



# Online Safety Workshop

Mr Mothada, Ms Blackie & Ms Costa | Monday 9th February 2026





# Internet Safety Workshop

## Agenda

1. Current national and local themes
2. How we support pupils in school
3. Strategies to support your child at home
4. Questions



- 1. National and local problems around internet safety.**

# National Data



By age 11, 91% of UK children have their own smartphone (source: [Guardian](#))

Almost a quarter of 5-7 years have a smartphone (source: [BBC](#))

TikTok is an app that takes up a lot of time for children. In 2023, the average time spent by a child on TikTok was 127 minutes a day (source: [Statista](#)).

A sleep study found that 6-36-month-old children who spend a long time using touchscreen devices were more likely to struggle falling asleep (source: [Firelands](#)).

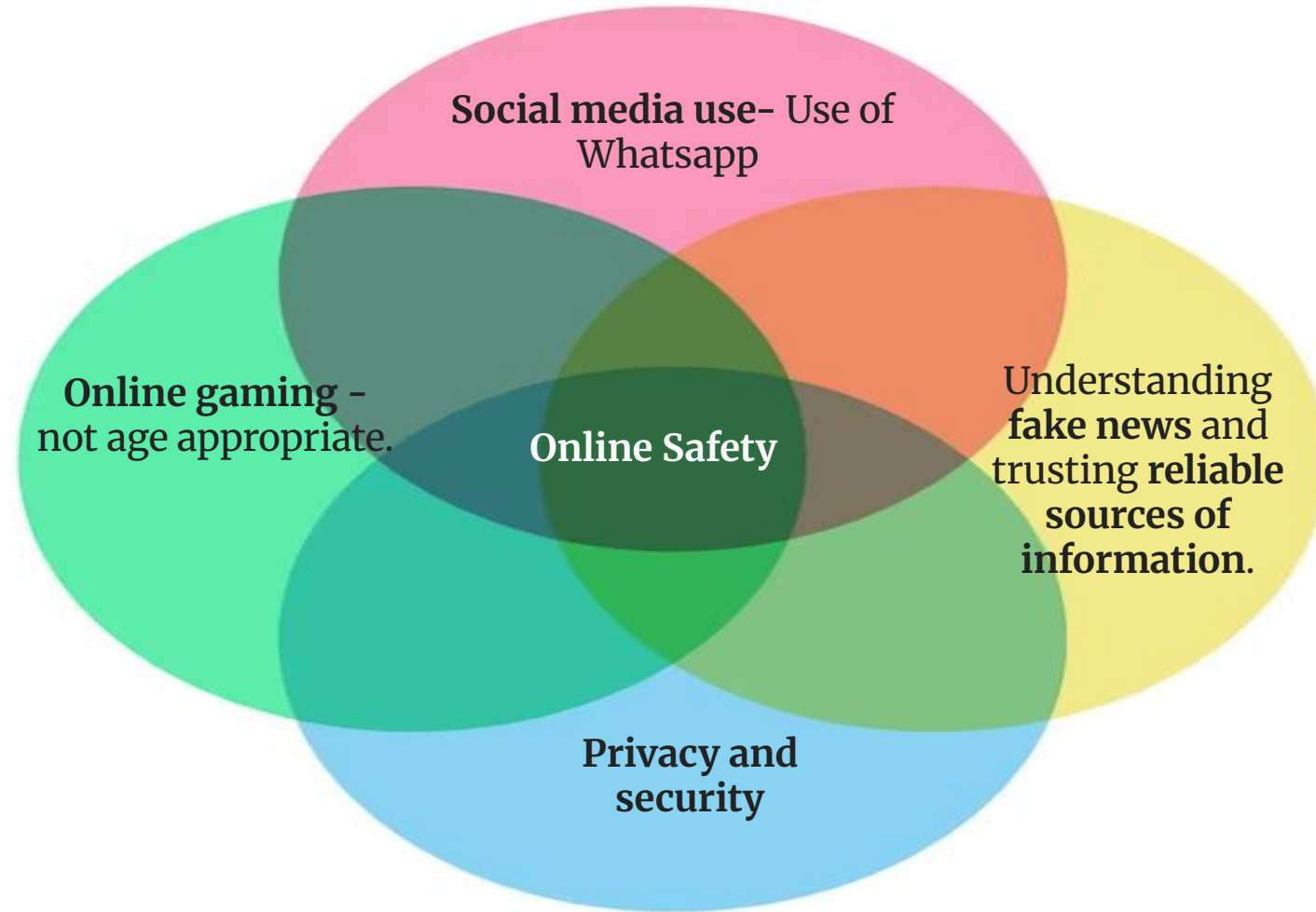
Nearly 25% of children and young people use their smartphones or tablets that is consistent with behavioural addiction (source: [UK Parliament](#))

37% of 3-5 year olds engage with some form of social media app (Source: [Ofcom 2025](#))

**59% of 5-15s now play games online**, increasing from 53% since 2018 and 45% five years ago. (source: Ofcom 2019)

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# School Themes



# School Themes



- > Over 20% over pupils in KS2 have access to a mobile phone and social media
- > A high proportion of pupils in Year 5 and 6 have been setting up groups on Whatsapp
- > Sharing usernames and passwords
- > Pupils accessing games that are not age appropriate and can promote violence
- > There have been incidencies of pupils using Whatsapp and accepting friend requests from strangers
- > There have been incidencies of pupils accepting requests from strangers on Snapchat and being exposed to indecent images



**2. How we keep your children safe in school.**

# How we teach internet safety in school



It is one of the **key National Curriculum objectives** for Computing. However it also features within our **personal development curriculum** such as in **PSHE** lessons and **assemblies**.

## KS1

> 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.

## KS2

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

# Our Approach

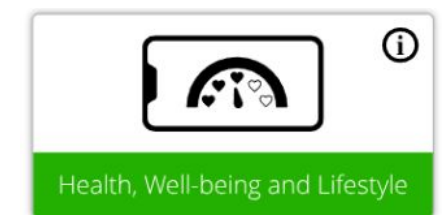
'All children are safe' is our first aim as a school. The online world is full of opportunity, learning and risks and learning to navigate it safely is critical. Our curriculum is designed to help all children be **responsible, effective** and **educated online learners**. We regularly revise and consult on our approach and content to ensure we are up to date with the latest advice, guidance and legislation.

**This year** we implemented a specific set of lessons designed to increase our teaching of online safety to our pupils.

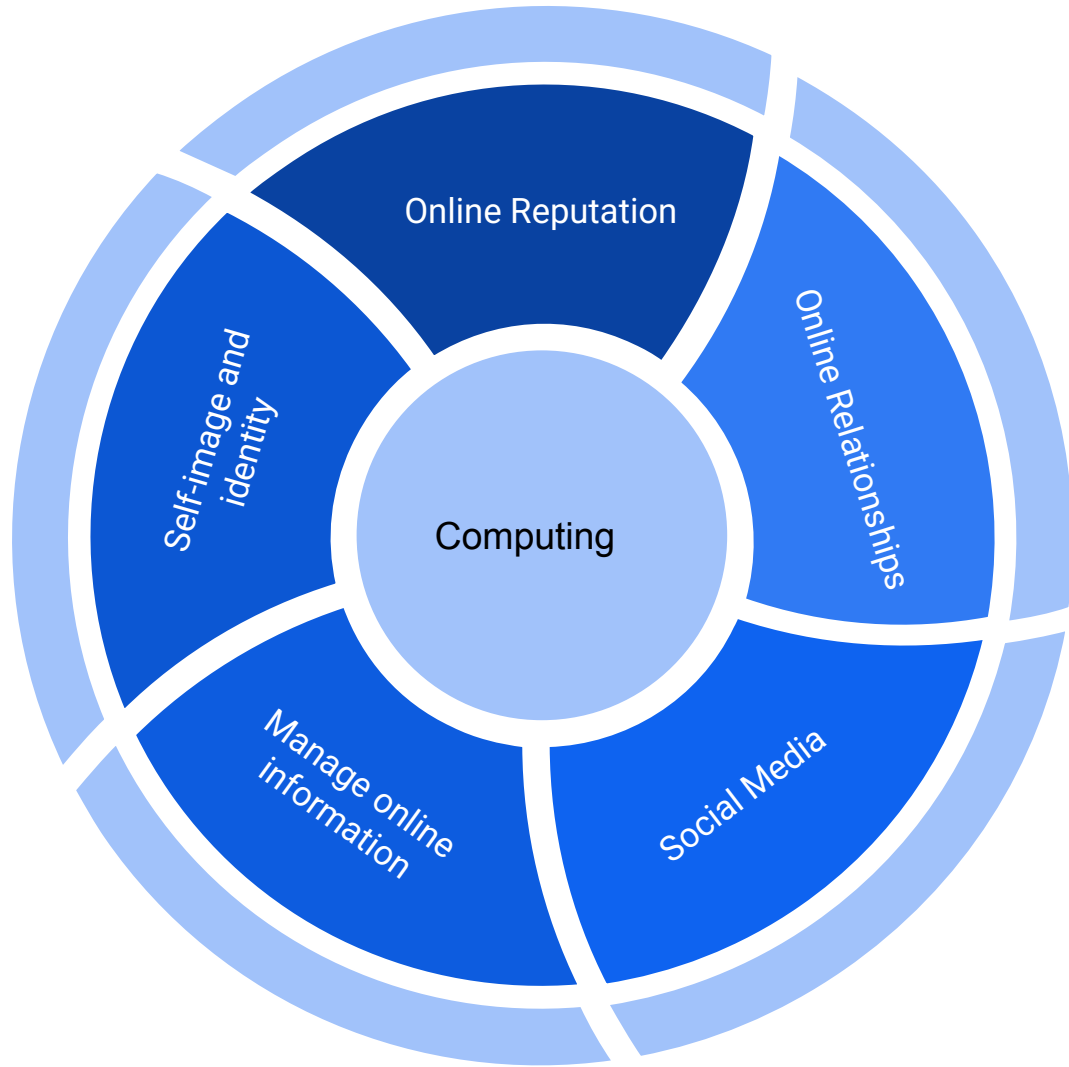
Find more information on our website [here](#).



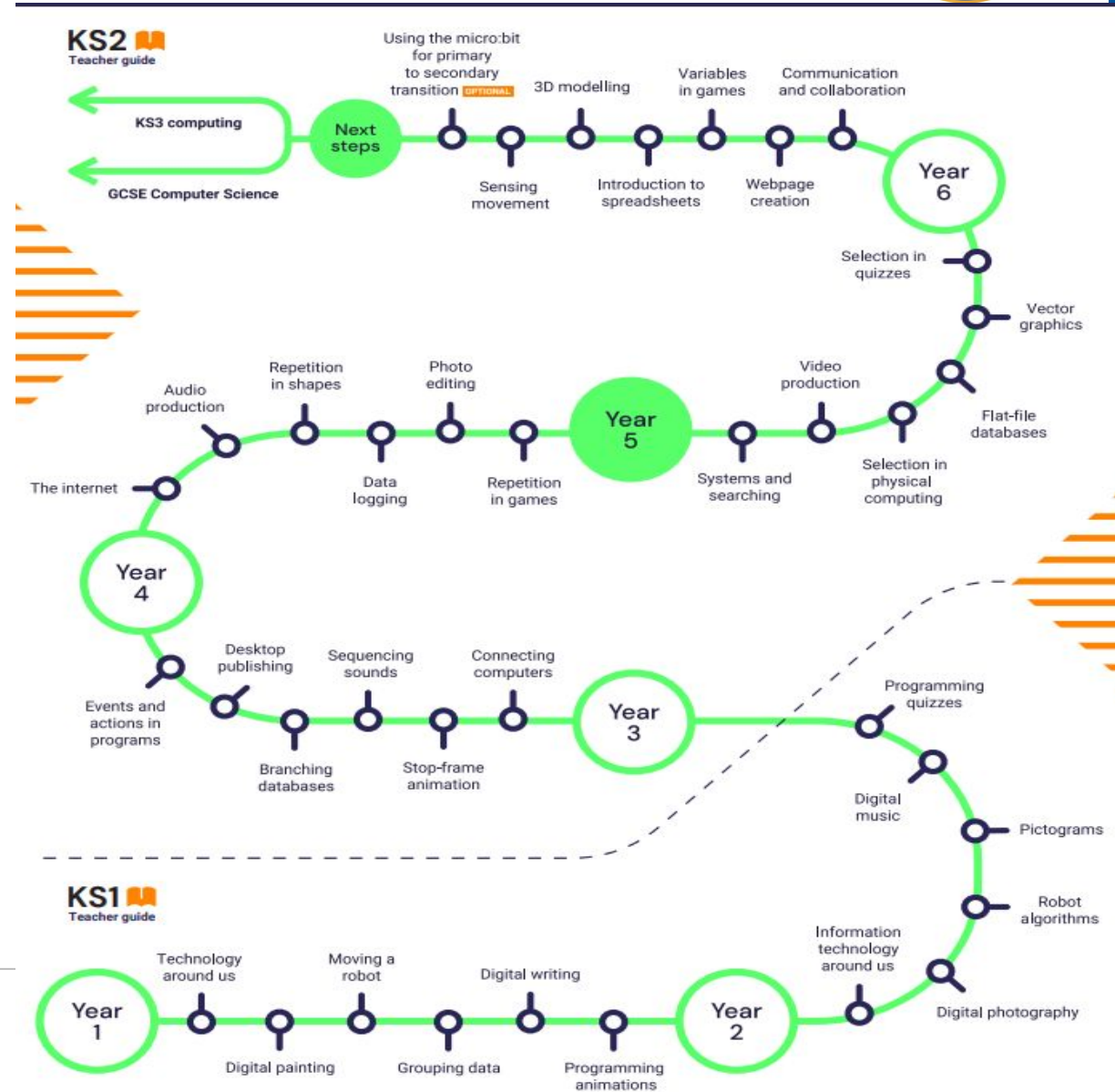
## PROJECT EVOLVE<sup>®</sup>



# Our Curriculum Approach



Find more information on our website [here](#).



# School Monitoring



- > Use of **SENSO** on all school devices which allows us to **track pupils' digital footprint**
- > Key staff are **notified** if any **inappropriate words** are typed into search devices
- > **Inappropriate content** and **websites** are **blocked** when using the school network
- > All school platforms which require a log in, such as **TTRS** and **Google Classroom**, **do not hold any personal information** about the user
- > Staff have **oversight** of all **usernames** and **passwords** for all the platforms
- > Within our **Computing** and **PSHE** curriculums we **interleave knowledge** around **staying safe online**.

# Safer Internet Day 2026

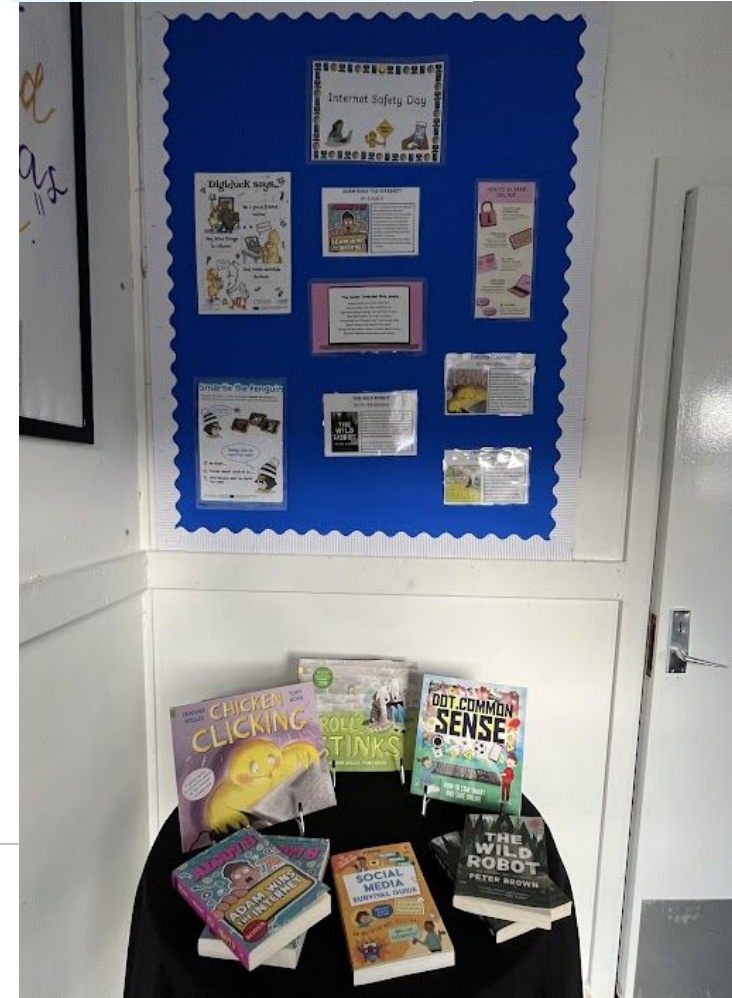
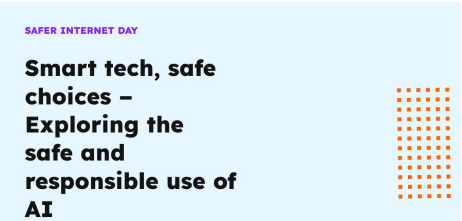


The key themes on the day are:

How we can use AI technology safely and responsibly.

And what changes would young people like to see to help protect themselves moving forward?

- Pupils will be 'off timetable' for the morning to focus on lessons specific to internet safety. There will also be a whole school assembly, library texts and a computing lesson all dedicated to staying safe online.





**3. How you can best support your children at home.**

What does your child love doing online?



**ROBLOX**



**FORTNITE**

**Google**



What services and devices do they use?

**NETFLIX**

**YouTube**



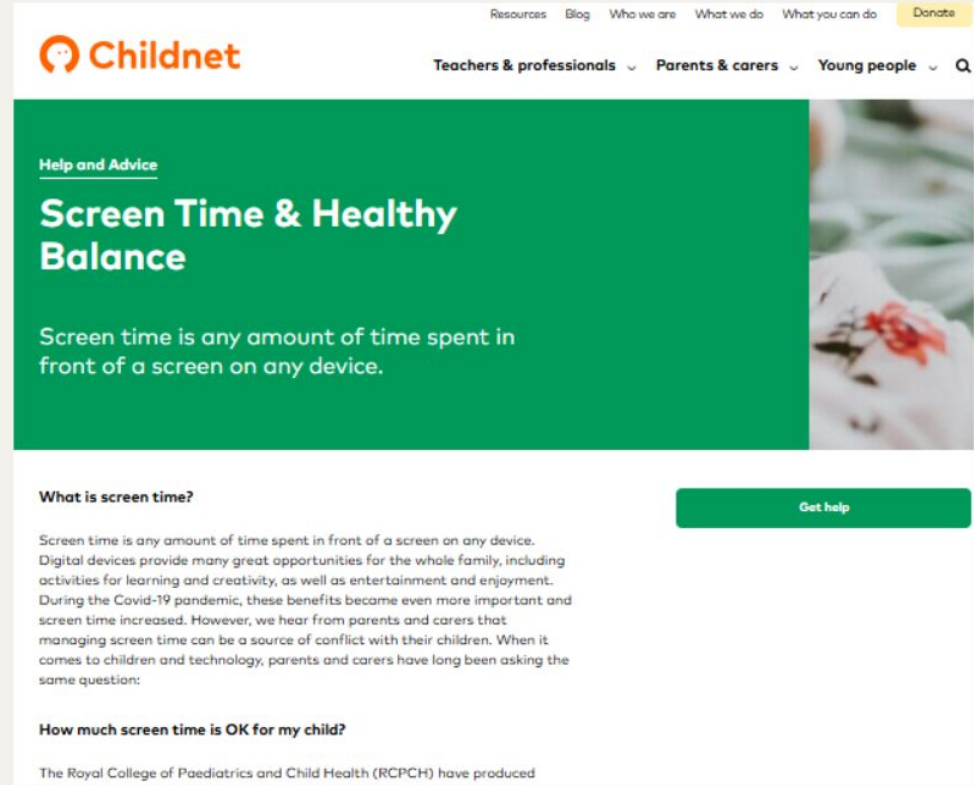
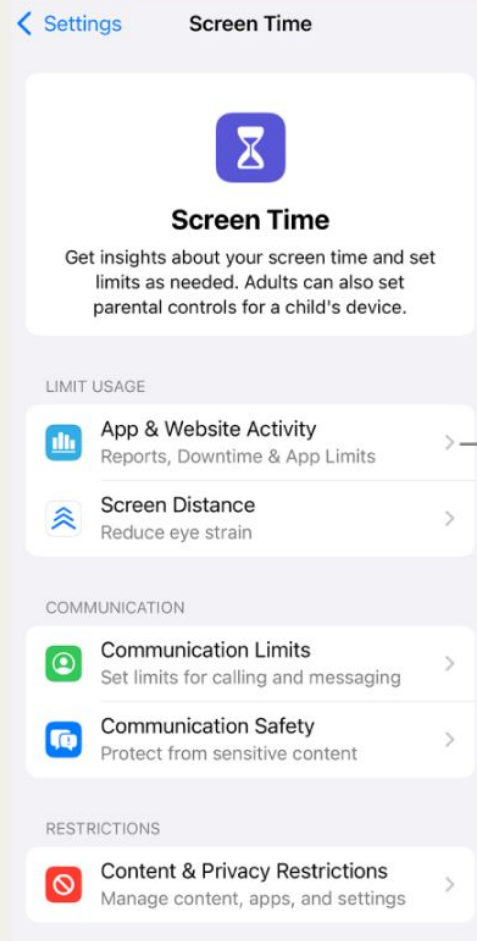
# Screen Time on Devices



Research the digital wellbeing and screen time settings available and discuss these with your child.

Possible settings can be:

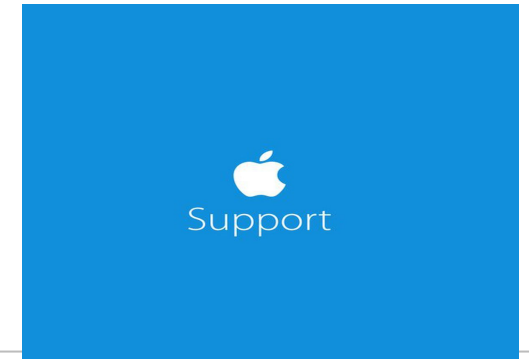
- app timers
- bedtime mode
- notification settings
- do not disturb



[childnet.com/help-and-advice/screen-time-boundaries-parents/](https://childnet.com/help-and-advice/screen-time-boundaries-parents/)

# Mobile Phones – Parental Oversight

- **Google Family Link**- This is an app that helps parents set digital ground rules and monitor children’s online activity.
- **USwitch**- How to keep your children safe on their smartphone. Lots of tips and information to help keep your child safe.
- **Apple Support**- Use parental controls on your child’s iPhone or iPad.



# Games Consoles



As with any piece of technology, use **your judgement** to decide if you are happy for your child to use it.

Set up boundaries with your child around how you expect them to use the console.

A **family agreement** can help you to set out your expectations with your child whether you are getting a new device or have been using one for a while.



# Social Media



The UK government, MPs, organisations and public figures are discussing whether there should be stronger rules about children's access to social media - including an Australia-style ban for under-16s.

Currently, all social media platforms have an age rating of 13+.



## What are the age restrictions on social media?



|  |  |  |  |
|--|--|--|--|
| <b>13</b><br>Facebook<br>Twitter<br>Instagram<br>Snapchat<br>TikTok<br>Kik<br>Ask.fm<br>Houseparty<br>Periscope<br>Tumblr<br>Reddit<br>Pinterest | <b>13+</b><br>Whatsapp<br>YouTube<br>WeChat<br>Whisper<br>Yubo<br><br>(13+ means with parental consent) | <b>16</b><br>LinkedIn<br> | <b>18</b><br>Tinder<br>Bumble<br> |
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# Social Media



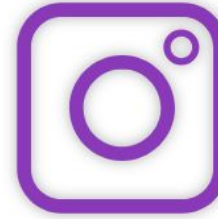
## Facebook Checklist

Downloadable booklets to guide you through your profile settings in Facebook



## X (Formerly Twitter) Checklist

Downloadable booklets to guide you through your profile settings in X



## Instagram Checklist

Downloadable booklets to guide you through your profile settings in Instagram



## Snapchat Checklist

Downloadable booklets to guide you through your profile settings in Snapchat



## Roblox Checklist

Downloadable booklets to guide you through your profile settings in Roblox



## TikTok Checklist

Downloadable booklets to guide you through your profile settings in TikTok



## Netflix Checklist

Downloadable booklets to guide you through parental controls



## Yubo Checklist

Downloadable booklets to guide you through privacy and security features on Yubo

# How to support your child



## ■ Enjoy going online together

Spending time online together with family is an important learning experience for the youngest internet users. Not only will you both enjoy the quality time together, but you can supervise their usage and guide them to make the safest choices.

## ▲ Talk about their online experiences

Help give your child the language to explain what they're experiencing online by starting conversations about the internet and technology as early as possible. Talking regularly about what they love doing online, as well as any worries they may have, will help establish this habit and mean they're more likely to come to you for help as they get older.

# How to support your child



## ◆ Explain that not everything online is true

If your child is too young to understand what fraud is, you can still lay the groundwork to help them stay safe online as they grow. Start simple and talk about the difference between real and make believe. Help them recognise that not everything online is true and that some things they see or hear could be stories, jokes or tricks.

## ● Make use of settings, especially relating to online purchases

[Parental controls and other safety settings](#) can help protect your child from online harms, including scams. To avoid any nasty surprises on your bank statement, make sure in-app purchases or new downloads require a passcode, and don't set card details to autofill on devices your child has access to.

# How to support your child



## **Make sure they know they can always come to you**

The most important thing for your child to know is that you are always there to support them, online and offline. Encourage them to talk to you if anything they experience makes them feel worried or upset, and show them they can trust you to stay calm, listen and help make things better.

# Key Points - NSPCC



- **Enable access to devices with limited features** - Device usage at this age is best kept to devices with limited capability. This could include tablets without data and non-smart phones that only allow calls and texts.
- **Keep tech use visible in the home** - Try to keep tech use in shared family spaces or used with bedroom doors open. This will allow you to support your child and be more aware of what they are doing online.
- **Follow age ratings** – Apps, sites and games come with age ratings which are important to follow. You can find out the age rating on the website for the platform or by visiting [Common Sense Media's reviews](#).
- **Use safety settings** – Explore the in-app and device safety settings with your child and check them regularly to make sure they are still in place.
- **Revisit parental controls** – as children grow up and need the internet more for schoolwork you may want to adjust your [parental controls](#). Keep checking these regularly to make sure they are in place.
- **Have regular safety conversations** – at this age online safety conversations should be happening regularly. Visit our [advice on talking to your child about online safety](#).
- **Build healthy habits** - acknowledge the positives it brings as part of your safety conversations and agree rules and boundaries together as a family.



# Who you can reach out to for support?

The Lodge, Harrow– Early Support Parent Workshops for Social Media use.

Cedars Hub, Harrow– Early Support Parent Workshops for wellbeing, including online safety.

**InternetMatters.org**

**NSPCC**

**UK Safer Internet Centre**

# Questions