



ONLINE

SAFETY

TIPS

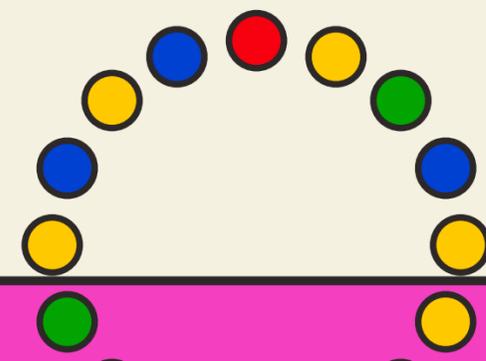
Mrs Timoney - Digital Leader of Learning
Mrs Kearney - Children's Right's Co-ordinator





Workshop Outline

- 1 Introduction
- 2 Our Children's online world
- 3 What you can do
- 4 Where to go for advice
- 5 Content & privacy settings
- 6 Screen Time
- 7 Resources
- 7 Questions





Introduction

Welcome to our guide to online safety tips and keeping our children safe.

In Scotland, our children are protected by the United Nations Convention on the Rights of the Child. It is our duty as parents/carers and as teachers to protect children and uphold their rights.

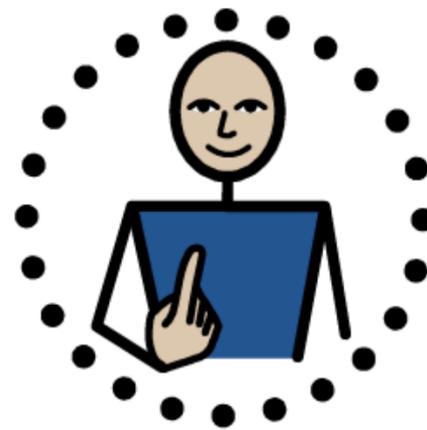
Article 3 states ‘Adults must do what is best for me.’



16 I have the right to keep some things private



17 I have the right to get information in lots of ways, as long as it's safe



19 I have the right to be protected from being hurt or badly treated



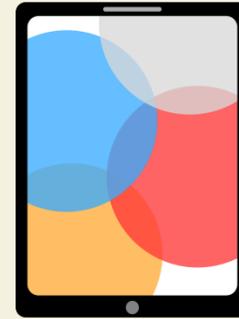


OUR CHILDREN'S ONLINE WORLD

What does your child love doing online?



FORTNITE



twitch



amazon



Google



POKÉMON



YouTube

ROBLOX



What are you **worried** about when your child is **online**?



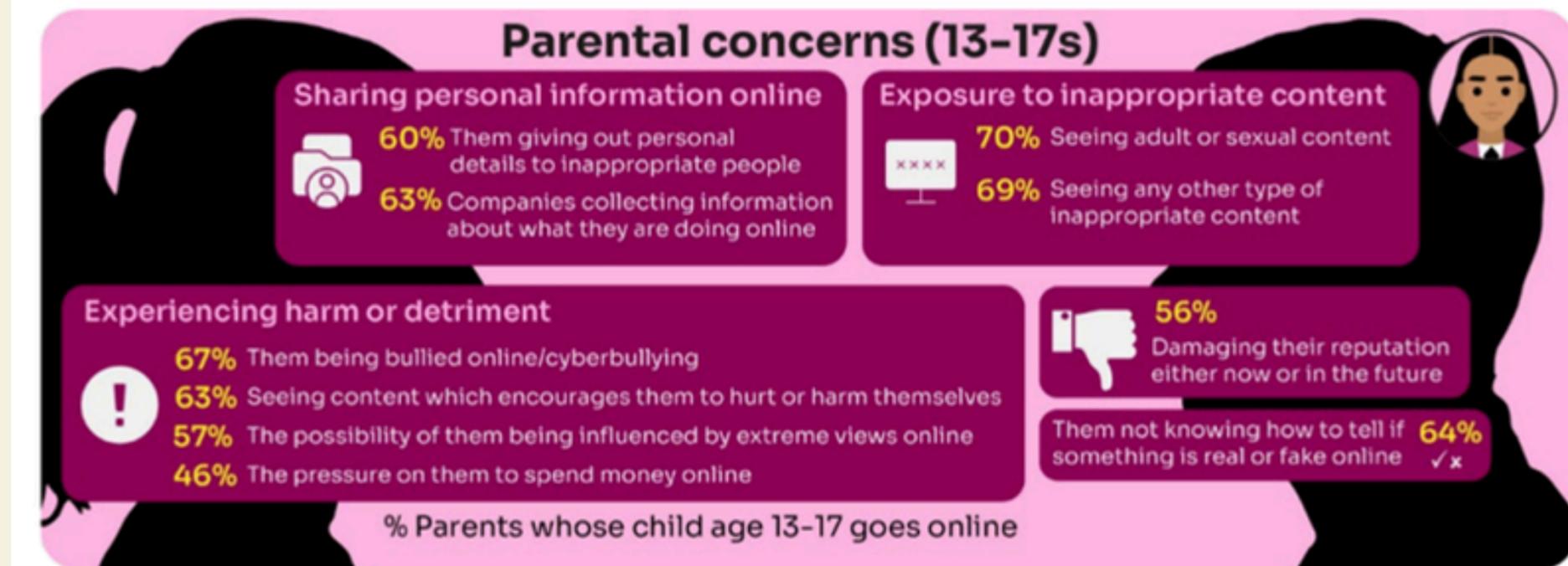
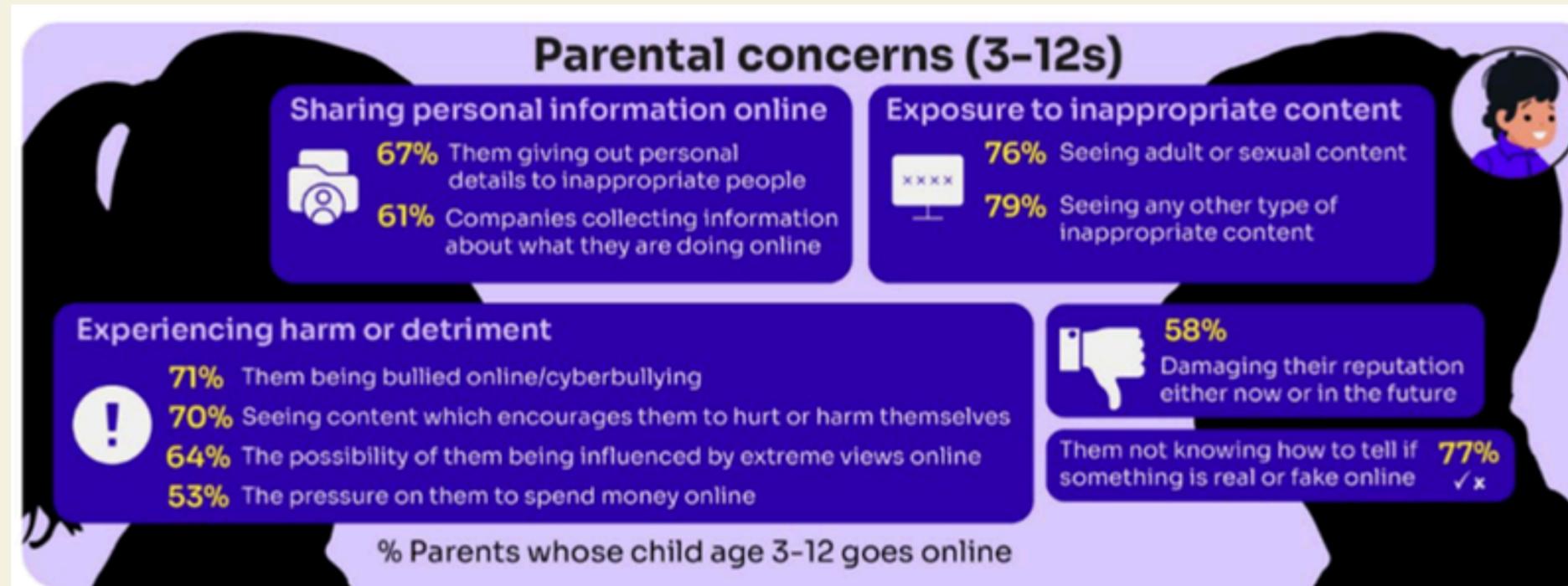


Children and Parents: Media Use and Attitudes

Interactive report



Published 7 May 2025

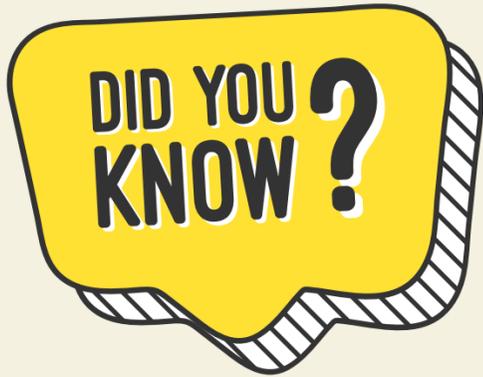




Do you know about your child's life **online**?

Almost all children (96%) aged 3 – 17 went online in 2024, highlighting the centrality of the internet in their lives:

- Younger children commonly use tablets to go online
- Older children are more likely to use mobile phones



Almost a **quarter (23%)** of 3-7 year olds **have used TikTok**

 **YouTube** Continues to be the most popular app



FORTNITE

ROBLOX

The most popular games



What can you do?

Are you **confident** to talk to your child about going online?

Is your child **confident** to **talk to you**?

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

- 92% of 8-12-year-olds say that they would tell a parent
- 85% of 13-17s say that they would tell a parent

[Link to report here](#)

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, and 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

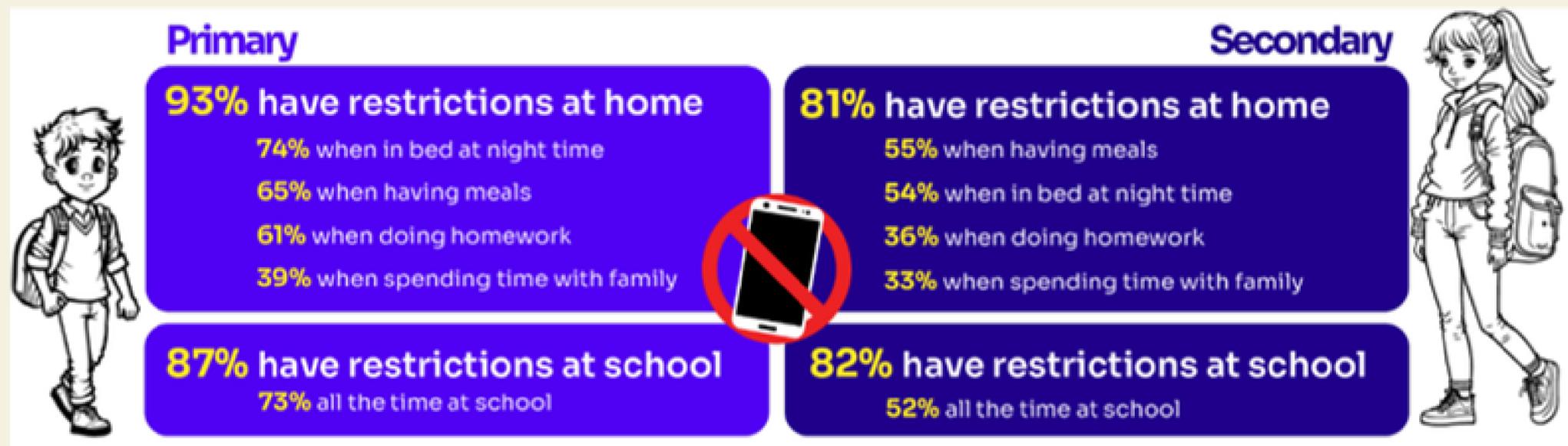


What RULES does your family have about being online?

What do you do that WORKS?

Do you limit their screen time?

If so, have you found it CHALLENGING?



Digital Family Agreement

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

Digital Family Agreement 

I will:	Why?	Parent/carer will:	Why?
Check with mum before getting a new app or game or buying an add-on so she can check it's safe		Put our devices down when you want to talk to me/us so we can model good behaviour	
Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry		Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk	
Check with mum or dad before going live and explain what I can do to avoid any risks		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	
Not post or share any personal information, e.g. mobile, address, to stay private and safe		Ask permission before sharing any photos of you, to respect your privacy	
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			

Signed: *Sophie Mum Dad*
 Today's date: *24th March* Date we will review this: *24th May*
Download me again and find more support for parents at parentsafe.lgfl.net

Download it at parentsafe.lgfl.net/digital-family-agreement



Privacy Settings

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:

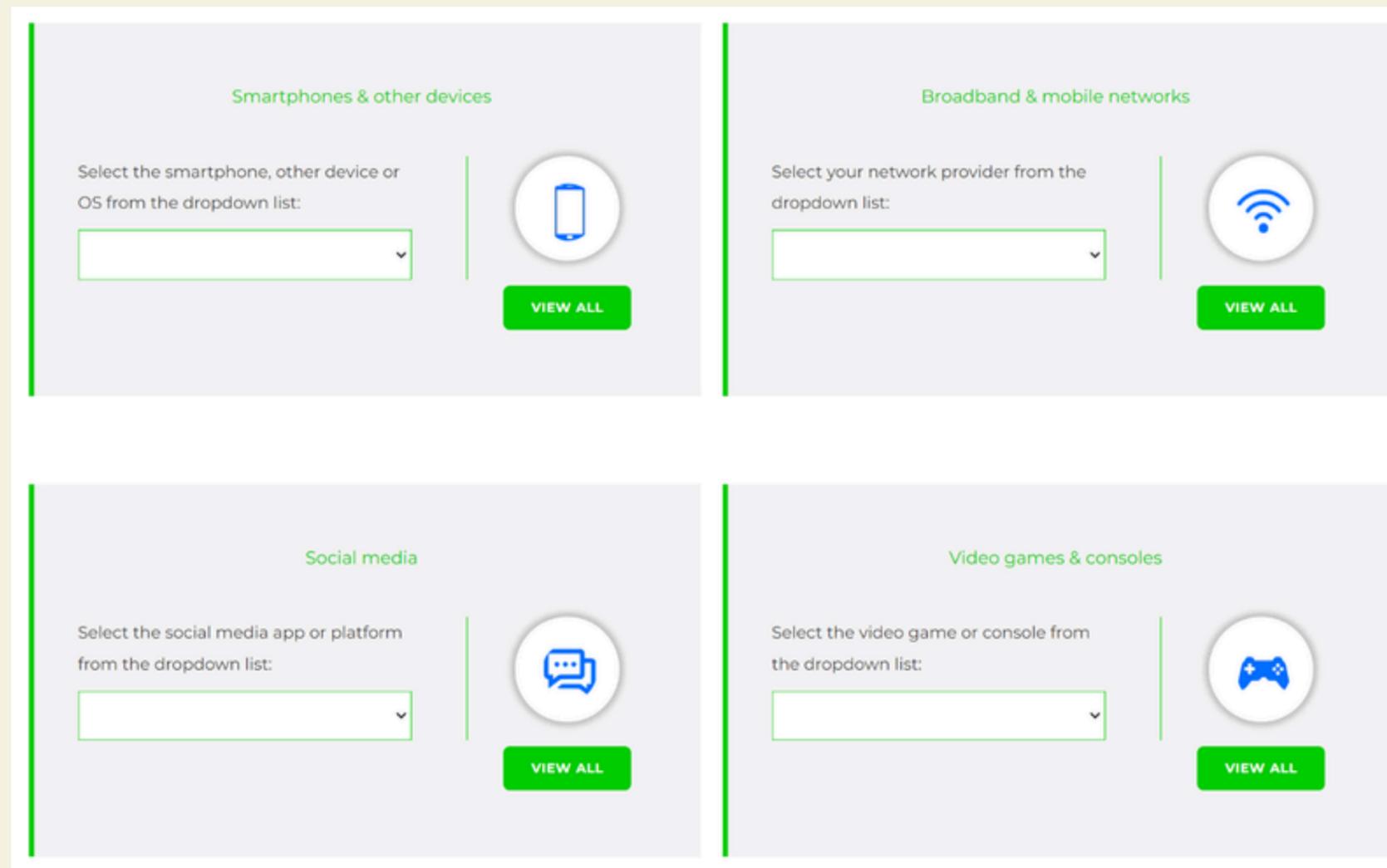
- **Block and filter** upsetting or inappropriate content or sites
- **Plan** what time and how long your child can go online for





Privacy Settings

Visit internetmatters.org/parental-controls to find out how to set controls on devices:





Remember

- As children get older, the 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





Screen Time

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

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

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.

<p>Sleep matters Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.</p> 	<p>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!</p> 
<p>Education matters Make sure you and your children are aware of, and abide by, their school's policy on screen time.</p> 	<p>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. #sitlessmovement</p> 
<p>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.</p> 	<p>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.</p> 
<p>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.</p> 	<p>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.</p> 

Screen Time Guidelines By Age

Below are screen time recommendations from the American Academy of Pediatrics. *Remember*, it's okay to watch a program for entertainment! Just set guidelines, such as time limits, and make sure these programs are child-friendly and high quality.

Under 18 Months	18-24 Months	2-5 Years Old	6+ Years Old
<p>No screen time except video chatting with family and friends.</p> <p>Connect with family and develop communication skills.</p> 	<p>Limited screen time.</p> <p>Video chat. Watch educational or high-quality programs together with child and ask questions to encourage engagement.</p> 	<p>1 hour/day and 3 hours/day on weekends.</p> <p>Limit non-educational screen time. Continue to watch with child to talk about what they're seeing to develop understanding.</p> 	<p>Parents should monitor media and device usage.</p> <p>Make sure screen time does not affect sleep, exercise, and family time.</p> 

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What about **your** screentime?



Screen Time in school

Upper primary P6-P7 have a 1:2:1 device and a stylus

Currently, P5 also have access to a 1:2:1 device and a stylus. P4 share a 1:2:1 device between classes. P5. In the next session, this will change.

Class sets of 5 iPads are available for lower primary, and a class set of styluses is available.

In class, teachers are conscious of the need to develop core skills first and foremost. However, about 170 million **new** jobs will be created this decade, according to the World Economic Forum's Future of Jobs Report 2025. We need to equip our children with the skills they need and balance traditional learning with the development of these crucial digital skills. We focus on creativity, critical thinking, problem-solving, and collaboration.



More Resources

- Key Findings from:
- Children and parents: Media Use and Attitudes report
- Children's Online User Ages 2025 Quantitative Research Study
- Children and parents: media use and attitudes report 2025 – interactive data
- IWF Annual Data & Insights Report 2024, published April 2025
- https://www.gambleaware.org/media/hbcp3qgd/exploring-the-lived-experience-and-views-of-gambling-among-children-and-young-people_final_0.pdf
- NSPCC (2024) Young people's experiences of online sexual extortion or 'sextortion'
- Internet Watch Foundation Annual Report 2023
- Evidence on pornography's influence on harmful sexual behaviour among children Report 2023
- Revealing-Reality Anti-social Media Report 2023

Questions?



Any questions?



Thank you for listening!

Don't hesitate to ask any questions.



