

Welcome Digital Parents & Carers

Online safety

#SID2020

#freetobe

#SaferInternetDay

getonline@home

The best way to get your affordable and internet ready computer

Home

Computers ▾

Broadband

Help ▾

About ▾



PC's from £99

Professionally refurbished PC's including Keyboard, Monitor, Mouse and Windows 10 from just £99.

[Find Out More](#)



Laptops from £169

Professionally refurbished laptops with Windows 10 from just £169.

[Find Out More](#)



Image for display purposes only
Actual make / model may differ from that shown

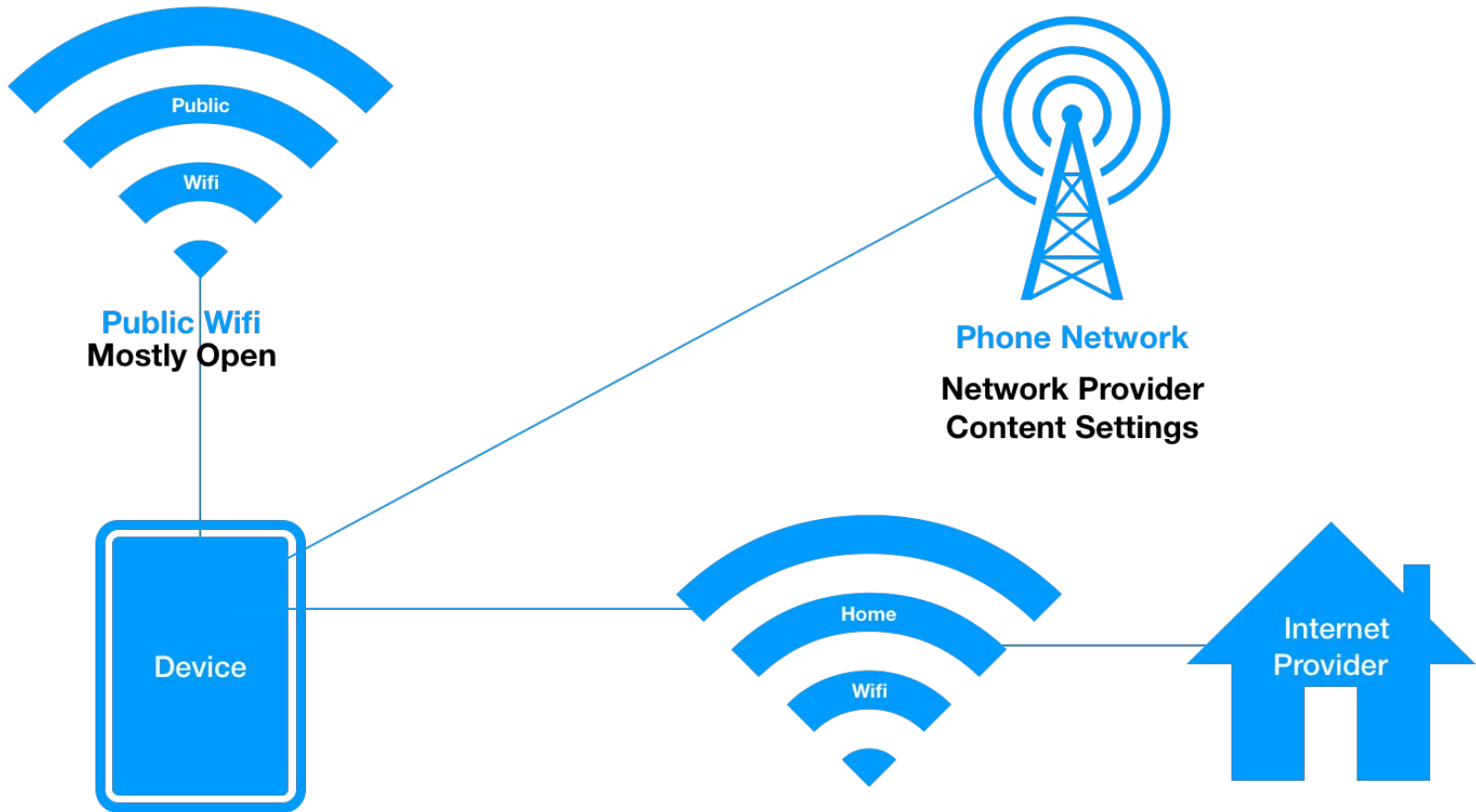
Windows 10 Tablet from £139

Professionally refurbished tablets with Windows 10 from just £139.

[Find Out More](#)

please call [03719 100 100](tel:03719100100).



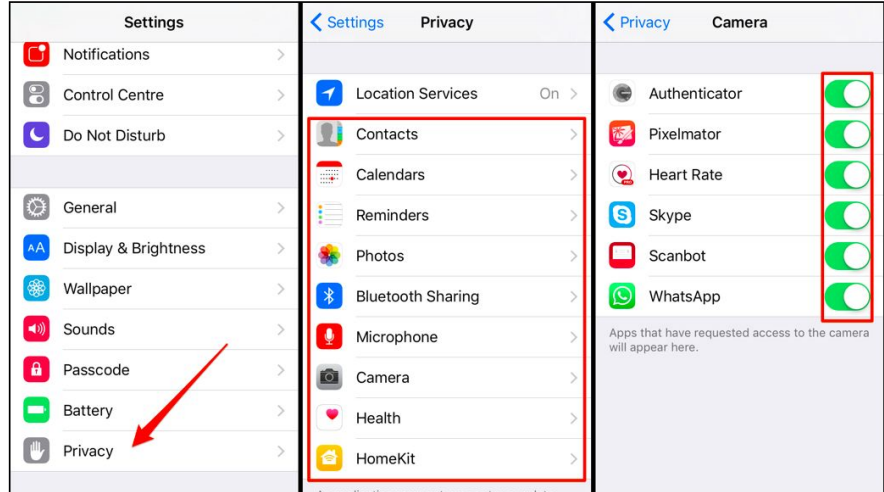
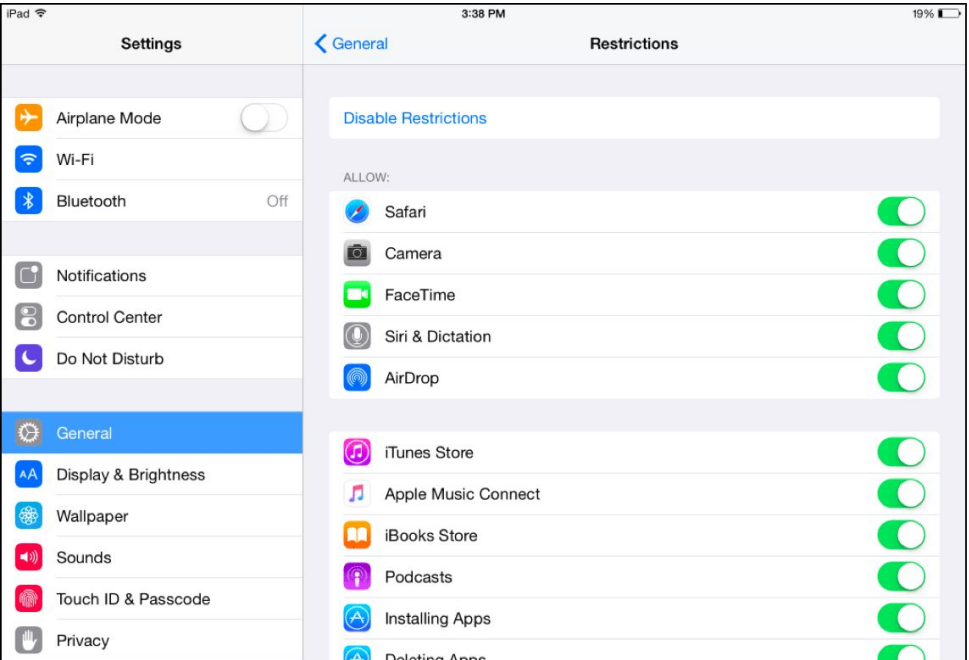
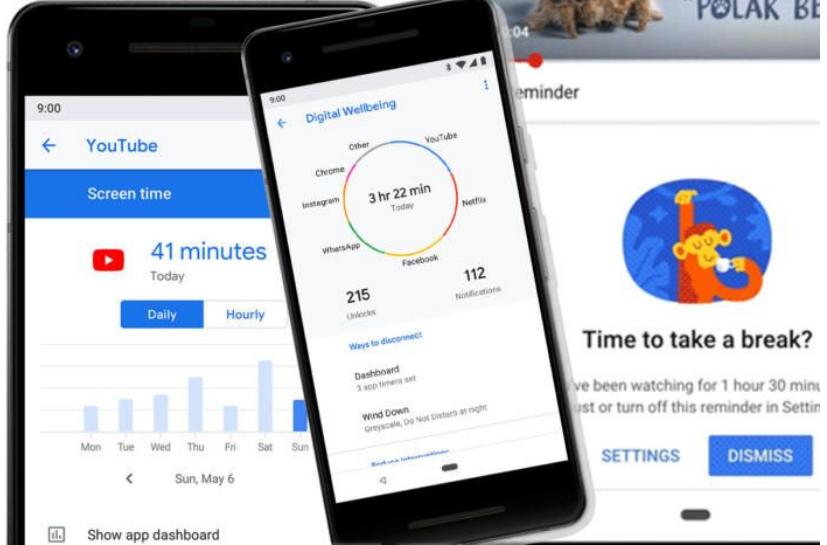


iPhone Restrictions
Vodafone Guardian
Samsung Kids Mode

Home Wifi
Open DNS

Internet Provider
Content Restrictions @ldnclc
londonclc.org.uk

Parents have control (but do you know?)



MENTOR PARENTS



DIGITAL MENTORS guide their kids online.

They enjoy spending time online with their kids, cultivate their kids' digital skills, and foster online learning.

Mentors' kids are *DIGITAL HEIRS*.

They inherit their parents' online know-how and engagement.

PARENTS OF ALL KIDS UNDER 18



33%
MENTORS

35%
ENABLERS

32%
LIMITERS

Mentors make up about a third of parents in each age group...- because it's an approach that works at all ages.

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Our family online agreement

Creating a family agreement is a great way to start conversations about online safety and to discuss any worries you may have. Make sure you review the rules together regularly to keep them up-to-date.



..... agree(s) to:

(eg check before I download a new app)

..... agree(s) to:

(eg ask my child's permission before posting photos of them on social media)

We both agree to:

(eg talk about what we're up to in our online world like our offline world)

© 2015 NSPCC. All Rights Reserved. NSPCC/15/01/2015/11/06

**Be Share
Aware
NSPCC**

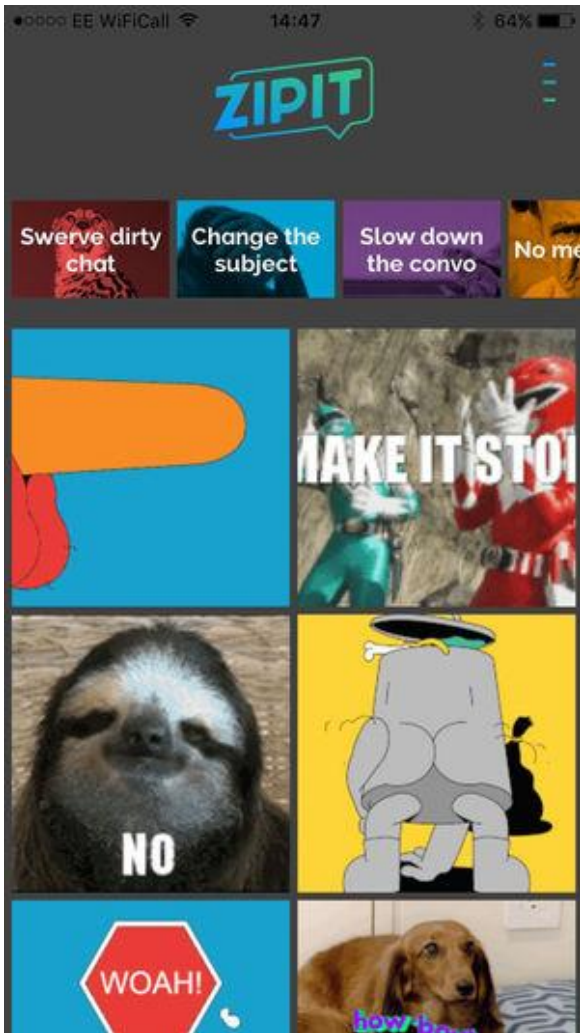






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menu **O₂** 😊 **NSPCC**
Net Aware)))

Your guide to the social networks your kids use

Stay up to date and keep your child safe in today's digital world

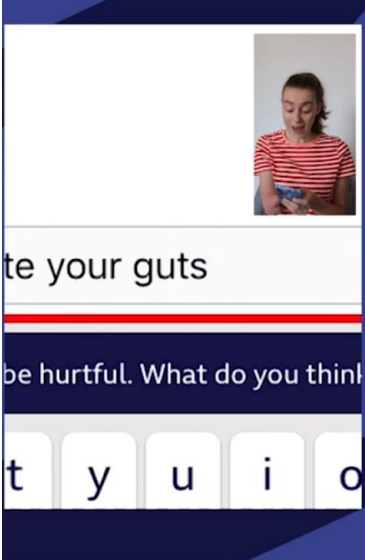

Search for a site, game or app to find out more

🔍 (e.g. Facebook)

Explore other networks

BBC Sign in

OWN IT



te your guts

be hurtful. What do you think

t y u i o

Digital Parenting



Digital life skills



Expert Advice

How to have awkward conversations

Psychotherapist Mark Linington offers advice for tackling tricky topics

[Read more](#)



Expert Advice

Body image and social media

Social media can be positive, but constantly chasing 'likes' can make young people feel insecure. Psychologist Dr Linda Papadopoulos is here to help you find the right balance

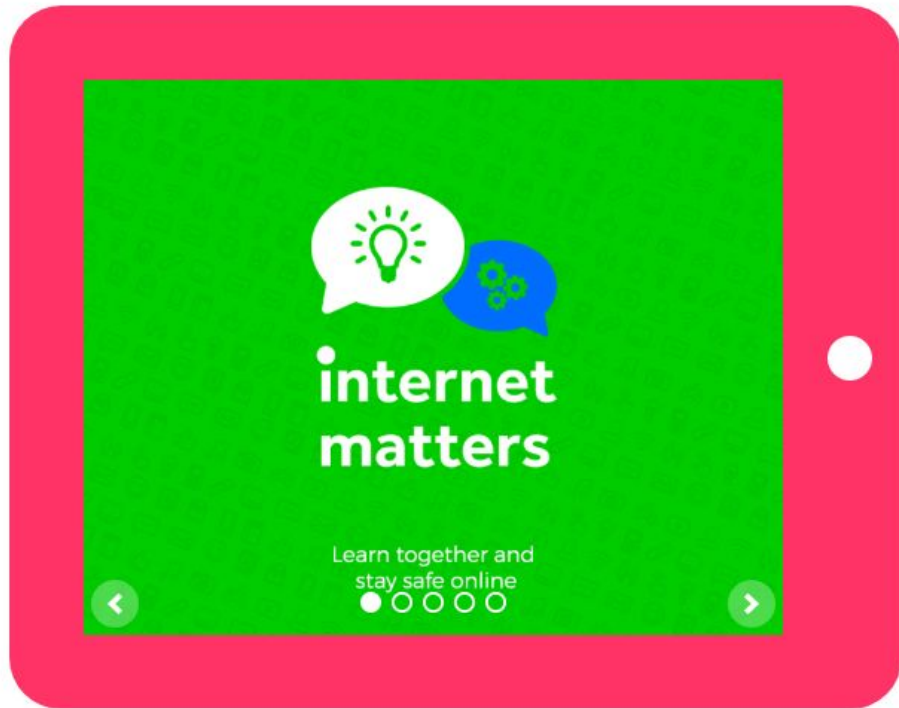
[Read more](#)



'Internet Matters' is our app designed to help parents talk about online safety issues with their children, and to ensure that they make smart choices to stay safe online.

- Aimed at children aged between 8-10
- Split-screen collaborative app helps them think about what they would do if they were faced with different situations online; from cyberbullying to sharing content with someone they don't know
- Quizzes and games encourage parents and children to collaborate and talk about 9 different e-safety subjects.

Download the tablet-only app for free:



Paris Brown: Kent youth PCC resigns after Twitter row

9 April 2013

f t v e Share

Teenager becomes UK's first youth commissioner

3 April 2013



A teenager has become the UK's first youth police and crime commissioner with the job of helping the police understand the needs of young



Paris Brown: "I have made this decision after a great deal of thought and consultation"

The UK's first youth police and crime commissioner, Paris Brown, has resigned from her post following criticism of messages she posted on Twitter...

5Rights

5Rights takes the existing rights of children and young people (under 18), and articulates them for the digital world. We believe that they should be supported to access digital technologies **creatively, knowledgeably and fearlessly.**

5Rights Foundation: Towards an Internet Safety
Strategy

January 2019



I couldn't save my child from being killed by an online predator

Breck Bednar, a 14-year-old boy who loved gaming, was groomed online and murdered in 2014. His mother, Lorin LaFave, was worried - would her pleas for help from police have been taken more seriously if he'd been a girl?



< 86,282 213

Anna Moore

Saturday 23 January 2016 05.59 GMT



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](#) 



Welcome to Thinkuknow

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.

Are you...

4-7?

8-10?

**Parent/
Carer?**

11-13?

14+?

**Children's
workforce?**

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Instagram

Instagram to launch 'sensitivity screens' after Molly Russell's death

Facebook-owned app promises changes to better shield users from self-harm images

Alex Hern

🐦 @alexhern

Mon 4 Feb 2019 14.48 GMT



🔗
42



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Department for
Digital, Culture,
Media & Sport



Home Office

Closed consultation

Online Harms White Paper

Updated 12 February 2020

Ofcom

making communications work
for everyone

Press release

Government minded to appoint Ofcom as online harms regulator

ico.

Information Commissioner's Office

ico.

Information Commissioner's Office

The UK's independent authority set up to uphold information rights in the public interest, promoting openness by public bodies and data privacy for individuals.

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ICO submits Age Appropriate Design Code of Practice to government

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parentzone
The experts in digital family life

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Download now

Gaming or Gambling: Resources to help families learn about gambling-like activities in games

Stay informed - safety news straight to your inbox

Email Address *

First Name

Last Name

Sign me up

newsround

Watch Newsround

you're being faced with gambling related advertising

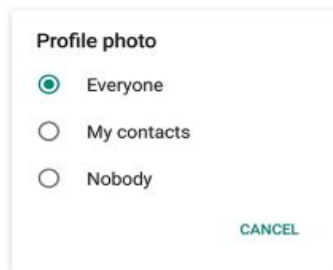
'Adult gambling problems likely start as a young person'

© 17 Jul 2018

The Chief Executive of GambleAware, Marc Etches, talks about why it is so important to help protect young people from the potential dangers of gambling.



Children treated for computer gaming addiction under NHS Long Term Plan



Control Your Privacy Settings

Set your profile photo, last seen, and about, to be seen by everyone, contacts only, or no one.

[Android](#) | [iPhone](#) | [Windows Phone](#)



Block Unwanted Users

Stop someone from contacting you directly from a chat.

[Android](#) | [iPhone](#) | [Windows Phone](#)

Screen Time

News > UK > Home News

Government should impose screen time limits for children on social media, minister suggests

'For an adult I wouldn't want to restrict the amount of time you are on a platform but for different ages it might be right to have different time cut-offs'

Harriet Agerholm | @HarrietAgerholm | Saturday 10 March 2018 14:25 | 77 comments



Click to follow The Independent



Children's screen time has little effect on sleep, says study

By Jane Wakefield
Technology reporter

6 November 2018 81



Correlations between screen time and lack of sleep are "extremely modest", says the report

The amount of time children spend on devices has little effect on how long they sleep, a study from Oxford University suggests.

Limiting children's screen time linked to better cognition

By Alex Therrien
Health reporter, BBC News

27 September 2018



Limiting children's recreational screen use has been linked with improved cognition.

Children aged eight to 11 who used screens for fun for less than two hours a day performed better in tests of mental ability, a study found.



Maybe you're being too strict with your kid's screen time, study suggests

Brett Molina | USA TODAY
Published 3:36 PM EST Jan 8, 2018



Health

Worry less about children's screen use, parents told

By Alex Therrien & Jane Wakefield
BBC News Online

4 January 2019 445



GETTY IMAGES

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Sexting and sending nudes

Advice if you're worried about a child sending, sharing or receiving nude images.

[Learn more](#)

Talking to your child about online safety

Tips on how to start the conversation with your child.

[Learn more](#)

Inappropriate or explicit content

Advice on how to support your child if they've seen something online that's upset them.

[Learn more](#)

Online games

Learn about the risks of online games and how to protect your child.

[Learn more](#)

Livestreaming and online video apps

Advice to help you understand the risks and and keep your child safe.

[Learn more](#)

Online porn

How to support your child if you're worried they're watching porn online.

[Learn more](#)

Internet connected devices

Advice on how to make internet connected toys and devices safe for your child.

[Learn more](#)

Parental controls

How setting up parental controls can help keep your child safe online.

[Learn more](#)

Net Aware

Your guide to the latest social apps, networks and games.

[Learn more](#)

In the news

Keeping you up to date with the latest news around the social networks, apps and games your kids are using.



NSPCC

Search
'Share Aware'

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Display by:

Latest



Search news

e.g. Facebook



Filter by:

All topic



1:00



icebreaker
email series

What do children and young people think about screen time?

1) How much time (hours) per day do you spend in front of a screen?



7) What is your top tip for someone else about using screen time?

Be careful and control how much time you spend on a screen



Don't get addicted



Find a balance and make sure your health always comes first



Positives about screen time:



- Gives you knowledge
- It's entertaining and enjoyable
- Provides you with more opportunities to reach a wider community

Negatives about screen time:



- Hurts your eyes & stresses you out
- Keeps you awake
- Loss of social connection

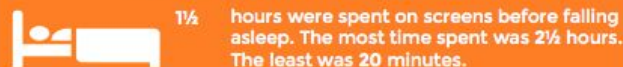
2) How do you use your screen time? Rank below 1-8 (1 being the most and 8 being the least)



3) When do you spend most of your time in front of a screen?



4) If you have chosen 'night time', how much time do you spend on your screen before falling asleep?

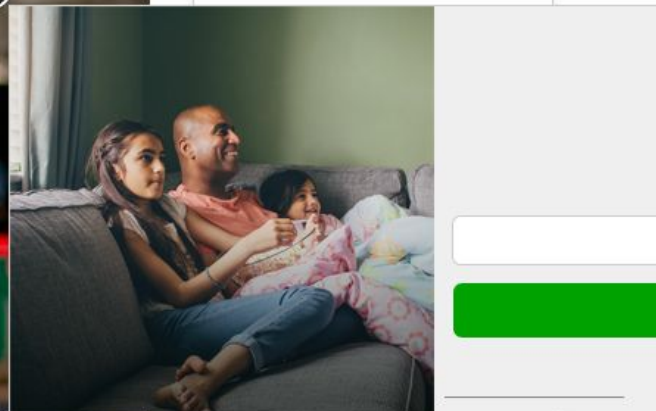


6) Have you experienced any bullying online?



5) Does your screen time use have a negative impact on the following?





Teen Voices: Sexting, Relationships, and Risks

Middle school kids face digital dilemmas every day. Watch real kids talk about sexting and find out how Common Sense's curriculum can help kids, teachers, and families navigate this tricky new world [here](#).

Personalize Common Sense
for your family.

[Get started](#)

*You'll have a chance to add more
kids later.*

[@ldncc](#)

[commoncc.org.uk](#)

Action Plan

Make a family agreement/poster

Choose your Apps and settings

Keep communication positive and open

Online safety

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