

Parents Training 2025

# A whole-school approach to digital safeguarding and wellbeing

## TEAL

Parents Session

January 2025

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Smoothwall

[smoothwall.com](https://smoothwall.com)



# Welcome

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by Qoria

# Purpose of this workshop

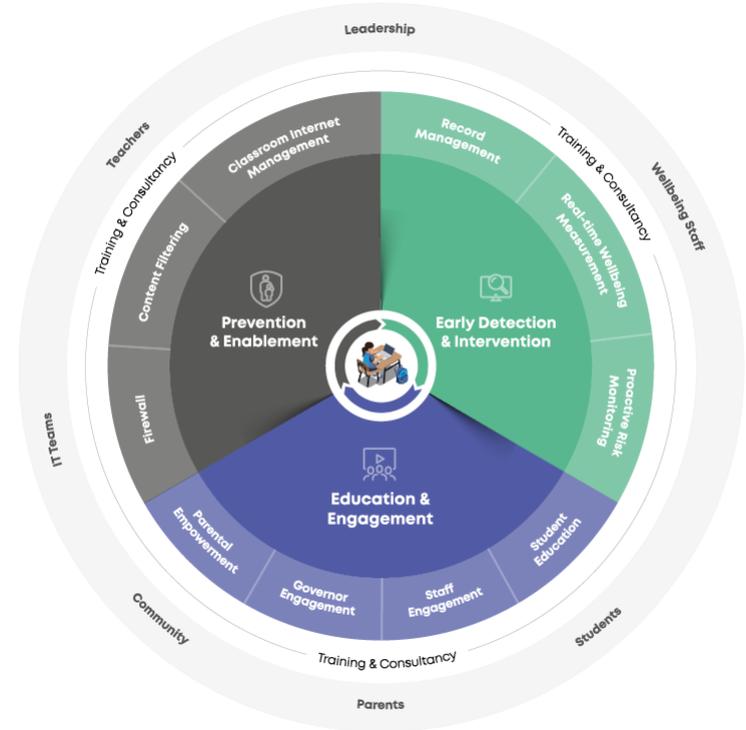
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Information, advice and guidance on what is being done to protect children from harms in these platforms via legislation, guidance and reports.

To inform and give real life insights into:

- Children's exploration of online platforms
- Availabilities of content
- Risks and harms

# Digital Safety and Wellbeing Framework



# Physical, mental and digital risks

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# Physical, mental and digital risks

	<b>Content</b> Child as recipient	<b>Contact</b> Child as participant	<b>Conduct</b> Child as actor	<b>Contract</b> Child as consumer
<b>Aggressive</b>	Violent, gory, graphic, racist, hateful and extremist content	Harassment, stalking, hateful behaviour, unwanted surveillance	Bullying, hateful or hostile peer activity e.g. trolling, exclusion, shaming	Identity theft, fraud, phishing, scams, gambling, blackmail, security risks
<b>Sexual</b>	Pornography (legal and illegal), sexualization of culture, body image norms	Sexual harassment, sexual grooming, generation and sharing of child sexual abuse material	Sexual harassment, non-consensual sexual messages, sexual pressures	Sextortion, trafficking for purposes of sexual exploitation, streaming child sexual abuse
<b>Values</b>	Age-inappropriate user-generated or marketing content, mis/disinformation	Ideological persuasion, radicalization and extremist recruitment	Potentially harmful user communities e.g. self-harm, anti-vaccine, peer pressures	Information filtering, profiling bias, polarisation, persuasive design
<b>Cross-cutting</b>	Privacy and data protection abuses, physical and mental health risks, forms of discrimination			

Updating the 4Cs of online risk.

# Agenda

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- Screen time
- Communication
- Cyber Security
-

# Working together to keep children safe

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Department for  
Education



Schools, colleges  
and MATs



Parents / carers

# Skills – Things to think about

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- Understanding – What are your children on?
- Consent
- Privacy and security settings
- Location based services
- Function of the app
- Positive engagement with technology – Screen time limits
- Data sharing
- Content and impact this can have on your footprint / image
- Updates in the app
- Knowledge of the device – What can my children's device do?
- Ability to step away – Health and wellbeing

# How - Things to think about



# Agenda

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- **Screentime**
- Communication
- Cyber Security

# Mental Health and wellbeing – Screen time



## Screen time: impacts on education and wellbeing – Report Summary

This is a House of Commons Committee report, with recommendations to government. The Government has two months to respond.

Author: [Education Committee](#)

Related inquiry: [Screen Time: Impacts on education and wellbeing](#)

Date Published: 25 May 2024

# Mental Health and wellbeing - Screen time

Extended screen time has become increasingly normal for young children and teenagers. Research suggests a 52% increase in children's screen time between 2020 and 2022, and that nearly 25% of children and young people use their smartphones in a way that is consistent with a behavioural addiction. Screen use has been found to start as early as six months of age. One in five children aged between three and four years old have their own mobile phone, increasing to one in four children by age eight and to almost all children by age twelve. The amount of time those aged 5-15 years old spent online rose from an average of 9 hours per week in 2009, to 15 hours per week in 2018.

# Mental Health and wellbeing - Screentime

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- How many hours a week do you children spend accessing technology?
  - Just the right amount
  - Too much than I'd like
  - Too much

# Mental Health and wellbeing - What can we do?

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# Resources for screentime

- <https://theeducationalalliance.onlinesafetyhub.uk/parent/counselling-support/online-safety-resources>
- [https://www.gustodio.com/en/30-days-school-special/?utm\\_source=internal&utm\\_medium=OSHub&utm\\_campaign=theeducationalalliance-uk](https://www.gustodio.com/en/30-days-school-special/?utm_source=internal&utm_medium=OSHub&utm_campaign=theeducationalalliance-uk)
- <https://theeducationalalliance.onlinesafetyhub.uk/parent/tech-advice/blogs-articles/should-i-be-using-a-parental-control>
- <https://theeducationalalliance.onlinesafetyhub.uk/parent/articles/navigating-the-need-for-parental-controls>
- <https://theeducationalalliance.onlinesafetyhub.uk/parent/articles/is-your-child-s-screen-stealing-their-sleep-and-their-smarts->



# Advice



# Agenda

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- Screen time
- **Communication**
- Cyber Security
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# Communication



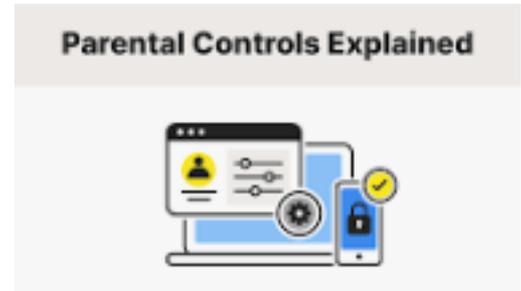
# Communication



# Support at school



# Support at home



# Communication

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- KMN
- 420
- LMAO
- IYKYK
- DOC
- NP4NP
- 999



# Communication

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- **KMN** = Kill me now
- **420** = Code for cannabis
- **LMAO** = Laughing my a\*\*e off
- **IYKYK** = If you know you know
- **DOC** = Drug of choice
- **NP4NP** = Naked pic for naked pic
- **999** = Parents are watching



# IAG

<https://theeducationalliance.onlinesafetyhub.uk/parent/articles/safe-chat-the-best-messaging-apps-for-children-1>

<https://theeducationalliance.onlinesafetyhub.uk/parent/articles/decoding-the-a-to-gen-z-of-digital-lingo>



Trends

### Decoding the A to Gen Z of Digital Lingo

- Learning Gen Z's lingo will help you connect with (or embarrass) your teen so you can better understand their online world.
- Deciphering slang and abbreviations is key to understanding your teen's social media posts, texts, and chats.
- Keeping up with evolving trends helps you stay relevant and engaged in conversations with your teen.

🕒 Avg. reading time: 5 min      Last modified: July 8, 2024      🔗 Share

# Agenda

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- Screen time
- Communication
- **Cyber Security**
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# SID 2025

Home  
Safer Internet Day 2025

SAFER INTERNET DAY 2025

**Too good to be true? Protecting yourself and others from scams online**



Safer Internet Day

11th February 2025

# Cyber security

Phishing

Smishing

Vishing

TFA

Password Security

Data and device security

Doxxing

Spyware

Cookies

# Phishing - What would you do?

Refund Notification

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Due to a sytem error you were double charged for your last order, A refund process was initiated but could not be completed due to errors in your billing information

**REF CODE:2550CGE**

You are required to provide us a valid billing address

[Click Here to Update Your Address](#)

After your information has been validated you should get your refund within 3 business days

We hope to see you again soon.

[Amazon.com](#)

Email ID:

# Phishing - What would you do?

Don't open any emails from people you're unsure of

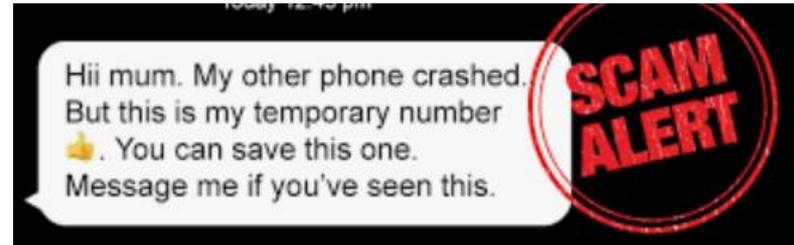
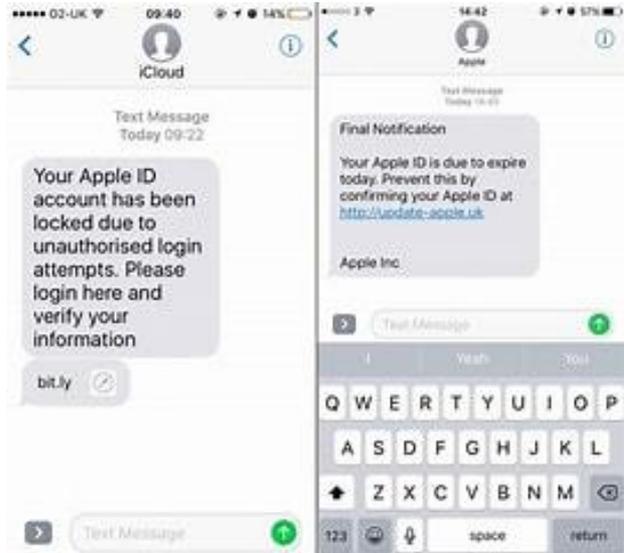
Don't click on any links within emails or text. Go direct to the website and login

Contact the company that the email is from (from the number you have not the one they give you)

Check the email address

Do not change banking information from an email

# Smishing - What would you do?



# Smishing - What would you do?

Don't click on any  
links in messages

Report and block the  
contact

Just because it's a  
friends number  
doesn't mean it's from  
them

Contact them another  
way

If it doesn't feel right  
then it isn't

# Vishing - What would you do?



 Rest Less

## [Latest scams to watch out for in 2023](#)

Falling victim to a scam can be devastating, both financially and emotionally. Unfortunately, fraudsters are coming up with a growing number...

6 days ago

 City of London Police

## [Silver pound swindlers: UK's senior population lose more than £12.6 million in the last year to courier fraudsters](#)

People over the age of 70 are being disproportionately targeted by courier fraud, new data from the City of London Police reveals.

1 month ago



# Vishing - What would you do?

Never give any details  
over the phone

Never give a call back  
on a number they  
provide

Check the number on  
the internet for scams

If it's a call – ask  
where they are from  
and how they got your  
details

If it doesn't feel right  
then it isn't

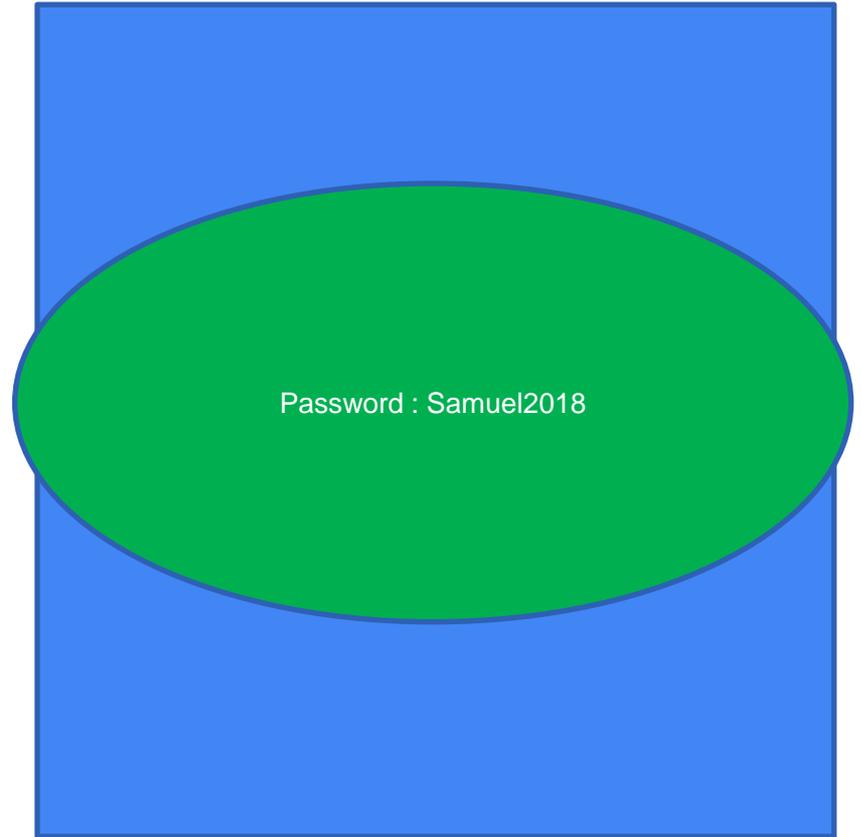
Block the number

# TFA - Why?



**What**  
information are  
we giving away  
freely?

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# How Secure Is My Password?

✔ The #1 Password Strength Tool. Trusted and used by millions.

ENTER PASSWORD

.....|

Your password would be cracked

Instantly

# Device Security

Privacy and security

-  Clear browsing data  
Clear history, cookies, cache, and more
-  Cookies and other site data  
Third-party cookies are blocked in Incognito mode
-  Security  
Safe Browsing (protection from dangerous sites) and other security settings
-  Site settings  
Controls what information sites can use and show (location, camera, pop-ups, and more)
-  Privacy Sandbox



# Doxing

**Doxing** = Publication of someone's private information without their permission

# Doxing resource

## What is Doxing? A Guide for Professionals, Parents and Carers



# What information do we give away freely ?



qoria.com

← Data preferences

**Develop and improve services**

Information about your activity on this service, such as your interaction with ads or content, can be very helpful to improve products and services and to build new...

[View details](#)

Legitimate interest ⓘ

Vendor preferences

Accept all Confirm choices

← Vendor preferences

**Magnite, Inc. (Outstream)**

Cookie duration: 366 (days).  
Data collected and processed: Device identifiers, ...[more](#)  
Uses other forms of storage.

[View details](#) | [Storage details](#) | [Privacy policy](#) [↗](#)

Consent

Legitimate interest ⓘ

Sonobi, Inc

Accept all Confirm choices

# Advice



# Resources

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## Online Safety Hub

Trusted digital safety advice for caregivers

[About](#)

[Staff](#)

[Parent](#)



[Reviews](#)

[Parental controls](#)

[Help](#)

[Social media](#)

[Screen time](#)

[Gaming](#)

[Bullying](#)

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### Most Recent

[See all](#)



Qustodio

**AI Safety Tips with Qustodio**



Deception

**Anonine VPN**



Qustodio

**Blocking Inappropriate**

### Reviews

[See all](#)



Gaming

**Minecraft**

Our Age Rating: 9+



Gaming

**Roblox**

Our Age Rating: 12+



Entertainment

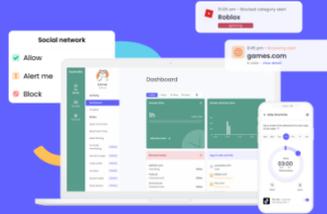
**YouTube**

# Qustodio - New devices



Exclusive offer for your school community: free Qustodio protection for 2 devices and 30-day access to all Premium features!

Parental controls made  
easy



Available on all popular platforms



Create your **FREE** account now

and enjoy Qustodio Protection for 2 devices and 30-day  
access to all Premium features

# Report harmful content

**REPORT HARMFUL CONTENT**

**Report** **Advice** Cymraeg

## Helping everyone to report harmful content online

- Threats
- Impersonation
- Bullying and Harassment
- Self-harm or Suicide Content
- Online Abuse
- Violent Content
- Unwanted Sexual Advances
- Pornographic Content

Are you a young person under the age of 18?



## 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 experienced online sexual abuse or you're worried this is happening to someone you know, let us know safely and securely

# Report Remove

## HOW TO GET YOUR IMAGE REMOVED

If you're under 18 and a nude image or video of you has been shared online, you can report it and to be removed from the internet. You'll need to:

- Select your age and follow the steps below.
- Create a Childline account so we can send you updates on your report.
- Report your image or video to the Internet Watch Foundation (IWF).



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

Q&A



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by Qoria

Thank you

