

# How do you keep up with online safety?



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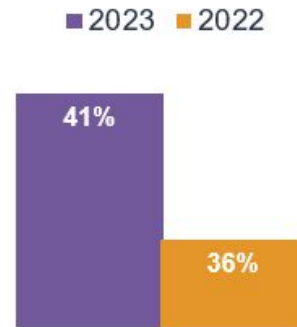
# The positives of being online.



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of children say the internet has a positive impact on their wellbeing\*



% of children who say spending time online makes them feel confident\*\*



of children say the internet/tech is important for their independence\*\*

\*Internet Matters tracker survey, Wave 19

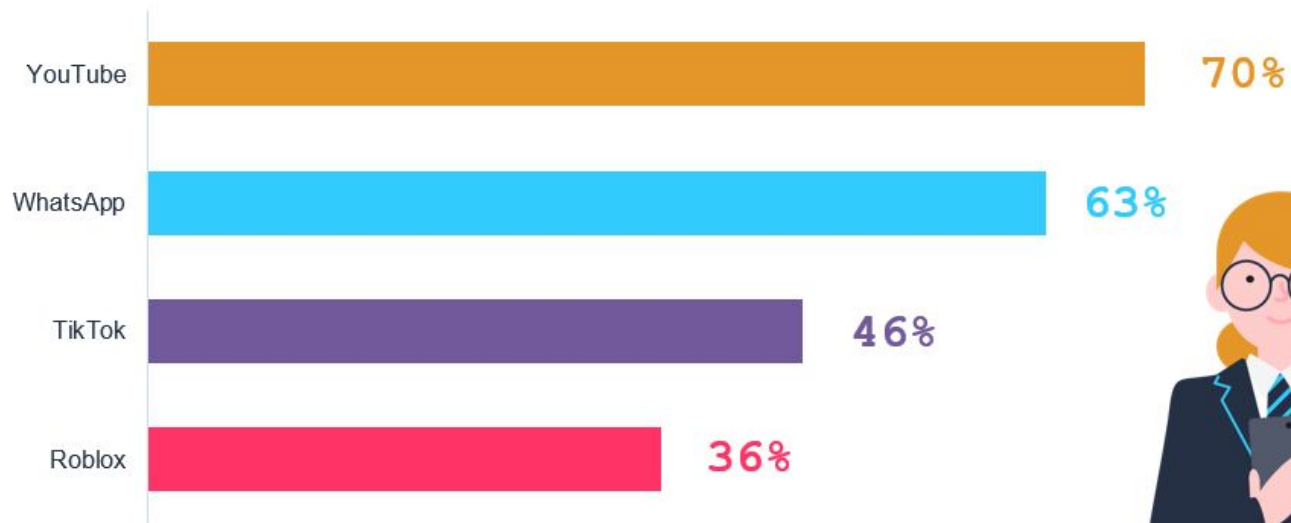
(2024)  
\*\*Children's Wellbeing in a Digital World, Year Three, Internet Matters (2024)

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# What they're doing online.



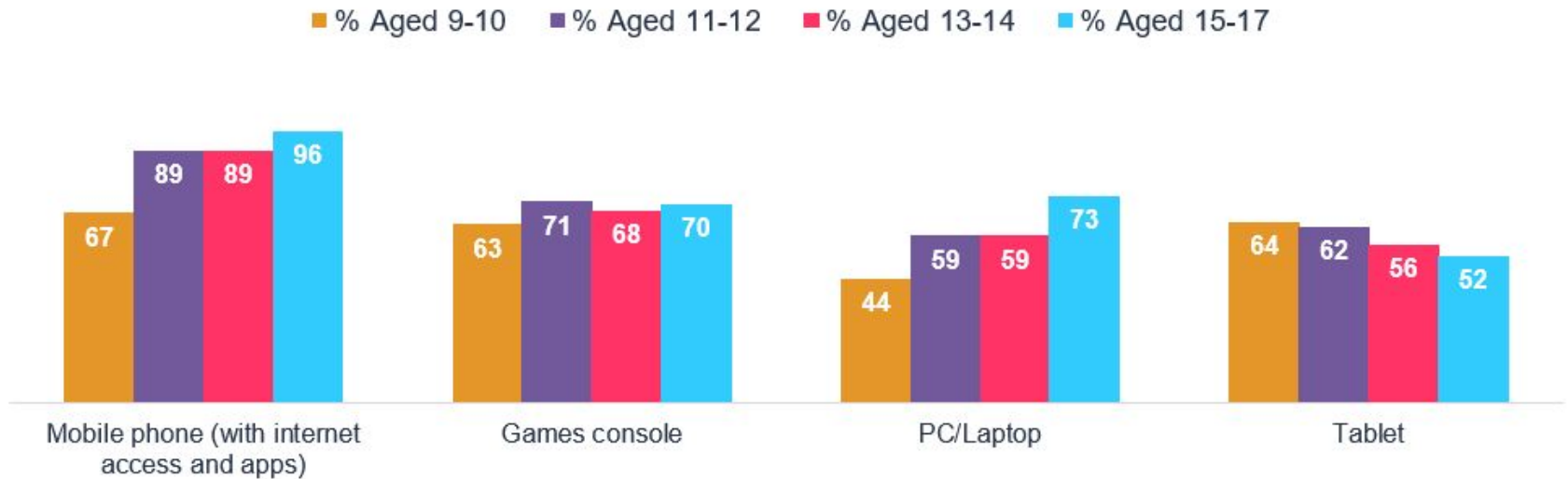
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Source: Internet Matters tracker survey, Wave 19 (2024)

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# Device preferences by age



Source: Internet Matters tracker survey, Wave 19 (2024)



## Social media

91% of 15-16 year olds in the UK use social media, and 87% have their own social media profile. <sup>[1]</sup>

## Screen time

Teens spend an average of 7 hours and 22 minutes per day on screens, which is 43% of their waking hours. <sup>[2]</sup>

## Online platforms

YouTube is the most popular platform among teens, with roughly nine-in-ten teens using it. TikTok, Snapchat, and Instagram are also popular, with majorities of teens using them. <sup>[3]</sup>

[1] Statista - Social Media and children in the UK (2023)

[2] Exploding Topics - Daily Average Screen Time for Teens (2024)

[3] Pew Research Center - Teens, Social Media and Technology 2023

## Online interactions

17% of children aged 10 to 15 years spoke with someone they had never met before online in the previous 12 months. 2% of children said they spoke to someone they thought was their age but later found out were much older.<sup>[1]</sup>

## Sexual messages

1 in 10 children aged 13 to 15 years reported receiving a sexual message in the previous 12 months. <sup>[2]</sup>

## Pornography

73% of adolescents report having seen pornography by age 17. <sup>[3]</sup>

[1] Office for National Statistics - Children's Online Behaviour in England and Wales (2021)

[2] Office for National Statistics - Children's Online Behaviour in England and Wales

# Types of harmful risks



## Contact

risks come with online communication. This could include cyberbullying and hate speech as well as grooming and sextortion.

## Content

risks come with image- and video-sharing online. It's also in video games and music. This could include explicit or hateful language, violent videos, age-inappropriate games and pornography.

## Conduct

risks are the actions children might take that could lead to harm. This could include visiting porn sites, gambling platforms and chat rooms, or sending sexual images or texts.

## Commerce

risks come with online spending, advertising and scams. This could include clicking on ads in a mobile game, sending money to a harmful source or even receiving a phishing email.

# Risk is not harm



While risk taking can lead to harm, it is to be balanced to ensure that children can discover new passions and abilities.

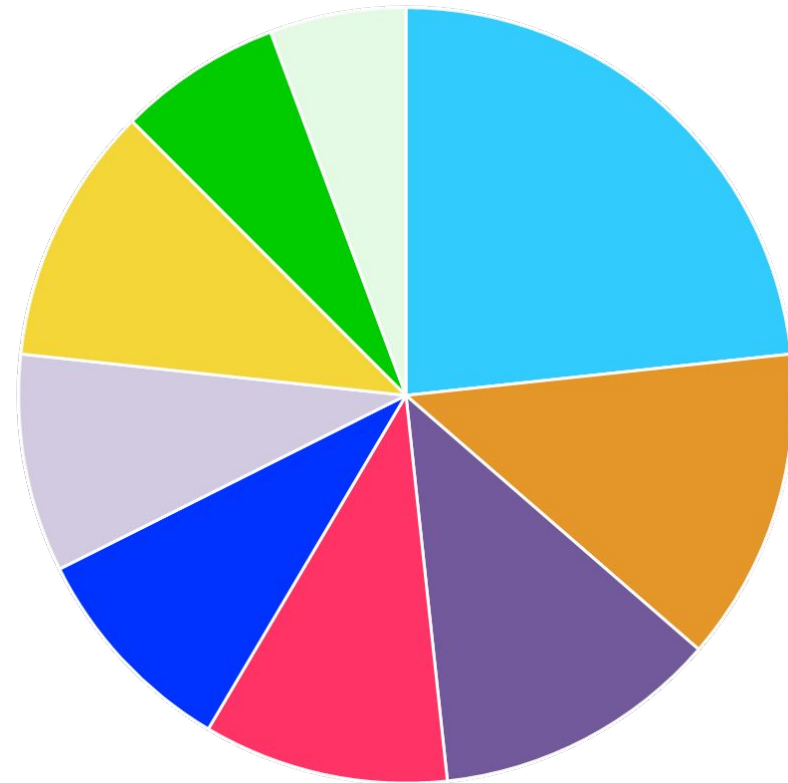
Positive actions can limit risks from becoming harmful. Here are 5 tips:

1. Understand the risks
2. Communicate regularly
3. Keep risks in proportion
4. Agree on helpful mediation strategies
5. Develop coping skills to foster resilience.



# What have children experienced?

- Spent too much time online
- Spent money in games/apps
- Strangers contacted me
- Came across mis/disinformation
- Came across hate speech
- Came across content promoting unrealistic body images or altered bodies
- Came across content which promotes dangerous stunts or challenges
- Came across violent content or content that promotes violence
- Online bullying, trolling or abuse from people I don't know



# Online bullying (cyberbullying)



- Online bullying is more difficult to escape than 'traditional' bullying
- It can happen between friends or strangers
- It can happen in video games, on social media, in messaging apps, etc.
- About **1 in 10** children say they have experienced online bullying. This increases for children with SEN needs or similar vulnerabilities.

**Set parental controls, talk about healthy behaviour and show your child how to block and report content**

# Inappropriate content



- 27% of children see pornography by age 11
- Around 1 in 10 children report seeing pornographic or violent content online. This increases with age.
- Children with vulnerabilities are more likely to come across these things – especially violent content.

**Parental controls can help limit access to certain websites, content and more. It's also important for your child to report any inappropriate content they accidentally come across.**

# Spending too much time online



- 41% of children believe they spend too much time online
- Of these children, most reported it causing them some distress, upset or harm
- Not all screen time is negative, but if your child's wellbeing is negatively impacted, they need your support.

**Most games and apps have screen time controls to manage this, but you should also help them find other activities to make their time online positive.**

# Chessington specific worries



- Large whatsapp groups
- Editing of images
- Sharing images without consent



# What we do



- PDW
- Assemblies
- Impero

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# What you can do



- Set boundaries – but be realistic
- Educate yourself about the risks
- Lead by example
- Ask your child about the apps and websites they want to use
- Reassure them that they can always talk to you
- Parental locks?

# What you can do



- Talk about personal information
- Talk about social media
- Talk about sexting
- Talk about gaming
- Act on warning signs
- Don't assume it can't/won't be the experience of your child

## Child -Child- Online abuse

'All staff should be aware that **technology is a significant component** in many safeguarding and wellbeing issues. Children are at risk of abuse online as well as face to face. In many cases abuse will take place concurrently via online channels and in daily life. Children can also abuse their peers online, this can take the form of **abusive, harassing, and misogynistic messages, the non-consensual sharing of indecent images, especially around chat groups, and the sharing of abusive images and pornography, to those who do not want to receive such content.'**



# 3 things to teach your child



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Be a confident  
communicator

Be a capable  
tools user

Be a critical  
thinker