



EDUCATION SAFEGUARDING CONSULTANCY

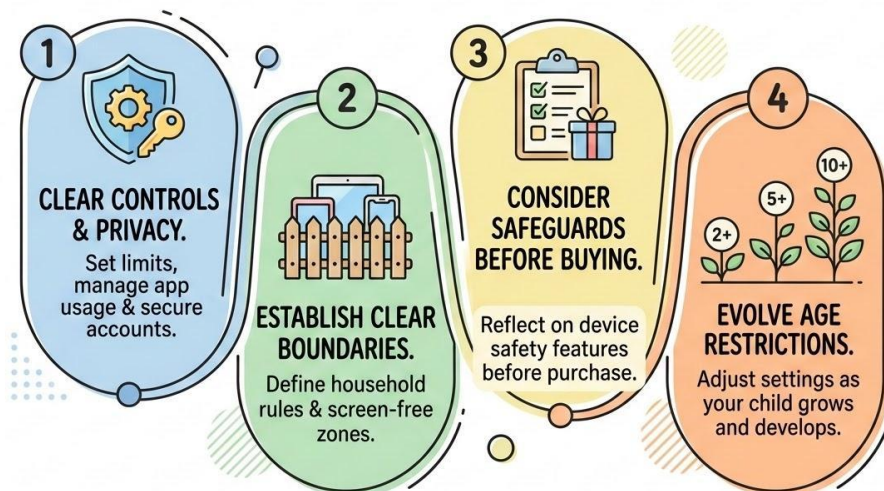
A HELPFUL GUIDE TO KEEPING YOUR CHILD SAFE ONLINE

A Step-by-Step Guide for Primary School Families (Ages 2–11)

New gadgets, mobile phones, tablets, and gaming consoles bring incredible opportunities for learning, creativity, and play. However, online safety does not happen by accident. The single most effective safety feature is configuring controls **before** placing a device in your child's hands and this should be considered from a very young age.

THE "BEFORE YOU BUY" CHECKLIST

KEY STEPS FOR PROACTIVE ONLINE PARENTING.



- **1. Clear Controls and Privacy:** Ensure the device or app allows for robust management of data and visibility.
- **2. Clear Boundaries:** Establish firm rules on when, where, and how long technology can be used.
- **3. Consider safeguards before you buy/download:** Research built-in safety features before making a purchase.
- **4. Ensure age restrictions are suited to child's age and review as they grow:** Match content to developmental stages and update settings regularly.

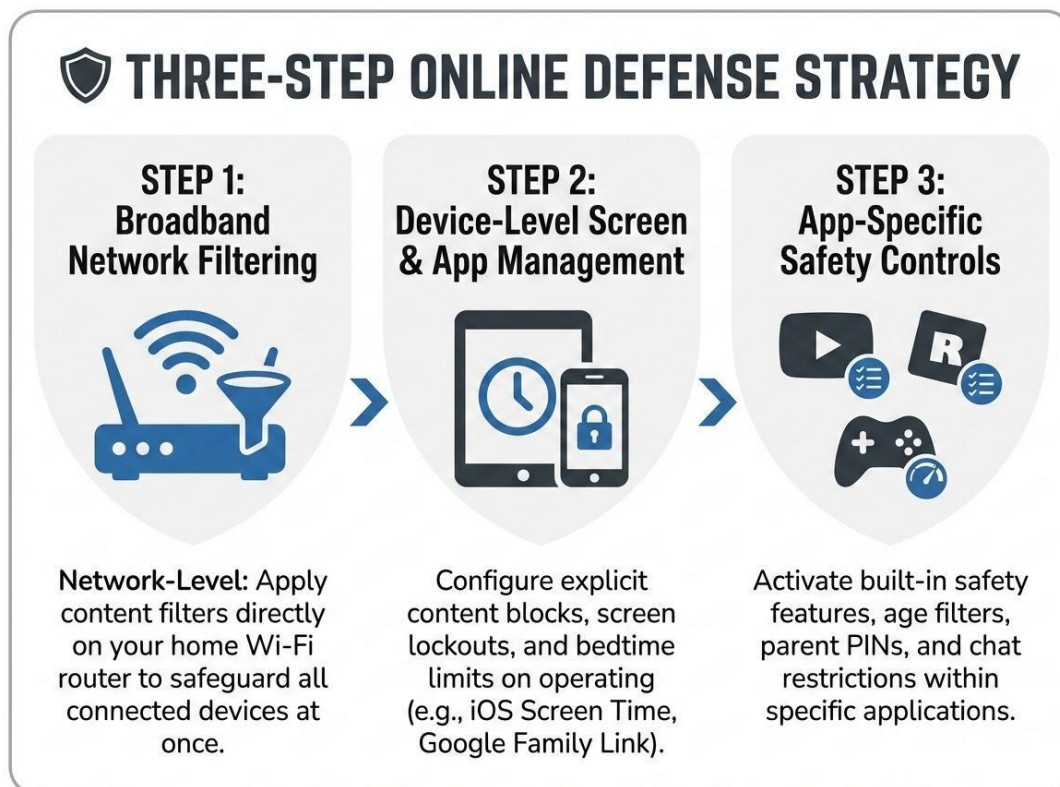
Where can I get help with this?

 Explore full buying guides for laptops, phones, consoles, and smart TVs via the [Internet Matters Tech Buying Guide](#).



THREE-STEP DEFENSE STRATEGY

Protecting your child from inappropriate content requires a layered approach covering your broadband network, the hardware device, and individual applications.



Layer	Defense Focus	Quick Action & Links
 Step 1: Broadband	Network-Level Filtering	Apply content filters directly on your home Wi-Fi router to safeguard all connected devices at once. Where can I get help with this? Broadband & Mobile Network Safety Guides.
 Step 2: Device-Level	Screen Time & App Management	Set explicit content blocks, screen lockouts, and bedtime limits on operating systems. Where can I get help with this? Tips on managing Screen Time Screen Time Balance Tips on blocking content on devices
See links below for particular devices		
• Apple Devices	iOS / iPadOS Controls	Where can I get help with this? Configure settings in under 5 minutes: Apple Screen Time Guide.
• Android Devices	Family Link Supervision	Where can I get help with this? Manage app access and search filters remotely: Google Family Link Guide.
• Windows / Xbox	Console & PC Safeguards	Where can I get help with this? Set gaming limits and search filtering: -Microsoft Family Safety Guide.
 Step 3: App-Specific	Application Features	Where can I get help with this? You can search for the app and find a step by step guide to ensuring it is safe. App-Specific Application Features - Internet Matters
• YouTube	Age Filters	Filter content for children under 13: YouTube Family Settings.
• Roblox	Safety & Chat Restrictions	Add a parent PIN and restrict direct messaging: Roblox Safety Setup.



BEYOND THE SETTINGS: TALKING & AGREEMENTS

Technical controls are vital, but open, non-judgmental discussion remains the ultimate line of defense. Ensure your child feels comfortable coming to you whenever they see something confusing or unsettling online. If it makes them uneasy or poses a question, it is vital they ask.

Creating a Family Digital Agreement

Co-create simple household rules to avoid conflict and build healthy habits together:

- **Device-Free Zones & Times:** Keep bedrooms and dining tables screen-free. Charge devices in a central family space overnight to support healthy sleep.
- **Balance Screen Hours:** Follow the **Digital 5 A Day** framework to balance passive viewing with physical exercise, learning, and offline social interaction.
- **Model Healthy Habits:** Parents and carers should demonstrate positive screen balance during family conversations and meals.

[Where can I get help with this?](#)

 Rule of Thumb: A Family Agreement works best when children contribute ideas. Write rules down together and post them on the fridge! Find templates at [Internet Matters Screen Time Advice](#).
[Advice on Digital Five a day](#)

RELIABLE RATINGS & HELPFUL TOOLS

Unsure if an app, game, or video is suitable for your child's age group?

[Where can I get help with this?](#)

Use these trusted resources before granting access:

1. **Common Sense Media**

Provides independent, expert reviews of games, apps, movies, and books categorized by age suitability and specific content risks. 🔍 Search reviews: [Common Sense Media Reviews](#)

2. **Internet Matters Apps & Platforms Hub**

Offers custom safety filters to evaluate trending platforms like Roblox, TikTok, and YouTube for hidden chat or purchase risks. 🔍 Filter platforms: [Internet Matters Apps Hub](#)

3. **The "Show Me" Method**

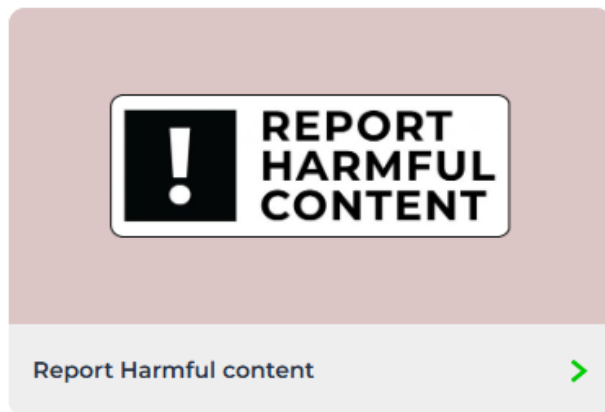
Ask your child to walk you through their favorite game or app for 10 minutes. Have them show you how to mute chat, block users, or report unkind behavior. It provides a relaxed, effective opportunity to inspect safety settings together.



? WHAT DO I DO IF MY CHILD SEES SOMETHING INAPPROPRIATE?

If your child comes across harmful content online or experiences harm, you can report it in different ways.

[Where can I get help with this? -](#) Click the links below to show you how.



Other useful resources

For more information on supporting online safety at home, please take a look at: parentsafe.lgfl.net, where you will also find a wealth of support in many areas.



Safeguarding Support & School Contact

If you have questions, concerns, or need assistance setting up devices, please contact your school's Designated Safeguarding Team. They are there to help!

