

Safer Internet Day 2025 – Tuesday 11 February

Digital skills to deal with scams



Online scams are a growing risk – which is why they're our focus for Safer Internet Day 2025. Fraud can happen in many spaces online, from messages and inboxes to games and social media. So, what can you do to keep your family better protected?



Watch

This short video outlines some simple everyday habits that can help protect you from scams.

Scan the code or [click here](#).



Spotting scams online: ask yourself...

- >>> **Do you trust it?** If a page, post or message doesn't look or sound right, think twice before clicking.
- >>> **Are you being rushed?** Get a second opinion if you feel you're being pressured into doing something.
- >>> **Have you checked your settings?** Make the most of security and privacy settings in devices and accounts.

The Everyday Digital programme from Parent Zone helps families build good habits to feel more confident online. Learn more at parentzone.org.uk/Everyday-Digital

In every aspect of development, from learning to cross the road, ride a bike or swim, parents teach, guide and support their children. It should be no different when it comes to their online lives.

The best online safety strategy, regardless of age, is explore the online world together, talk with your child and to engage with them about what they are doing and who they are doing it with.



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.

Children aged 0-5 are:

- Using apps
- Gaming
- Downloading
- Going Mobile



Children aged 6-9 are:

- Using apps
- Gaming
- Downloading
- Going Mobile
- Chatting



Children aged 10+ are:

- Using apps
- Gaming
- Downloading
- Going Mobile
- Chatting
- Social networking





Conduct

Online behaviour & sharing



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.



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 children see online



Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social media, online games, streams and websites.



Live comments and chats 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.

Online bullying

Also known as 'cyberbullying' - takes place online or using technology.



Cyberbullying can happen in many different ways including unkind messages or comments, the sharing of embarrassing photos or exclusion from group chats.



Children need to understand that their online actions can be just as hurtful as offline actions and that seeking to deliberately hurt or upset someone is always unacceptable.



Advice on online contact

Discuss online friendship with your child - make sure they understand that a person they've never met face-to-face is still a stranger. Discuss what kinds of information they should avoid sharing with strangers.

Ensure they know they can come to you if they have any worries or concerns.

If you have any suspicions whatsoever about someone who is in contact with your child online then report it to CEOP.

You will be shown how to report to CEOP later in this presentation.





Supporting preschoolers online (0-5s) | Internet Matters



Share



2:47 / 2:48 • Set boundaries



HD

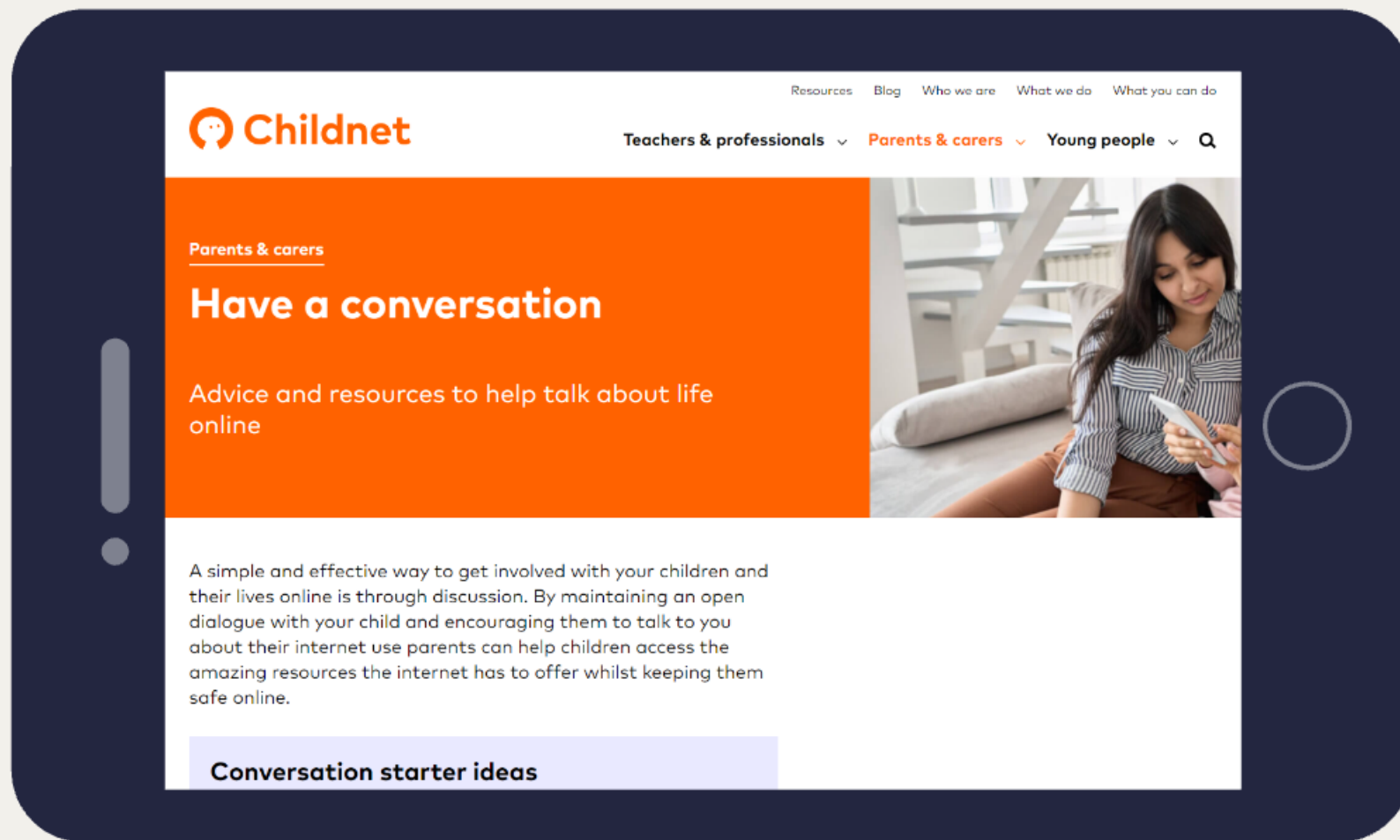
YouTube



Display video transcript ▾

An open and honest dialogue with your child is absolutely key.

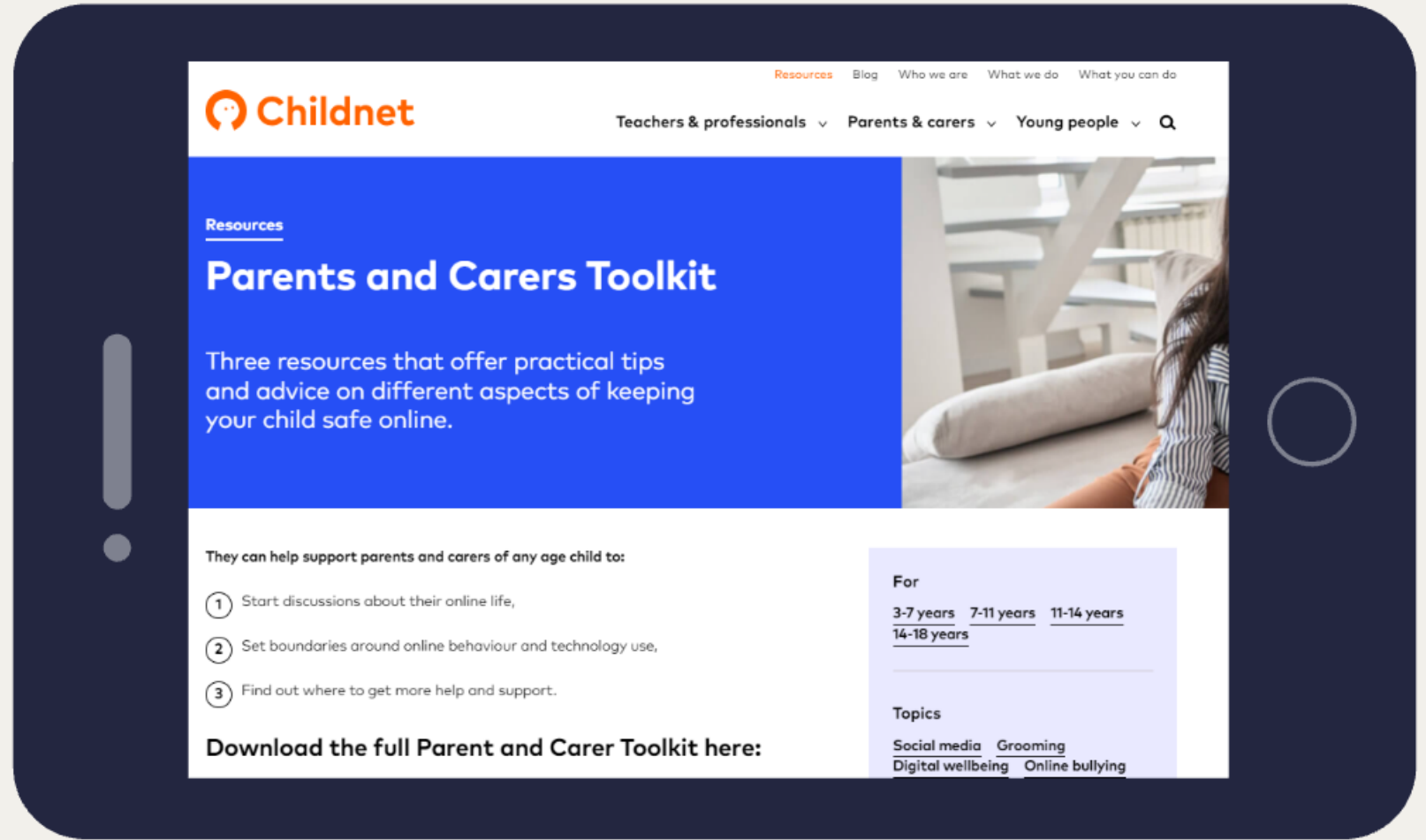
Talk to them about their internet use and let them know they can talk to you.



childnet.com/parents-and-carers/have-a-conversation

Consider setting a family agreement to open discussion.

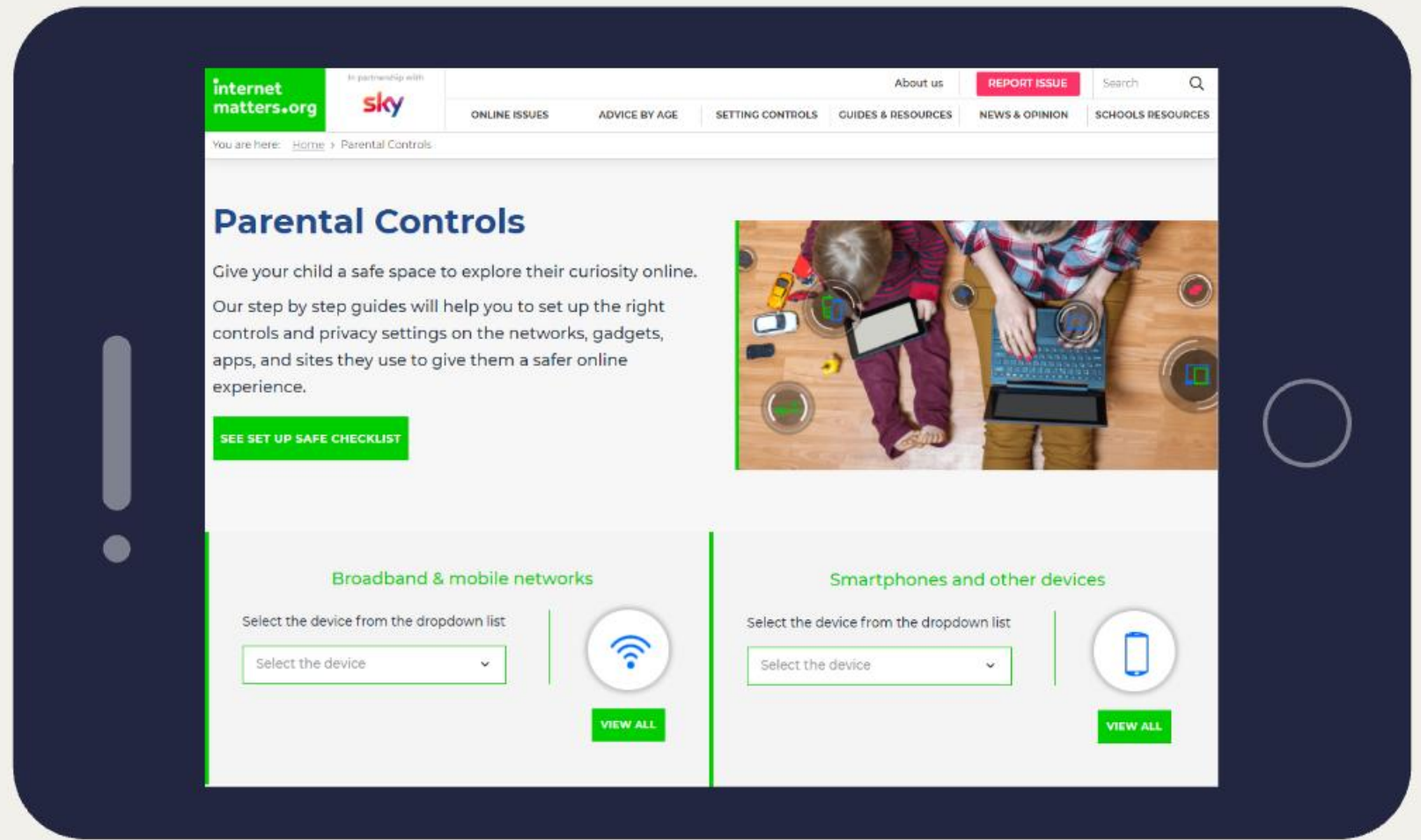
Establish boundaries and your expectations as a family.



childnet.com/toolkit

Filtering software
and settings can
help block
unwanted content.

Look at filters on
individual devices
and from mobile &
internet providers

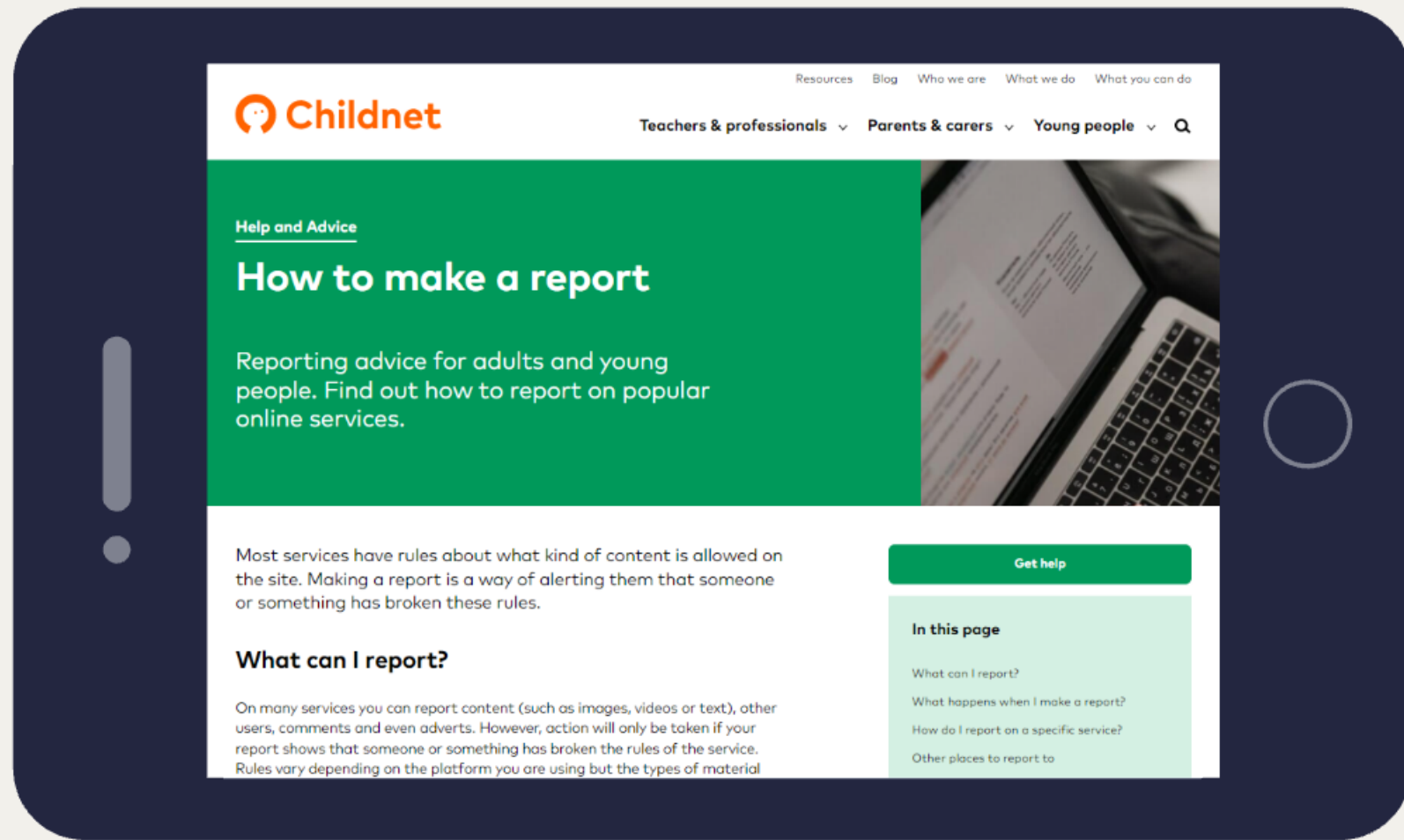


The screenshot shows the 'Parental Controls' page on internetmatters.org. The page features a navigation menu with links for 'ONLINE ISSUES', 'ADVICE BY AGE', 'SETTING CONTROLS', 'GUIDES & RESOURCES', 'NEWS & OPINION', and 'SCHOOLS RESOURCES'. The main content area is titled 'Parental Controls' and includes a sub-header 'Give your child a safe space to explore their curiosity online.' Below this, there is a green button labeled 'SEE SET UP SAFE CHECKLIST'. The page is divided into two columns: 'Broadband & mobile networks' and 'Smartphones and other devices'. Each column contains a dropdown menu to 'Select the device from the dropdown list' and a 'VIEW ALL' button. An image of two children using tablets is also visible on the right side of the page.

internetmatters.org/parental-controls/

Familiarise yourself with safety and privacy settings on the services your family uses.

Learn how to report, block and mute other users on games and social media.



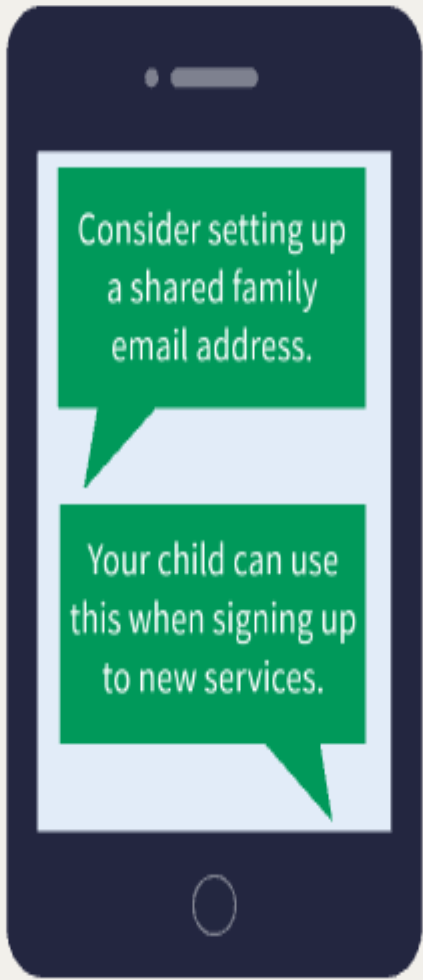
childnet.com/how-to-report

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

Play their favourite games with them, try out their favourite apps...

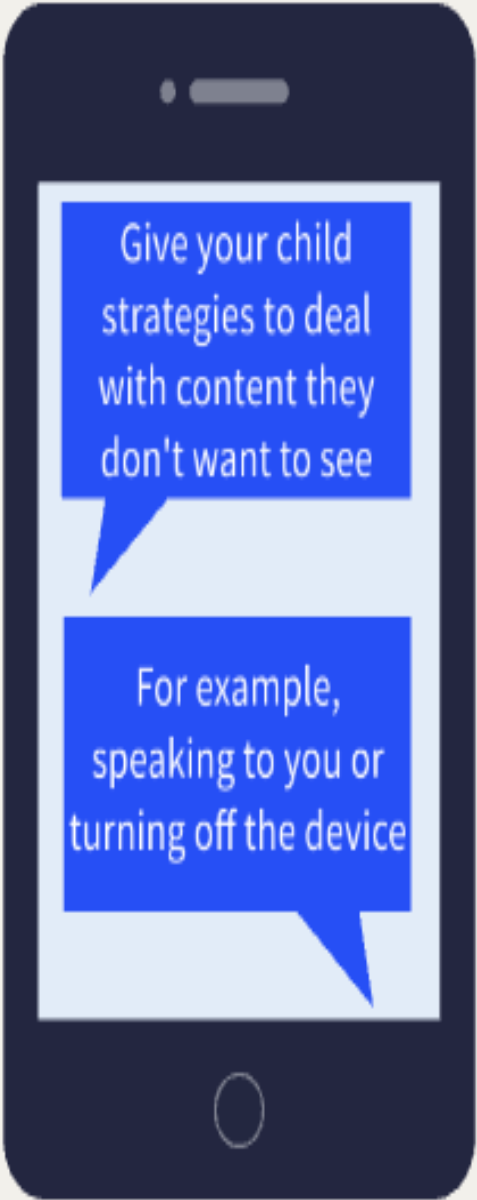


familygamingdatabase.com

A dark blue smartphone is centered on a light beige background. The screen displays two green speech bubble messages. The top message says "Consider setting up a shared family email address." and the bottom message says "Your child can use this when signing up to new services."

Consider setting up
a shared family
email address.

Your child can use
this when signing up
to new services.



Give your child strategies to deal with content they don't want to see

For example, speaking to you or turning off the device

Other useful resources...

common sense media

What are you looking for?

A LOT OR A LITTLE?
The parents' guide to what's in this app.

- A+ Educational value
- Ease of play
- Violence
- Sex
- Language
- Consumerism
- Drinking, drugs & smoking

commonsensemedia.org

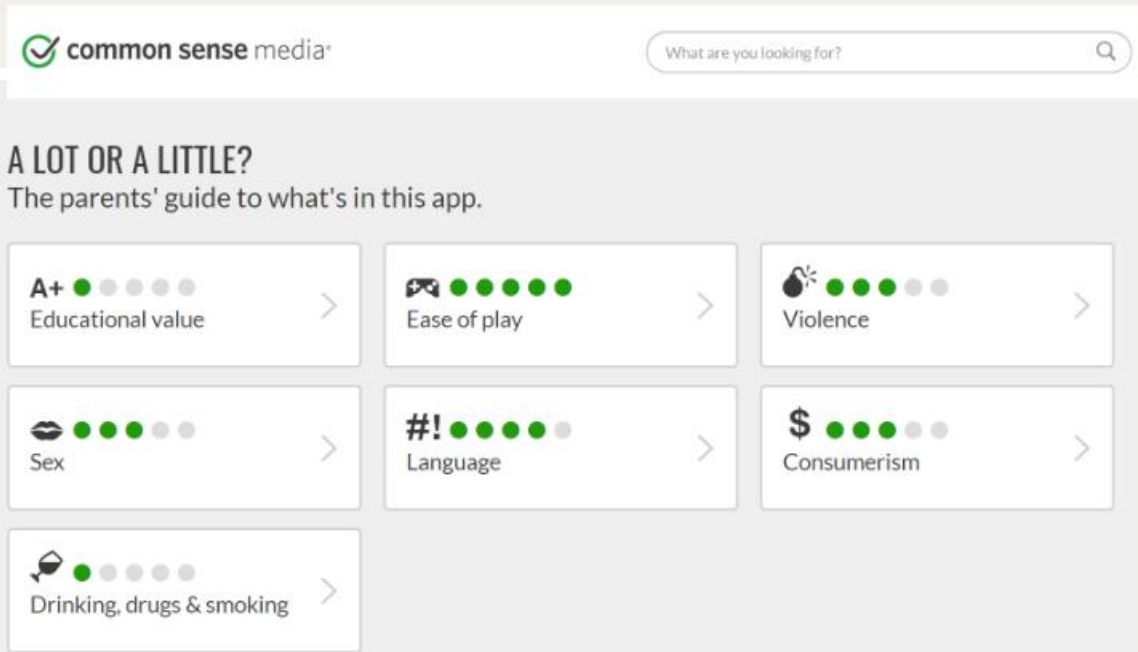
OUR CAMPAIGN GET STARTED FIND THE RIGHT GAME NEED TO KNOW ABOUT US

ASK ABOUT GAMES

Icons: speech bubble, lightbulb, bookmark, lightning bolt

askaboutgames.com

Other useful resources...



commonsensemedia.org



askaboutgames.com

Get Smart About P.L.A.Y View all



PLAY: Parent's
Guide To Keeping
Gaming Costs
Sensible

20/05/2022



Set-Up Xbox Series
X|S

18/05/2022



Set-Up PlayStation
5 For Your Family

17/05/2022

Featured Post

Try The PowerUpPact With Your Family

11/12/2023

Setup Family Settings On Consoles View all



Setting Up Family
Controls on
PlayStation

28/11/2022



Setting Up Family
Controls for Xbox

28/11/2022



Setting Up Family
Controls for
Nintendo Switch

28/11/2022



PLAY: Setting Up
Family Controls To
Work For You

03/01/2020

PEGI

- Pan-European Game Information age rating system
- Established in 2003 to help parents make informed choices
- Rates video games by age and also provides a content descriptor e.g. drug use or violence
- Apple have a rating system for apps

Screen time: time limit?

Gamer rage

-short-tempered, and more irritable as gamers. Sometimes, their gamer rage gets out of hand.

- When we don't complete a task or we fail at it, we also feel frustrated. The same thing goes for games. It's easy to say, "It's just a video game!" but for them, there's still time invested. Sometimes, it's not about whether the rage is deserved or not.
- Possible strategies: Implement the "three-loss" rule.
- Code word: Touch Grass- modern slang for go out and take a break when gamer rage gets the best of a player. Enables them to calm down. 'Touch grass' tells them that they don't have to quit the game entirely. They just need to take a short break and give themselves space for a while.
- Let them have a toy or something they can fidget with. Frustration is a form of the mind being overloaded with adrenaline. Giving your child and teen gamers a stress ball or a pen to fidget with helps them unleash their energy.

Age Classifications for Games



ESRB (USA)	PEGI (EU)	RARS (Russia)	ACB (Australia)	USK (Germany)
			General	
			Parental guidance recommended	
			Recommended for mature audiences	
			Not suitable for people under 15. Under 18, must be read or supervised by a parent or adult guardian.	
			Restricted to 18 and over	
			Restricted to 18 and over	



Contents can change when game updates.

Keep the conversation going...

Do you have any tips for how to be positive and show respect online?

What could you do if someone online is making you or someone you know feel worried or upset?

How might you know if you are using the internet/technology too much?

How does the internet make you feel? Do different apps/games makes you feel differently?

Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?

Help me!
Can your child show you how to do something better/safer online?

**What we're doing in
school to tackle online
safety issues...**



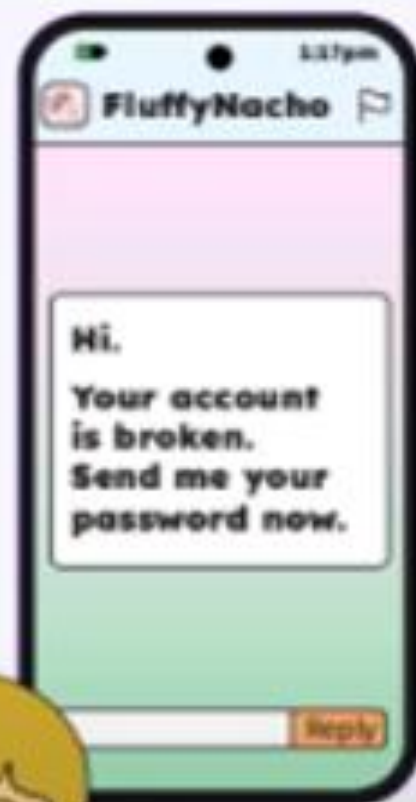
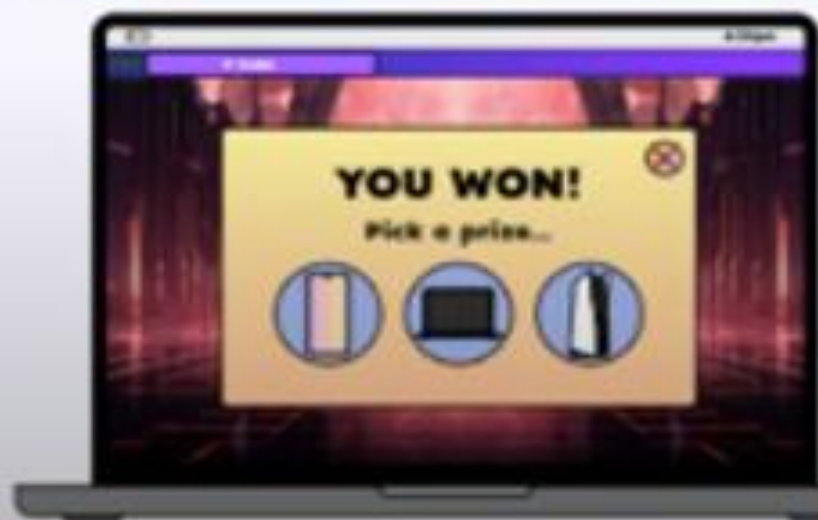


Always ask a grown up before using a computer or iPad

A Parklands Person always stays safe online

SMARTIE

Before you **CLICK, CLICK, CLICK,**
you need to **THINK, THINK, THINK**
and **TELL** someone!"



What is a trusted adult?

Somebody you can ask for help.

Somebody who will listen.

Somebody who makes you feel happy.

Somebody who makes you feel safe.

Somebody over 18. They are a grown up.



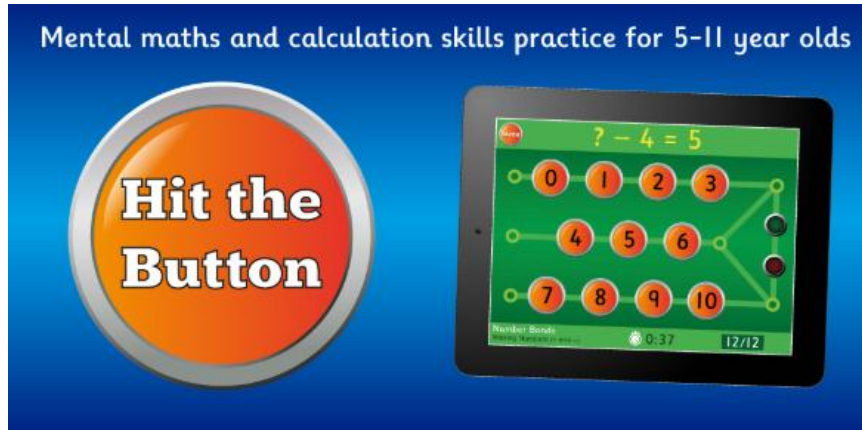
Question 1. Sara is at home, and she receives a message online asking for her address. The trusted adult Sara can tell the quickest is:

A her teacher

B her parent or carer

C her dog

Educational apps



20 years of free educational games, made by a UK teacher.



Reading Eggs

By [Spencer Riley](#) | Updated on April 03, 2024



Rating ★★★★★



16 Shares

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