Online Safety Workshop 2026



What does your child love doing online?

























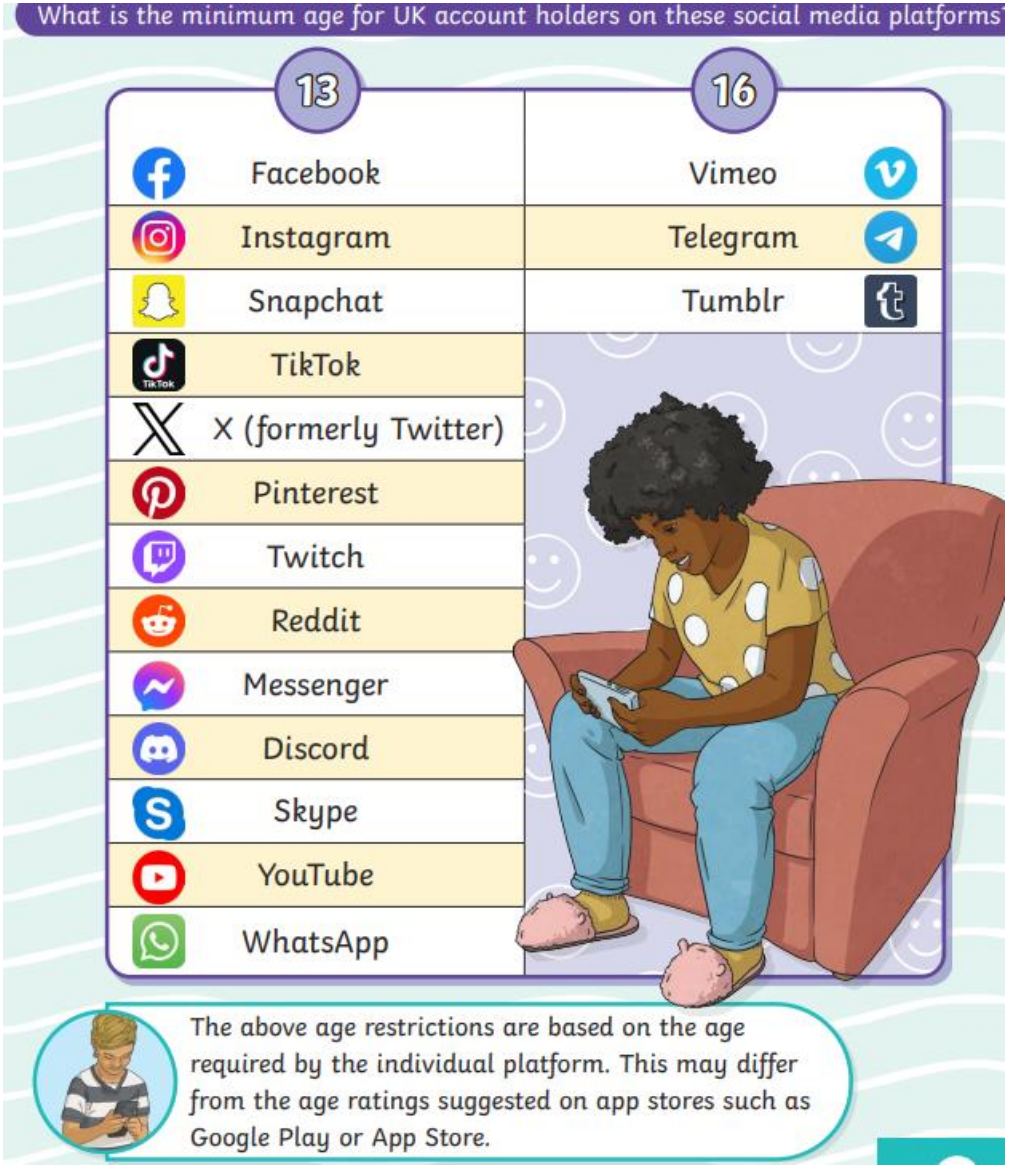


What services and devices do they use?

The online world can be exciting and inspiring. It has lots of opportunities to offer young people. It is important to manage and minimise the associated risks.

Age restrictions for some of the apps children might have access to

- Government has introduced new rules to protect children online, access here https://www.gov.uk/government/publications/fact-sheet-new-rules-to-protect-children-online/fact-sheet-new-rules-to-protect-children-online



Do you know the 4 C’s of Online safety?



Conduct

How young people behave online

- sharing
- online reputation
- screen time



Children need to be aware of the impact that their online activity can have on both themselves and others, and how other people may perceive them because of what they say and do online. Employers, universities and colleges can carry out social media checks before recruiting.



It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information, photos and videos that they may have posted.



When using the internet, it's important to keep personal information (that could identify who they are) safe and not share it with strangers.

Content

What young people see online

- harmful and adult content
- editing and filters
- online hate

It is possible for children to come across harmful and adult content when they are online. This is true for content accessed and viewed via social media, online games, streams and websites.

Live comments and chats that can be found alongside other content including videos, streams and games can be hurtful, harmful or unreliable.

It's important for children to consider the reliability of online material and be aware that it might be written with a bias or not be true. Photos and videos can be edited or inaccurate, and AI has made it easier to create content that looks realistic but is not real.

Contact

Who young people may be talking to online

- online bullying
- online friendships
- grooming



It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them.



If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approached by another person (including, but not limited to, a request to meet up or a request for personal information and images/videos), it's vital that you report it to the police. This can be done by calling 101 or visiting www.ceop.police.uk.



Commerce

Financial and contractual risks

- scams
- influencers
- in-app purchases

There are opportunities to spend money online across platforms including games, social media, and video sharing platforms, as well as on apps and sites designed specifically for online shopping. Use settings, such as passwords, to limit payments or authorise card payments.

Influencers online use their platforms to advertise products or services to followers, and they are paid for this content. Remind children to research the product and find reviews before purchasing.

Scams and fraud are common online and criminals will use a range of tactics to target their victims. Remind children to look out for anything that seems too good to be true or suspicious. If you think you or your child has been victim of a scam, contact your bank and Report Fraud.

Advice on online bullying

Discuss online bullying with your child - teach the importance of respect online and offline and make sure they know they can talk to you if they have any worries or concerns.

If they are a victim of this type of behaviour:

- **Do** save the evidence.
- **Do** report to your school/ the police.
- **Do** use online tools to report and block the perpetrator.
- **Don't** deny your child access to a device or service. They may feel punished when they're already the victim.
- **Don't** retaliate.

Nudes and sexting

Sexting is taking and sharing a nude, partially nude, or sexually explicit image or video.



If the person in the image is under 18, then it **breaks the law**. The Protection of Children Act states that it is illegal to create, distribute or possess an indecent image of a child, including images or videos taken by the child themselves (e.g. selfies).



The police take a common sense approach and are not seeking to criminalise young people unjustly, but do have a duty of care if asked to investigate.



In the online world, content can get very far, very quickly and young people may lose control of who else sees their image. Knowing an image has been seen by others can be very difficult and traumatic for a young person to experience.



Sexting is a risk even for younger children. A child with access to a device, who can take a photo and send it on, may not understand the possible consequences and just think they're being funny. Nudes are not always shared for a sexual reason.

Generative AI

AI is designed to complete tasks that would previously have required human thinking. Generative AI can be used to create content such as images, videos, stories and music.



Generative AI can be a great way to be creative, gather information, get advice and translate phrases.



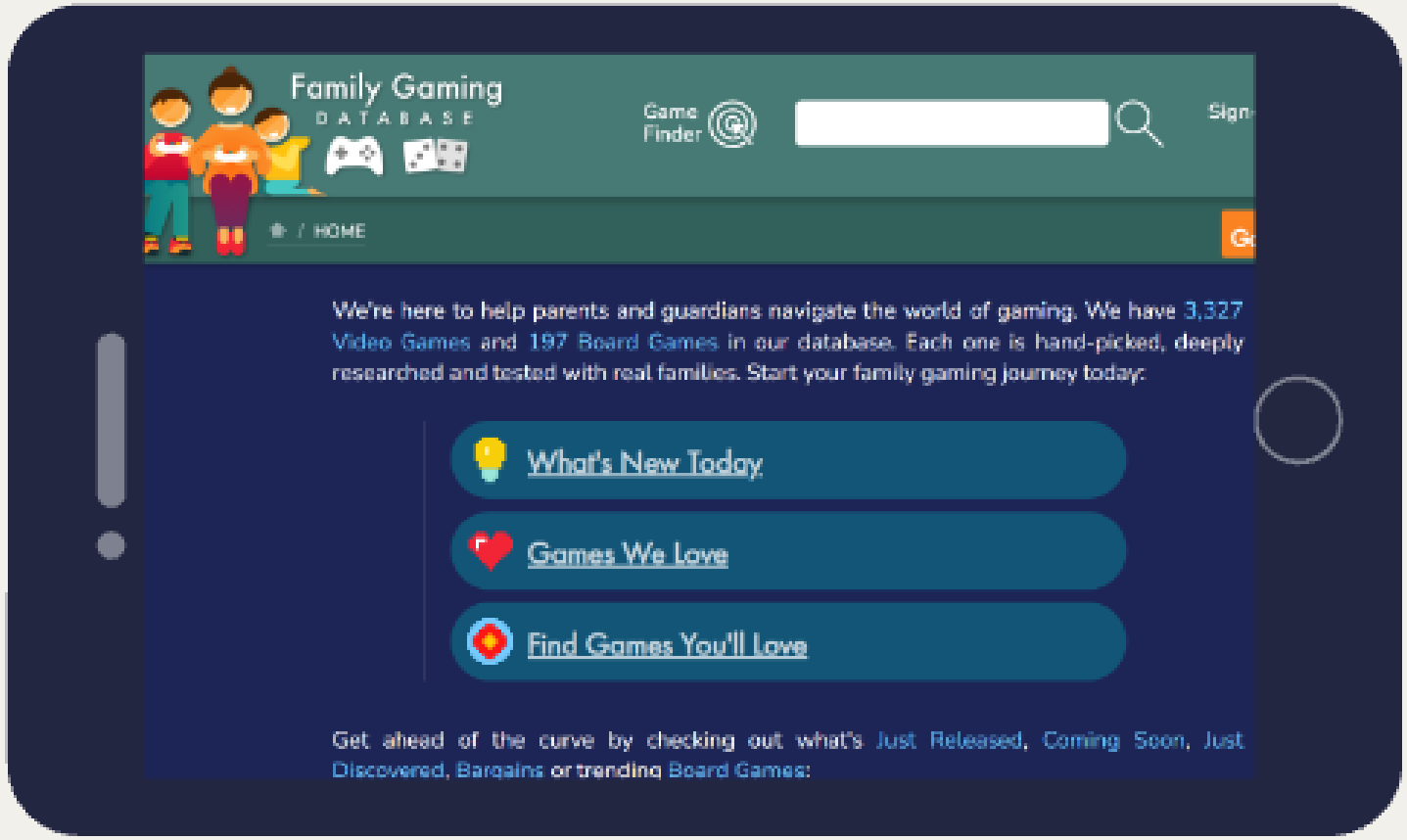
AI generated content can look realistic, and can be used to create deepfakes (images and videos), false information and scams. Some people have used AI to generate nude images, which can break the law.



Young people should be taught not to become reliant on AI. AI chatbots are not always reliable and should not be a replacement for advice and guidance from trusted adults, or for learning and homework.

Get involved with your child's life online. Learn about the apps, games and devices they use.

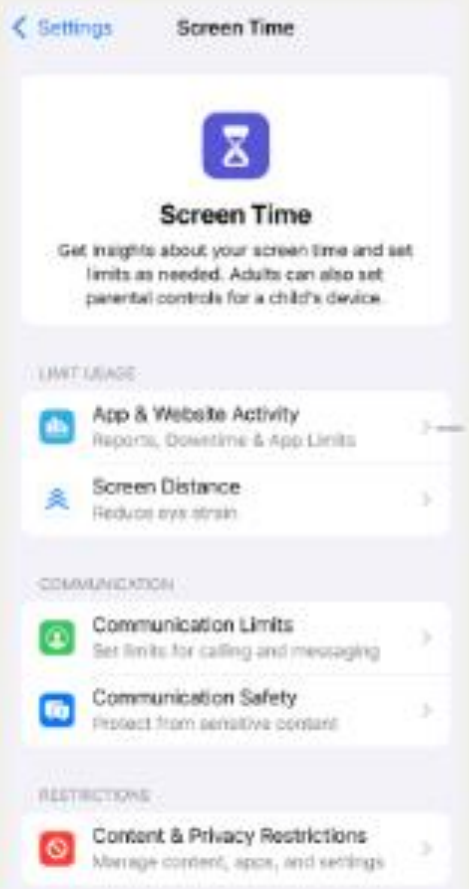
Play their favourite games with them and try out their favourite apps or websites.

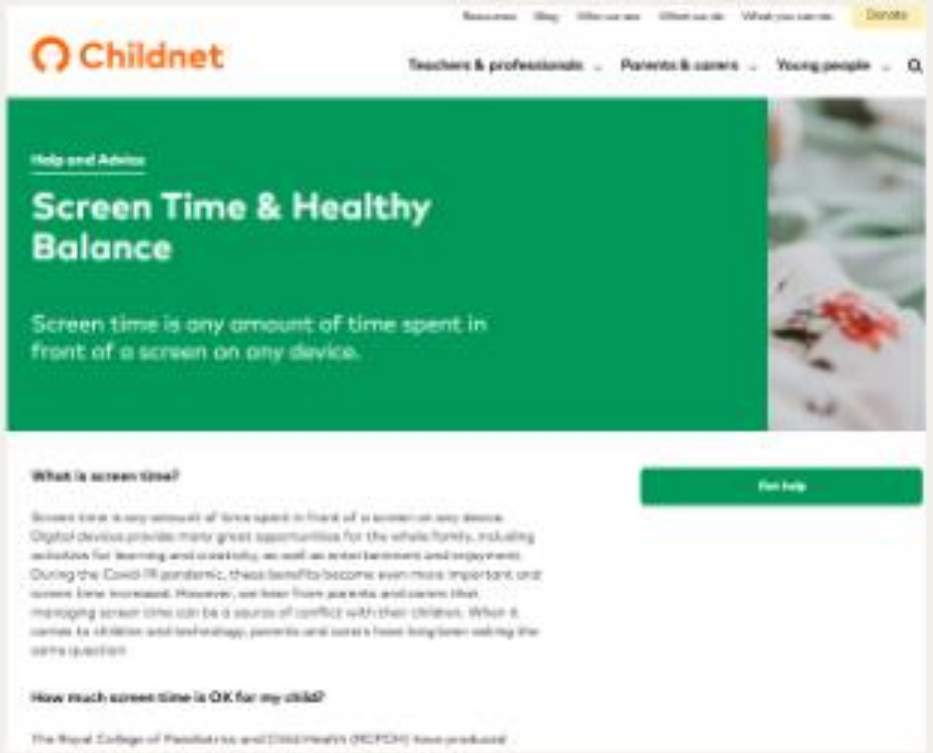


familygamingdatabase.com

Research the digital wellbeing and screen time settings available and discuss these with your child.

Possible settings can be:
- app timers
- bedtime mode
- notification settings
- do not disturb





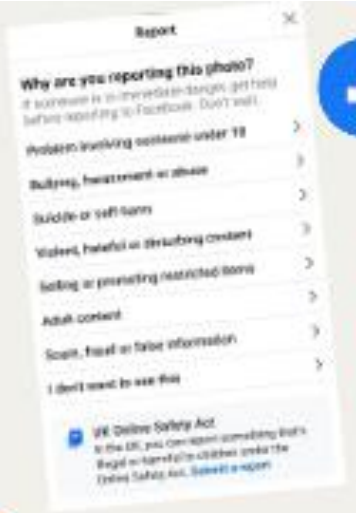
childnet.com/help-and-advice/screen-time-boundaries-parents/

Do you have any examples of good practice?

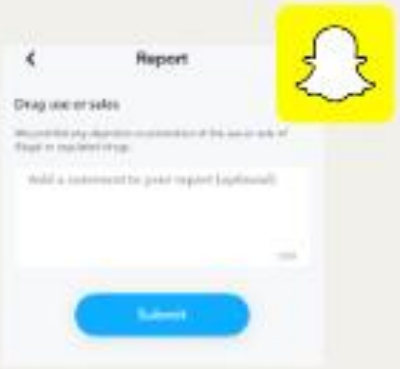
Making a report

Look out for these symbols on the post, comment or user profile you want to report





Choose a reason for reporting

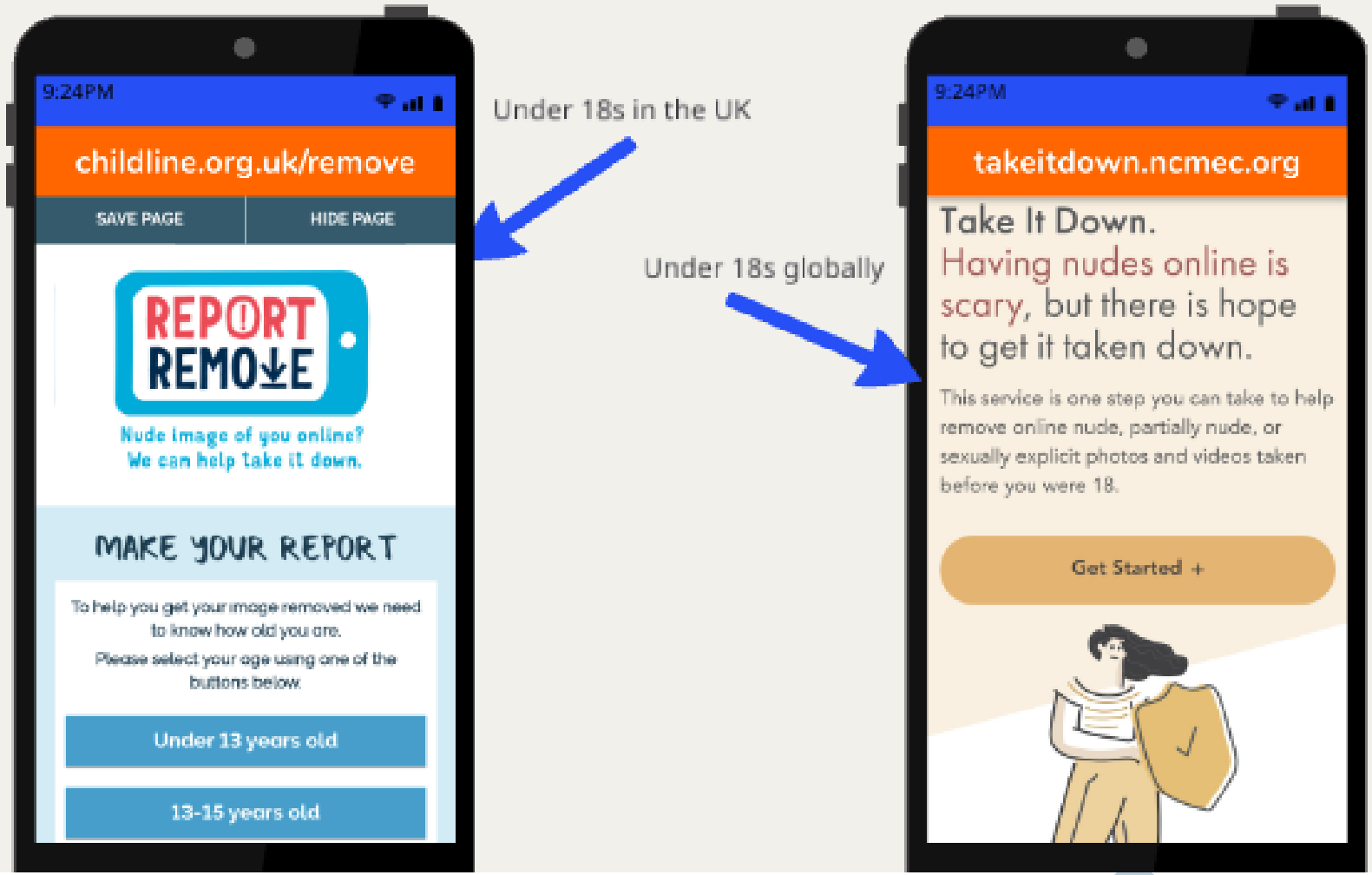






Fill out the form with as much detail as possible and press send to inform the platform's safety team.

Young people can report their nude image being shared online here:



What we're doing at Forty Hill to tackle online safety issues:

- Teaching online safety as lessons at the beginning of each term and throughout our PSHE lessons.
- Teaching children how to report concerns.
- Preventing and addressing cyberbullying.
- Filtering and monitoring school internet use
- Recording and reporting any concerns
- Supporting parents and carers
- Restricting mobile phone use
- Addresing AI- related risks.

REMEMBER!

Top Tips for Staying Safe Online

1. **Think Before You Post**: Once something is online, it's difficult to remove. Always consider the consequences before sharing.

2. **Protect Your Privacy**: Use strong passwords, keep personal information private, and adjust privacy settings on social media.

3. **Be Cyber Smart**: Don't click on suspicious links or download unknown attachments.

4. **Speak Up**: If you experience or witness online bullying or feel unsafe, talk to a trusted adult or report it to a teacher.


Any questions?