

Protecting Your Child Online



Ruth MOSS NSPCC

*“And I’ve often heard people say, ‘But it’s the parent’s responsibility to keep their children safe online’, and yes it absolutely is, parents need to do as much as they can, but my message today is **parents cannot do that on their own because the internet is too ubiquitous and it’s too difficult to control, it’s become a giant**”*





Delay giving your child a mobile phone as long as possible.



The Light Phone II £234

**Black and white 'paper' screen like a kindle,
which emits no blue light**

**A customisable menu which includes like: an
alarm, calculator, calendar, directions**

Music player

Podcasts

No internet, social media, email or internet

**Currently only compatible in the UK with
Vodafone, Giff Gaff and Three**



Nokia 2660 Flip £65

Texts and phone calls

Very long lasting battery

Range of colours

Bright, colourful display (non pixelated text)

Built in radio and torch

Snake (and Tetris but you need to pay for the full game)

Camera only usable for emergencies



Nokia 105 Single SIM Mobile Phone £20

**Talk, text and
wireless FM radio
Amazing battery
life
Torch and snake
game**

A child-safe SIM card you can trust

Keep your little ones close with our call and text-only SIM plans.

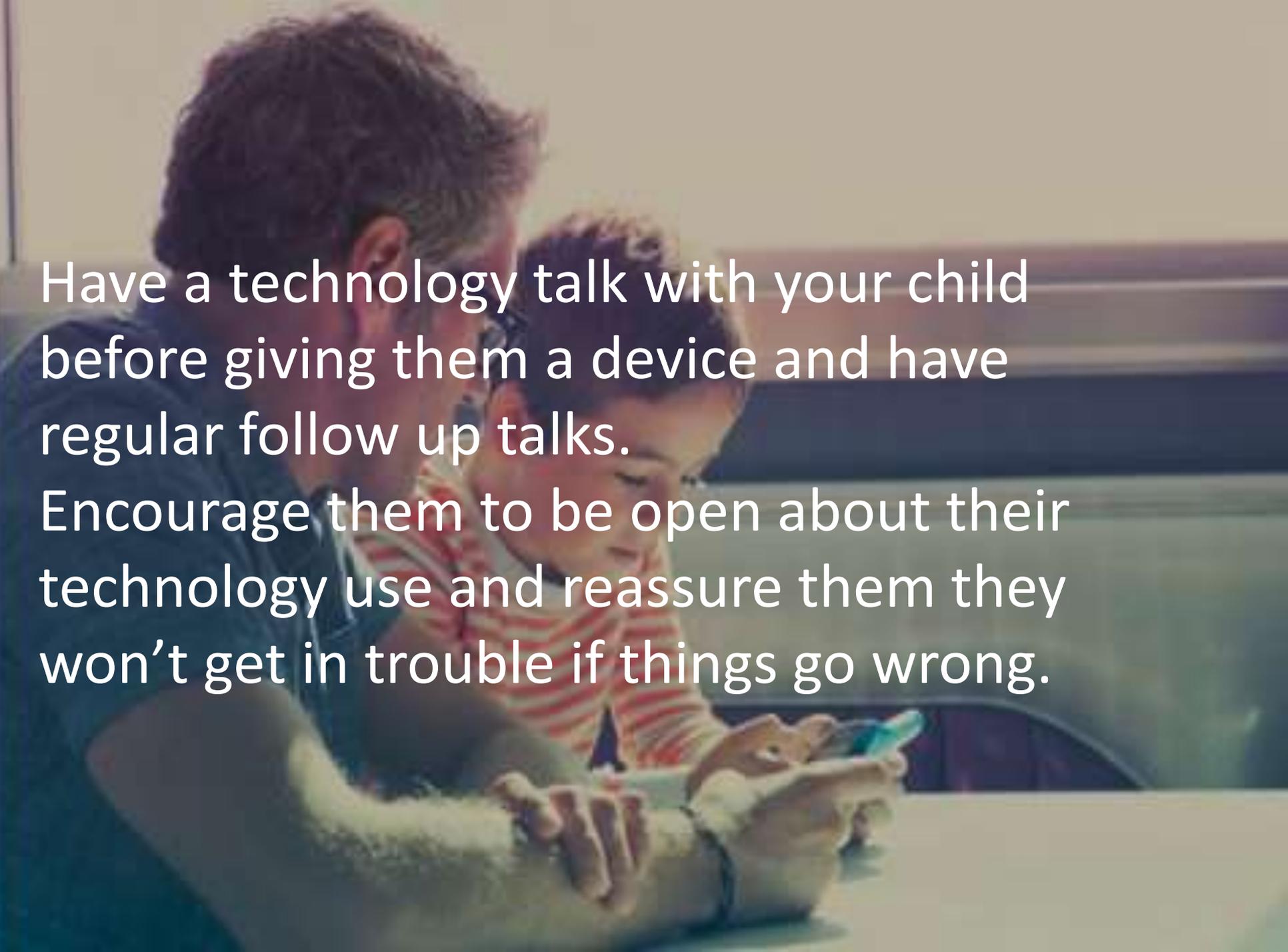
Unlimited calls and texts let you stay in contact when it matters most.

With no data at their disposal, you can keep them off the internet until they're ready too.*



It starts with us, the parents and carers,
if they see us on devices all the
time, they will copy.



A photograph of a man and a young child sitting at a table, looking at a smartphone together. The man is on the left, wearing a dark blue t-shirt, and the child is on the right, wearing a red and white striped shirt. The child is holding the phone. The background is a blurred indoor setting with a window. The text is overlaid in white on the image.

Have a technology talk with your child before giving them a device and have regular follow up talks. Encourage them to be open about their technology use and reassure them they won't get in trouble if things go wrong.

CELL PHONE CONTRACT

1

▶ USAGE

- I will plug my cell phone in my parent's room by ____ p.m. on school nights and ____ p.m. on the weekend.
- I will always have my cell phone turned on when I'm out with friends.
- I will always answer call or texts from my parents.



▶ ETIQUETTE

- I will not use my cell phone during family mealtimes or family time.
- I will not text or use my cell phone when I am doing homework or while in school.
- I will not text or talk on my cell phone while I am driving.
- I will not look at my cell phone when talking to someone in person.
- If I am asked to stop using my cell phone, I will happily do so.

▶ HONOR CODE

- I will never message or talk to someone and then delete or hide it from my parents.
- I will never open or view pages that are not permissible, such as: _____, _____.
- I will never share personal information such as name, address, phone number, school, etc.
- I will never send, forward or respond to mean or threatening messages.
- I will never buy or download anything without my parents' permission.
- I will never give my passwords to anyone BUT my parents; they will have access to all of my passwords.
- I will never join social media networks without permission.
- I will tell my parents immediately if something on my phone is inappropriate.
- I will give my parents access to my phone whenever.

2

▶ CONSEQUENCES

I understand that I risk the following consequences for violating any of the above:

- _____
- _____
- _____

3

▶ SIGNATURES

I understand that a cell phone is a privilege that I must earn by being responsible and trustworthy. I will follow this contract at all times.

Child: _____ Date: _____

Parent: _____ Date: _____

Carryout frequent and random phone checks (without warning).



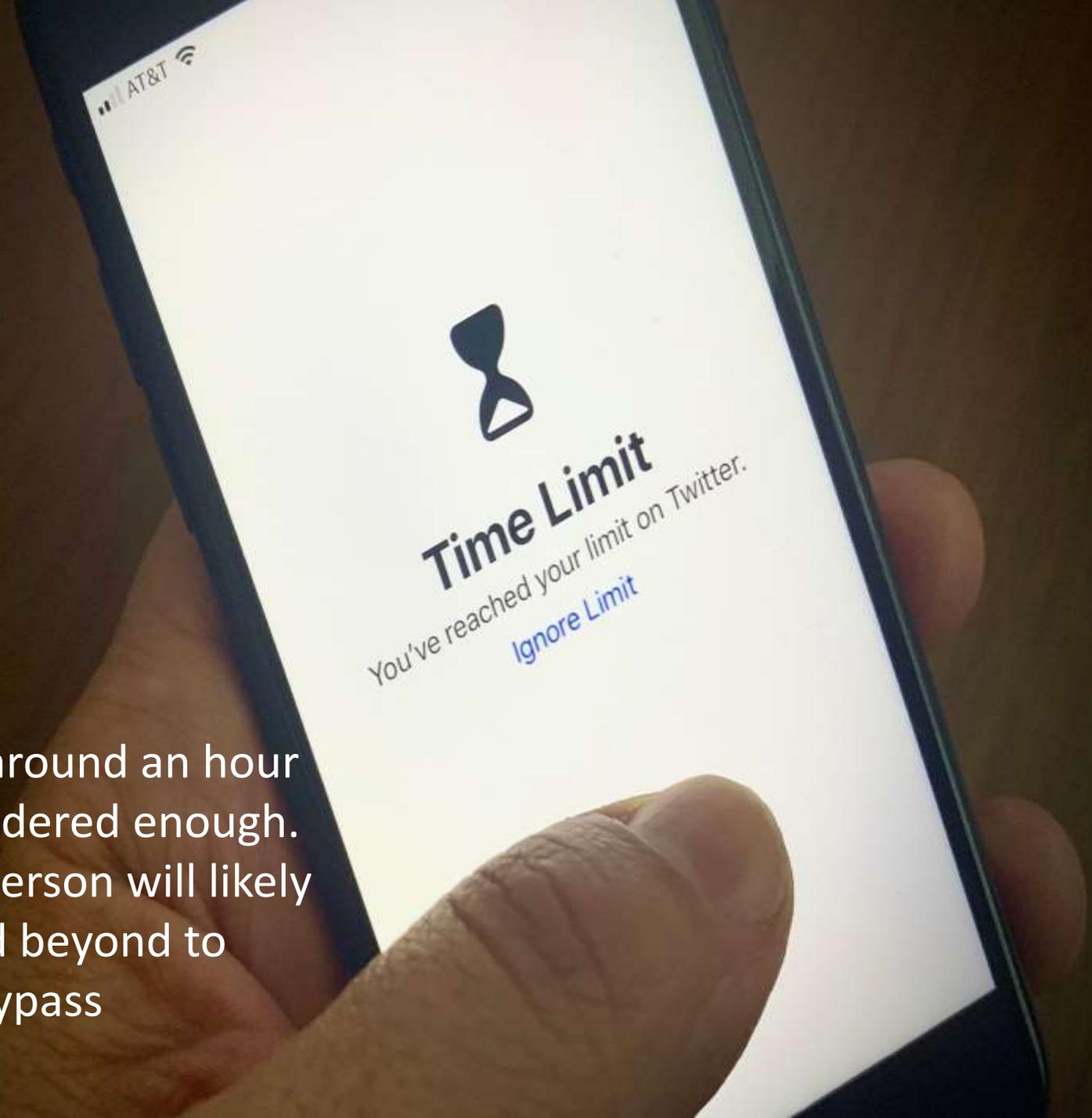
Set boundaries





Have a set time when your child hands over their phone, make this a daily routine.

Time limits, around an hour a day is considered enough. (The young person will likely go above and beyond to attempt to bypass restrictions.)



**Download and
explore the apps
your child uses.**



dtac

Touch ID or Enter Passcode



You must know the passcode for your child's phone.

Emergency

Delete

A close-up photograph of a person's hand holding three smartphones stacked vertically. The phones are held in a way that their screens are visible, though they are mostly black and reflective. The background is blurred, showing what appears to be a person in a dark suit. The text is overlaid in the center of the image.

Your child doesn't own the mobile phone they use.

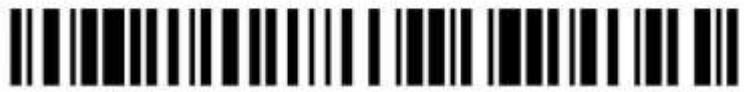
IMEI number

***#06#**

Device information

IMEI

XXXXXXXXXXXXXXXXXXXX



MEID HEX:

XXXXXXXXXXXX



MEID DEC:

XXXXXXXXXXXXXXXXXXXX



Serial number

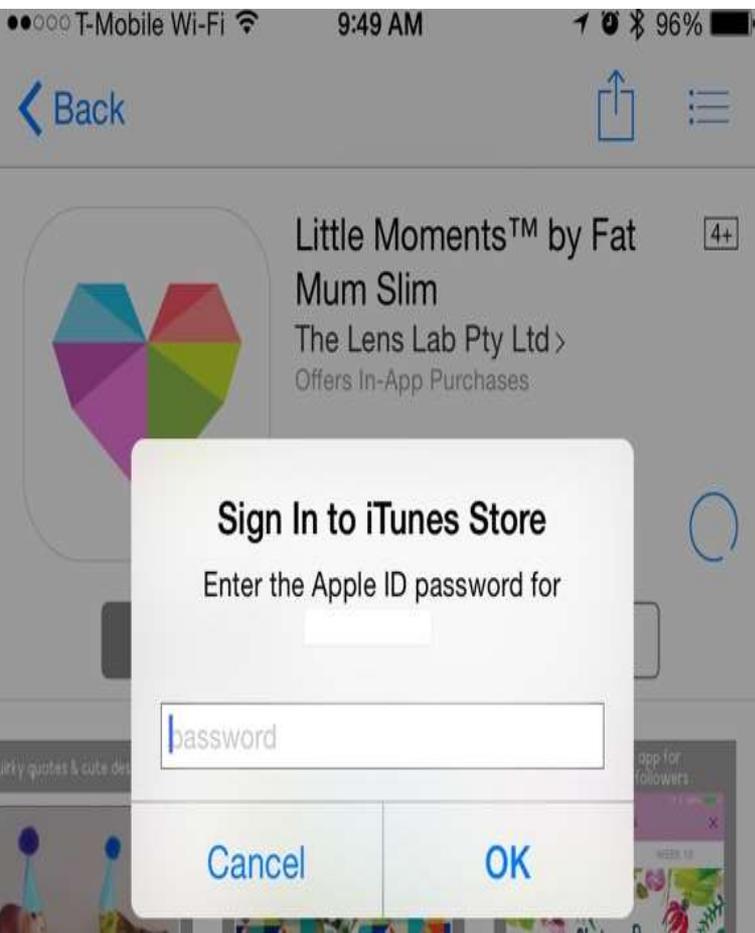
XXXXXXXXXXXX



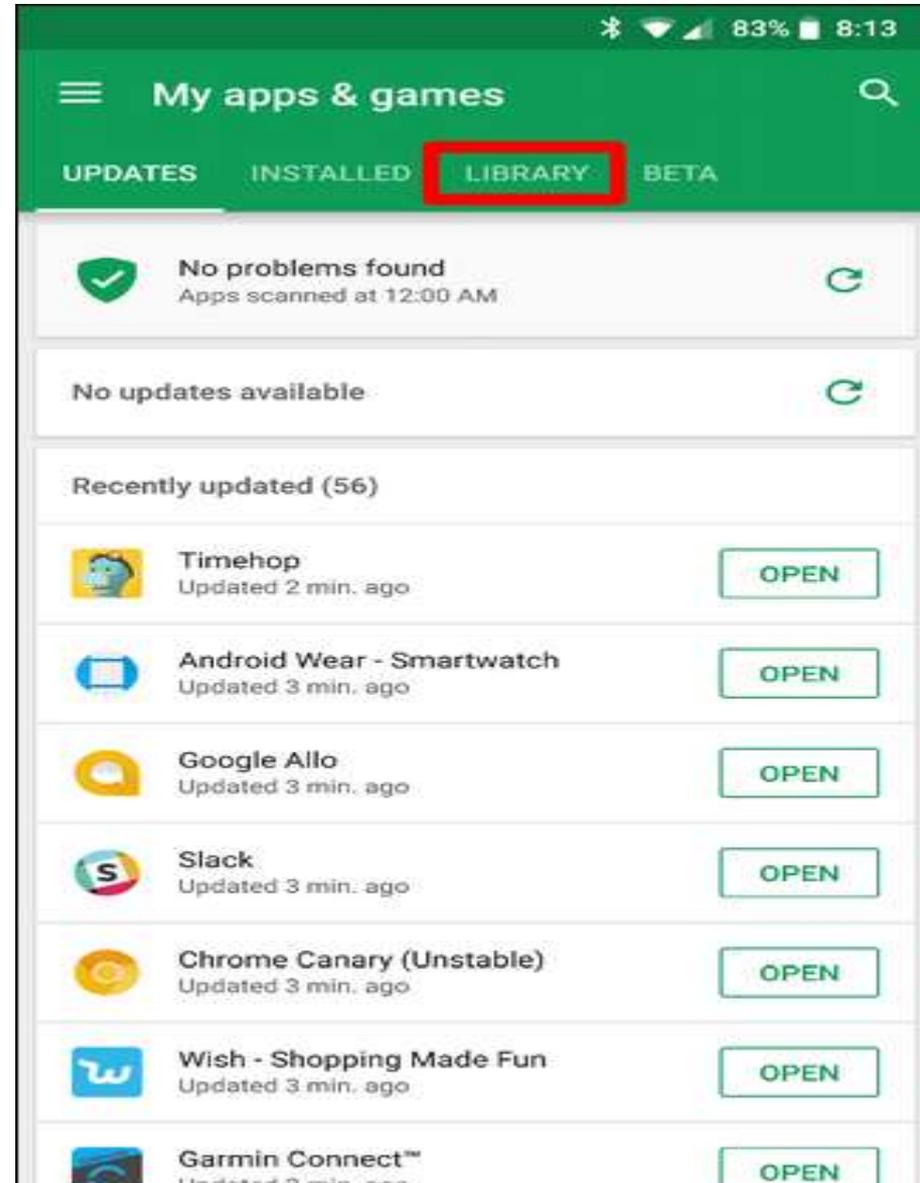
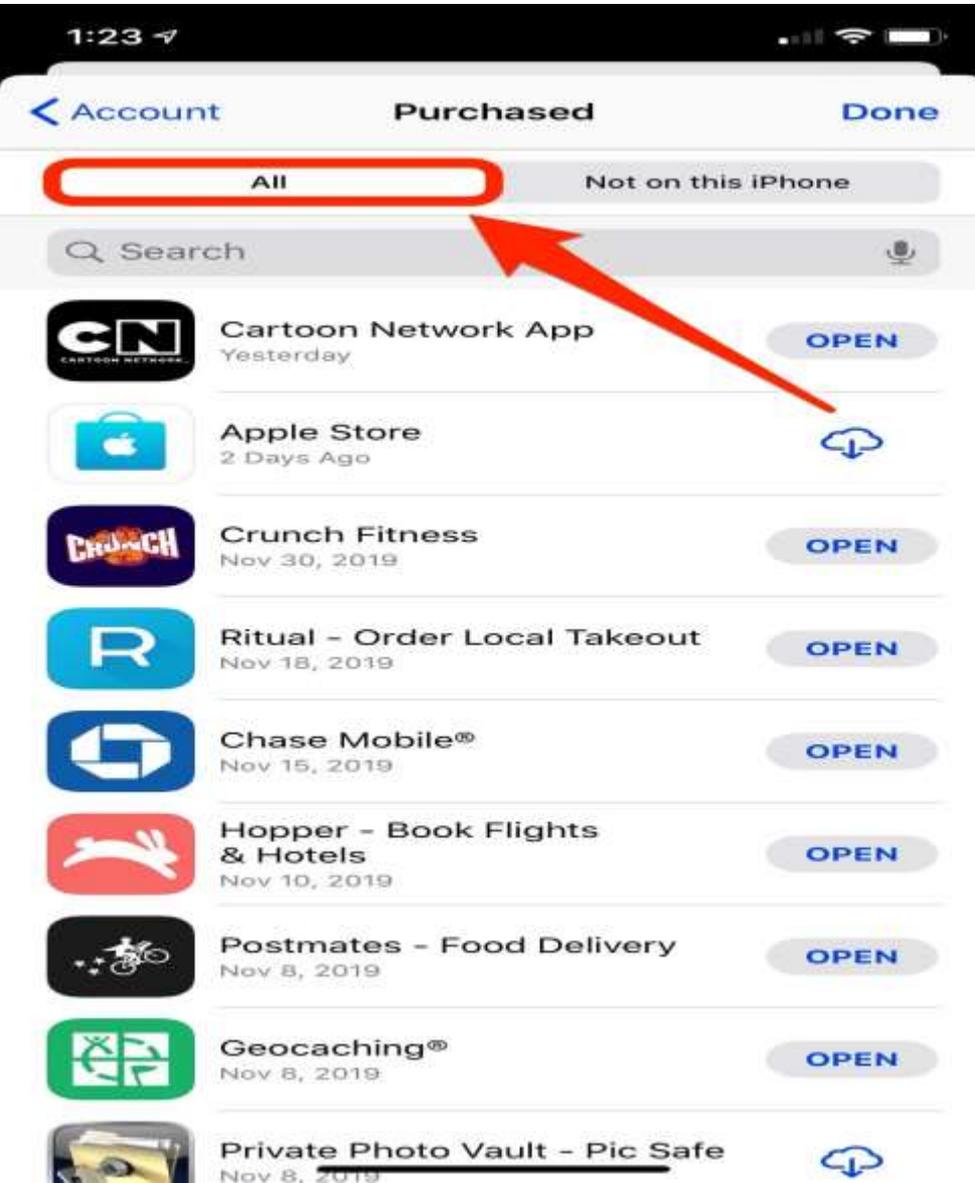
OK



Children should not know the app download password/touch ID – you need to be in control of what your child is downloading.



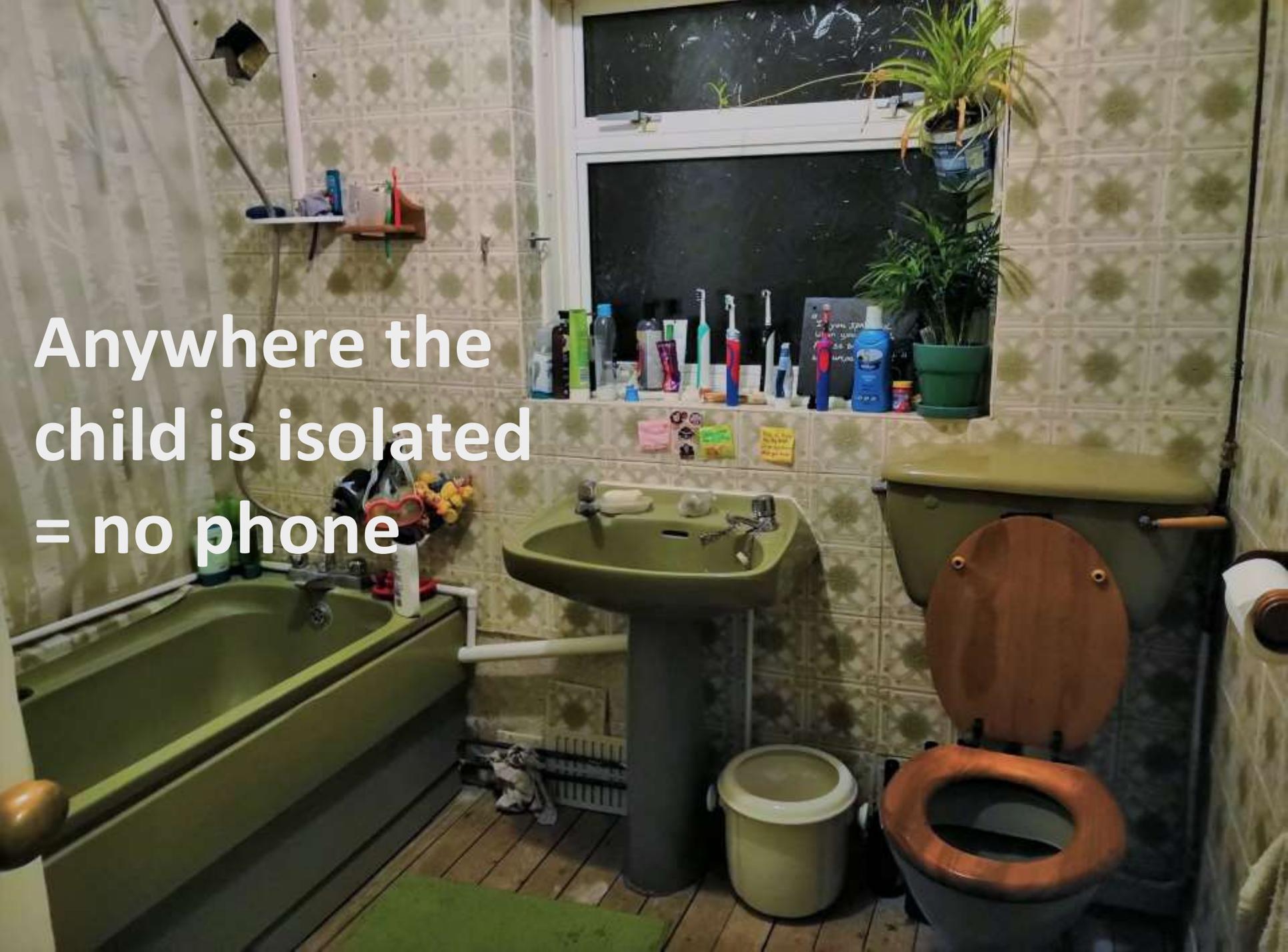
How to check what has been downloaded previously/currently installed on a device;



No internet connectable devices in the bedroom (bathroom/toilet) especially at night.



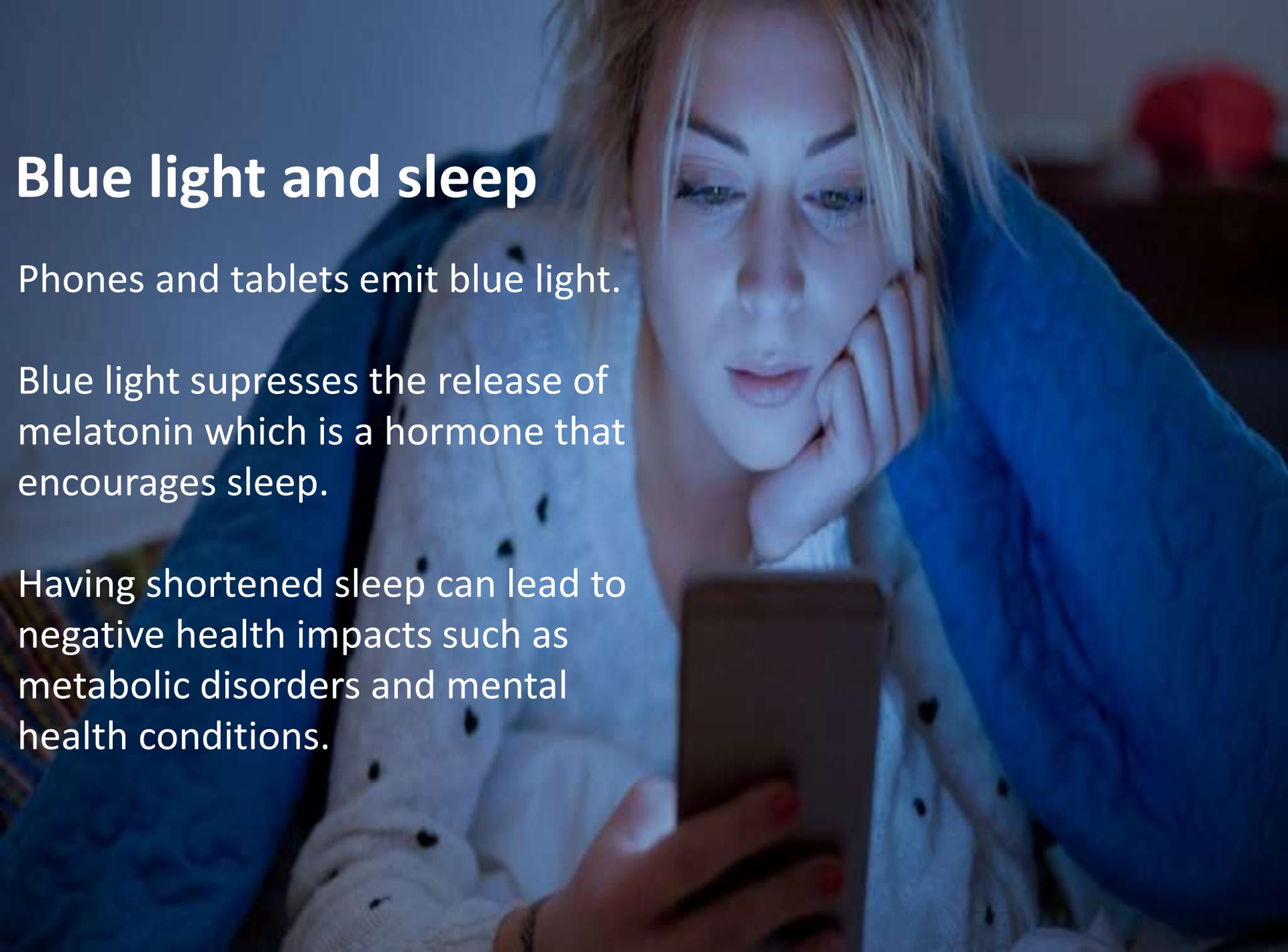
Anywhere the
child is isolated
= no phone





If your child has their phone in their bedroom with them overnight, you will not know what they are doing or who they are communicating with.

Blue light and sleep

A woman with blonde hair is sitting in a chair, looking down at her smartphone. She is wearing a white sweater with black polka dots. The room is dimly lit, with a blue light cast over her face and the scene. Her hand is resting on her chin, and she appears to be in a relaxed or perhaps tired state. The background is dark and out of focus, with a hint of a red object on the right.

Phones and tablets emit blue light.

Blue light suppresses the release of melatonin which is a hormone that encourages sleep.

Having shortened sleep can lead to negative health impacts such as metabolic disorders and mental health conditions.

Children need
sleep
(9 to 12hrs)





Newest Digital Alarm Clock, LED Clock for Bedroom, Electronic Desktop Clock with ...
Digital

£9.99

[Amazon.co.uk](#) - [Amazon.co.uk-Seller](#)
£2.99 delivery



Large Bold Alarm Clock in Black with Light Up Face and Snooze
4.8 ★★★★★ 11

£8.00

[giftware online](#)
Free delivery

[Compare prices from 5+ shops](#)



LED Alarm Clock
4.7 ★★★★★ 14
Digital

£12.99

[Gear Geek](#)
£2.95 delivery



IKEA - BONDTOLVAN Alarm clock, digital/green, 20x8 cm
2.5 ★★★★★ 11
Digital

£12.00

[IKEA](#)
£4.00 delivery



Bush DAB FM USB Radio Dual Alarm Clock LED Display Bedside Sleep Timer . Bush ...

£13.99 Used

[eBay](#) - [annapan2019](#)
Free delivery



AnkiUpgraded LED Digital Alarm Clock, Mirror Bedside Clock with 8 Optional ...
Digital

£8.99

[Amazon.co.uk](#) - [Amazon.co.uk-Seller](#)
£4.49 delivery

PRICE DROP



Aoen Alarm Clock, Large LED Display Digital Alarm Clock Snooze Activated Night ...
Digital

£10.94 - Was £14.80

[OnBuy.com](#)
Free delivery



Dunelm Elegant Blush Pink Gold Alarm Clock
3.8 ★★★★★ 13

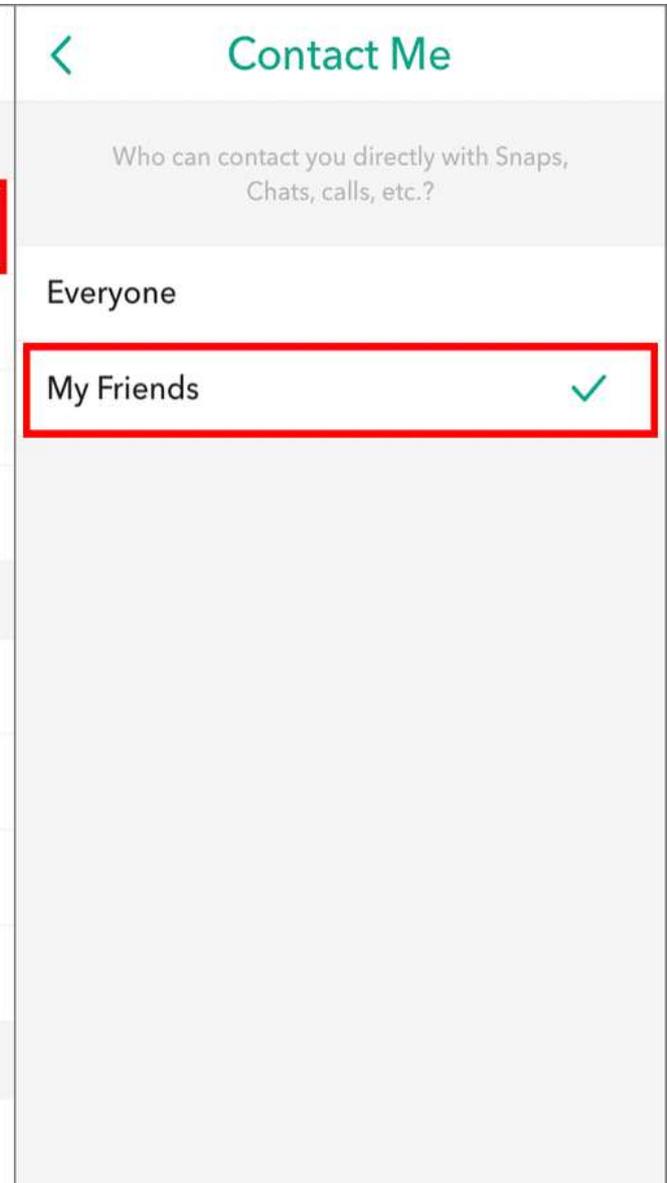
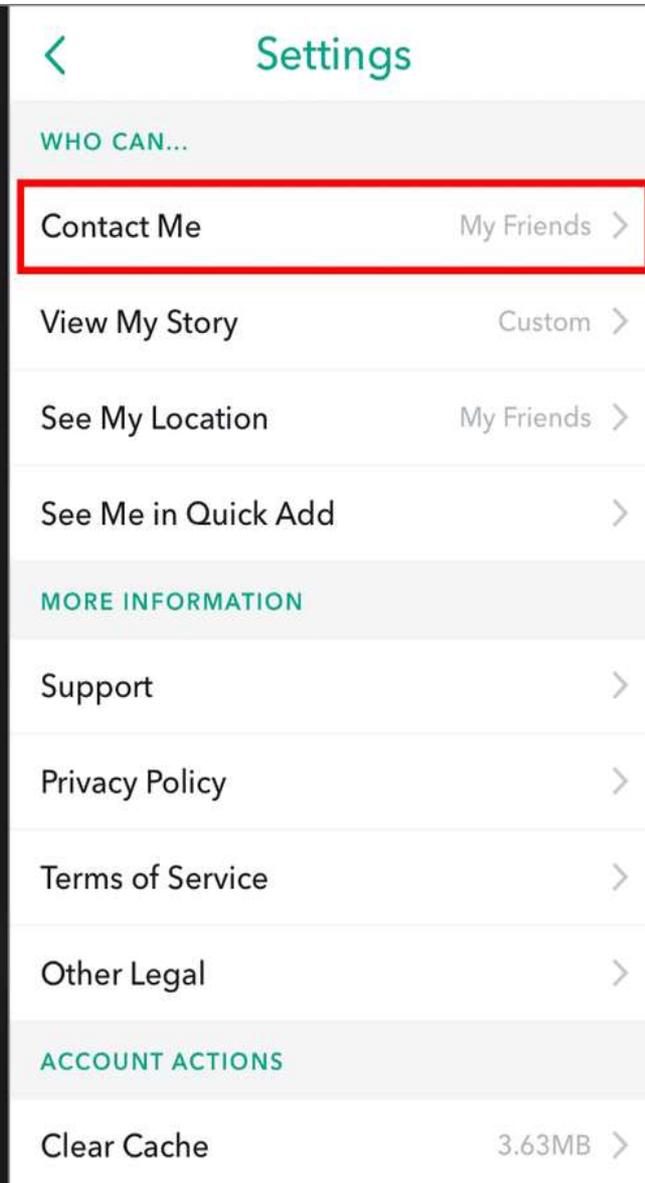
£15.00

[Dunelm](#)
£3.95 delivery - Free 28-day returns

**No charging in bedrooms
- have a designated
charging point in a
communal area of the
home (this also gives the
opportunity to do
random phone checks).**



Privacy Settings





privacy settings instagram guide



Images

Videos

Best

Iphone

News

Books

Maps

Flights

Finance

About 974,000,000 results (0.35 seconds)

To make your account private:

1. Tap your profile picture in the bottom right to go to your profile.
2. Tap at the top.
3. Tap Who can see your content.
4. Below Account Privacy, tap to check the box next to Private Account.
5. Tap Switch to private to confirm.



Instagram

<https://help.instagram.com> › ... ⋮

Privacy Settings & Information - Instagram Help Center



About featured snippets



Feedback

SOCIAL MEDIA PARENTAL CONTROLS

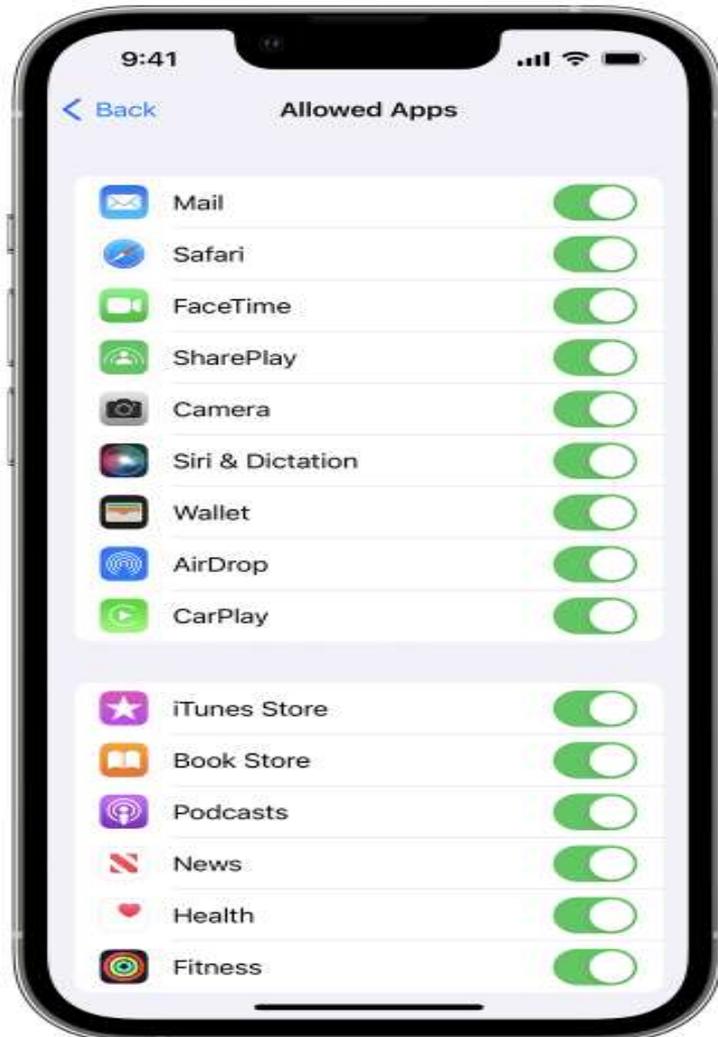
How do the popular apps stack up?
(Updated August 2023)

				
Parental Controls (parent account required)	Family Center	Supervision	Family Pairing	Family Center
View Time Spent Online				
Set Daily Time Limits				
View Followers/Friends				
Set Account to Public or Private				
Limit Comments/DMs				
View Interacting Profiles				
View Posted Content				
Enable Restricted Mode				ENABLED for users age 13-17
Disable Search				
Report Accounts				
Teen can disable account restrictions				

Parental Controls*

*Not a panacea

Apple Screen Time



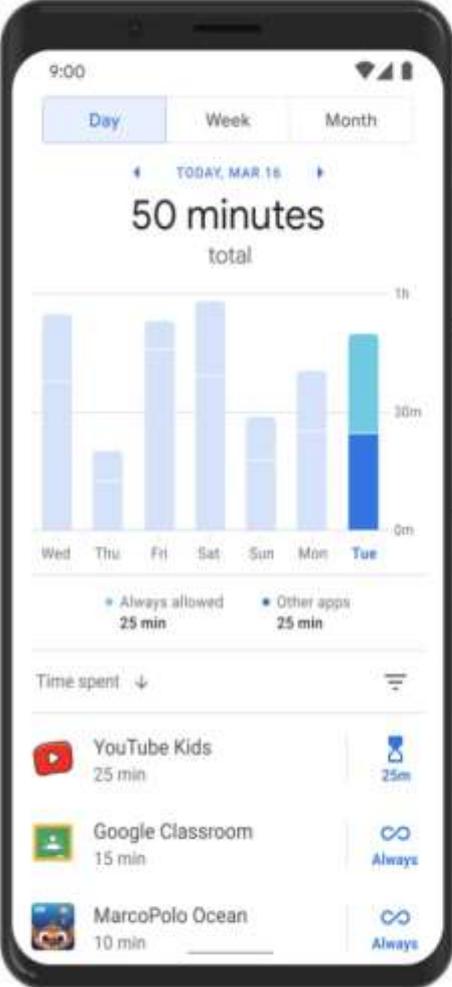
Allow built-in apps and features

You can restrict the use of built-in apps or features. If you turn off an app or feature, the app or feature won't be deleted, it's just temporarily hidden from your Home Screen. For example, if you turn off Mail, the Mail app won't appear on your Home Screen until you turn it back on.

To change your Allowed Apps:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions.
3. Enter your Screen Time passcode.
4. Tap Allowed Apps.
5. Select the apps that you want to allow.

Google Family Link



9:00

Benjamin

Apps recommended by teachers

Discover top-rated apps from teachers & send them straight to Benjamin's device

- MarcoPolo Ocean Education
- Toontastic 3D Education
- Code Karts Education
- BrainPOP Featured Movie Education
- Khan Academy Kids Education

9:00

Benjamin

- Benjamin's phone
Last online 1m ago
Battery • 56%
- Benjamin's tablet
Last online 1m ago
Charging • 11%
- Family tablet
Last online yesterday
Charged • 100%
- School Chromebook
Last online 3 days ago

9:00

Parental controls

Screen time today

1h 30m used

App activity

SCREEN TIME CONTROLS

- Daily limit 2 hr
- Bedtime 9 PM - 7 AM

SUPERVISION

- Signed-in devices 4 supervised
- Location sharing On • Can be seen by parents



**No headphones, you
need to hear the
conversation and who
your child is
communicating with.**



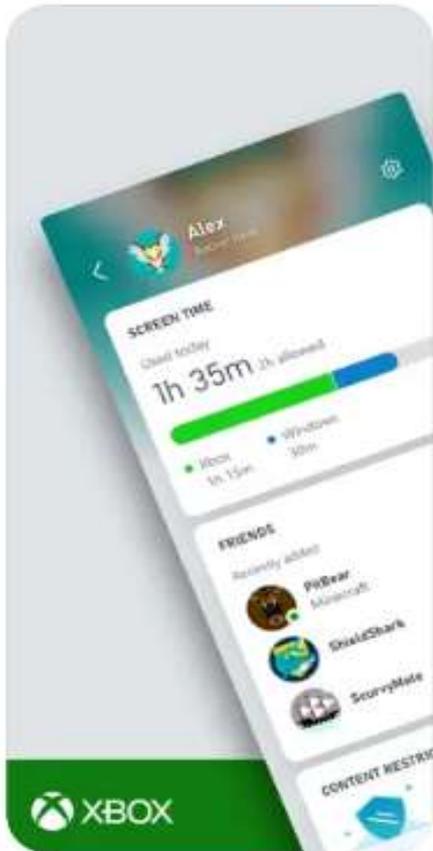
Xbox Family Settings 4+

Microsoft Corporation

★★★★★ 4.3 • 2.9K Ratings

Free

Screenshots [iPhone](#) [iPad](#)



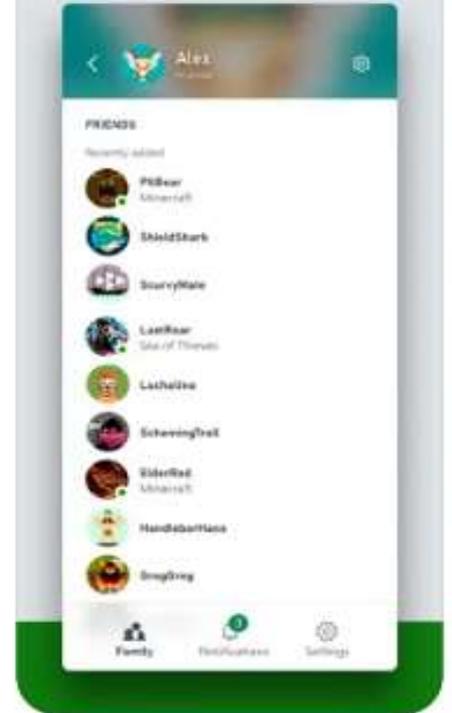
Easily manage your children's gaming activities on Xbox consoles



Set console screen time and content filters



Manage your children's friends list





Nintendo Switch Parental Cont... 17+

Supervise gaming at a glance!

Nintendo Co., Ltd.

#188 in Lifestyle

★★★★★ 4.7 • 133.4K Ratings

Free

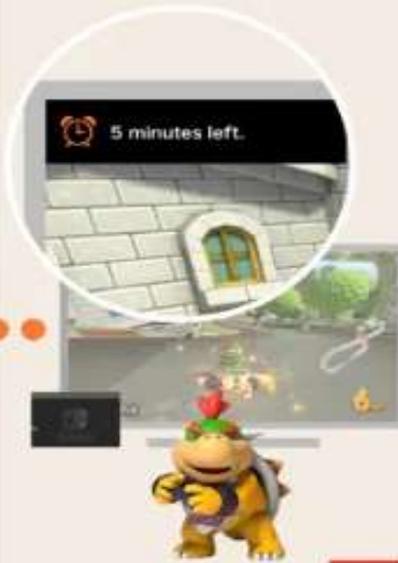
Screenshots [iPhone](#) [iPad](#)

Supervise your child's Nintendo Switch gameplay.



Notify your child when time's up.

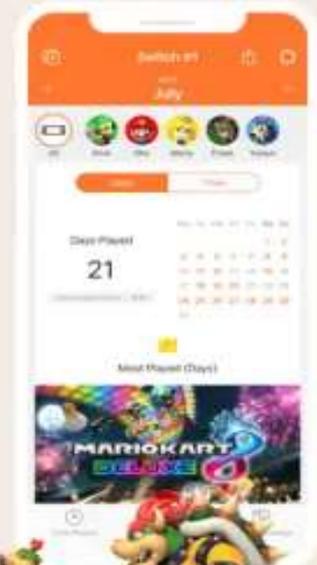
You can also choose to suspend gameplay automatically.



Set your console's daily play-time limit.



Track gameplay with monthly summaries.



Wifi settings

Use the home wifi settings to your advantage.

Content filters and curfew settings can be easily adjusted via your online account.

Choose which websites to block and allow ^

Website categories

Tick the types of websites you want to block.

Unsuitable for under 18s

- Dating ⓘ
- Drugs, Alcohol and Tobacco ⓘ
- Gambling ⓘ
- Pornography ⓘ
- Suicide and Self-Harm ⓘ
- Weapons and Violence ⓘ

Other types of website

- File Sharing Sites ⓘ
- Games ⓘ
- Social Networking ⓘ

Specific websites

Add websites you want to always block or allow.

Example: www.national-lottery.co.uk

	Block	Allow
<input type="text"/>	<input type="radio"/>	<input type="radio"/>
<input type="text"/>	<input type="radio"/>	<input type="radio"/>
<input type="text"/>	<input type="radio"/>	<input type="radio"/>
<input type="text"/>	<input type="radio"/>	<input type="radio"/>
<input type="text"/>	<input type="radio"/>	<input type="radio"/>
<input type="text"/>	<input type="radio"/>	<input type="radio"/>
<input type="text"/>	<input type="radio"/>	<input type="radio"/>
<input type="text"/>	<input type="radio"/>	<input type="radio"/>
<input type="text"/>	<input type="radio"/>	<input type="radio"/>

Save changes



Encourage hobbies and interests which are not tech based.

A photograph of three children sitting on a light blue couch. From left to right: a boy with curly brown hair wearing a dark blue polo shirt, a boy with straight brown hair wearing a white t-shirt, and a girl with long brown hair wearing a pink floral dress. All three children have their hands resting on their cheeks and look bored or uninterested. The background shows a window with a view of greenery and a white wall with a blue object on a shelf.

Let children be bored, this is when creativity occurs and they can find their talents.

The best monitoring app is parent/carer involvement and interest.





Education from
the National
Crime Agency

Welcome to CEOP Education

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

We do this through our education programme, providing training, resources and information to professionals working with children, young people and their families.

I am:

A professional working with
children and young people

A parent
or carer

4-7
years old

8-10
years old

11-18
years old



Respecting me, you, us: building healthy relationships and creating positive cultures is a CEOP Education resource for 12 -14 year olds developed in association with clinical psychologist, Dr. Elly Hanson.



Under 18 and worried about online sexual abuse?

To report, click to visit the CEOP Safety Centre.

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 been a victim of sexual online abuse or you're worried this is
happening to someone you know, let us know safely and securely

Helping parents keep their children safe online



Search Internet Matters

LEARN MORE

Supporting families online

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

- [I need help with an online issue](#) 
- [I need to report something](#) 
- [I need help setting controls and privacy settings on a child's device](#) 
- [See new campaign **talking to real parents** about managing children's online safety](#) 

A person is holding a white tablet in front of their face. The tablet screen is black with white text. The person is wearing a dark blue jacket over a white shirt.

Set boundaries.

**Bedroom (or
any location
your child is
alone) = no
devices.**

**No social media
before 16.**

A person is holding a white tablet in front of their face. The tablet screen is black with white text. The person is wearing a black and white striped shirt.

**Take an active,
consistent and
engaging
interest in your
child's digital
world and
activities.**

Delay.

A person wearing a grey blazer is holding a white tablet in front of their face. The tablet screen is black with white text.

**Parents and
carers are the
thin blue line
in keeping
their children
safe online
(and offline).**

A person with long brown hair wearing a black and white striped shirt is holding a white tablet in front of their face. The tablet screen is black with white text.

**You are the
protectors and
enforcers and
have way more
power than
you realise.**

**I FIND MYSELF WORRYING MOST
THAT WHEN WE HAND OUR
CHILDREN PHONES WE STEAL
THEIR BOREDOM FROM THEM. AS
A RESULT, WE ARE RAISING A
GENERATION OF WRITERS WHO
WILL NEVER START WRITING,
ARTISTS WHO WILL NEVER
START DOODLING, CHEFS WHO
WILL NEVER MAKE A MESS OF
THE KITCHEN, ATHLETES WHO
WILL NEVER KICK A BALL
AGAINST A WALL, MUSICIANS
WHO WILL NEVER PICK UP THEIR
AUNT'S GUITAR AND START
STRUMMING.**