Online safety

Parent and Carers' Workshop

Tuesday 21st January

Quick questions

- What worries have you got about your children online?

- What type of filtering or monitoring software do you use? Do you have one that you would recommend?

- What do your children do online?

- What devices do they have?

- What would you like today's workshop to address?

The Digital World Today

- Around a quarter of 5-7 year-olds (24 %) now own a smartphone, while three-quarters use a tablet (76%).

- 59% of 5-7s go online to send messages or make voice/video calls

- 39% of 5-7s watch live-streamed content

- Only 40% of cyberbullying victims report it to their parents, and only 30% report it to a teacher.

- More than 7,000 'Sexual Communication with a Child' offences were recorded by police last year (2023/24) – up 89% since 2017/18. Almost half of these were on Snapchat.

Online Risks for Children

- Cyberbullying
- Online predators
- **Inappropriate/harmful content**
- Privacy risks
- Pop ups and phishing
- Gaming/device addiction
- Location tracking and sharing

Protecting your child online

- Establish ground rules for internet use
- Parental control tools
- How to monitor online activity
- Teaching privacy and digital footprint
- COMMUNICATION IS KEY
- Empower your child

Helpful links

- Using apps like "Circle by Disney" or "OurPact" to manage device time effectively.

- EE – online safety advice https://ee.co.uk/our-company/corporate-responsibility/being-responsible/keeping-children-safe-online

- Games consoles https://saferinternet.org.uk/guide-and-resource/parents-and-carers/games-consoles

Step by step parental controls for each console/game

- Nintendo Switch: https://www.internetmatters.org/parental-controls/gaming-consoles/nintendo-switch/#anchor-box

- Xbox: https://www.internetmatters.org/parental-controls/gaming-consoles/xbox-live/

- Roblox: https://www.internetmatters.org/parental-controls/gaming-consoles/playstation-5-ps5/

- Fall guys: https://www.internetmatters.org/parental-controls/gaming-consoles/fall-guys-parental-controls/

- PS5: https://www.internetmatters.org/parental-controls/gaming-consoles/playstation-5-ps5/

- Whatsapp: https://www.internetmatters.org/parental-controls/social-media/whatsapp/

- All guides: https://www.internetmatters.org/parental-controls/gaming-consoles/

Monitoring apps for children's devices

Boomerang

Best for Custom Geofences

●●●○○ 3.0 GOOD

Bottom Line:

Boomerang is a solid parental control app for Android and iOS that helps parents track their children's web, app, and mobile activity. It's mobile-only, though, so you can't use it to monitor Macs or PCs.

PROS	CONS
✓ Good app and device usage controls	✗ Only monitors mobile devices
✓ Useful web filters	✗ Currently requires users to sideload Android app
✓ Supports geofencing	✗ Single-device plan is expensive
✓ Call and SMS supervision on Android	✗ Limitations on iOS

LOCATEGY family

Locategy

Best for Location Tracking

●●●○○ 3.5 GOOD

Bottom Line:

Locategy's parental control app for Android and iOS keeps track of your kid's activities and location, but the apps are missing social media monitoring of any kind and there's no support for Macs or PCs.

PROS	CONS
✓ Excellent iOS and Android app design	✗ No support for Macs and PCs
✓ Accurate and well-implemented location tracking	✗ No social media monitoring
✓ App blocking and usage schedules	✗ Web filtering only works on specific browsers

Qustodio Parental Control

Best for Intuitive Apps

●●●○○ 3.5 GOOD

Bottom Line:

Parental control app Qustodio is an easy-to-manage tool for keeping track of your child's activity, but it's expensive and requires sideloading for a key feature to work.

PROS	CONS
✓ Well-designed web interface	✗ Expensive
✓ Comprehensive time restrictions	✗ Child can evade web filter by using a VPN
✓ App blocking on desktop and mobile platforms	✗ No social media tracking
✓ Cross-platform support	✗ Sideloading required for Android calls and text monitoring
✓ Intuitive apps	

Norton Family

Symantec Norton Family Premier

Best for Web Filtering

●●●●○ 4.0 EXCELLENT

Bottom Line:

Norton Family makes it easy for parents to track their children's activity across many devices, though it doesn't work on Macs, and its iOS app relies on Apple's free Screen Time feature to do the blocking and tracking.

PROS	CONS
✓ Affordable	✗ Does not work on Macs
✓ Comprehensive web dashboard	✗ Browser extensions can be disabled easily
✓ No limit on the number of monitored devices	✗ Cannot block individual apps and games on PCs
✓ Easy setup and configuration	✗ Unlocking an iOS device breaks monitoring alerts
✓ Excellent geofencing tools	
✓ House Rules encourage family dialogue about online safety	