



By Mrs. Qureshi
Computing Lead



Welcome and Purpose

Thank you for coming.

Today's session is about how we can **work together to keep children safe online.**

Technology is exciting and powerful, but children need **guidance and boundaries** just as they do in the real world.

Why Online Safety Matters?

Children are using the internet at younger ages than ever.

Online spaces can support learning, creativity, and friendships.

Children need to be text savvy for university and their jobs in the future.

Risks include:

- Inappropriate content
- Contact with strangers
- Cyberbullying
- Sharing too much personal information
- Screen time and wellbeing issues

What dangers lurk online?

Fake News and Harmful Advice (Body image – Kardashians or supermodels)

Misogyny (Male superiority)

Cyberbullying

Contacting Strangers and Paedophiles

Sharing Personal Information (Gaming Rooms)

Online Scams

Addiction and Screen Time (Always tired in school)

Social Pressure (Being encouraged to bully or harass someone)

Radicalisation

What we teach in school?

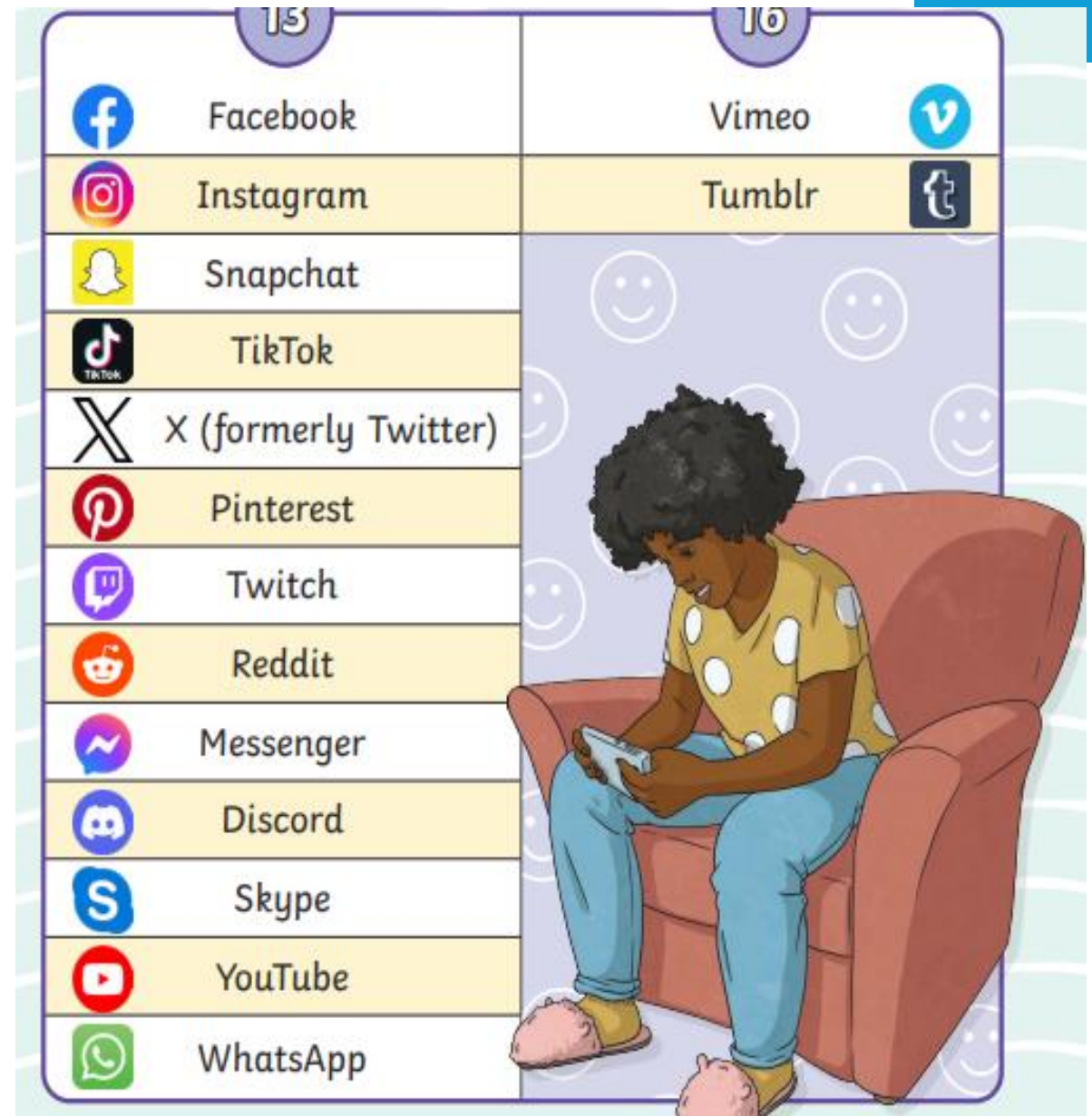
- Safe use of search engines and apps (All harmful materials are blocked and not accessible)
- Protecting personal information
- Being kind and respectful online (consequences of online bullying)
- Knowing what to do if something makes them feel uncomfortable
- SMART rules (Safe, Meeting, Accepting, Reliable, Tell)

What Parents can do at home?

- **Talk regularly** with your child about what they do online.
- Keep devices in **shared family spaces** where possible.
- Use **parental controls** and privacy settings.
- Agree on clear **time limits** and boundaries.
- Encourage children to **think before they click, post, or share**.
- Remind them they can always **tell a trusted adult** if something worries them.
- Be a role model and show exemplary behaviour to your children regarding online usage.

Do you know the appropriate age at which children can access different apps and games?

- Many social media platforms have **age restrictions (13+)**.
- Games often include **chat functions** – check safety settings.
- Watch out for **in-app purchases**.
- Model good digital behaviour yourself.



What is the appropriate age to access different famous game platforms?

3

PEGI 3

Games with a PEGI 3 rating are suitable for all ages.

They may have:

child-like settings

comical violence

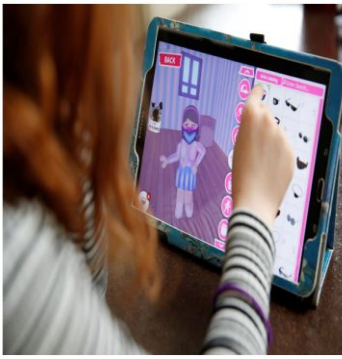
language more suitable for young children

For example:

Just Dance

FIFA

DiRT Rally



© A young Roblox user customises her avatar. Photograph: Phil Noble/Reuters

7

PEGI 7

Games with a PEGI 7 rating are suitable for ages 7 and above.

They may have:

some scenes or sounds that could be frightening

mild forms of violence (non-realistic or with no detail)

For example:

Minecraft

Roblox

Among Us

12

PEGI 12

Games with a PEGI 12 rating are suitable for ages 12 and above.

They may have:

violence of a slightly graphic nature involving fantasy characters

suggestive activities or language

gambling

mild bad language

For example:

Sims

Fortnite

Dragon Ball FighterZ

16

PEGI 16

Games with a PEGI 16 rating are suitable for ages 16 and above.

They may have:

violence and adult content that looks like real life

bad language

scenes demonstrating the use of tobacco, alcohol or illegal substances

For example:

Marvel's Avengers

Battlefield 2042

Halo Infinite

<https://www.nspcc.org.uk/keeping-children-safe/online-safety>

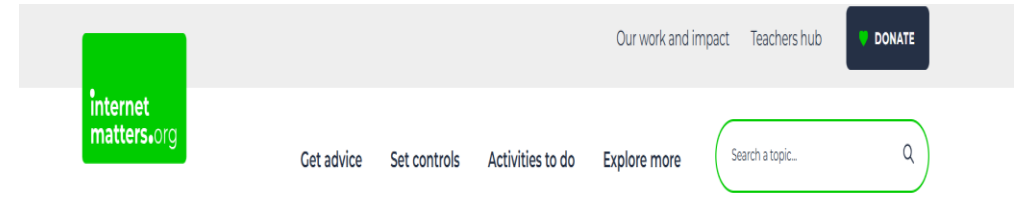


Parental controls

Discover how to set up safety controls on devices, apps, services, wifi and more.



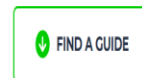
<https://www.internetmatters.org/parental-controls/>



You are here: [Home](#) > Parental Controls

Parental controls guides

Activate parental controls to manage children's devices, apps and platforms, to give them safer online experiences.



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What are the signs that indicate that your child needs support?

- Secretive about online use
- Upset after going online
- Spending much more or much less time online than usual
- Withdrawing from friends or family



Where to get help?

School safeguarding team or Computing Team
(Ms Desmarais, Mrs. Lawrance, Mrs. Qureshi)

NSPCC / Childline

CEOP (Child Exploitation and Online Protection Centre)

Internet Matters, ThinkUKnow, UK Safer Internet Centre

Keeping Children Safe is a Shared Responsibility

Teachers inform the children at school. However, Parents and Carers also need to have open conversations, set clear boundaries, and look for the signs of distress regarding internet use.

Thank you for working with us to keep our children safe.