-social Media Report 2023](#)
- [Internet Watch Foundation Annual Report 2023](#)
- [Evidence on pornography's influence on harmful sexual behaviour among children Report 2023](#)

## • Suggested Resources and Tips for Staff to help Parents/Carers:

- keep up with the latest trends, apps and games
- manage controls and settings
- talk to children about risk





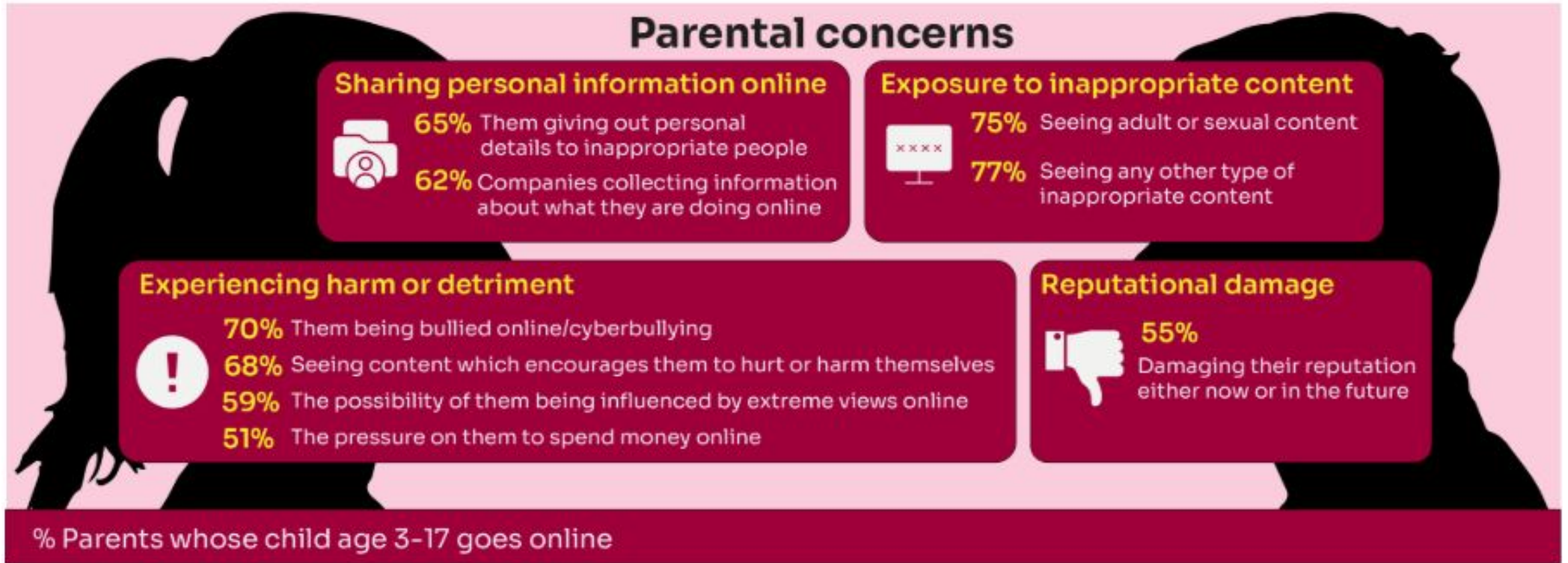
# TALKING TO YOUR CHILD ABOUT LIFE ONLINE

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# Summary of parental concerns (3 – 17 yr-olds)



# 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**.



# Are you **CONFIDENT** to **TALK TO YOUR CHILD**?

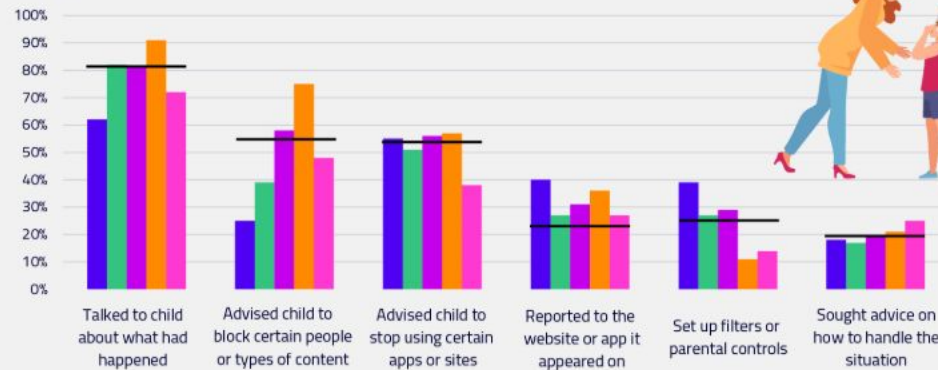
## Is your child confident to **TALK TO YOU**?

### WHAT WOULD YOU DO?

Are there any areas you would not feel confident or comfortable to discuss?

**1 in 5** parents said their child told them about something they'd seen online that scared or upset them

Action taken (%)



Action taken (%)	All (aged 3-17)	Aged 3-4	Aged 5-7	Aged 8-11	Aged 12-15	Aged 16-17
Talked to child about what had happened	81	62	82	81	91	72
Advised child to block certain people or types of content	54	25	39	58	75	48
Advised child to stop using certain apps or sites	53	55	51	56	57	38
Reported to the website or app it appeared on	32	40	27	31	36	27
Set up filters or parental controls	23	39	27	29	11	14
Sought advice on how to handle the situation	19	18	17	19	21	25

**Younger children are more likely to tell someone if they see something worrying or nasty online:**

- **Two-thirds of 8-11-year-olds** say that they would always tell someone (66%)
- **Almost half of 12-15s and 16-17s** (49% and 45% respectively).



# PARENTSAFE

*Keeping your children safe: online & beyond*

This page is for parents - if you are a teacher, click [here](#)

It's never easy to know how to keep our children safe when they aren't with us, and sometimes even when are, if we don't know what's happening in their lives or on their devices! Who are they talking to, what are they doing, are they okay? Don't despair though...scroll through this page for help or click a button to go straight to a particular topics.

TOP TIPS RIGHT NOW

SAFE SETTINGS & CONTROLS

WHAT'S THAT APP?

TALKING TO CHILDREN

SCREENTIME

TOP TOPICS (porn, bullying, ...)

SEX & RELATIONSHIPS

HELP & REPORTING

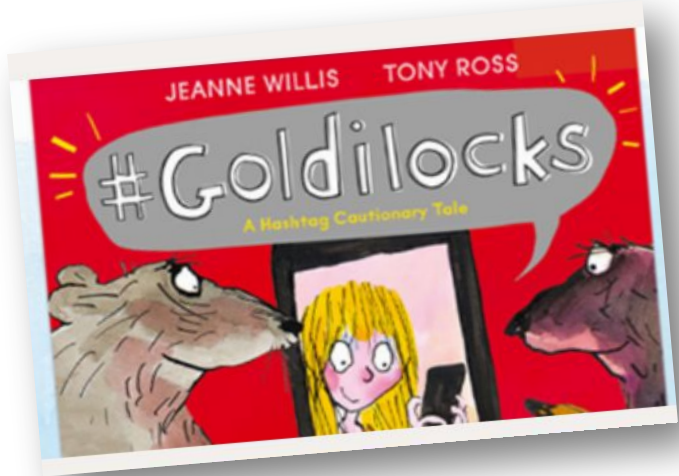
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[parentsafe.lgfl.net](https://parentsafe.lgfl.net)

# TALKING TO CHILDREN ABOUT LIFE ONLINE

Find conversation starters, story time ideas and top tips to reinforce key safety messages at [parentsafe.lgfl.net](https://parentsafe.lgfl.net)



Discussion Guide

Thorn have 18 topic-based discussion guides with questions to help start conversations!



**PARENTSAFE**  
Keeping your children safe: online & beyond





# DEVICE USE AND OWNERSHIP





## SMARTPHONE or 'NON'-SMART / BRICK phone?

- Internet access
- Social media, apps and games
- Notifications
- Anytime connection
- Parental controls



### REMEMBER IT'S YOUR CHOICE

Every child and situation is unique,  
and you are best placed to know their needs

- NO internet access
- Some games
- Anytime phone calls and texts
- Limited parental controls





To help you with the transition of pupils from primary to secondary, why not download our **FREE Leaflet for parents:**

- **understanding risk**
- **using tech for good**
- **healthy habits and tips**
- **when best to get a phone**



On our school website

SafeguardED

## Secondary school ready?

### Pointers for family conversations about safety

#### Use and watch good tech

- Choose technology that supports learning – e.g. maths, languages and BBC Bitesize.
- Enjoy quality TV as a family - avoid endless short-reel videos on individual devices. For ideas see: [commonsensemedia.org](http://commonsensemedia.org)
- Ask your school for device recommendations.

#### Follow school phone policy

- Read the school's policy to support the school and reinforce the messages at home.
- Consider, does your child have the skills to manage a smart phone? Would a more basic phone be better to start with?
- Agree Home Rules for device use too – such as: [familyagreement.lgfl.net](http://familyagreement.lgfl.net)

#### Form good daily habits

- Limit gaming to the weekends – school nights will be busy with homework and clubs.
- Follow minimum age restrictions on apps and games.
- Avoid mindless scrolling. Be mindful of what you digitally consume.
- Read quality books at bedtime.
- Create a study area at home without mobile devices.
- Keep phones and gaming out of bedrooms.
- Buy an alarm clock and consider a "weekend phone" to



#### Real online harms

The NSPCC calls the internet the "Wild West," because extreme and harmful content is easily accessible on mainstream social media and contact with strangers via platforms and games is all too frequent. Children don't always understand the meaning of words nor the impact of viewing/hearing extreme content. They get excited by new friendship groups and often struggle to self-regulate on these highly addictive apps, which nudge children to share photos, videos and location. Schools have behaviour policies which include expectations of online behaviour. Children who reuse rude words they've heard online or share inappropriate content could face serious consequences.

- Be involved and set security passcodes on children's devices. Consider limiting access to this 'junk food' type tech





# **SUPERVISION AND PARENTAL CONTROLS**

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# What **RULES** do **YOU SET** about being online?

Information their child can share online (49%)

Spending money online (52%)

Who you can interact with online

While parental concerns in some areas have increased considerably, their **enforcement of rules appears to be diminishing**, partly because of **resignation** about their **ability to intervene** in their children's online lives.

Types of websites and apps they can use (41%)

Where and when devices can / can't be used

Video content their children are allowed to watch online (67%)

# Age Restrictions for Social Media Platforms

13

is the minimum age for account holders on these social media sites and apps.



X (formerly Twitter)



Facebook



Instagram



Pinterest



Messenger



TikTok



Discord



Snapchat



Twitch



Yubo



Reddit



YouTube



BeReal

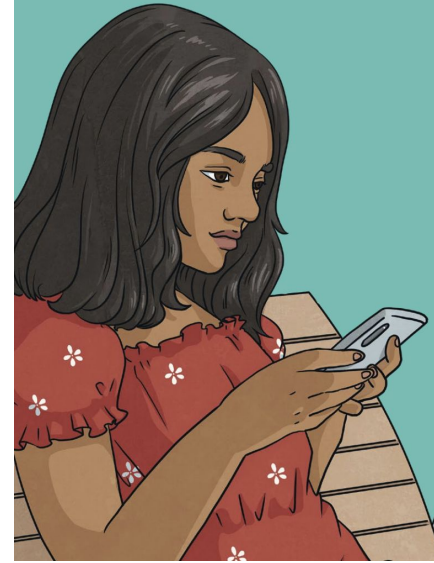


WhatsApp

# Age Restrictions for Social Media Platforms

16

is the minimum age for account holders on these social media sites and apps.



Nintendo Online Account



Vimeo



Tumblr

18

is the minimum age for account holders on these social media sites and apps.



Xbox Live Account



PSN Online Account



Publish date: 06/02/19

# What parents need to know about AGE RATINGS

If you have children, it is understandable to have concerns about the films and TV shows they watch, as well as the games they play. In this guide, we take a look at the two official ways you can assess if a particular title is suitable for your child. Both the BBFC and PEGI have search facilities on their websites that can be used to look up individual titles so you can check their ratings.

## RATINGS FOR FILMS, TV & MUSIC VIDEOS

Since 1912, the BBFC (British Board of Film Classification) has informed UK residents of the age suitability of films, TV and music videos - providing parents with the information needed to assess whether or not it is appropriate for their child's age. This applies to cinema releases, DVDs and streaming video services such as Netflix.

### WHAT ARE THE BBFC RATINGS?

BBFC ratings are broken down into seven age categories:

- U**: Universal, suitable for all ages
- PG**: Parental Guidance required
- 12**: Suitable for people aged 12 and over
- 12A**: Suitable for people aged 12 and over; anyone younger must be accompanied by an adult
- 15**: Suitable for people aged 15 and over
- 18**: Suitable for people aged 18 and over
- R18**: Adult content only available in specially licensed cinemas and specialist retailers

### WHAT ELSE CAN BBFC REVEAL?

Accompanied with the age suitability rating, BBFC also provide an additional warning regarding the content and what to expect, such as swearing, sexual content, violence and anything you may consider to be inappropriate for your child. In addition to this, the content is also rated in three levels: frequent, mild or strong.

### LIMITATIONS OF BBFC RATINGS

It's important to note that there is no obligation on streaming video services to use or display BBFC ratings. Due to this, we advise that you check the rating online before your child streams the content. It may also be a good idea to watch the content first yourself or discuss it with other parents to help you decide whether or not it is suitable for your child.

## RATINGS FOR GAMES

PEGI (Pan European Game Information) is a content rating system that ensures all video games are labelled with a minimum age recommendation. These age recommendations are based on the types of content featured within a game. With each game, PEGI also provide a content descriptor that indicates the potential issues and concerns, including sex, violence, bad language and drugs.

### WHAT ARE THE PEGI RATINGS?

PEGI ratings are split into age restriction and content descriptors. Additional 'content descriptors' help parents and children to understand the type of content featured within a particular game, including sex, fear, bad language, discrimination, gambling, drugs, violence, and in-game purchases. In combination, the two different ratings can provide a good level of information to help make informed decisions regarding the suitability for your child.

PEGI age ratings are broken down into five categories:

- 3**: [www.pegi.info](http://www.pegi.info)
- 7**: [www.pegi.info](http://www.pegi.info)
- 12**: [www.pegi.info](http://www.pegi.info)
- 16**: [www.pegi.info](http://www.pegi.info)
- 18**: [www.pegi.info](http://www.pegi.info)

PEGI content descriptors are broken down into eight categories:

- FEAR
- DRUGS
- IN-GAME PURCHASES
- VIOLENCE
- BAD LANGUAGE
- DISCRIMINATION
- GAMBLING
- SEX

### LIMITATIONS OF PEGI RATINGS

It's possible for young people to buy games online without a required proof of age, opening them up to age-inappropriate content without you knowing. We advise that you regularly monitor your child's gaming activities and maintain a honest and healthy dialogue with them about the online world.

### PARENTAL CONTROLS

It is a good idea to put in place parental controls for all online accounts which your child may use to purchase or download online games e.g. The App Store, Google Play Store, PlayStation Store and Microsoft Xbox Store etc.

Source: [www.bbfc.co.uk](http://www.bbfc.co.uk) | Source: [www.pegi.info](http://www.pegi.info)

[#wakeupwednesdays](https://www.instagram.com/wakeupwednesdays)

Brilliant weekly updates on aspects of online safety - easy to digest.

Available on social media platforms - Instagram, Facebook, X)



## Why not have a family agreement to:

- **clarify** what is allowed...or not
- **establish** ground rules like no phones at the table or in the bedroom at night-time
- **agree** shared expectations to reduce arguments and keep everyone safe & healthy



Download it at [parentsafe.lgfl.net/digital-family-agreement](https://parentsafe.lgfl.net/digital-family-agreement)



# Digital Family Agreement



LGfL DigiSafe®



*I will:*

*Why?*

Check with mum before getting a new app or game or buying an add-on so she can check it's safe

Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry

Check with mum or dad before going live and explain what I can do to avoid any risks

Not post or share any personal information, e.g. mobile, address, to stay private and safe

Put my phone down when we're eating together or mum or dad want to talk, as it's respectful

Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep

Come off my devices an hour before bedtime to unwind and Sleep well

**If there are any issues:**

We will talk about it calmly and respectfully  
I may have to show you more about what I am doing on devices, or other consequences



*Parent/carer will:*

*Why?*

Put our devices down when you want to talk to me/us so we can model good behaviour

Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk

Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy

Ask permission before sharing any photos of you, to respect your privacy

**If I'm worried by anything:**

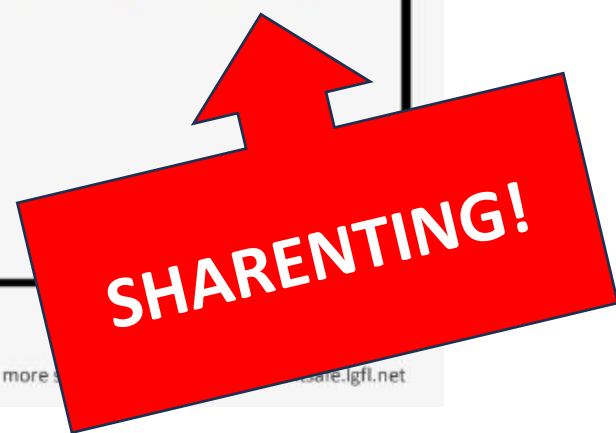
I can tell mum or dad and they won't judge me  
I can talk to Ms Patel at school  
I can contact Childline or The Mix

Signed: *Sophie* Mum Dad

Today's date: *24th March*

Date we will review this: *24th May*

Download me again and find more... [parentsafe.lgfl.net](https://parentsafe.lgfl.net)



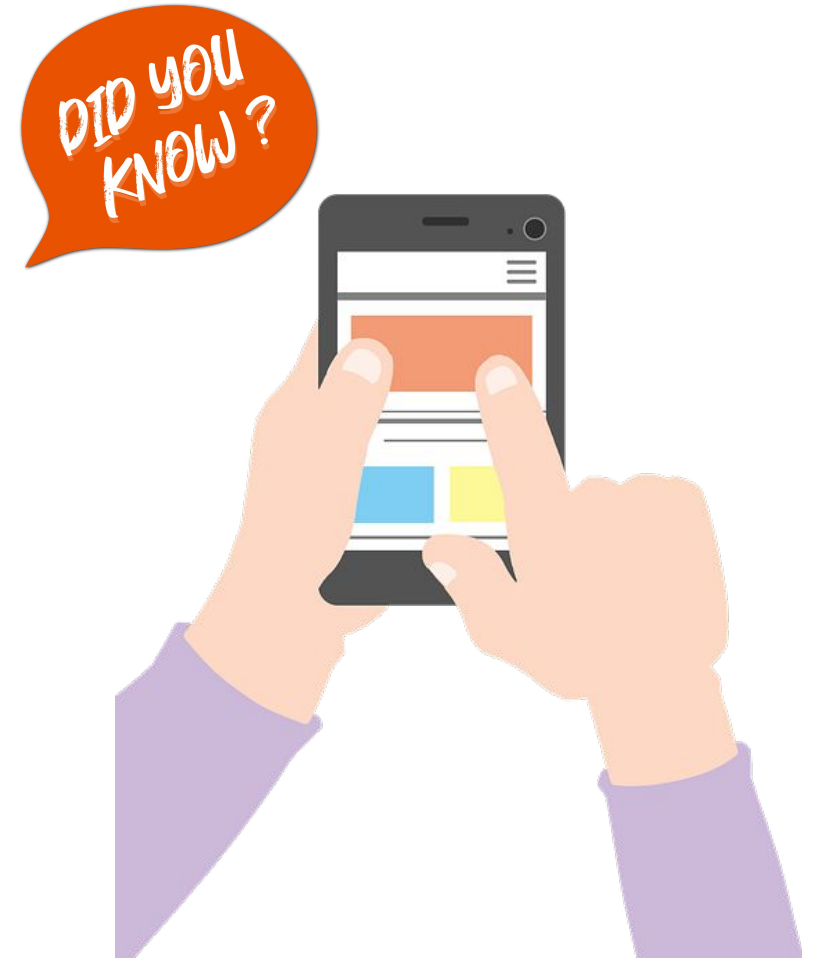
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## Have you set up parental **CONTROLS/PRIVACY SETTINGS** for **ALL DEVICES** and **NETWORKS**?

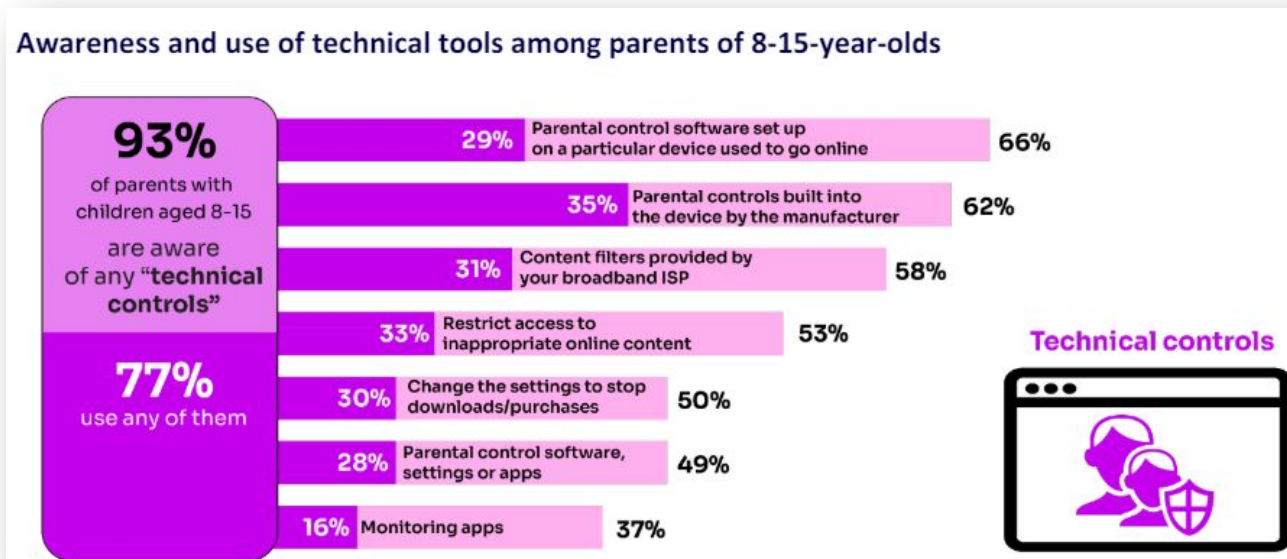
- Controls have to be set up on both the **broadband connection** AND **each individual device**
- These **do not come as standard** so it's worth checking
- They are important because they allow you to:
  - **Block and filter** upsetting or inappropriate content or sites
  - **Plan what time and how long** your child can go online for






High awareness of technical control tools among parents, BUT many are choosing not to use them  
**WHY DO YOU THINK THIS IS THE CASE?**

- Around four in ten parents who know about content filters **prefer to rely on their child's ability** to navigate online content **rather than to have a technical filter**



**'I prefer to supervise my child's online use by talking to them about setting rules' (39%)**

Visit [www.internetmatters.org/parental-controls/](http://www.internetmatters.org/parental-controls/) to find out how to set controls on devices:




**Set up devices safely**

Set parental controls on a range of devices, apps, and platforms with our how-to guides.

Smartphones & other devices


Select the smartphone, other device or OS from the dropdown list:



**VIEW ALL**

Broadband & mobile networks


Select your network provider from the dropdown list:



**VIEW ALL**

Social media


Select the social media app or platform from the dropdown list:



**VIEW ALL**

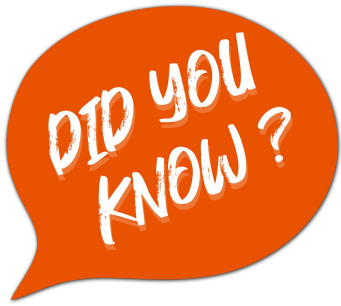
Video games & consoles

Select the video game or console from the dropdown list:



**VIEW ALL**





Parental control apps like [Google Family Link](#), [Screen Time](#) and [Microsoft Family](#) can let you set limits across devices, apps and platforms

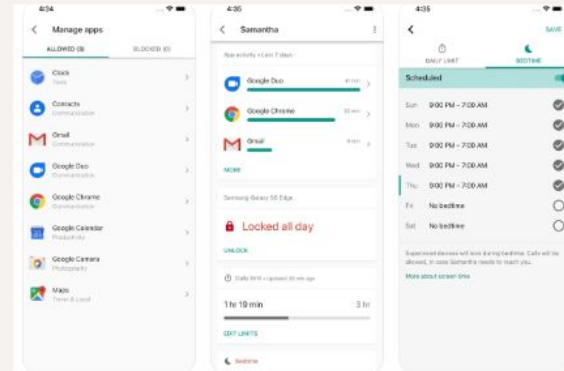
## SAFE SETTINGS, CONTROLS & MONITORING

Apple, Android and Microsoft have tools to help you control what younger children can use and how long for. Click the images below for details. Once they are older and have your trust, the same tools can help avoid arguments and help them learn to self-regulate (how long have they really been on insta today? have they put down the phone at all in the last week?).



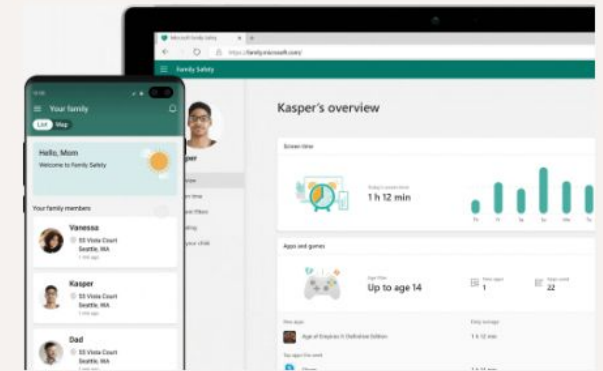
Apple Screen Time

Great for both parental controls and teen self-regulation



Google Family Link

Digital Wellbeing is the next step for the older ones after Family Link



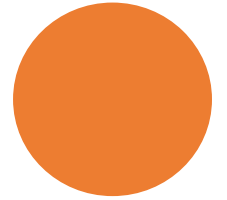
Microsoft Family Safety

There are no self-regulation features for older teens, but Family Safety is great for the younger ones



# REMEMBER

- As children get older, restrictions and controls you use will change, but only at a pace you feel is appropriate for your child, not pressure from your child *“because everyone else is allowed”*
- Content filters are never 100% effective, at some point your child may come across inappropriate or upsetting content, so *make time to talk regularly*



# SCREENTIME

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## How does your child feel about **YOUR SCREENTIME vs THEIRS?**

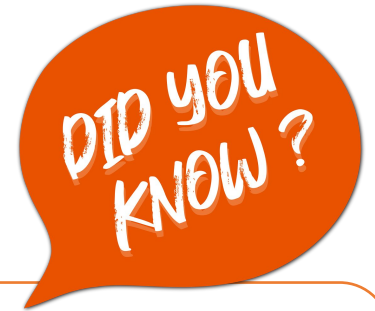
“ When I grow up, I want to be an iPhone so my mum will talk to me ”  
~ London pupil

Download me again from [safeposters.lgfl.net](https://safeposters.lgfl.net)

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**MAKES YOU THINK...**  
Talk to your child about their device use, but remember yours, too

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45% of 8-11s feel that their parents' screentime is too high

35% of 8-17s feel that their own screentime is too high

Source: Children and parents: media use and attitudes report 2024



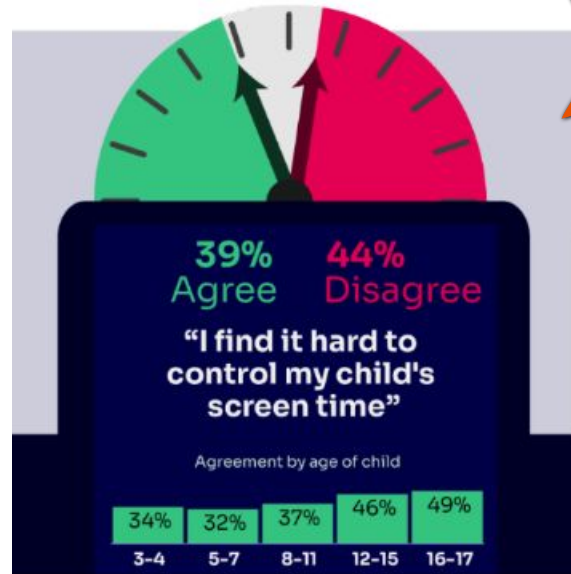
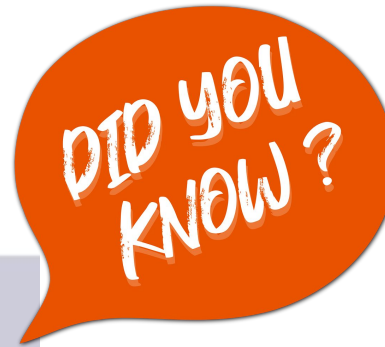
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**WORRIED** about their **SCREENTIME??**

Do you know **HOW LONG YOUR CHILD SPENDS** online daily?



- Children spent an average **3 hours 5 minutes per day** accessing the internet, across smartphones, tablets and computers
- Four in ten (39%) parents of children aged 3-17 report finding it **hard to control their child's screentime**





Visit [parentsafe.lgfl.net/](https://parentsafe.lgfl.net/) for advice and tips to manage screentime

## SCREENTIME

Lots of parents worry about it, but we don't think you should worry about screentime - it's not **how long** they are online but **what and when they are doing** that counts (and the same goes for grown-ups, like in the Will Ferrell video above). You can use the control settings near the top of this page to regulate screen time in general and on specific apps, but beyond that we recommend you follow the Children's Commissioner's 'Digital 5 A Day' and help your children to aim for each of the targets in this pie chart ↪

Children's  
COMMISSIONER



Digital 5 A Day  
Simple steps to a balanced digital diet and better wellbeing

The UK Chief Medical Officers agree - check out [their version of what counts](#).

### UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

#### Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



#### Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone - when in doubt, don't upload!



#### Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



#### Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



#### Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



#### Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed - make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



#### Family time together

Screen-free meal times are a good idea - you can enjoy face-to-face conversation, with adults giving their full attention to children.



#### Use helpful phone features

Some devices and platforms have special features - try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



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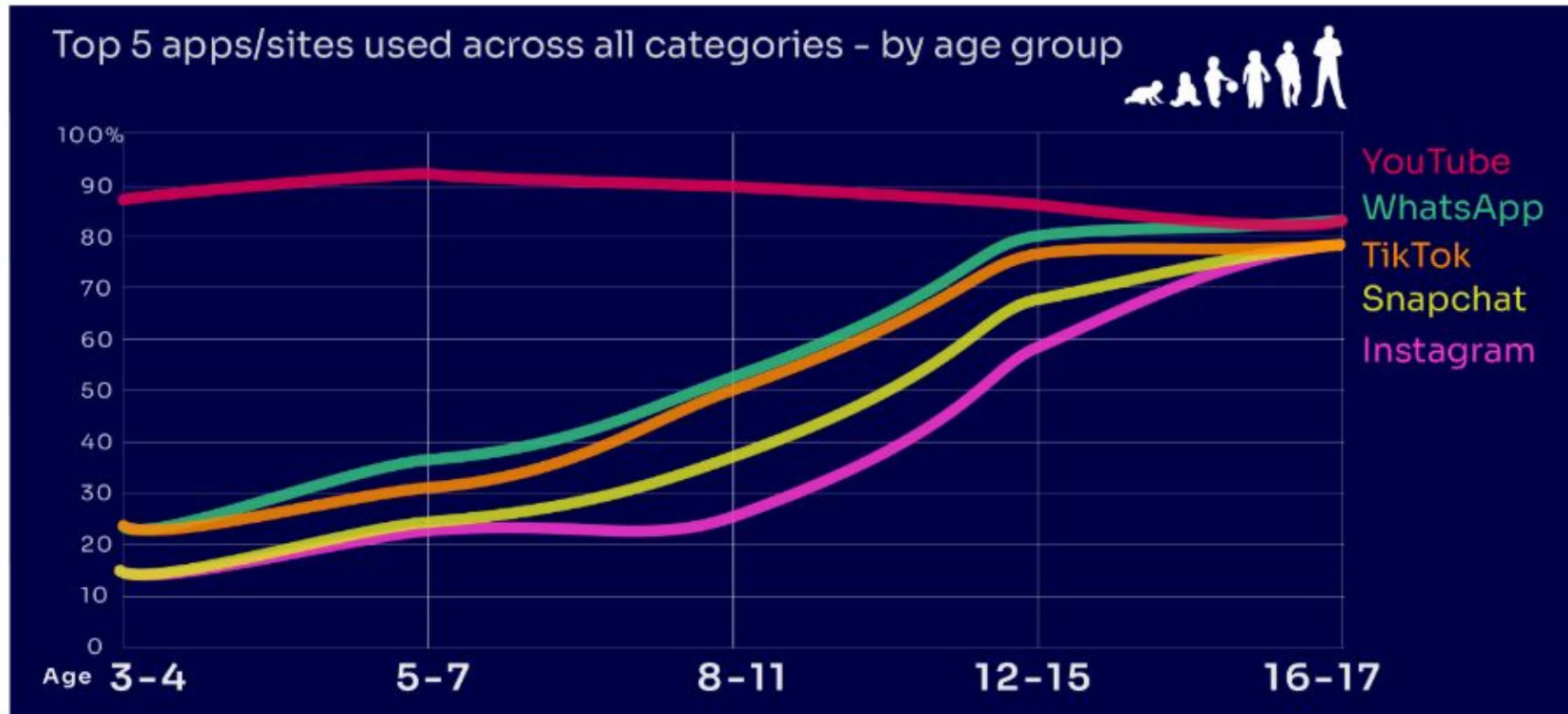
# **SOCIAL MEDIA AND GAMING**



# Are you **FAMILIAR WITH THE APPS** and **GAMES** your child is on?

**YouTube** is the most popular, but the appeal of many social media platforms varies by age

*DID YOU KNOW?*



- under two in ten of all 3-4-year-olds use **Instagram** and/or **Snapchat**
- this rises to eight in ten among 16-17s

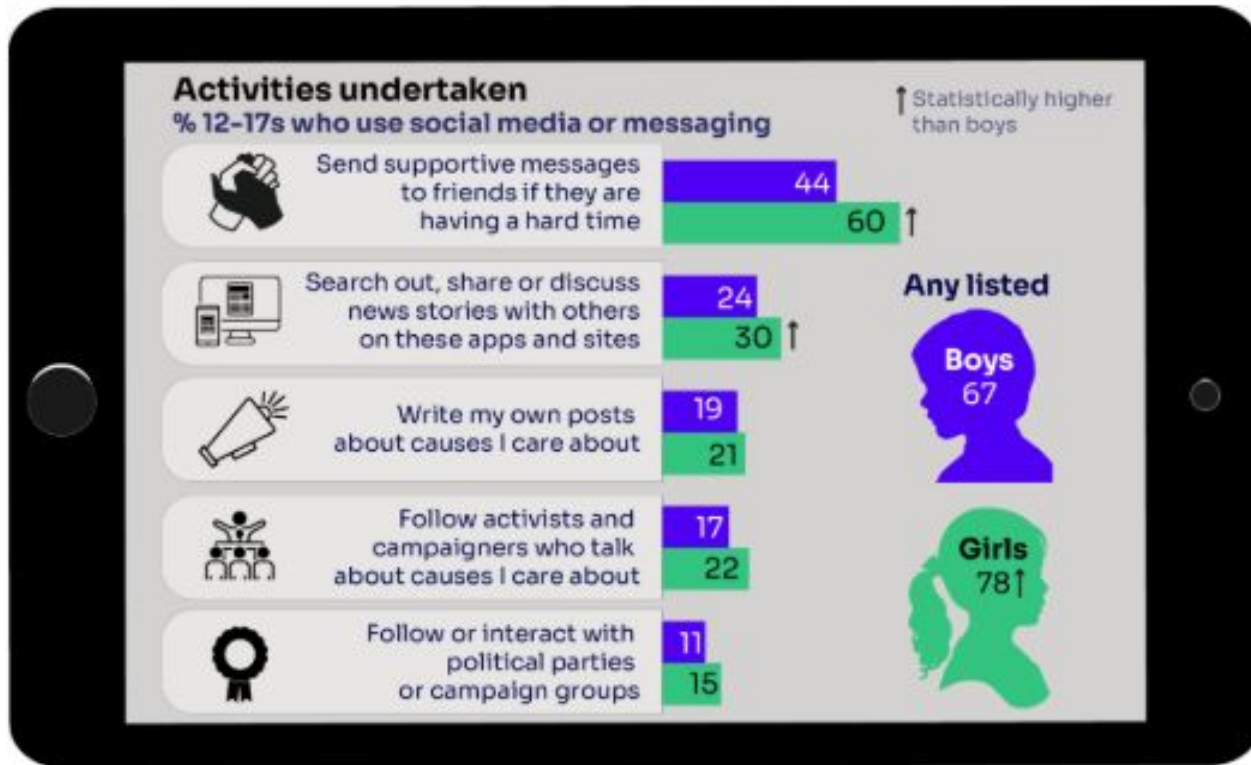
- under a quarter of all 3-4-year-olds use **WhatsApp**
- this rises to over eight in ten of all 16-17-year-olds





# KNOW WHAT THEY DO on social media?

Eight in ten (81%) of all children aged 8-17 use at least one social media app/site for following friends, people and organisations, reading, liking or sharing content



Many used sites and apps like **TikTok** and **Instagram** to consume content

**Snapchat** was the most favoured platform to message and communicate with friends.

“I don’t think I could live without Snapchat anymore.... I’ve got all my friends on it, and we have like group chats where we all call, like, all the time, and we text each other and Snap each other” **Suzy, 12**

Go to [apps.lgfl.net](https://apps.lgfl.net) for guidance on apps and social media sites



## WHY DOES THIS MATTER?

- Young people **can get around age restrictions** on apps and websites, increasing the risk of them coming to harm online
- Many children have online profiles that make them appear older than they actually are – exposing them to **content inappropriate for their age**
- **Addictive algorithms can make it harder to take a break** and maintain a healthy balance between time on and offline
- Algorithms can also target content similar to what you've already selected/liked/shared. This can prevent you from finding new ideas and perspectives, create **misinformation** and **reinforce stereotypes**.





## What about **WHATSAPP**?

Do you know the **minimum age** to use this?

What are the **risks**?



### **Unwanted contact**

to contact somebody on WhatsApp, all you need is their phone number, which could expose you to unwanted messages or calls

### **Inappropriate content**

messages are end-to-end encrypted which means that the content cannot be monitored. This means that your child could see or hear harmful or upsetting content e.g. pornography or violence.

### **Location sharing**

live location feature means that your child could reveal their current location to others

### **Cyberbullying**

children could be bullied, feel left out or deliberately excluded or removed from groups

### **Oversharing**

privacy features, such as disappearing and 'view once' messages, might mean that your child feels safe to reveal private or risky information or images. However, there is always a risk that this could be copied and shared



What can you do?

The infographic features the WhatsApp logo and the text 'WhatsApp safety guide for parents' in a bold, sans-serif font. In the top right corner, there is a green box with the text 'internet matters.org'. Below the title, three yellow boxes display statistics: '13+' for 'WhatsApp's minimum age in the UK', '58%' for 'Kids aged 3-17 who use WhatsApp', and '37%' for 'Kids under 13 who use WhatsApp'. To the right of these statistics is an illustration of a woman with dark hair in a bun, wearing a blue shirt, holding a black smartphone. Below the statistics, a section titled '5 tips to keep kids safe on WhatsApp' is introduced with a dotted line. The tips are numbered 1 to 5, each with a yellow icon: a padlock for tip 1, a person icon for tip 2, a speech bubble for tip 3, a magnifying glass for tip 4, and a checkmark for tip 5. The background of the infographic is white with faint, repeating icons of WhatsApp-related symbols like messages, calls, and profiles.

**WhatsApp**  
safety guide for parents

internet matters.org

**13+**  
WhatsApp's minimum age in the UK

**58%**  
Kids aged 3-17 who use WhatsApp

**37%**  
Kids under 13 who use WhatsApp

**5 tips to keep kids safe on WhatsApp**

- 1 Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.
- 2 Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.
- 3 Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.
- 4 Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.
- 5 Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.



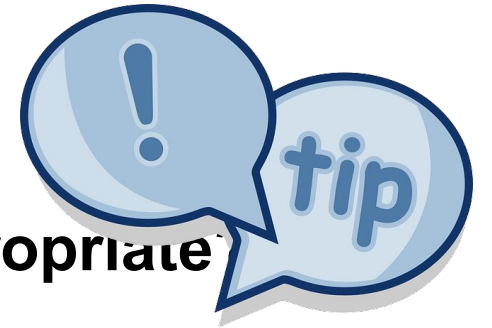
SafeguardED

Visit

<https://www.internetmatters.org/resources/whatsapp-safety-a-how-to-guide-for-parents/#whatsapp-safety-ti>



## How can **YOU GET INVOLVED?**

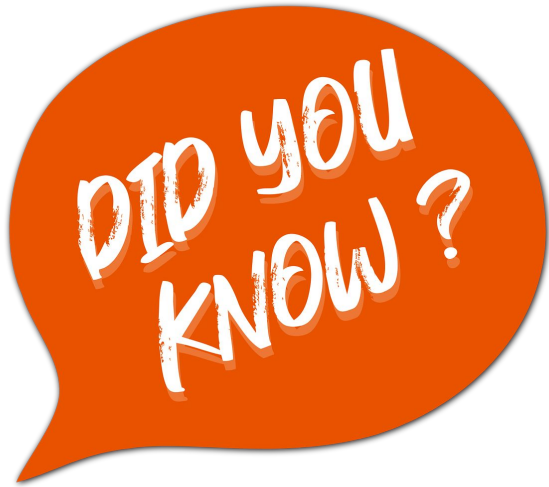


- **ASK** what type of games your child enjoys – are they **age-appropriate**
- **PLAY** games together - keep the tech in **shared spaces** rather than bedrooms
- **TALK** about **who they are playing** with - what **information** are they sharing?
- **EXPLAIN** what is/isn't **appropriate to share**, e.g. personal details to identify them/location
- **AGREE** how they will spend their **money** online
- **DISCUSS** what they would do if they were **bullied** online, and what steps to take
- **DECIDE** **how long is appropriate** to play in one session - how many sessions a day
- **SETUP** these restrictions in **parental settings** with your child

Visit [gaming.lgfl.net](https://gaming.lgfl.net) for advice and activities to keep them safe

# PEGI helps parents to make informed decisions when buying video games:

- The age rating confirms that the game content is appropriate for players of certain age
- It considers the age **suitability** of a game, **not the level of difficulty**



**TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS**

<a href="http://www.pegi.info">www.pegi.info</a>	<a href="http://www.pegi.info">www.pegi.info</a>	<a href="http://www.pegi.info">www.pegi.info</a>	<a href="http://www.pegi.info">www.pegi.info</a>	<a href="http://www.pegi.info">www.pegi.info</a>

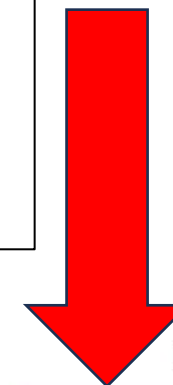
**THE CONTENT DESCRIPTORS**

IN-GAME PURCHASES	FEAR	DISCRIMINATION	DRUGS	GAMBLING	BAD LANGUAGE	VIOLENCE	SEX

Find ratings and reviews for parents on apps, games and social media at [commonsensemedia.org](https://www.commonsensemedia.org)



Movies	TV	Books	Games	Podcasts	Apps	YouTube	Parent Tips and FAQs	Celebrating Cor
<b>By Age</b>			<b>By Topic</b>			<b>By Platform</b>		
Preschoolers (2-4)			Screen Time			TikTok		
Little Kids (5-7)			Learning			Snapchat		
Big Kids (8-9)			Social Media			Minecraft		
Pre-Teens (10-12)			Cellphones			Roblox		
Teens (13+)			Online Safety			Fortnite		
			Identity and Community			Discord		
			More ...			More ...		



[See full review](#)

[See full review](#)



APP  
**Snapchat**  
✓ age 16+ ★★★★★  
Send moments in photos, watch curated content; use wisely.  
Devices: iPhone, iPod Touch, iPad, Android (2011)



APP  
**Discord**  
✓ age 13+ ★★★★★  
Voice and video chat; slick features, some mature content.  
Devices: iPhone, iPod Touch, iPad, Mac, Android, Windows app (2017)



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# RESOURCES AND SUPPORT

**LGfL** 

**SafeguardED**



Visit [parentsafe.lgfl.net](https://parentsafe.lgfl.net) for tips and ideas to help parents:

- Manage **screen time**
- Set controls **and settings**
- Understand **apps and games**
- Talk to children about **risk** - from bullying & sharing content, to extremism & gangs

# parentsafe.lgfl.net



**LGfL**  **SafeguardED**

**LGfL** 

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# Where to get help?

[www.internetmatters.org/parental-controls/](http://www.internetmatters.org/parental-controls/)

[#wakeupwednesdays](https://twitter.com/wakeupwednesdays)

Brilliant weekly updates on aspects of online safety - easy to digest.

Available on social media platforms - Instagram, Facebook, X)



# We are always here to listen and help...



Building each other up,  
in love and learning.

## What to do if you are concerned about a child – a step-by-step guide.

- 1. Always ring 999 if you or a child is in immediate danger, or where you feel a child is at risk.**  
If you are unable to contact a DSL, you may refer directly to children's social care by telephoning the Single Point of Access.  
Richmond Borough- 0208 547 5008  
Hounslow Borough- 0208 583 6600 (option 2)
- 2. If you have concerns about a child, speak to the Designated Safeguard Lead (DSL) without delay.** Please remember that even a small concern must be reported. If the DSL is not available, please contact one of the Deputy DSLs.
- 3. If you are concerned about the conduct of any member of staff or volunteer, contact the DSL immediately.** If your concern is in relation to the DSL, speak to the Chair of Governors or Safeguarding Governor (please ask at reception for contact details). If you are still concerned or cannot speak to the above, contact NSPCC Whistleblowing Advice Line: 0800 0280285 or [HELP@NSPCC.ORG.UK](mailto:HELP@NSPCC.ORG.UK). You will also find details of how to contact The LADO in the staffroom.
- 4. We will ask you to record your concerns and any action taken.** These are confidential and should be handed to DSL to store securely with our Safeguarding and Child Protection Files. All staff must record any details through CPOMS.
- 5. The DSL may decide it is necessary to refer a child to the Single Point of Access (SPA) or Hounslow Services if they are concerned that the child is at risk or may be at risk of "significant harm".** We have a safeguarding culture in school of "It could happen here", which means that at all times the safety of the child is paramount. If you feel that the safeguarding concern has not been dealt with appropriately, please challenge.
- 6. As a member of staff, you would have completed training and read all the safeguarding policies including the Staff Code of Conduct.** As a visitor or volunteer, you are required to read our Safeguarding Policy, Part 1 of Keeping Children Safe in Education, Acceptable Use Policy and Guidance to Safer Working Practices before visiting our school site. Any person who is in the school or working with our children are expected to read and then adhere to all Safeguarding Policies. If you are unsure about any of the content, please ask the DSLs. Any concerns about people not follow policy and procedure must be highlighted immediately to the person and the DSL.
- 7. Anyone who is in school must wear a lanyard, which highlights to all whether you have a DBS.** If you do not have a DBS, another adult who has a DBS must accompany you at all times.
- 8. If you're worried about a child, even if you're unsure, you can contact the NSPCC helpline 24/7 for help, advice and support: 0808 800 5000 or [help@nspcc.org.uk](mailto:help@nspcc.org.uk)**



Elizabeth Bachour  
Designated Safeguarding Lead



Jessica Morrison  
Deputy Designated Safeguarding Lead



Lydia Cuddy-Gibbs  
Deputy Designated Safeguarding Lead



Hannah Smart  
Deputy Designated Safeguarding Lead



Rachel Mowbray  
Deputy Designated Safeguarding Lead



Naomi Mulholland  
Deputy Designated Safeguarding Lead



Jo Meier  
Deputy Designated Safeguarding Lead





Please use this QR code to help us plan our next parent/carer online safety sessions.