



Online Safety for Parents/Carers

BGE Information Evening

Wednesday 24th September 2025



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OUR PURPOSE



As parents, you play a vital role in guiding your children to navigate the online world responsibly and safely



OUR VALUES



CARES will guide our approach to online safety:

- **Compassion:** Understanding the emotional challenges young people face online.
- **Aspiration:** Supporting them in using technology for growth and development.
- **Respect:** Encouraging respect for themselves and others.
- **Equality:** Ensuring fairness and protection for all users online.
- **Success:** Helping them achieve a healthy balance between online and offline life.

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The Online World Today



- 95% of teens aged 13-17 have access to a smartphone.
- Over 80% of teens use social media regularly.
- Social Media Popularity: Instagram, Snapchat, TikTok, YouTube, and WhatsApp are the most popular platforms.
- Common Activities: Messaging, sharing photos/videos, gaming, and content creation.
- Risks: Cyberbullying, exposure to inappropriate content, online predators, misinformation, and excessive screen time.

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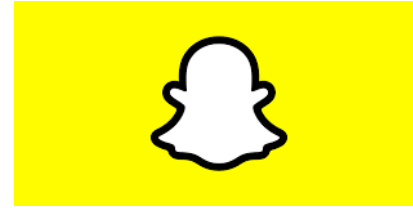
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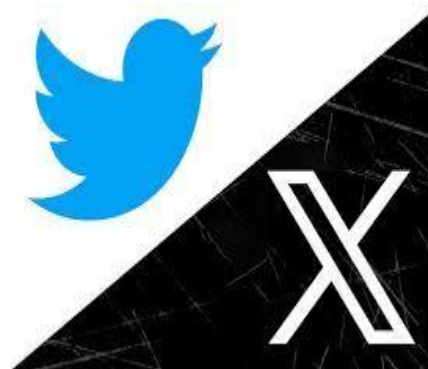


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What do we cover in school?



Computing

- S1
- Cyberbullying
- Online Grooming
- Social Media (2 part lesson covering how people can use what you share online to learn more about you, and how social media actually works)
- S2
- Hoaxes and Deep Fakes
- Influence Algorithms (how algorithms can help push problematic viewpoints like toxic masculinity etc)
- Sexting

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What do we cover in school?



PSE

- S1
- Confident Me – Media Messages
- Bullying – Online Safety and Bullying Behaviours
- Netiquette – sending images online
- S2
- Addiction.
- Online grooming.
- All year groups – “Sextortion” presented by Police Scotland.

case
study | **andrew tate**



Andrew Tate is a controversial
kickboxer

Millions of people follow him on
TikTok and Twitter

He shared his lifestyle and his
viewpoints



“ I was getting on a plane and I could see through the cockpit that a female was the pilot and I took a picture and I said, ‘most women I know can’t even park a car, why is a woman flying my plane?’ and they banned me. ”

“ The masculine perspective is you have to understand that life is war. It’s a war for the female you want. It’s a war for the car you want. It’s a war for the money you want. It’s a war for the status. Masculine life is war ”



case
study | kim kardashian

Kim Kardashian is a socialite,
media personality and stylist

She had a reality TV show about
her family life

She posts images of herself and
her lifestyle and claims it's all
down to simple, daily workouts



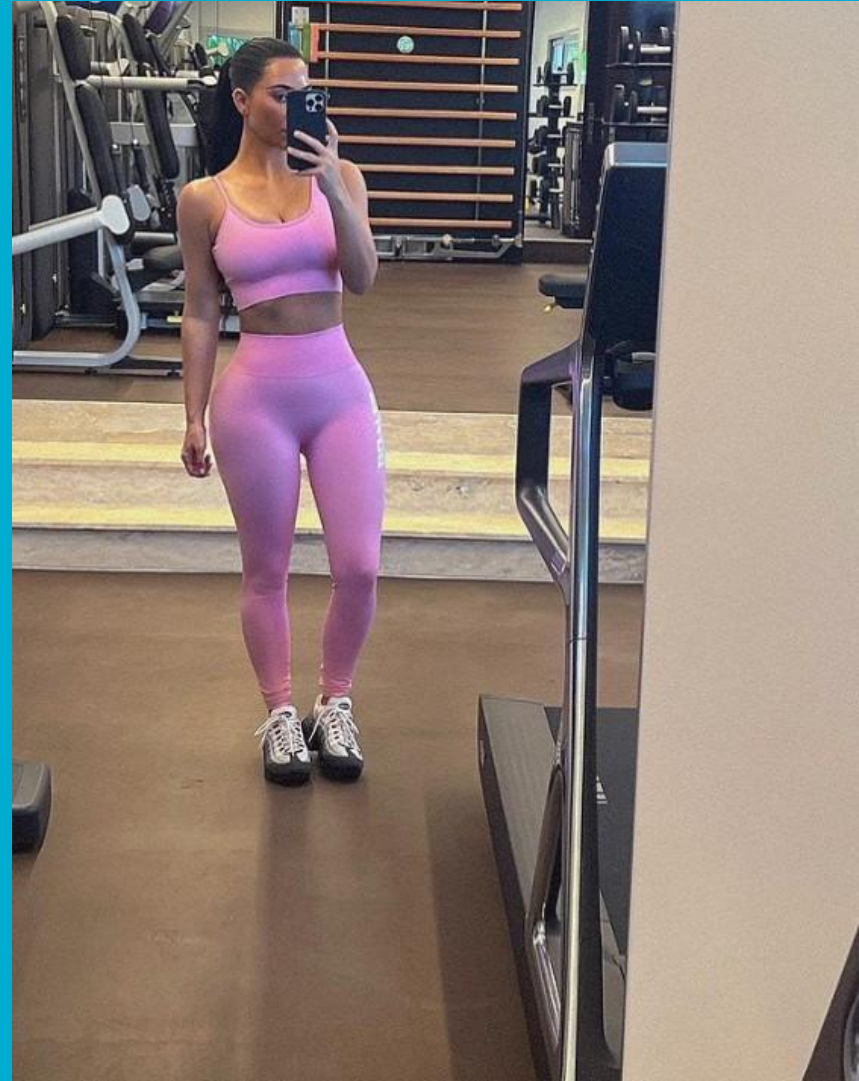
The truth is, she has access to:

a personal chef

a private trainer

cosmetic procedures

digital tools



Young followers compare
themselves to her

They believe her body and looks
are what society expects of them



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Our Concerns



- Addiction to device.
- Posting inappropriate content anonymously.
- Online bullying/harassment.
- Sextortion.
- Snapchat.
- Exclusion from group chats.
- Grooming.
- Inappropriate content.

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Your Role as Parents



Educate your children about online dangers and how to avoid them.

Supervise their social media usage without invading privacy.

Set Boundaries on screen time and appropriate content.

Communicate Regularly: Keep conversations open and non-judgmental to ensure your child feels comfortable discussing online experiences.

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What can we do?

Starting the conversation:



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- Talking regularly with your child is the greatest tool to help keep them safe online.
- Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed.
- It also means when they do have any worries, they're more likely to come and speak to you.

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Tackling difficult conversations:



- Some conversations are going to be more difficult than others, but it's so important to have these open and honest conversations, so you can help your child with any worries or issues they might be facing online.
- For example, if you're worried they have been viewing [online pornography](#), if they have been [sharing nudes](#), if they have seen upsetting, inappropriate or [explicit content](#), or perhaps [being bullied](#). These more difficult conversations will heighten feelings of fear, anxiety, worry, shame and embarrassment.



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- As with any conversation, it is important that we try to stay calm, balanced and non-judgemental.



- If it's something that has made you angry, fearful or concerned, don't tackle it straight away if possible. Those feelings will affect the way we talk. Take a little time and, if possible, talk to someone else about it. School can be a great source of information, particularly the House Head and Child Protection Lead and you can always contact us for advice.

- Don't be too forceful otherwise there is the risk that they will close down.

- Consider a subtle approach instead of a head-on approach. For example, you could ask if the subject is discussed at school and what they learn about it, or it could be something that has been on the TV or you heard about it on the radio.

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- Keep listening, try not to interrupt even if there is a period of silence. They may be thinking how they word something.
- Provide context. Allow them to understand why some things are wrong, age inappropriate or even illegal. In order to critically think and assess, they need information.
- Remind them of your family values; some parents may think that something is okay for their children, but explain why you don't think it is appropriate for your children.
- Children often talk of being punished. For example, if they open up to you and say that they have seen explicit content by accident, they are fearful of their devices being removed from them. This is seen as a punishment and consequence for something that was out of their control. This is a judgement call that needs to be carefully handled.



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Practical Tips for Online Safety

1. Use Privacy Settings:

- Teach your children how to adjust privacy settings on social media to restrict who can see their content.
- Ensure location sharing is turned off on apps.

2. Password Protection:

- Encourage strong, unique passwords and two-factor authentication.

3. Monitor & Discuss:

- Use parental control apps where necessary.
- Have regular discussions about what they are doing online.

4. Encourage Responsible Posting:

- Reinforce the idea of "Think before you post."
- Content shared online is permanent and can impact future opportunities.



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Screen Time & Balance

- Importance of Balance: Excessive screen time can affect mental health, sleep patterns, and academic performance.
- Set Screen Limits:
 - Consider technology-free zones at home (e.g., meal times, bedtime).
 - Help your child find a balance between online activities and offline hobbies like sports or reading.

Compassion: Support them in developing a healthy relationship with technology.

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What to Do If Something Goes Wrong**

1. Stay Calm: Your child needs your support without fear of punishment.
2. Document the Issue: Take screenshots of any inappropriate messages or content.
3. Report:
 - Use platform reporting tools for inappropriate content or bullying.
 - If necessary, report to authorities, especially in cases of predatory behavior or threats.
4. Seek Help:
 - Reach out to school, or professionals for support if your child is affected emotionally.



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Online Gaming

Ability to contact other users

Ensuring parental controls are in place

<https://www.youtube.com/watch?v=Sl9wSVjl7l0>



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Resources & Support for Parents



Parental Control Apps: Examples:

Qustodio

Net Nanny

Google Family Link.

Useful Websites:

NSPCC: www.nspcc.org.uk

UK Safer Internet Centre:
www.saferinternet.org.uk

School Contacts:

Head of House, Pupil Support Manager



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ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something



National
Online
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DIGITAL FOOTPRINT



Your digital footprint is the pictures, comments and information that you, or other people, post about about you on the Internet.

Universities and future employers are likely to look at your digital footprint - make sure it shows you in a positive light.

What does your digital footprint say about you?

Tips for managing your digital footprint



Manage Privacy Settings

Ensure the privacy settings on your social networks are set to private and encourage your friends not to tag you in their posts.



Think Before You Post

Make **positive** contributions and avoid negative comments. Imagine a future employer is reading your posts.



Don't Overshare

Don't share something online if it isn't something that you wouldn't be happy for EVERYONE to know.



Google Yourself

What can you find by Googling yourself? If there is anything negative see if you can get it taken down using Google's 'Right to be forgotten'.



HEALTH RISKS



'Text neck'

There is growing concern about children developing back pain and even deformed spines by spending hours looking down at hand-held digital devices.



Repetitive Strain Injuries (RSI)

Excessive typing, game playing, etc on digital devices can lead to you having pain in joints in your wrists, thumbs and fingers. This damage can be permanent.



Social media and mental health

Recent studies have found that teenagers who engage with social media during the night could be damaging their sleep and increasing their risk of anxiety and depression.



Blurred vision and headaches

Staring at brightly lit screens for prolonged periods of time can lead to blurred vision and headaches, particularly in dark conditions and if you are focusing really hard while playing games.



Headphones

Using headphones may pose a safety risk in areas with moving traffic. They can also result in hearing loss if used to play loud music for prolonged periods.

The problems described above are just a few of the problems technology can cause. The best way to reduce these is to limit your exposure by **reducing the time** you spend on digital devices.

