



FRANCIS HOLLAND  
SLOANE SQUARE

# Online Safety

**Thomas Hayward:** Director of Digital Learning

**Sarah Pittaway:** Senior Deputy Head Pastoral; Trust Safeguarding Lead

What are you most **WORRIED** about when your child is **ONLINE**?

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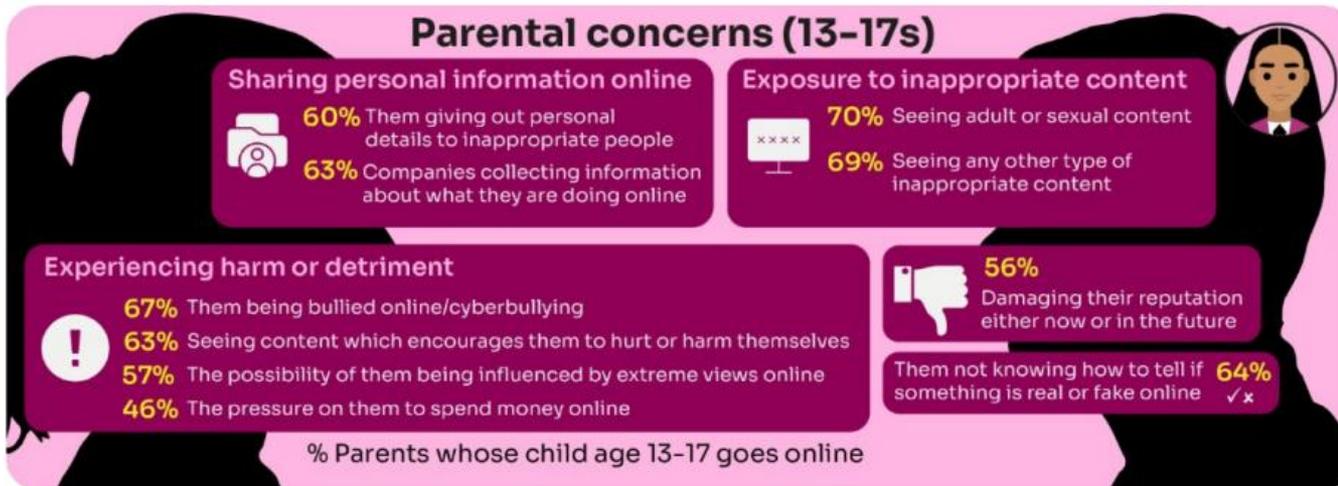
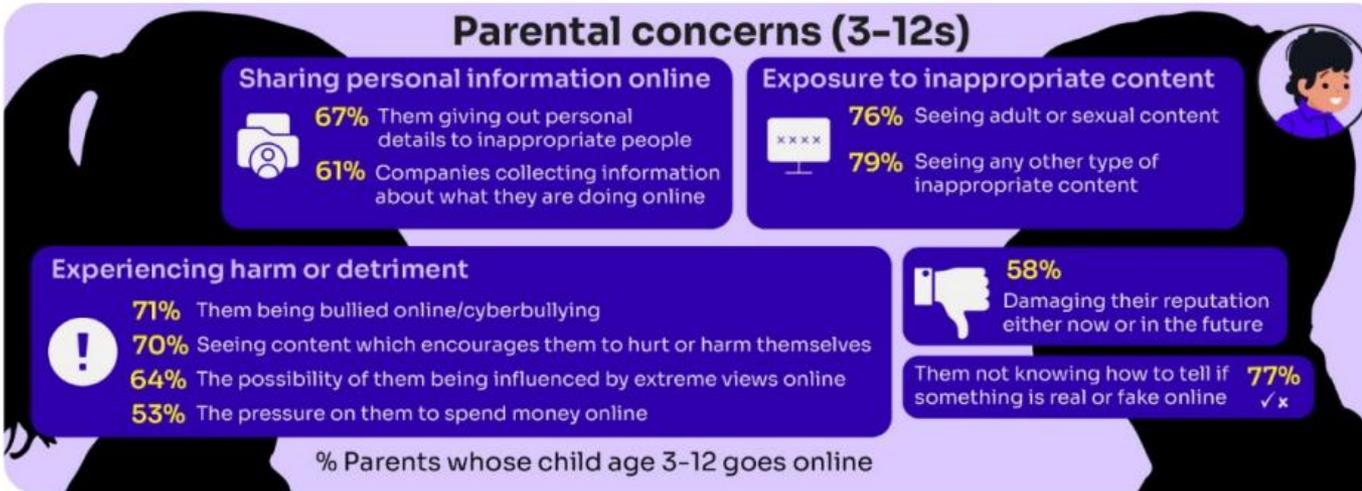
The graphic features a blue speech bubble with a white question mark on the left. Below the question is an illustration of seven colorful stick figures (purple, blue, green, yellow, orange, red, pink) standing on top of several smartphones, with their arms raised and hands clasped together. In the bottom left corner, there is a red logo for 'LGfL SafeguardED'.

# Outline

- What are parents worried about?
- Tips
- Talking to children about life online
- Smartphone vs brick phone
- Rules about being online
- Sharenting
- Parent controls
- Apps and WhatsApp
- How to report concerns
- Resources
- What we do at FHS



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



# YOU don't need to be an **EXPERT** ... be a **PARENT**

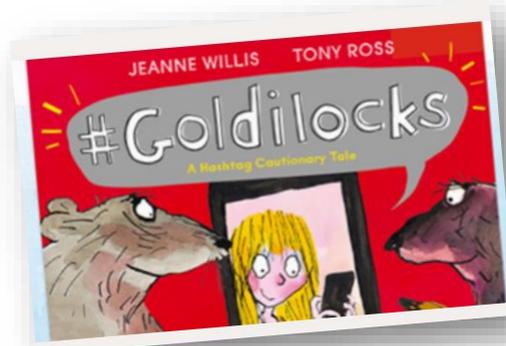
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- **It's your choice** – **don't let others dictate when the right time is** to use tech.
- **Stay involved** – make **time to communicate**, talk about what they are doing. What do they enjoy? What makes them laugh?
- **Don't quiz them** – have regular **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**

# 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





## 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

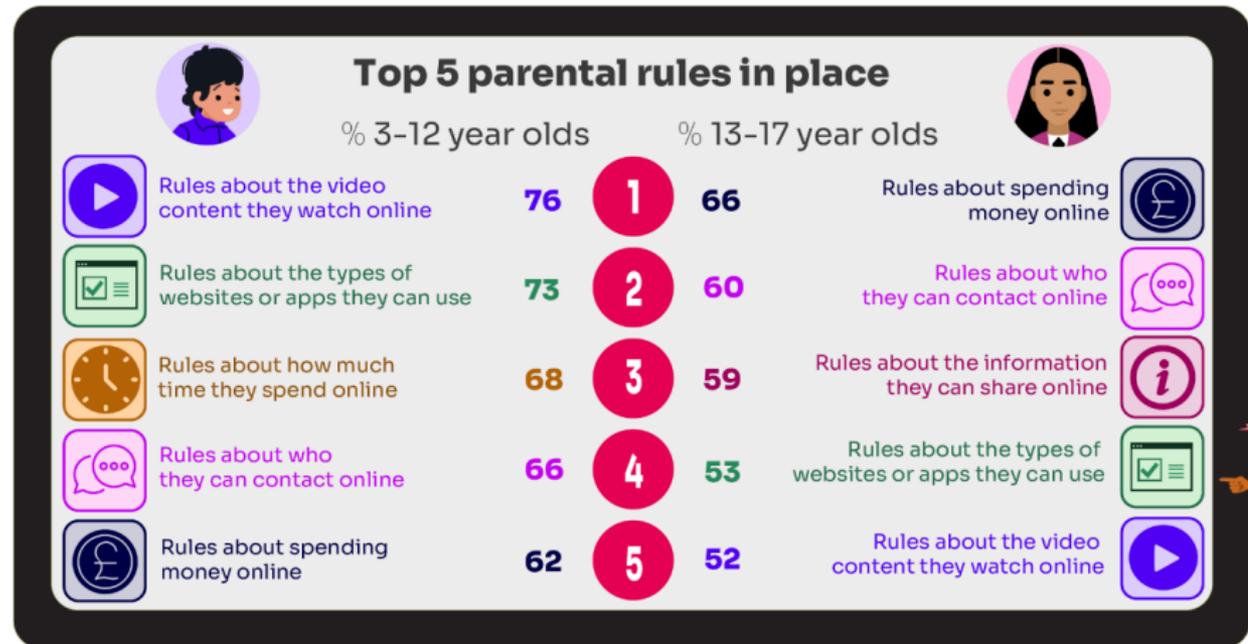
- NO internet access
- Some games
- Anytime phone calls and texts
- Limited parental controls





# What **RULES** do **YOU SET** about being online? What do you do that **WORKS**?

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



Source: Children and parents: media use and attitudes report 2025

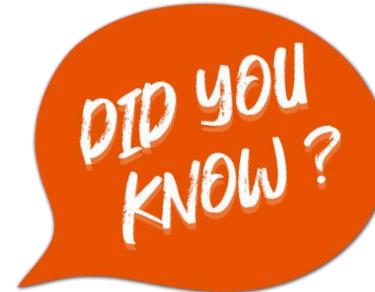


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# Do you **RESTRICT** their **MOBILE PHONE USE**?

If so, have you found it **CHALLENGING**?



## Primary

**93%** have restrictions at home

74% when in bed at night time

65% when having meals

61% when doing homework

39% when spending time with family



## Secondary

**81%** have restrictions at home

55% when having meals

54% when in bed at night time

36% when doing homework

33% when spending time with family



Source: Children and parents: media use and attitudes report 2025



**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



*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 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

**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

**SHARENTING!**

Signed: *Sophie* Mum Dad

Today's date: *24th March*

Date we will review this: *24th May*

Download me again and find more

are.lgfl.net

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



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## What's wrong with **SHARENTING**?

(when parents share photos of their children online)

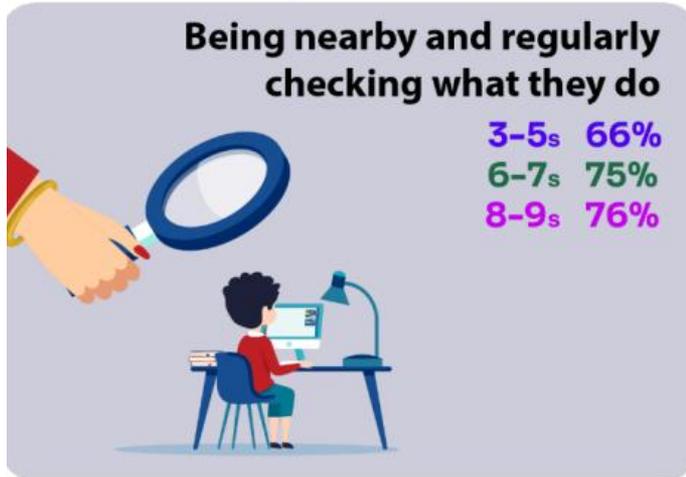
- Identity theft
- Permanence of digital content
- Losing control of images
- Exposure to child predators
- Creates their children's digital footprints before they are old enough to consent to it





# Do you **SUPERVISE** your child's online activity? **HOW?**

**Main online supervision method used** (% of parents whose children go online)





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

DID YOU KNOW?

- Controls need 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



Visit [internetmatters.org/parental-controls](https://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

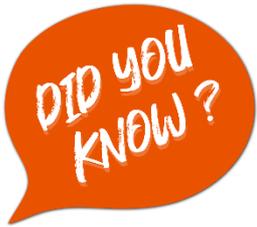
Select the social media app or platform from the dropdown list:

  
  
[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

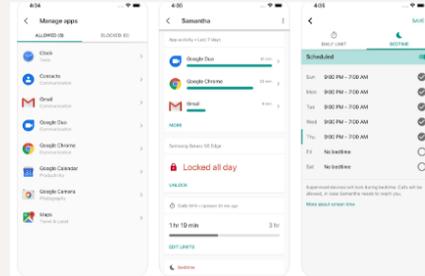
## SAFE SETTINGS, CONTROLS & MONITORING

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?).



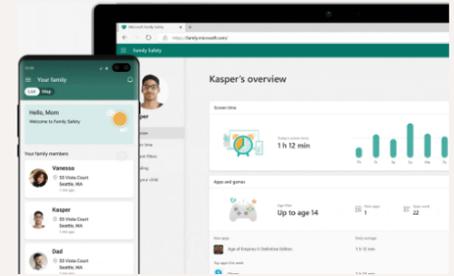
[Apple Screen Time](#)

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

Visit [parentsafe.lgfl.net/](https://parentsafe.lgfl.net/) for additional advice and tips on settings and controls for all devices



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# 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**

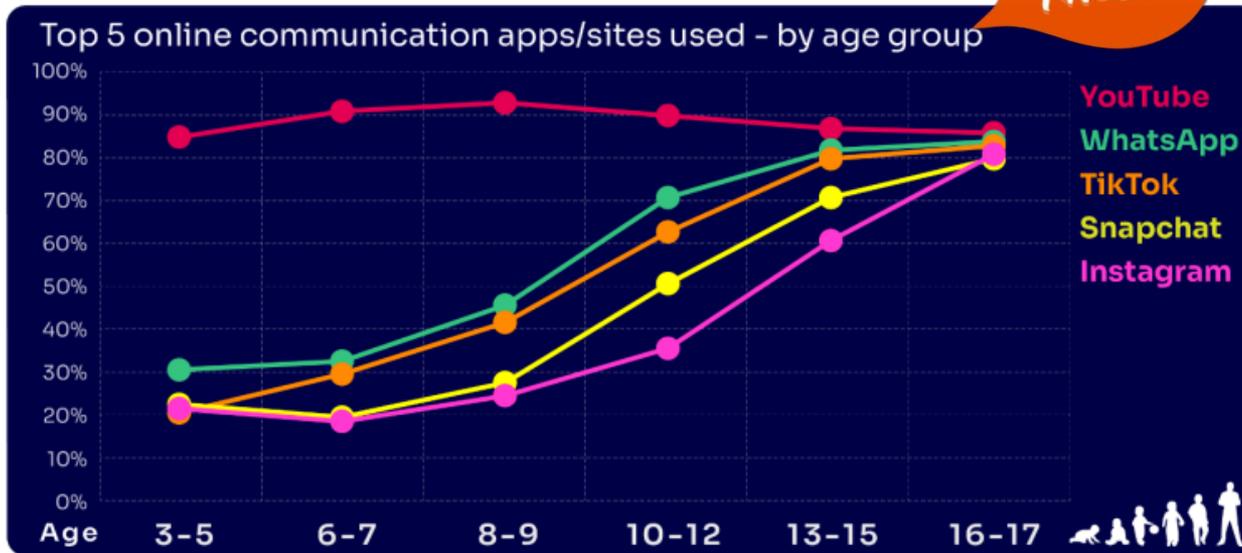




## Are you **FAMILIAR WITH THE APPS** and **GAMES** your child is on?

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

DID YOU KNOW?



- The two most popular apps for 3 – 7 yr-olds are **WhatsApp** (2 in 10) and **Snapchat** (3 in 10)

- The proportion of 8-9s with an **Instagram** profile increased from 8% in 2023 to 14% in 2024

- 13-17s are most likely to have profiles on **WhatsApp**
- (62%), **Snapchat** (62%) or **TikTok** (61%)

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

Source: Children and parents: media use and attitudes report 2025



## 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 green and black. It includes the 'internet matters.org' logo in a green box. Three yellow boxes display statistics: '13+' for the minimum age in the UK, '58%' for kids aged 3-17 who use WhatsApp, and '37%' for kids under 13 who use WhatsApp. An illustration of a woman with a blue checkmark on her head is shown holding a smartphone. Below the statistics, the text reads '5 tips to keep kids safe on WhatsApp' followed by a numbered list of five tips, each with a yellow icon: a padlock for privacy settings, a person icon for contacts, a speech bubble for personal information, a magnifying glass for support, and a checkmark for regular check-ins.

**WhatsApp**  
safety guide for  
parents

internet  
matters.org

**13+**  
WhatsApp's  
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**58%**  
Kids aged 3-17  
who use  
WhatsApp

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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.

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

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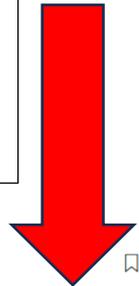
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Find ratings and reviews for parents on apps, games and social media at [commonsensemedia.org](https://commonsensemedia.org)



Navigation: Movies TV Books Games Podcasts Apps YouTube Parent Tips and FAQs Celebrating Co

By Age	By Topic	By Platform
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 ...



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

See full review



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

See full review



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# UK Reporting Helplines and Services for Children and Young People

Call 101 or 999 if there is an immediate risk of harm to your child



## NCA

Young people can report concerns about child sexual abuse and exploitation to NCA



Nude image of you online?  
We can help take it down.

## Report Remove

A free tool that allows children to report nude or sexual images and videos of themselves that they think might have been shared online



## ChildLine

A free, private and confidential service where CYP can talk about anything to a trained counsellor, online or on the phone

Go to [reporting.lgfl.net](https://reporting.lgfl.net) to find out more

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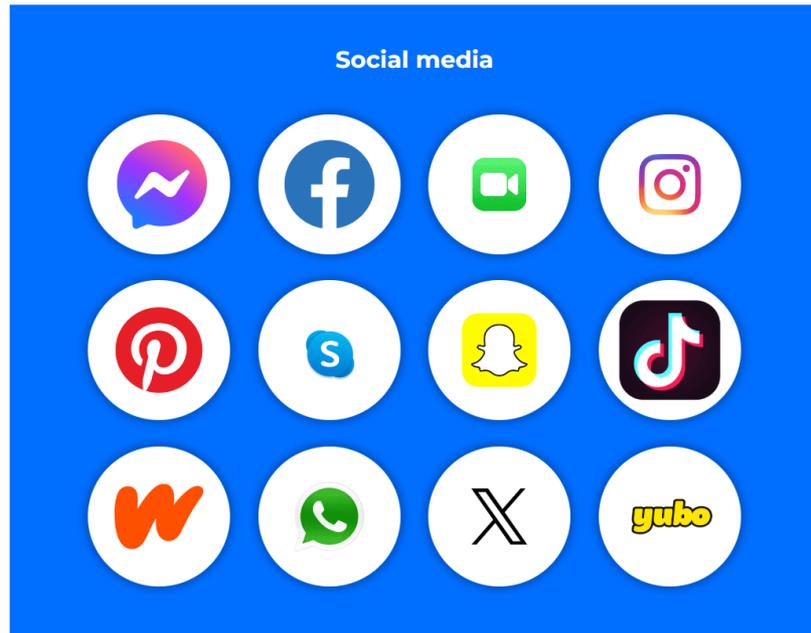
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## Do **YOU** know **HOW TO REPORT** to apps / sites?

### Step-by-step Guides

Click on the guides for step-by-step instructions to set controls on popular devices.



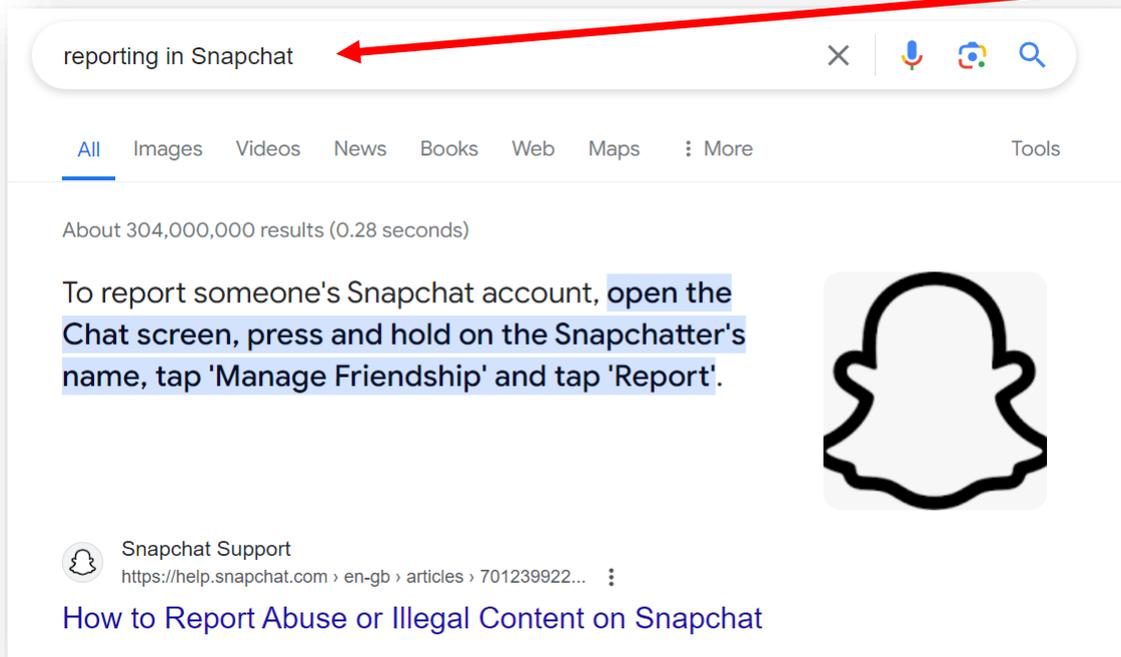
Internet Matters has helpful guides for social media apps and sites at

[internetmatters.org/parental-controls/social-media](https://internetmatters.org/parental-controls/social-media)

### Popular Parental control guides



Search our step by step guide



A simple **Google search** with the site name, e.g. **'reporting in Snapchat'** will bring up the steps to take and signpost to the reporting page

# Remember!



- ✓ Before signing up to any app/site, **check that your child meets the minimum age** requirement for the platform to understand the risks
- ✓ Remind your child to be **cautious about accepting friend requests** - a real friend is someone they/you know in real life, not a 'friend' they met gaming or in a chat room. Encourage them to **ask you for advice** if they are unsure.
- ✓ Stress the importance of **not sharing personal information** with online 'friends'
- ✓ Keep **passwords confidential**
- ✓ **Check their privacy settings**, emphasising the importance of not sharing personal information with strangers, and emphasising the confidentiality of passwords are all important steps
- ✓ You can **report any content**, e.g. a post, image or harmful, misleading or damaging comment
- ✓ Remember that **reporting doesn't guarantee immediate** removal, as platforms assess reported content based on their respective rules and policies



## SIX TOP TIPS

For Parents To Keep Your Children Safe Online

### SafeguardED

Most parents & carers think their children and young people spend too much time on devices. **DON'T FEEL BAD!** Lots of it is perfectly healthy anyway. Instead, follow these tips to keep them safe, happy and healthy.

#### Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or video calling Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



#### Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? What about safe search and Youtube? See [parentsafe.lgfl.net](https://parentsafe.lgfl.net) for more.



#### Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced - they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** reviews.



#### Don't try to hide news about scary things in the news

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel - there is guidance from **Childline** to help you.



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## Send an anonymous message

Anonymously contact the safeguarding team.

Francis Holland Schools Trust

If you would like to anonymously ask a question about the topic you've studied in your Wellbeing lesson, you can ask your question here. As Whisper is completely anonymous (unless you choose to give your name), please write your year group in the box so that we know which year group to respond to.

We have lots of support available in school if you have concerns or worries. You can talk to your Form Tutor, Head of Year, or indeed any member of staff about issues that trouble you. We have counsellors available for you in ContemPlace and the safeguarding team (Mrs Pittaway, Ms Stansfield and Mrs Hanrahan) are here for you if you feel unsafe.

In the event you would like to alert Mrs Pittaway to a concern that you have, you may report it on Whisper. This tool is anonymous and you can choose whether you want to let us know your name. All reports are taken seriously and will be treated sensitively.

Your concern might involve:

- Bullying
- Discriminatory behaviour
- Something you have experienced online
- Mental Health



## Pupil Digital Code of Conduct

Pupil Rules and Guidelines 2025-26

### Introduction

Digital technologies are an integral part of life and learning inside and outside of school. These technologies are powerful tools, which open up incredible opportunities for creativity, working together and learning. Everyone in the school is entitled to access and use these digital technologies safely. These acceptable use rules and guidelines are intended to ensure:

- That you will be a responsible user of the internet and other digital technologies and stay safe while employing them for educational, personal and recreational use.
- That systems and users are protected from accidental or deliberate misuse that could put them at risk so that everyone is able to enjoy good access to digital technologies to enhance their learning

### Acceptable Use

- You must follow the rules and guidelines in this document. Where you do not follow the rules, you may receive a sanction. We will also try to help you understand the rules and follow them.
- The school may, from time to time, update these rules. Significant changes will be communicated via your Head of Year.

### The Golden Rules

I understand that I must use technology in a responsible way, to protect my safety and the safety and security of the systems and other users.

- Stay safe & healthy
- Act considerately
- Behave responsibly

### Asking for Help

Our first priority is always your safety and the safety of everyone in the school community. If you or someone you know needs help, talk to a parent, guardian, or member of staff.

When you raise concerns with staff about something you have seen or experienced online, you will be treated with respect and the school will support you and anyone else involved with sensitivity. In school, you can talk to any member of staff. Your **Form Tutor** or **Head of Year** are the best people to ask. At home, you should talk to a parent or guardian. You can also email [digitalsafety@fhs-sw1.org.uk](mailto:digitalsafety@fhs-sw1.org.uk) or visit ContemPlace.

Technical support is available through the IT department ([thelodock@fhs-sw1.org.uk](mailto:thelodock@fhs-sw1.org.uk)) and at the lunchtime clinics on Wednesdays and Thursdays at 1.30pm in ICT1.

### Monitoring and Privacy

