SAFER INTERNET DAY 2026

ONLINE SAFETY PARENT WORKSHOP

10TH FEBRUARY

AGENDA

- Talking to your child about Online Safety
- Managing screen time
- Staying safe- Parental controls
- AI
- Useful resources/apps

NSPCC

Top tips for talking to children about staying safe online

1. Start with the positives

Being online can be a great way for children to learn, be creative, and stay connected with friends and family. Recognising these benefits helps keep conversations balanced and encourages confident, safe use of technology.

2. Find the right time and place

Choose a calm moment to talk, such as during a walk, car journey, or shared activity. Avoid starting the conversation when emotions are high or during a disagreement.

3. Use child-facing resources and advice

Support your conversation with age-appropriate tools, videos, or guides. These can help children understand key messages and make the discussion more engaging and relevant to their stage of development.

4. Ask about their experiences

Use open questions like:

- 'Have you seen anything online that made you uncomfortable?'
- 'Who do you chat with online?'
- 'Are they people you know offline?'
- 'How do you feel when using certain apps or games?'

5. Make it part of everyday life

These chats don't need to be formal or one-off. Regular, relaxed conversations help children feel supported and more likely to speak up if something worries them.

Questions that you might have as a parent or carer

Q: My child is very young – how can I talk to them about online safety?

Q: My teen doesn't want to talk to me, what can I do?

Q: This conversation feels like it is going to be tough, what should I do?

Q: I know my child won't listen to me when I tell them the rules that I want them to follow, what should I do?

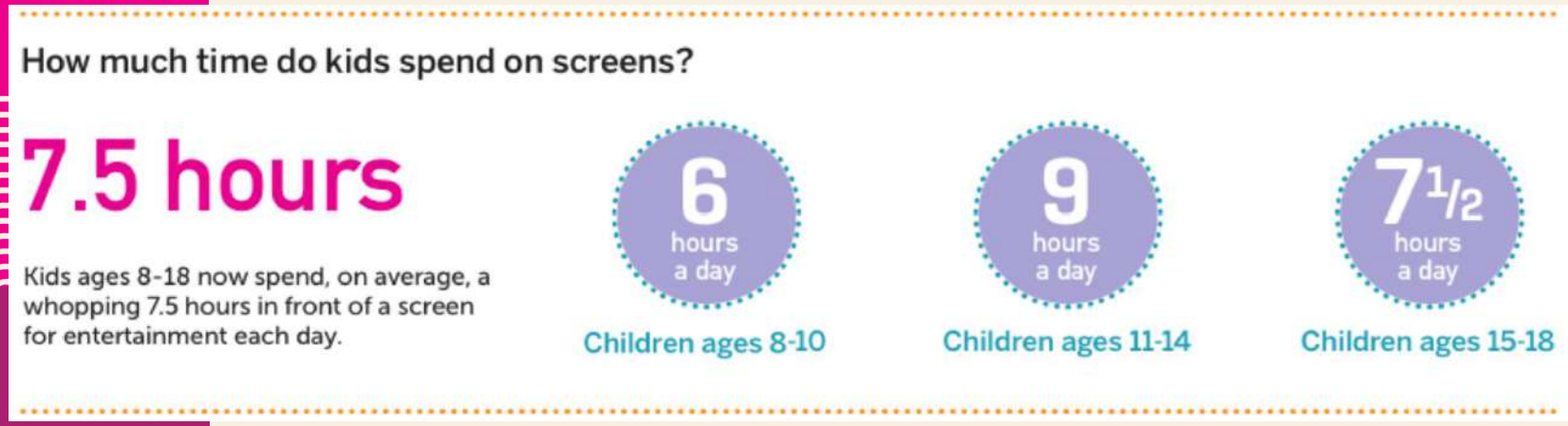
Q: What if I don't know how to respond?

Q: What if I say the wrong thing?

Talking to your child about online safety | NSPCC

MANAGING SCREEN TIME

In the UK children aged between 5-16 years
spend an average of 2-3 hours per day watching television,
1-3 hours on the internet, 1-2 hour playing video games and
over an hour on mobile phones (not talk), a total of 6.3 hours of screen time per day. (Specsavers)



1. Shorter Attention Span

Fast-paced screen content can make it harder for children to focus on everyday tasks that aren't as exciting or rewarding.

2. Sleep Disruption

Screens—especially before bed—slow down the body's melatonin production This can lead to later bedtimes poor sleep, and tiredness the next day.

3. Social Skills

Too much screen time can limit real-life interaction.

- Babies rely on facial expressions to learn.
- Older children may feel more lonely, isolated, or socially anxious if they spend less time with peers.

4. Physical Health

More screen time often means less movement:

Managing Screen Time at Home

Help your child build healthy digital habits with these simple strategies:

18 months or younger

No screens are still best.

The exception is live video chat with family and friends.

18 months to 2 years

Limit screen time and avoid solo use.

Choose high-quality educational programming, and watch with kids to ensure understanding.

2 to 5 years

Limit screen time to an hour a day.

Parents should watch as well to ensure understanding and application to their world.

6 or older

Place consistent limits on the time spent and types of media.

Don't let screen time affect sleep, exercise or other behaviors.

5 EASY
SCREEN TIME TIPS
FOR YOUNG KIDS

STAYING SAFE
PARENTAL CONTROLS

What are parental controls?

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

- Parental controls can help you to:
- plan what time of day your child can go online and how long for
- create content filters to block apps that may have inappropriate content
- manage the content different family members can see.

Layer 1
Network controls – the basics

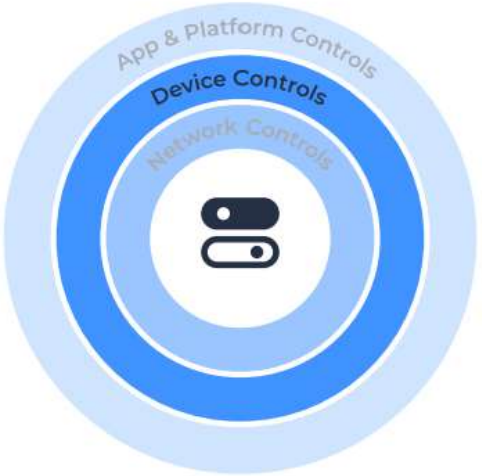
This is often the easiest place to start.

Network controls can cover multiple devices at the same time, helping keep children safe online at home and on the go.

At home (your broadband / Wi-Fi)

Most broadband providers offer tools that can:

- filter out adult content
- apply age-based content filters
- cover all devices on your Wi-Fi (including smart TVs and games consoles)
- sometimes include extra features like virus protection or Wi-Fi schedules to help manage screen time



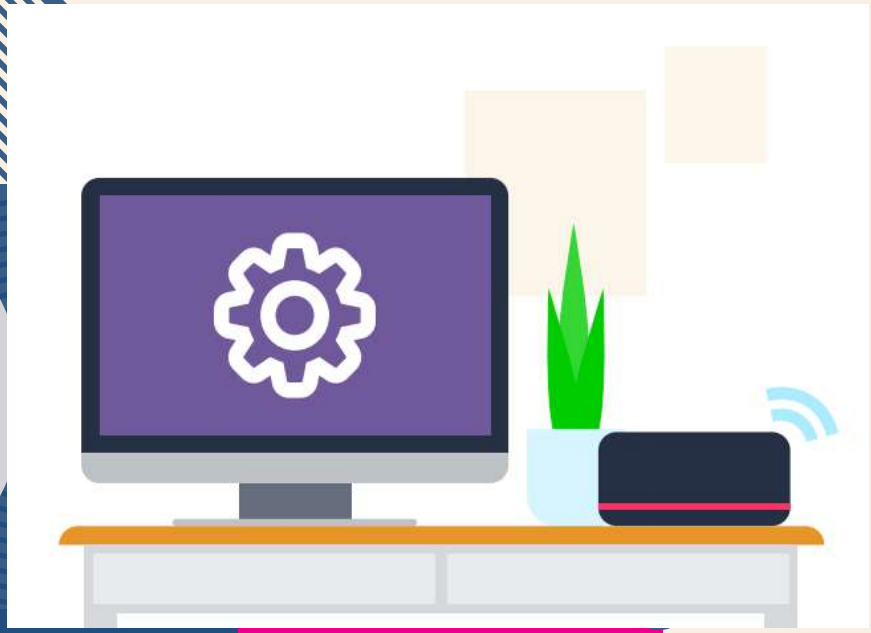
Layer 2
Device controls – finding the balance

This is support that fits your child and their device.

Most phones, tablets and consoles already have built-in tools to help manage how they're used.

These settings can help with:

- Screen time and downtime
- Privacy and location sharing
- In-app spending
- Age-appropriate content



Layer 3
Apps & platforms controls – shaping the experience

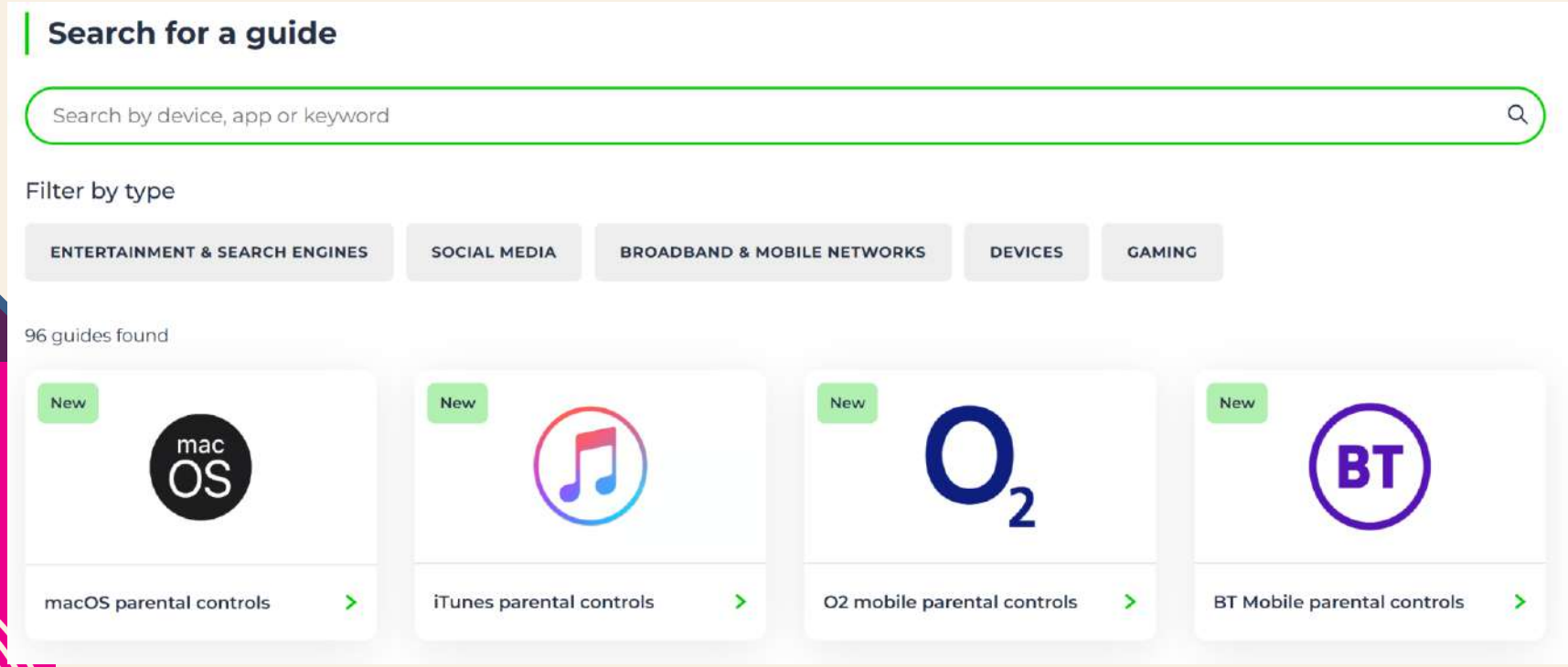
This is where you get more specific.

Each app, game or platform has its own set of safety settings, and they can vary quite a lot.

They can help you:

- Filter what children see within features specific to the app
- Manage messaging and who can contact your child
- Set boundaries around comments, followers and friends
- Support more positive online experiences
- Block or report harmful behaviour

PARENTAL CONTROL GUIDES



Parental controls and privacy settings guides | Internet Matters

Layer up for online safety

ARTIFICIAL INTELLIGENCE AND ONLINE SAFETY

Benefits of Artificial Intelligence

Can provide tailored responses

Can process large amounts of information

Can support to develop ideas and knowledge

Provides quick and efficient responses

Considerations/ Limitations of Artificial Intelligence

Responses may be harmful, biased or inaccurate

Information requires research and appropriate checks

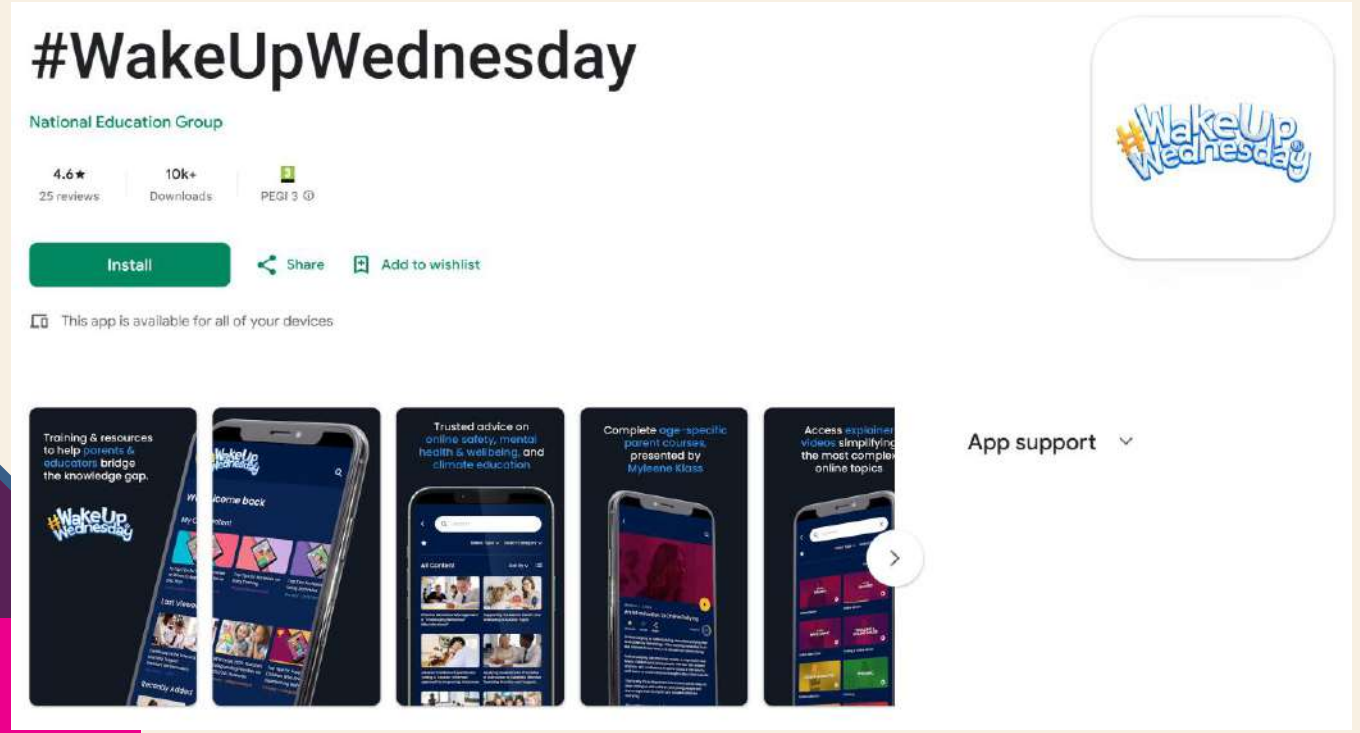
Is evolving rapidly – new challenges will surface

Current gaps within safeguarding and regulation

How to use ChatGPT and other generative AI tools

USEFUL RESOURCES

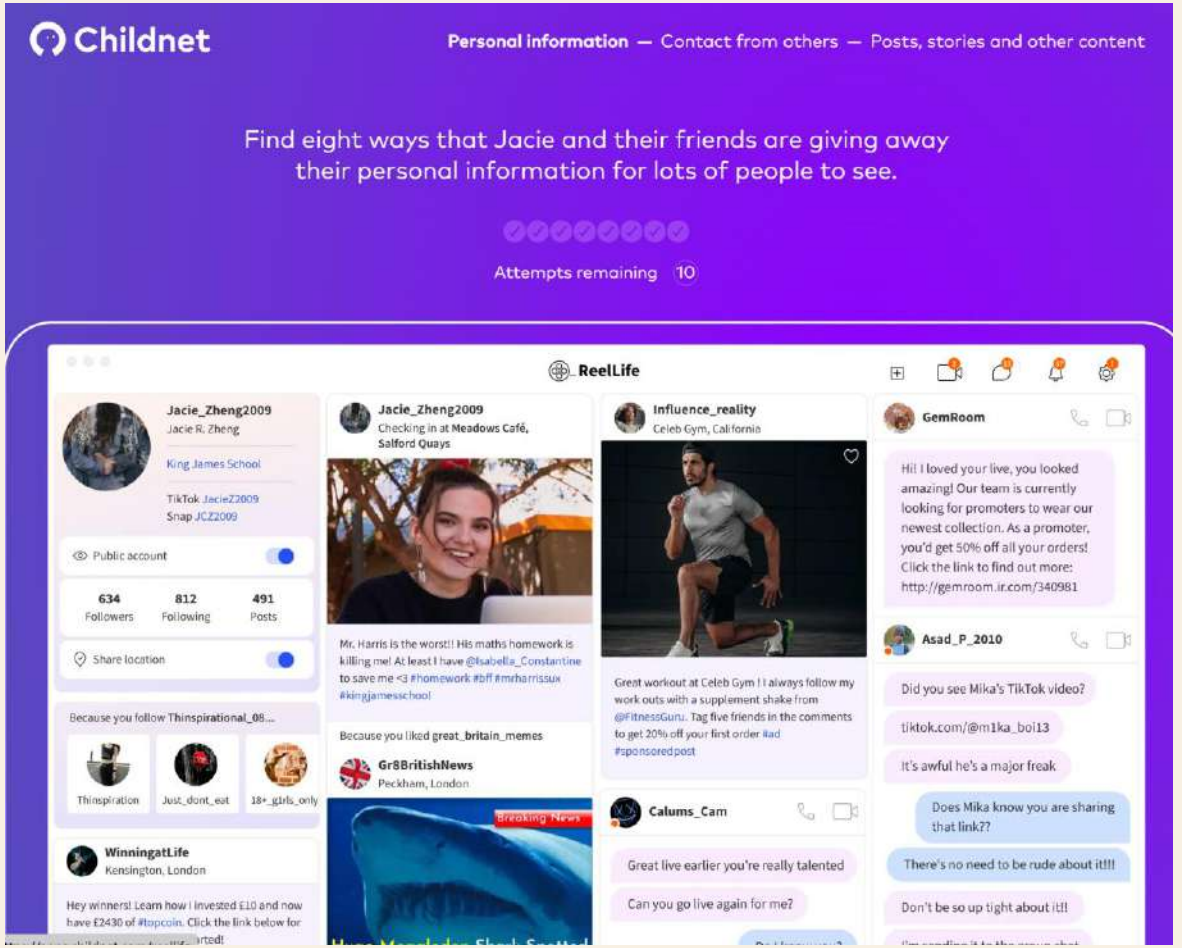
WAKE UP WEDNESDAY APP



GET IT ON Google Play

Available on the App Store

CHILDNET
REELLIFE INTERACTIVE GAME



- ReelLife – Spot the risk