

Parents Training 2025

A whole-school approach to digital safeguarding and wellbeing

TEAL

Parents Session

January 2025

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Smoothwall

smoothwall.com



Welcome

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by Qoria

Purpose of this workshop

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



Physical, mental and digital risks

	Content Child as recipient	Contact Child as participant	Conduct Child as actor	Contract Child as consumer
Aggressive	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
Sexual	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
Values	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
Cross-cutting	Privacy and data protection abuses, physical and mental health risks, forms of discrimination			

Updating the 4Cs of online risk.

Agenda

- Screen time
- Communication
- Cyber Security
-

Working together to keep children safe



Department for
Education



Schools, colleges
and MATs



Parents / carers

Skills – Things to think about

- 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

Talk to your children
regularly



Agenda

- **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 – Screen time

- 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?



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://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

FOLLOW



Activity



Talk to your children
regularly



Agenda

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

Communication



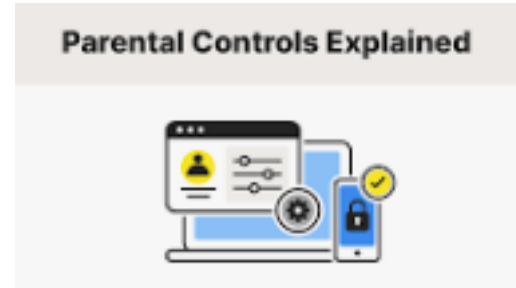
Communication



Support at school



Support at home



Communication

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



Communication


- **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.

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

Agenda

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

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

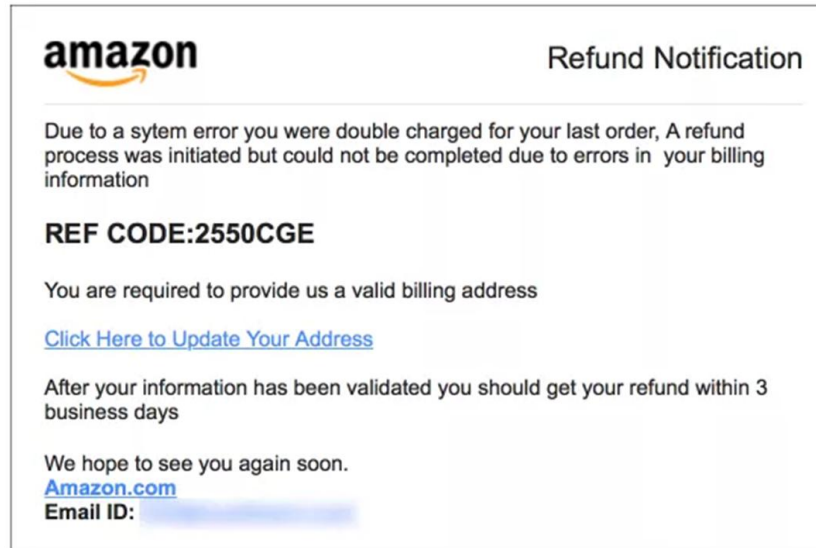
Data and device security

Doxxing

Spyware

Cookies

Phishing - What would you do?



Phishing - What would you do?

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

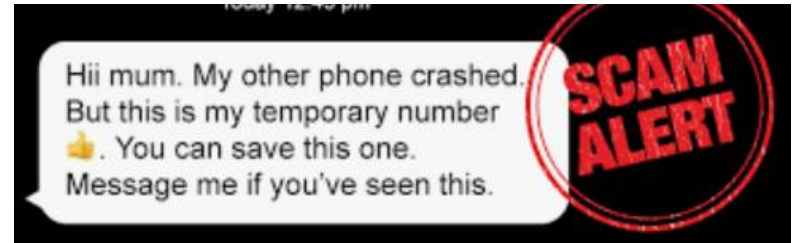
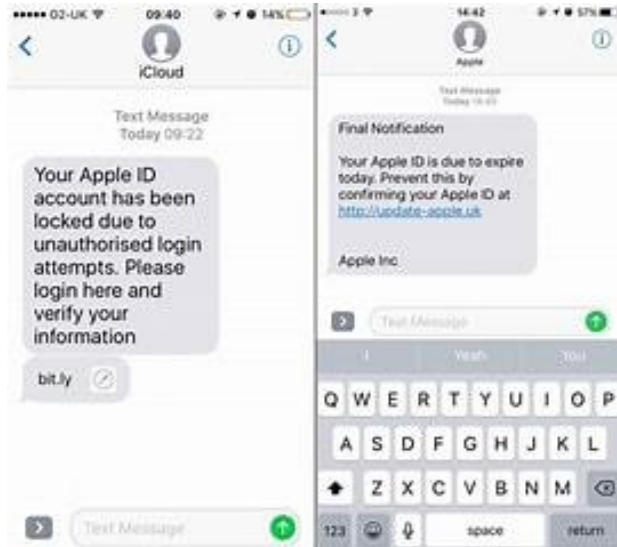
Don't click on any
links within emails or
text. Go direct to the
website and login

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?



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

Doxxing = 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

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Advice

FOLLOW



Activity



Talk to your children
regularly



Resources

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Online Safety Hub

Trusted digital safety advice for caregivers

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[Deception](#)

Anonine VPN


[Qustodio](#)

Blocking Inappropriate

Reviews

[See all](#)

[Gaming](#)

Minecraft

Our Age Rating: 9+


[Gaming](#)

Roblox

Our Age Rating: 12+


[Entertainment](#)

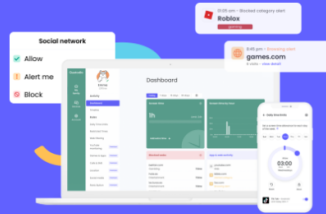
YouTube

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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Thank you

