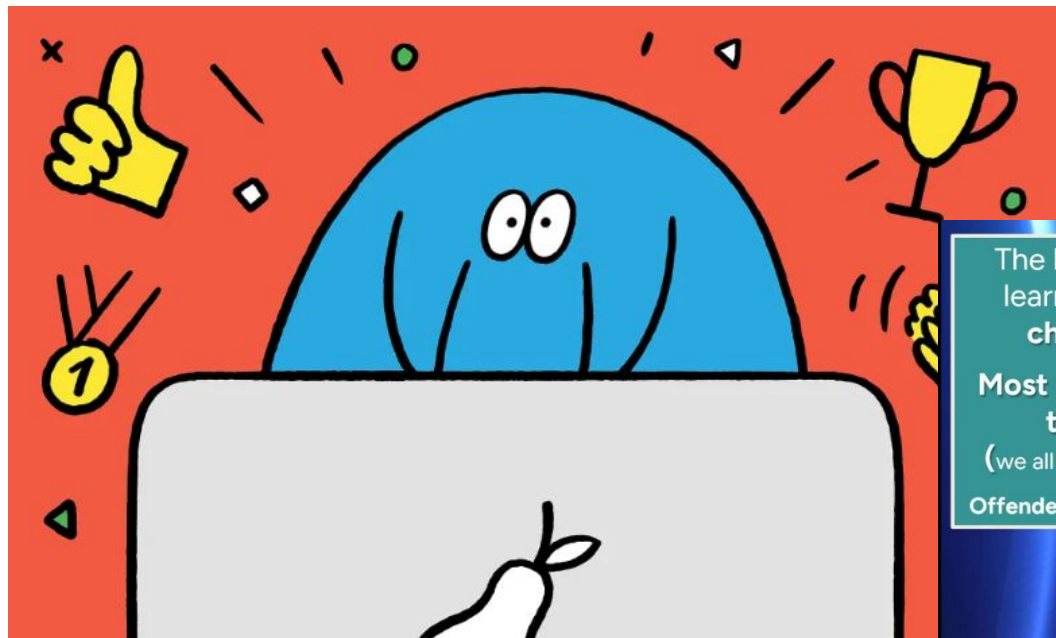


Online Safety 2026

Our Role



- Be vigilant
- Be aware
- Open conversations
- Support

The biggest lesson we can learn as adults is to **make children feel valued...**

Most risks online come back to self-affirmation
(we all want to feel liked and valued.)

Offenders seek to exploit vulnerability.



Build Digital Resilience



Have a read: [Building Digital Resilience](#)

To help prevent the harm, children need to be streetwise online. This is sometimes called digital literacy, and it has three elements:

Technical Literacy

Knowing your way around technologies and having technical skills.

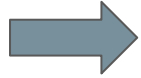
Media Literacy

Understanding different platforms and being able to judge the quality and reliability of online sources.

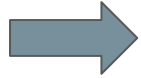
Social Literacy

Understanding online etiquette and the way things are done online.

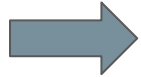
Positives of the Online World



Access to global knowledge and educational resources



Tools for creativity, collaboration and learning

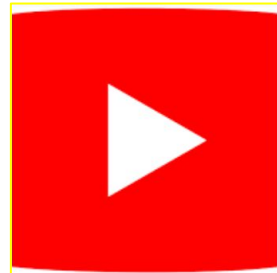
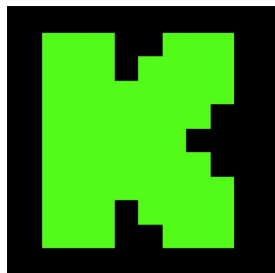
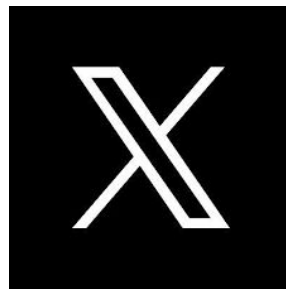


Social Connection and community building



Confidence and Independence

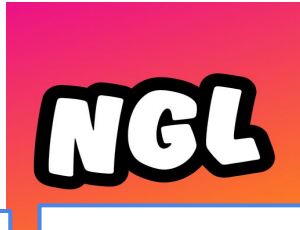
APP Quiz



APP Quiz



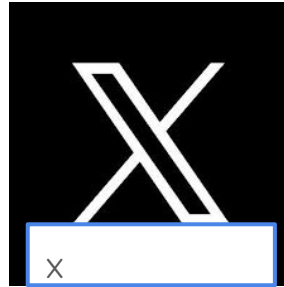
snapchat



Not Going to Lie



Instagram



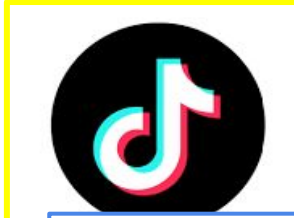
x



Grok



reddit



Tik tok



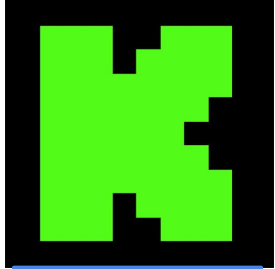
whatsapp



discord



tor



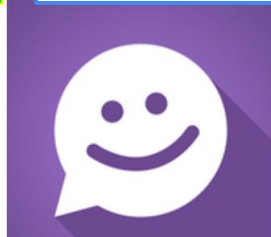
Kick



Youtube



Life 360



Meet me





Youtube



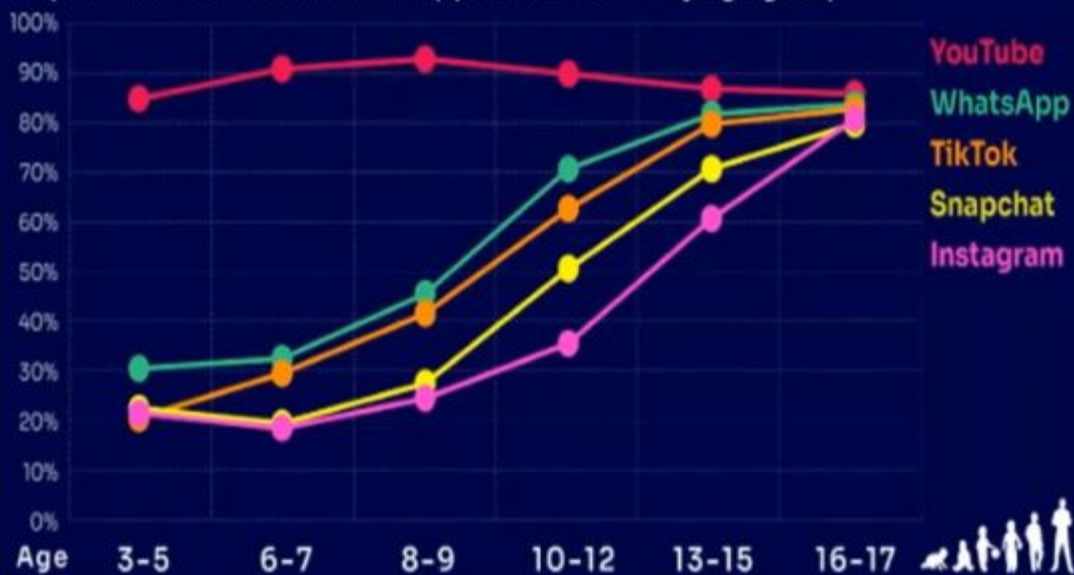
YouTube

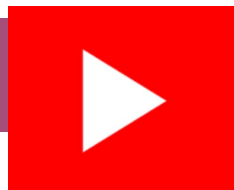
Children's Media Literacy Report (Ofcom, 2025)



ecp.

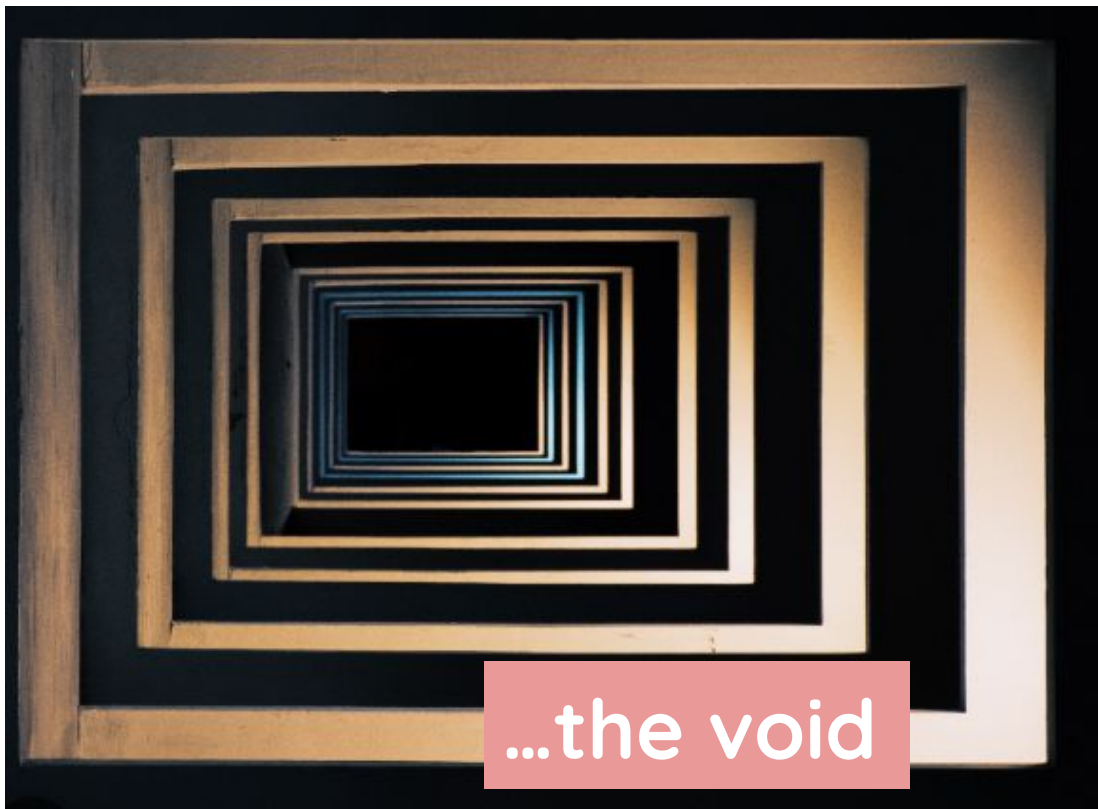
Top 5 online communication apps/sites used - by age group





Youtube

Google



...the void

AUTOPLAY



BBC
OWN IT



Fake News/ Echo chambers



Can fake stories
have a real impact
on our lives?

Disinformation

False information that's
created and shared to
deliberately cause harm.

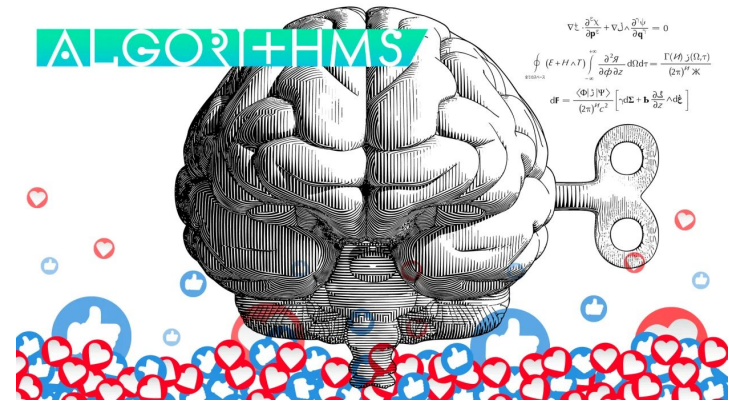
Misinformation

Misleading information
created or disseminated
without a deliberate intent
to cause harm.



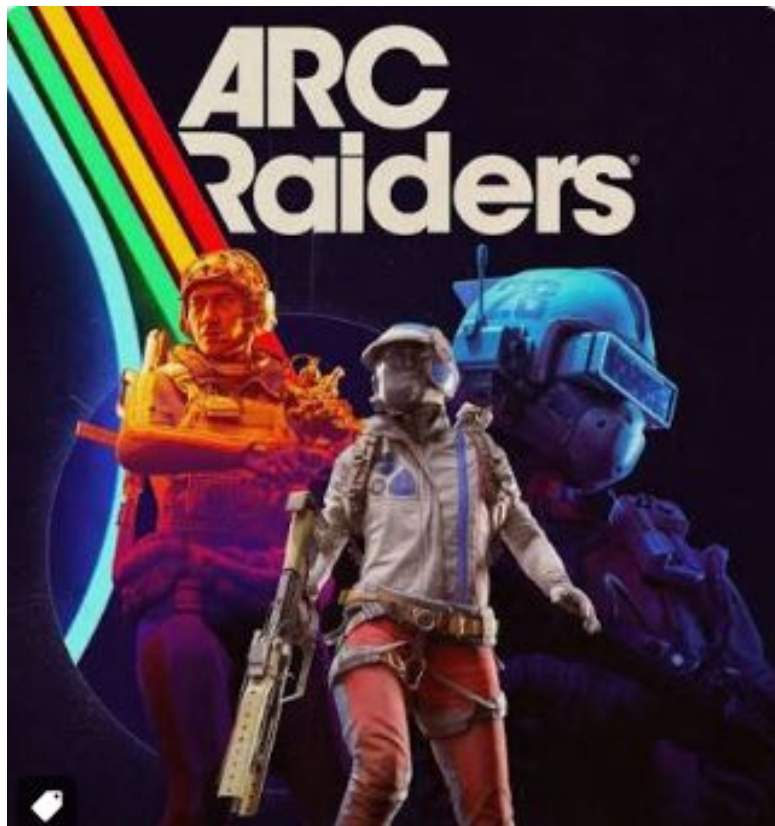
Curate what they
read, what they listen
to; promote critical
thinking. Challenge
their view and ask
questions. Put it in a
real world context.

Language Choice



It is essential we challenge behaviours as it can lead to a culture of unacceptable behaviour, an unsafe environment for children and in worst case scenarios a culture that normalise abuse.

Gaming



<https://www.kidsonlineworld.com/game---arc-raiders.html>



Addiction

Voice Alteration

Cross Play

Language exposure

Gambling with Gaming

Blurred Lines...

There are laws which make it illegal for young people to take part in most gambling activities, but there are also types of gambling that everybody is allowed to do...

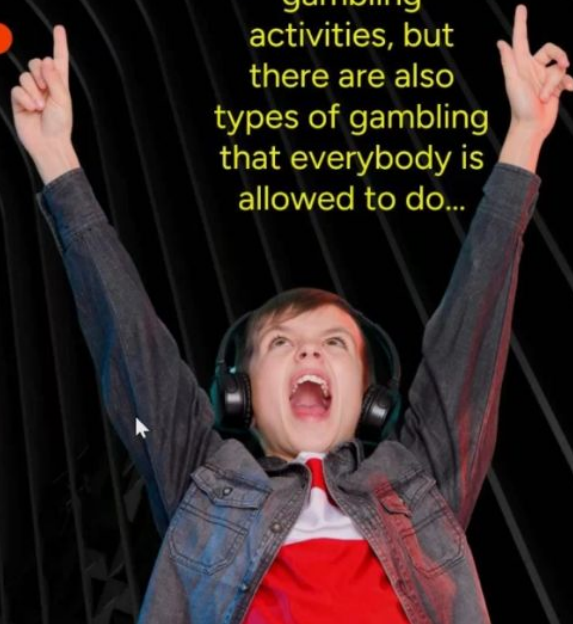
LOOT
BOXES



SKINS



ESPORTS



Skins

Loot Boxes

Gaming Support

Have a balanced understanding

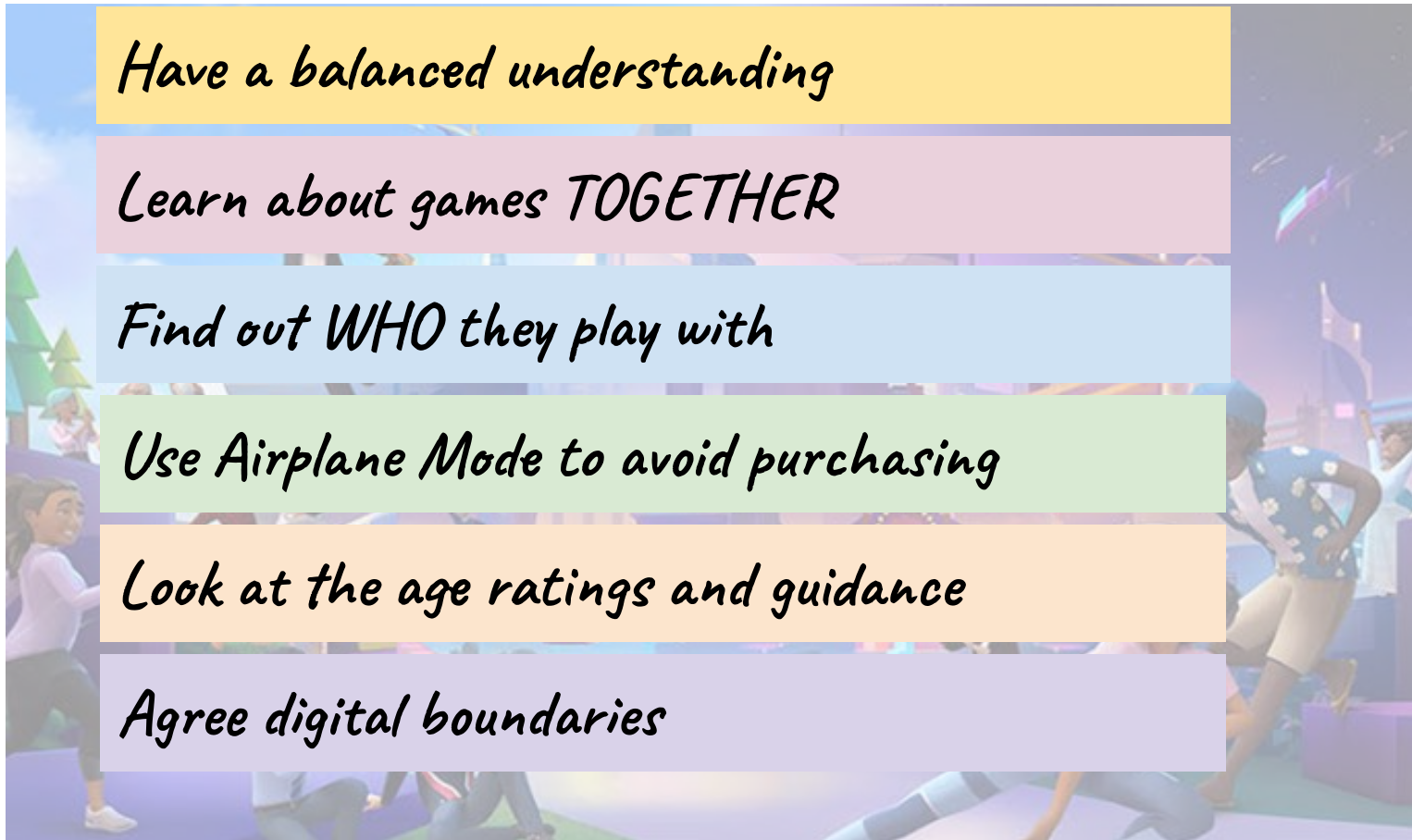
Learn about games TOGETHER

Find out WHO they play with

Use Airplane Mode to avoid purchasing

Look at the age ratings and guidance

Agree digital boundaries



Gaming Support



What is it about the game you like?

How can WE make it safer?

What will I say about the game?

Social Media Pressures



....restore balance, enforce a digital detox, ensure boundaries are in place!

Healthy Habits are key!



AI harms

- AI-generated child sexual abuse material
- Deepfakes
- AI-generated Inappropriate content
- Dependence on AI
- Exploitation including Sextortion
- Misinformation & Disinformation
- Bias & Discrimination



Parasocial AI & Relationships

Real connection vs. digital illusion?

It feels like someone finally understands me

- Care
- Attention
- No judgement
- Understanding
- Feels safe

- One-sided
- Artificial

The impact of AI on young people

Difficulty Distinguishing
Real from Fake

Grooming and Manipulation

Impact on Self-Esteem and
Body Image

Reduces face to face
interactions

Social Isolation and Trust
Issues

Long-Term Mental Health
Risks

AI



How to Keep Children Safe

8 top tips:



Teachers & professionals ▾ Parents & carers ▾ Young people ▾ Q

[Help and Advice](#)

Keeping under fives safe online

Online safety advice for parents and carers with young children



parentzone

Who we are Products &

For Their Future

We're working towards a safer digital world of opportunities.

[Read more](#)



Home Get advice Concerned about your child? How to get help ☺ Home Safety Activities #AskTheAwkward ☺

Help your children get the most out of the Internet

I'm concerned about my child

> I'm concerned about my child

Reporting an incident to CEOP

> Reporting an incident to CEOP

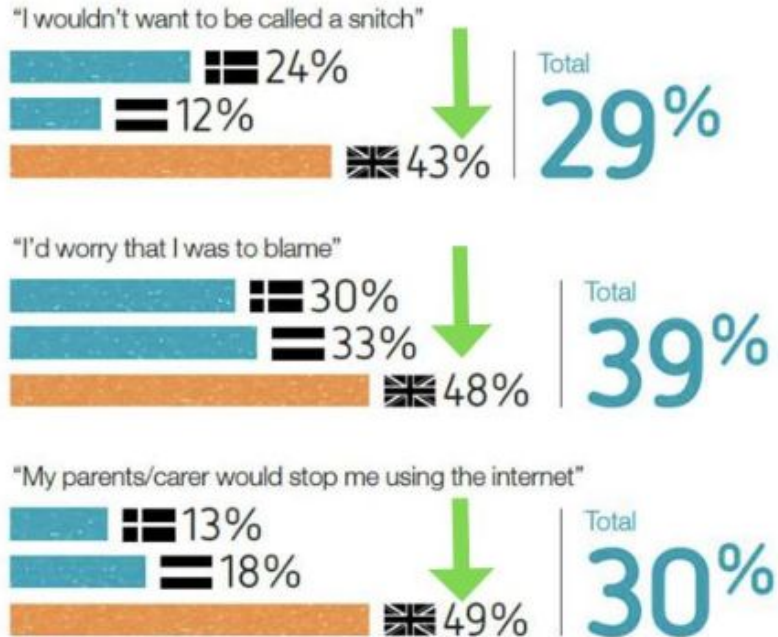
I'd like information and advice on keeping my child safe

> I'd like information and advice on keeping my child safe

How to Keep Children Safe

Children *WILL* make mistakes!

Create a culture in which they can tell...



Parent Controls

Qustodio [For families](#) [For schools](#)
Product ▾ Pricing Learn ▾ Support ▾

**The all-in-one
parental control
and digital wellbeing
solution**

Over 4 million parents trust Qustodio's parental control tools to keep their kids' screen time safe and balanced on every device—all from a single dashboard



LOCATEMY
family



**internet
matters.org**

NSPCC



UK Safer Internet Centre



NortonLifeLock

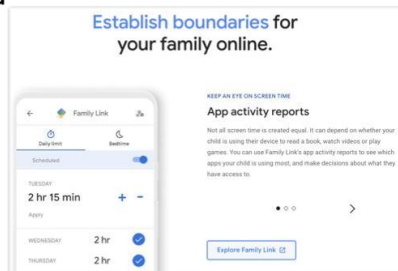
Device Security  Identity  Home & Family  Online Privacy 



Parent Controls

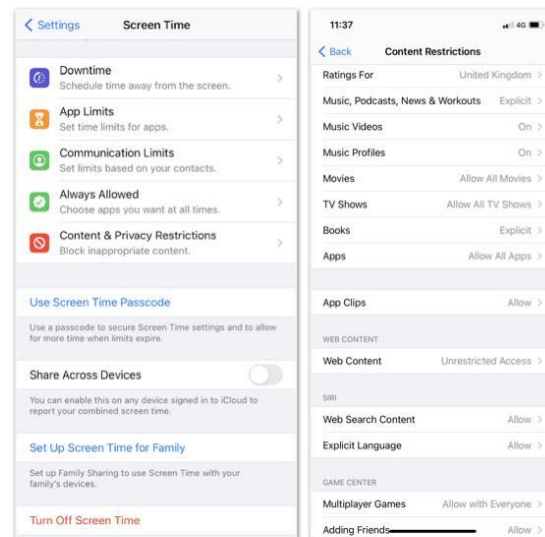


- Available on App and Android Stores.
- Monitor Screen Time.
- Manage Apps.
- Set sleep time.
- See where they are.



- Restrict Apps
- Set time limits
- Filter web content
- Restrict the game centre.

Apple Parental Control



How do you keep yourself up to date?

KIDS
ONLINE
WORLD

Believe in
children
Barnardo's

National Gambling Helpline
0800 3020 133
GamCare.org.uk

PA+YRUS
PREVENTION OF YOUNG SUICIDE

common
sense
media

NOS
National
Online
Safety®

NSPCC

Y+GAM

chil+line

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

SV+VGfL
Safe, Secure, Online



inter+et
matters.org

learn about it / talk about it / deal with it



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

REPORT
REMO+VE
Nude image of you online?
We can help take it down.

ine+QE
SAFEGUARDING GROUP

Childnet
International

You must talk to your young people - this is where your greatest learning will come from!