



Online Safety: Advice for Parents and Carers

The online world can offer wonderful opportunities for learning, creativity and connection, but we know it can also present risks for children. We believe that keeping children safe online works best when **schools and families work together**.

Social Media

Many social media platforms have **minimum age requirements (often 13+)**, and content can change quickly.

We recommend that parents:

- Check the **age limits** of apps and social media platforms before allowing children to use them
- Talk regularly with children about **what they see and share online**
- Encourage children to keep personal information private and to only communicate with people they know in real life

- Remind children to speak to a trusted adult if something online makes them feel worried, upset or uncomfortable

Online Gaming

Online games can be social and enjoyable, but many include chat functions, in-game purchases or age-restricted content.

We encourage parents to:

- Check **PEGI age ratings** and game content carefully
- Be aware that some games allow children to **chat with people they don't know**
- Set **parental controls** on consoles and devices
- Agree boundaries around screen time and gaming routines
- Keep gaming devices in shared family spaces where possible



Artificial Intelligence (AI) and Digital Tools

AI tools, such as chatbots, image generators and learning apps, are becoming more common and can be helpful when used



appropriately. However, they are not always designed for children.

We advise parents to:

- Talk to children about **what AI is and how it works**
- Remind them that AI tools can sometimes give **incorrect or inappropriate information**
- Encourage children not to share personal details with AI tools or chatbots
- Supervise the use of AI tools and discuss when and how they should be used safely and responsibly

Age Limits and Parental Controls

Age limits exist to help protect children from content that may not be suitable for them.

Parents can support online safety by:

- Checking age ratings for apps, games and websites
- Using **parental controls** on devices, broadband and apps
- Reviewing privacy and safety settings regularly

- Having ongoing conversations rather than relying on one-off rules

Talking to Your Child About Online Safety

One of the most important things you can do is **keep communication open**.

- Ask your child what they enjoy online
- Reassure them that they can talk to you if something goes wrong
- Let them know they won't be in trouble for speaking up
- Remind them that help is always available at home and at school

Helpful Resources for Parents

- **NSPCC – Online Safety for Families**
- **CEOP – Reporting Online Concerns**
- **Internet Matters – Age Guides and Parental Controls**
- **UK Safer Internet Centre**