



Alder Grove
Church of England Primary School

We will send the slides round to you afterwards so no need to take photos during the workshop.

Parenting in a Digital World

Wednesday 11th February 2026



Kindness



Service



Truthfulness



Forgiveness



Courage



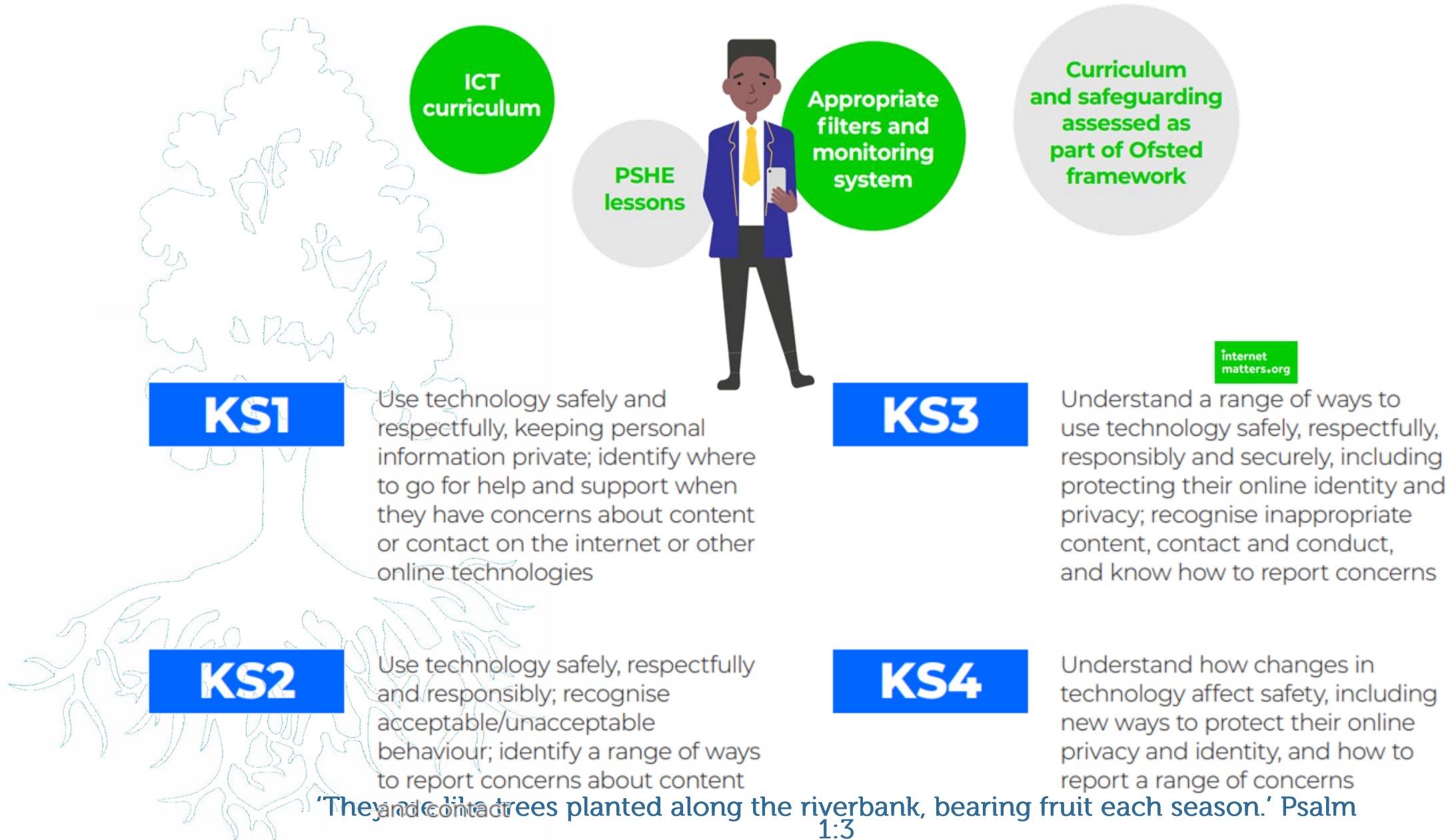
Perseverance

'They are like trees planted along the riverbank, bearing fruit each season' Psalm 1:3

Parenting in a Digital World – Purpose of the Day

- Build a shared understanding of children's digital lives, including positives, learning online and key trends
- Share evidence from the **Ofcom annual media use and attitudes report** and the **Internet Matters Charity** about how children and families use media today
- Raise awareness of online risks, harmful content and common parental concerns
- Provide practical ways to support children at home, including parental controls and open communication
- To give you time to reflect and review your family values and boundaries

'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

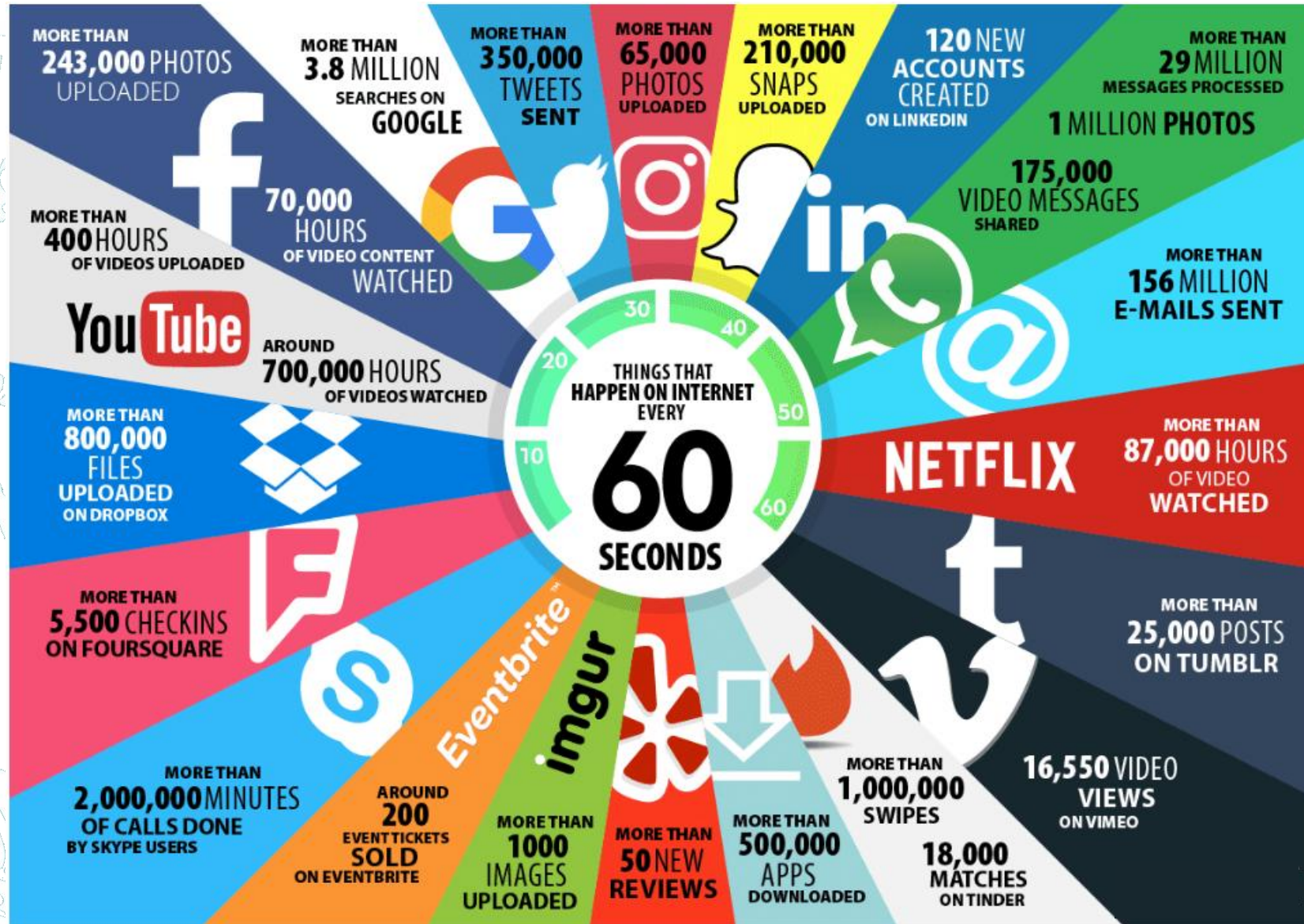


Setting the scene



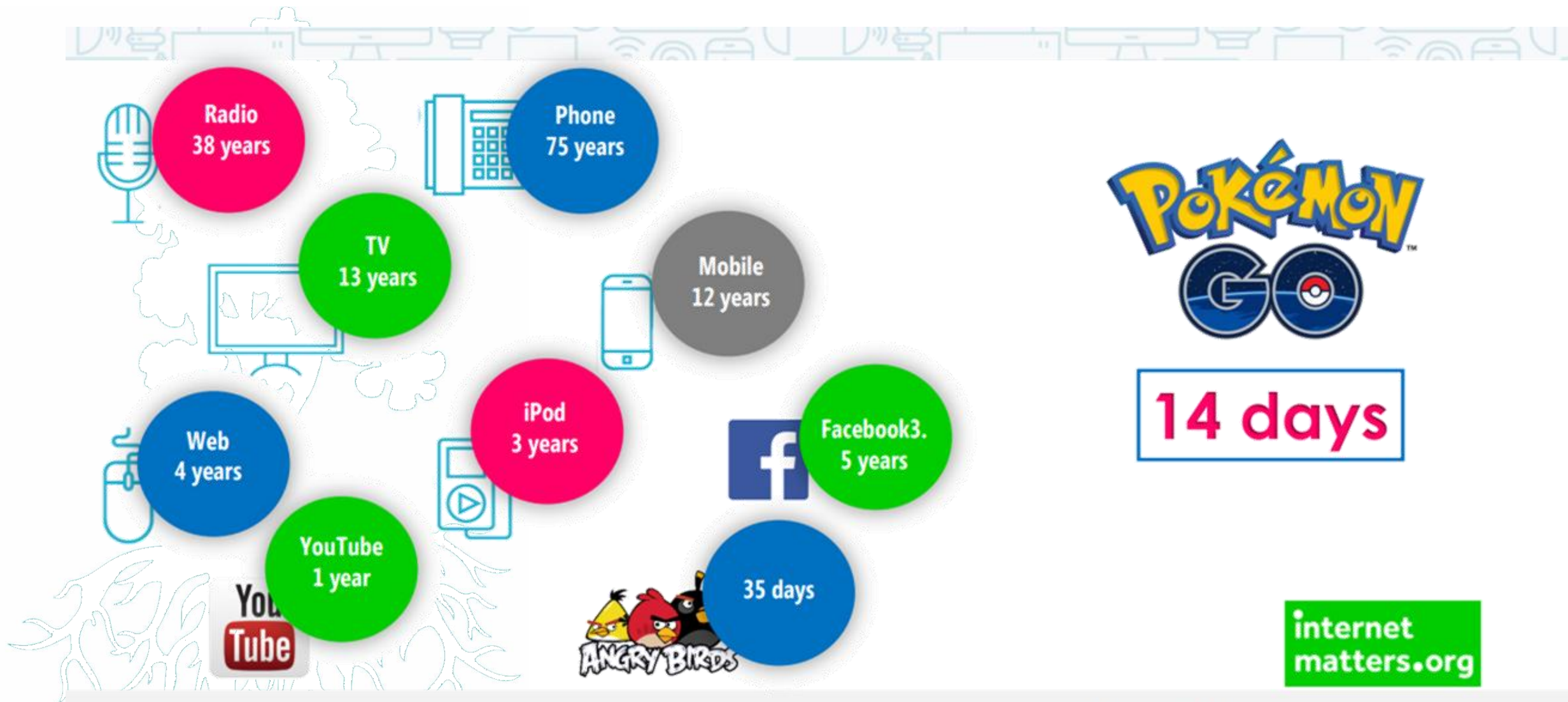
'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Parenting in a Digital World - What happens in an Internet Minute



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

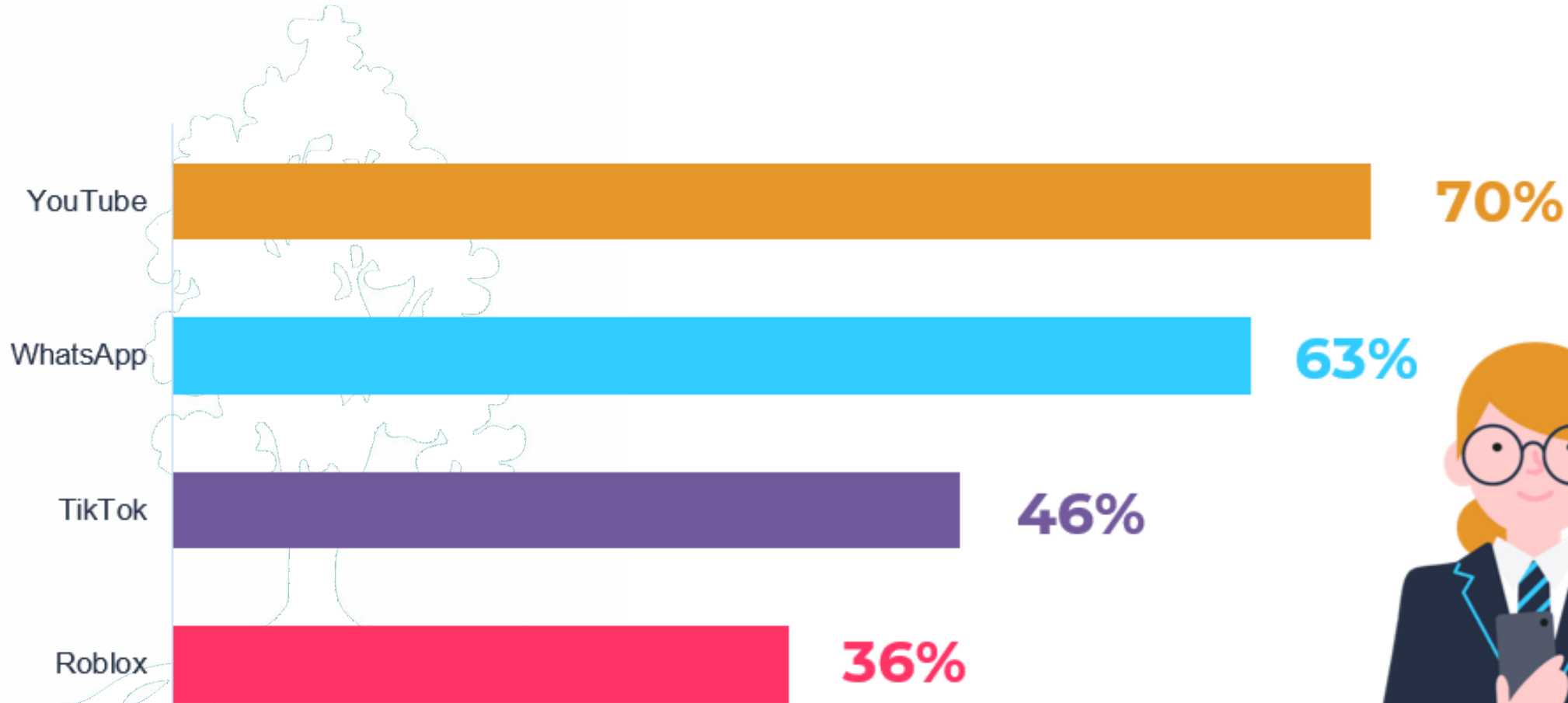
Parenting in a Digital World – Million Users



L. Rosen, 2014

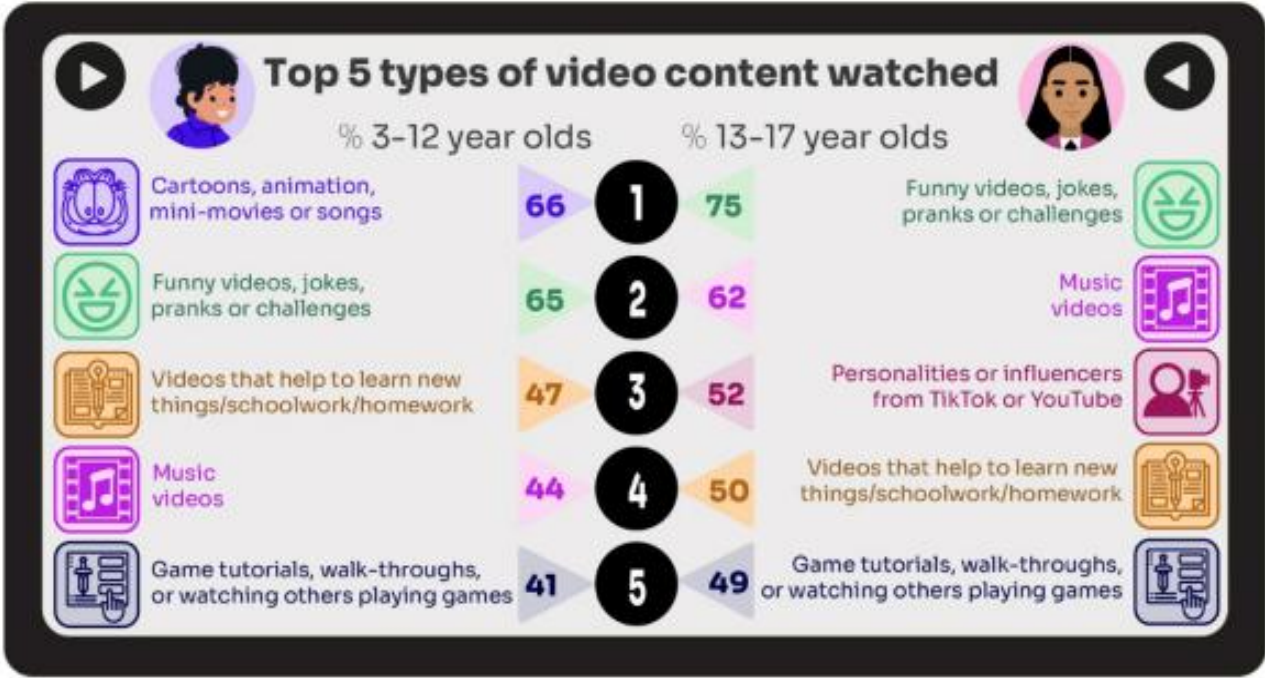
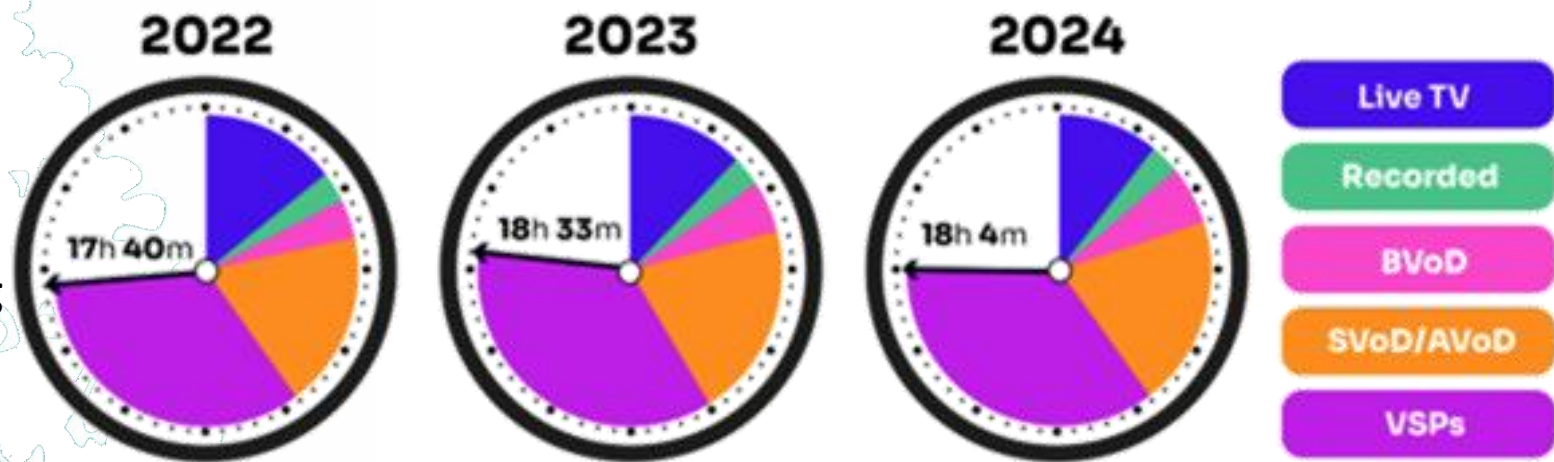
They are like trees planted along the riverbank, bearing fruit each season. Psalm 1:3

Parenting in a Digital World – What they're doing online...



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Average weekly minutes spent viewing videos on all devices



‘They are like trees planted along the riverbank, bearing fruit each season.’ Psalm

Gaming



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

- **Gaming is extremely common** – 9 in 10 children (89%) play games on some kind of device (consoles 56%, phones 45%, tablets 43%).
- **Over half of children game online**, rising to **three-quarters of 10–12-year-olds**.
- **Three in ten children (31%)** who game online **play against people they don't know**, and similar numbers **chat to strangers** while gaming.
- Most children (3–17) play **with someone they know** (72%) or **by themselves** (67%). It becomes **more likely with age** to play with strangers (35% of 13–17s vs 29% of 3–12s). Even younger children sometimes play with people they have never met:
 - **14% of 3–5s**
 - **25% of 6–7s**
 - **Around one-third of 8–9s (33%) and 10–12s (32%)**



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

1. **Multiplayer games 43% of gamers**

e.g. Fortnite, Among Us

2. **Creative and building games 43%**

e.g. Roblox, Minecraft

3. **Sports 41%**

e.g. FIFA, NBA

4. **Action/adventure 38%**

e.g. Super Mario Odyssey, Subway Surfer

5. **Shooters 36%**

e.g. Star Wars: Battlefront, Call of Duty

1. **Creative and building games 46%**

e.g. Roblox, Minecraft

2. **Puzzles or quizzes 42%**

e.g. Trivia 360, Candy Crush

3. **Playing in a virtual world 28%**

e.g. Animal Crossing, The Sims

4. **Action/adventure 28%**

e.g. Super Mario Odyssey, Subway Surfer

5. **Multiplayer games 26%**

e.g. Fortnite, Among Us



Boys aged 3-17



Girls aged 3-17

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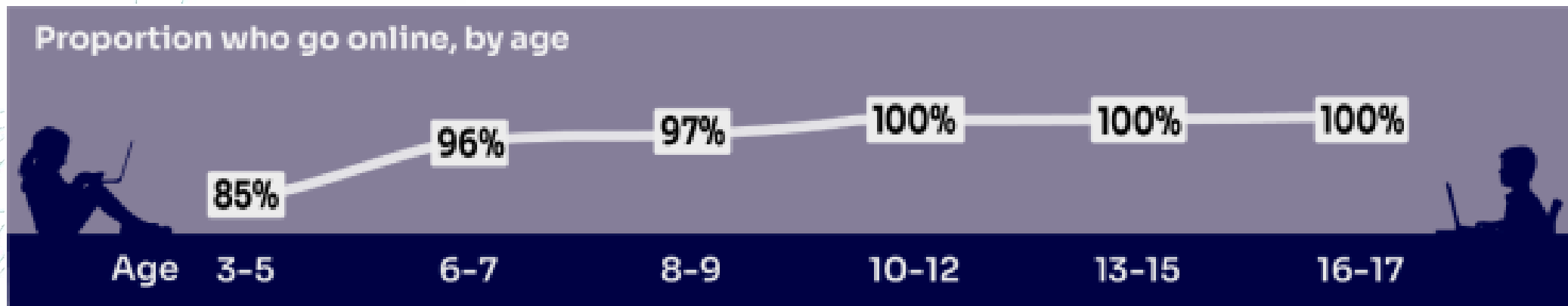
Current Trends and Statistics



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Children and Parents: Media Use and Attitudes Report

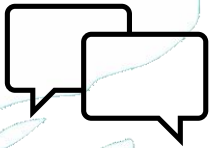
Published 7 May 2025



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Children and Parents: Media Use and Attitudes Report

Published 7 May 2025



TASK

Look at the Ofcom pack being given out. Have a chat on your table about what you find surprising, concerning, positive etc?

'They are like trees planted along the riverbank, bearing fruit each season.' Psalm
1:3

Children and Parents: Media Use and Attitudes Report

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3-5



19% have their own mobile phone

85% use any device to go online.

To go online: 69% use a tablet, 34% use a mobile phone, and 12% use a laptop

56% use messaging sites/apps

91% use video sharing platforms

49% use live streaming sites/apps

37% use social media and 60% have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (85%), WhatsApp (31%) and Snapchat (23%)

31% play games online

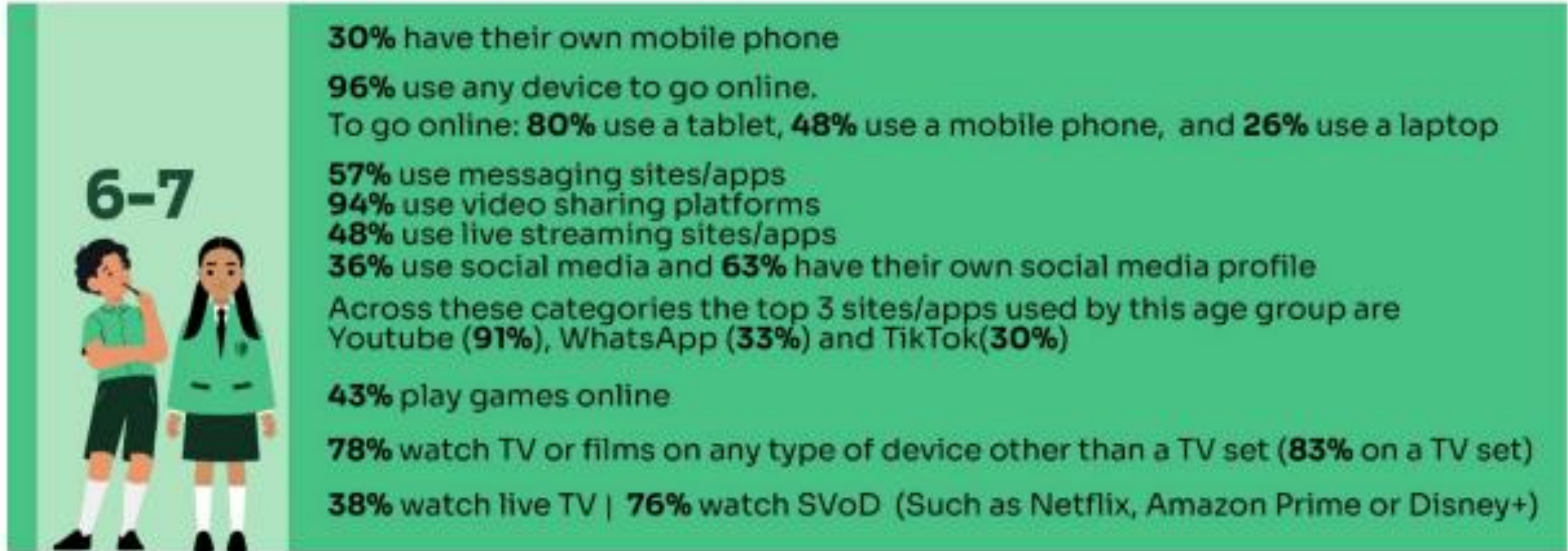
76% watch TV or films on any type of device other than a TV set (77% on a TV set)

32% watch live TV | 77% watch SVoD (Such as Netflix, Amazon Prime or Disney+)

'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Children and Parents: Media Use and Attitudes Report

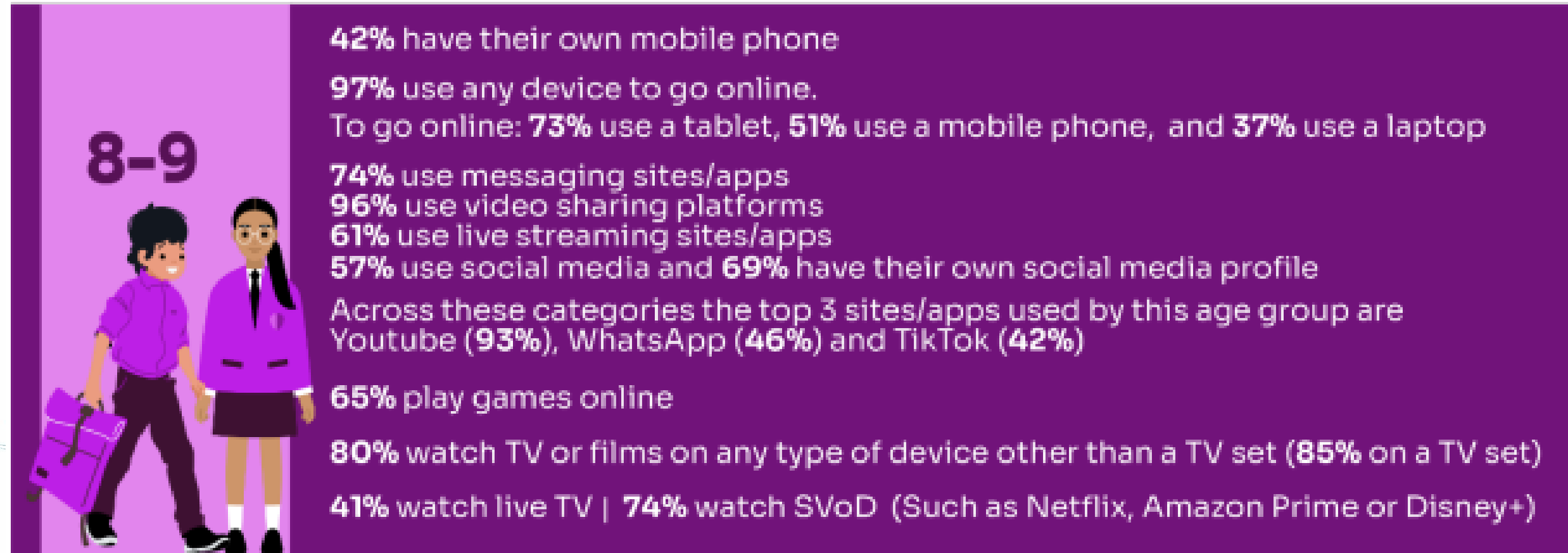
Published 7 May 2025



They are like trees planted along the riverbank, bearing fruit each season. 1 Sam 1:3

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10-12



82% have their own mobile phone

100% use any device to go online.

To go online: **81%** use a mobile phone, **68%** use a tablet, and **48%** use a laptop

94% use messaging sites/apps

99% use video sharing platforms

73% use live streaming sites/apps

81% use social media and **86%** have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (**90%**), WhatsApp (**71%**) and TikTok (**63%**)

77% play games online

79% watch TV or films on any type of device other than a TV set (**87%** on a TV set)

41% watch live TV | **77%** watch SVoD (Such as Netflix, Amazon Prime or Disney+)

Children and Parents: Media Use and Attitudes Report

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13-15



97% have their own mobile phone

100% use any device to go online.

To go online: **96%** use a mobile phone, **47%** use a tablet, and **56%** use a laptop

99% use messaging sites/apps

98% use video sharing platforms

82% use live streaming sites/apps

95% use social media and **96%** have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (**87%**), WhatsApp (**82%**) and TikTok (**80%**)

84% play games online

79% watch TV or films on any type of device other than a TV set (**84%** on a TV set)

39% watch live TV | **75%** watch SVoD (Such as Netflix, Amazon Prime or Disney+)

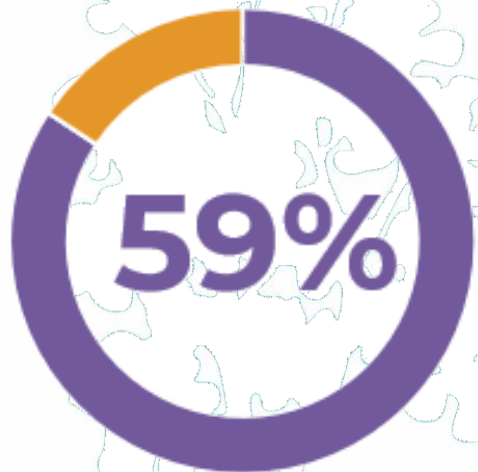
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Positives of being online



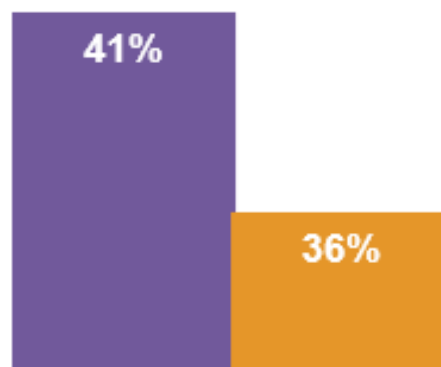
'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Parenting in a Digital World – The positives of being online...



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

■ 2023 ■ 2022



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



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

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Being online helps me...

Information gathering

with schoolwork / homework



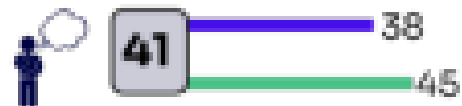
to find useful info about personal issues



to find out about the news



to understand what other people think/feel

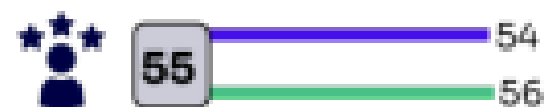


to find out more about, or support causes



Skills development

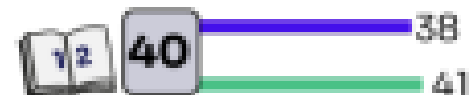
to learn a new skill



to develop creative skills



to develop skills with reading/numbers



Social connection

to build or maintain friendships



% of online

13-17s

Boys

Girls

Parenting in a Digital World – Learning Online

- **More children are using online videos to support learning**
- **Parents continue to recognise strong educational benefits of being online**
- **Over half of parents** say going online helps their child develop **reading and number skills.**
- **Around half** feel their child has **learned a new skill** online.
- **Seven in ten parents** believe being online **supports homework and schoolwork.**
- **57%** feel that **the benefits outweigh the risks**

'They are like trees planted along the riverbank, bearing fruit each season.' Psalm

Potential negative impacts and risks



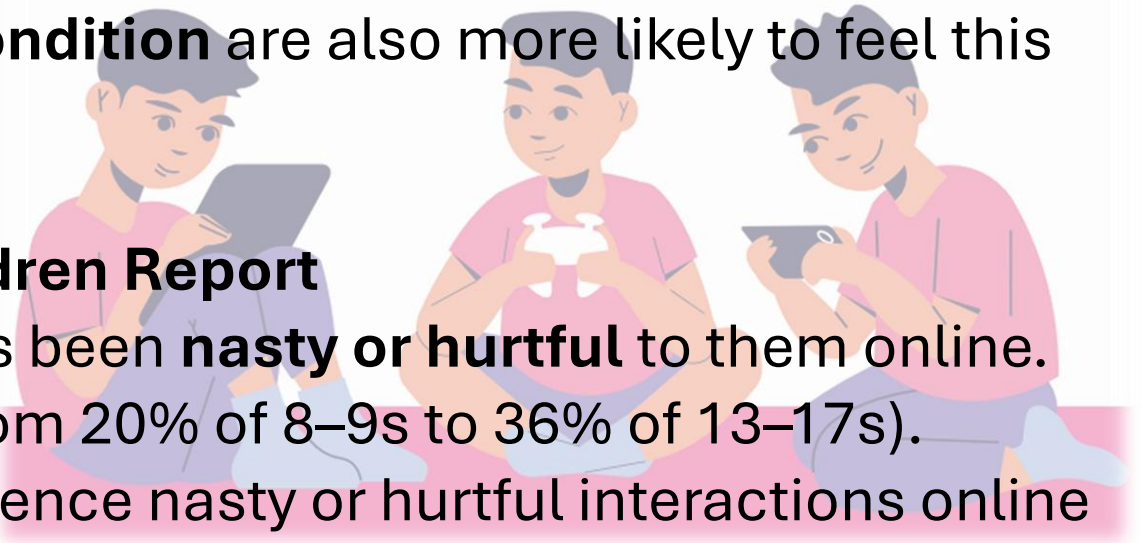
'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

- **Nearly 4 in 10 children (8–17s)** believe people are **unkind online most of the time**.
- Children's feelings about being online are **mixed but stable across recent years**.
- **A quarter of 8–17s** feel there is **pressure to be popular** on social media or messaging apps.
- This pressure is **increasing among 10–12s** (28%, up from 21%).
- Children in **urban areas** feel this pressure more than those in rural areas (26% vs 17%).
- Children with an **impacting or limiting condition** are also more likely to feel this pressure (29% vs 23%).

Negative Online Experiences – What Children Report

- **3 in 10 children (8–17s)** say someone has been **nasty or hurtful** to them online.
- These experiences **increase with age** (from 20% of 8–9s to 36% of 13–17s).
- **Girls are more likely than boys** to experience nasty or hurtful interactions online (34% vs 28%).

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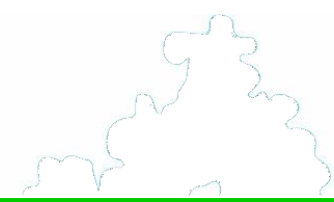


Parenting in a Digital World – The potentially negative impacts...

- **Sleep cycles** are often affected by blue light from too much screen use, which can **impact their daytime activities** like school;
- Excessive screen use might result in **less movement**, leading to **physical health issues**
- Platforms use **persuasive design** to keep people using it, which children are particularly **vulnerable** to
- More time online means more opportunity to come across **potential harms**.



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Contact	Content	Conduct	Commerce
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.

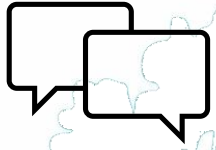


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Parental Concerns



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3



TASK

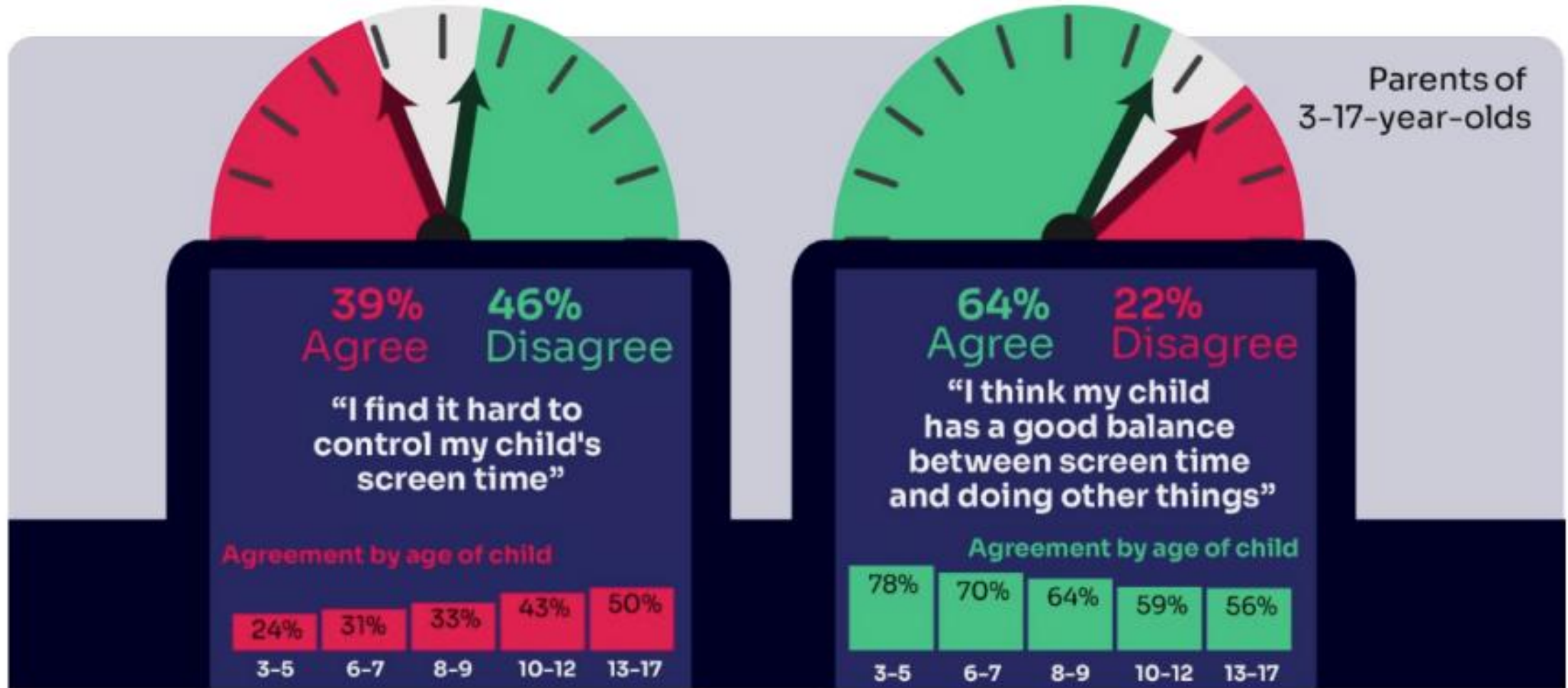
On your tables, what concerns do you have about your child accessing the digital/online world?

We will then compare your concerns to those commonly held by other parents according to Internet Matters.



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Parenting in a Digital World - Parental concerns about online activities



“They are like trees planted along the riverbank, bearing fruit each season.” Psalm 1:3

Parental concerns (3-12s)

Sharing personal information online



- 67%** Them giving out personal details to inappropriate people
- 61%** Companies collecting information about what they are doing online

Exposure to inappropriate content



- 76%** Seeing adult or sexual content
- 79%** Seeing any other type of inappropriate content

Experiencing harm or detriment



- 71%** Them being bullied online/cyberbullying
- 70%** Seeing content which encourages them to hurt or harm themselves
- 64%** The possibility of them being influenced by extreme views online
- 53%** The pressure on them to spend money online



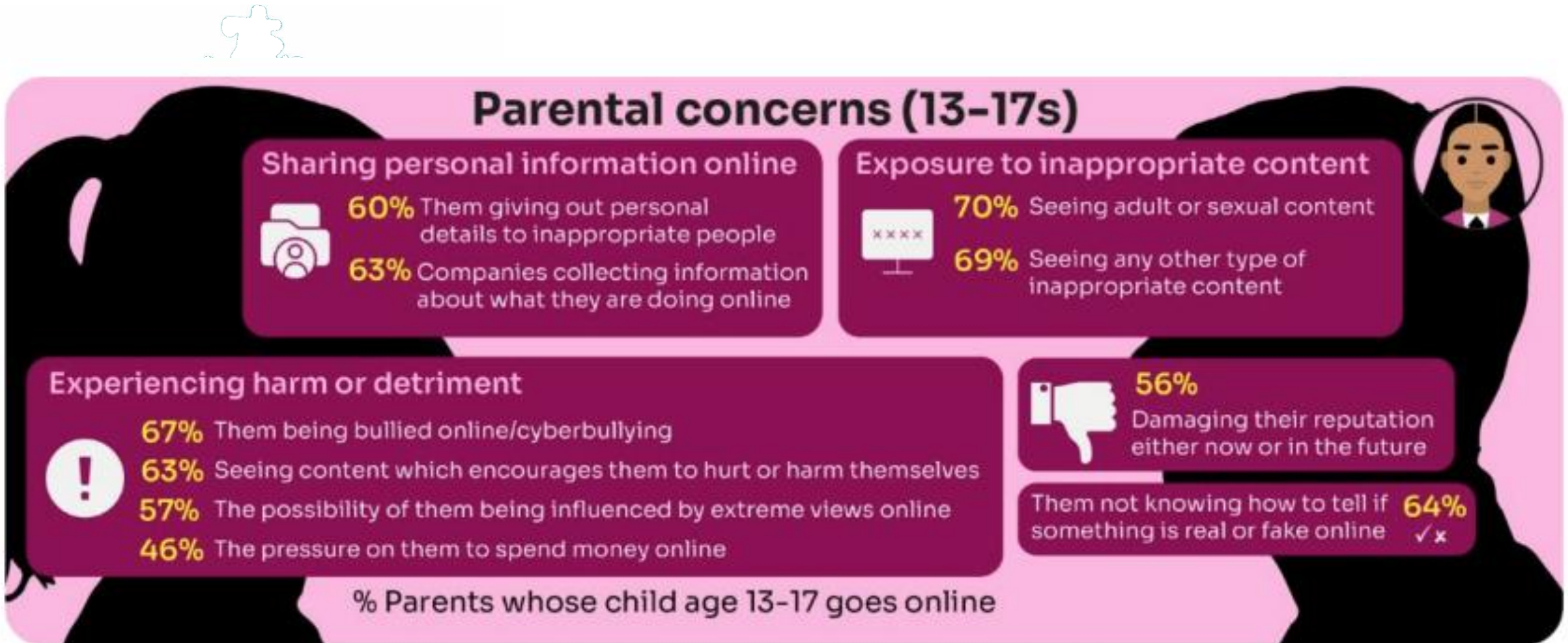
58%

Damaging their reputation either now or in the future

Them not knowing how to tell if something is real or fake online **77%** ✓ x

% Parents whose child age 3-12 goes online

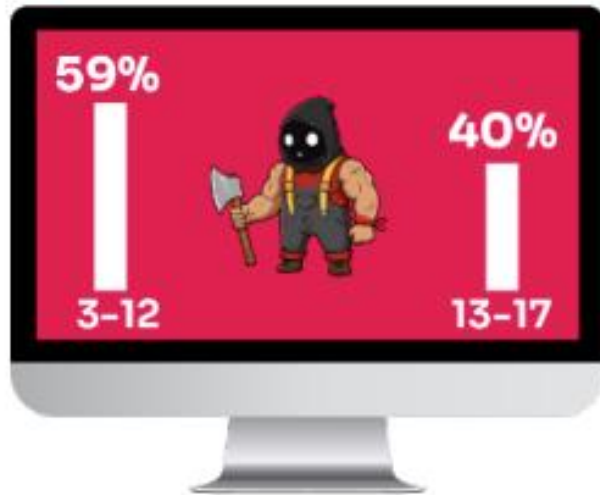
'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3



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Parental concerns about gaming (% of parents of children who game)



The content of the games like violence, bad language, disturbing content, etc



Pressure to make in-game purchases, e.g. access to upgrades, skins, loot-boxes, in-game currency, etc



The possibility of them being bullied by other players



The possibility of them talking to strangers while gaming (within the game or via chat)

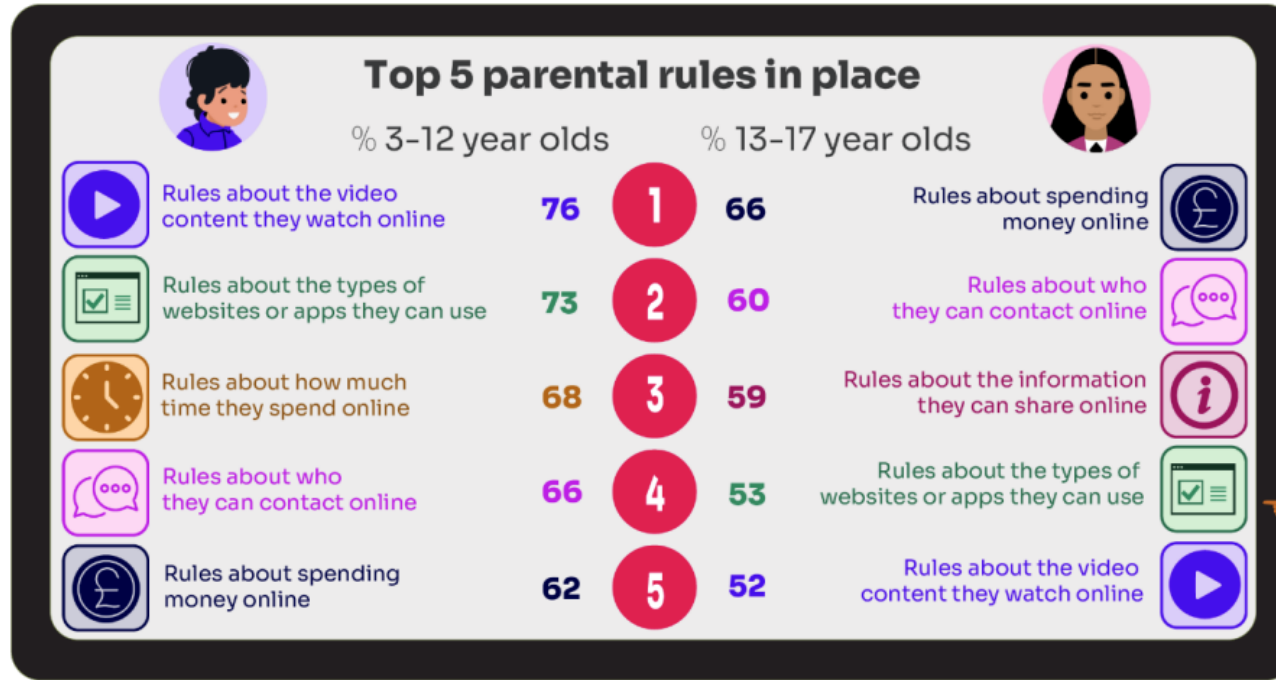


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Parental Controls and Boundaries



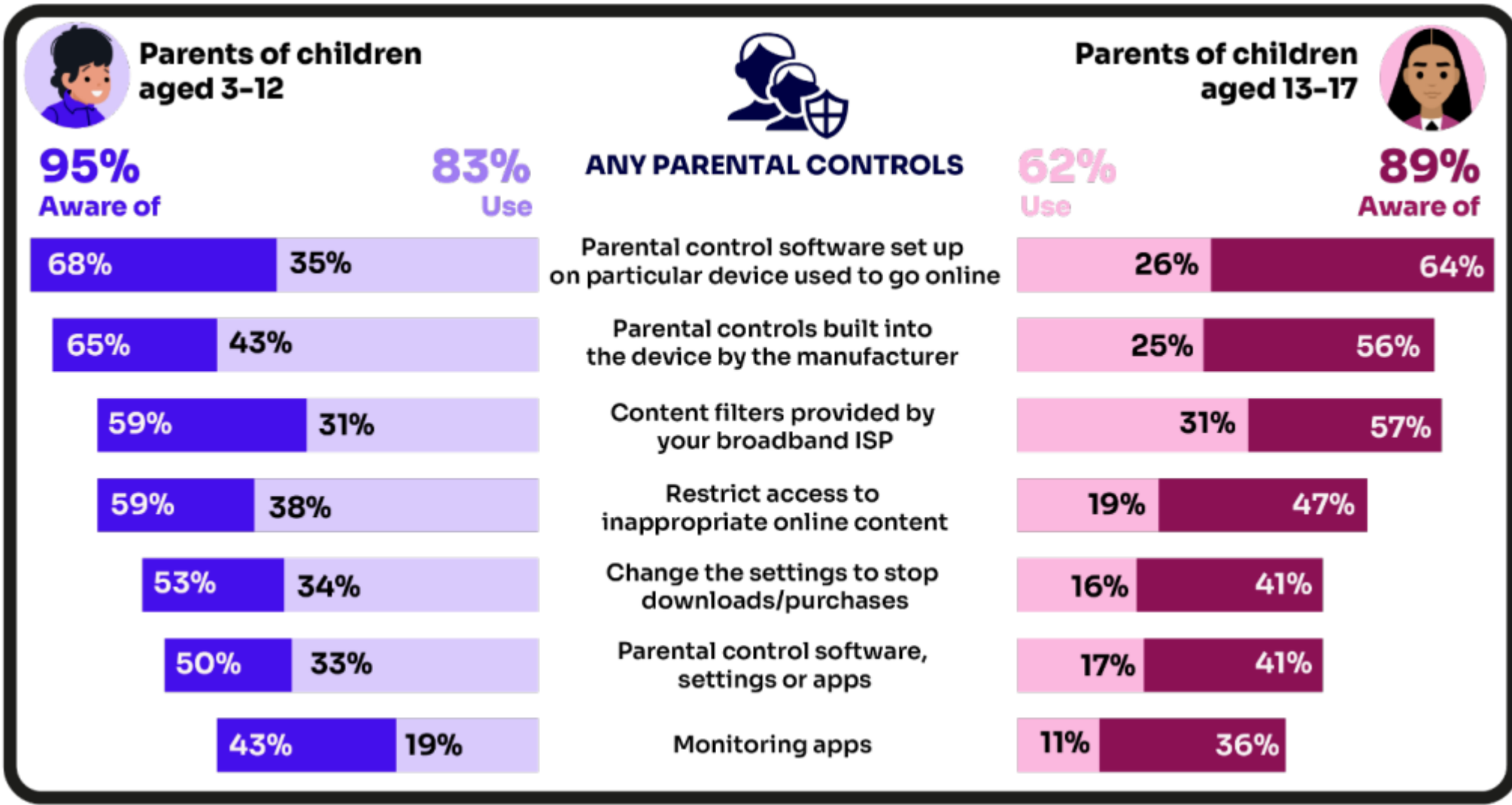
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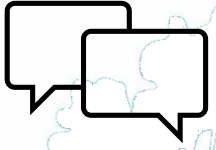
- **Most parents (93%)** of children aged 3–17 are aware of at least one online safety or parental control tool.
- **However, many parents do not actually use** these tools, despite knowing about them.
- Awareness of **monitoring apps** has increased.

'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Parenting in a Digital World – Parental Controls



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3



TASK

What rules, boundaries and controls do you have in place at home?

What is currently working and which ones do you find more challenging to 'uphold'?

Advice for Parents



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Parenting in a Digital World – Controlling Tech Time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

1 Turn off notifications on apps to avoid that constant 'ping'

2 Buy an alarm clock so you don't have devices in the bedrooms

3 Keep phone on silent in your pocket or bag when you pick the kids from school

4 'No phones at the table' rule or 'no phones between 6 and 7' rule

5 Family tech-free days!



internet
matters.org

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And there are tactics you can put in place **to help manage** their screen time....

1

Set a good example

2

Talk together about the time spent online

3

Agree on appropriate length of time they can use their device

4

Get the whole family to unplug & create screen-free zones

5

Use technology/apps to help manage screen time e.g. Forest App



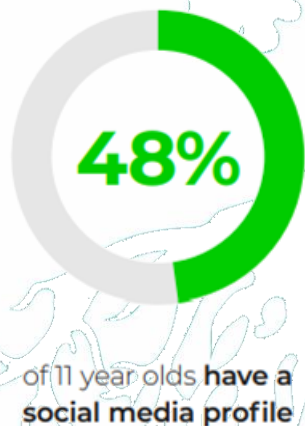
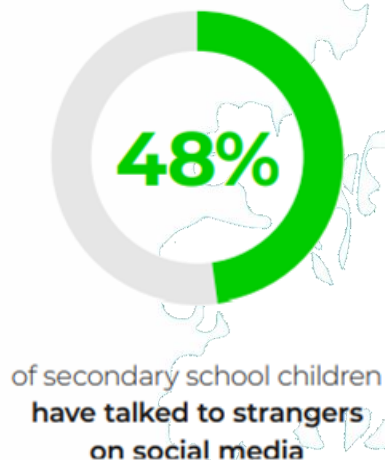
internet
matters.org

'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Parenting in a Digital World – Dealing with inappropriate CONTACT

What to talk about

- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life



Top tips / tools to use

- Set up safe social media profiles that don't share personal information
- Turn off geolocation settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute

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Parenting in a Digital World – Dealing with inappropriate CONTENT

**4.7
million**

URL's showing
pornographic content –
more than 12% of the internet

**11
years**

Average age to **first**
view porn online

1/3

of children have **seen explicit**
images by age of 10

What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography... that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child-friendly search engines



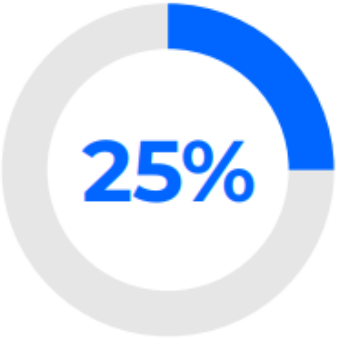
'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

What to talk about

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

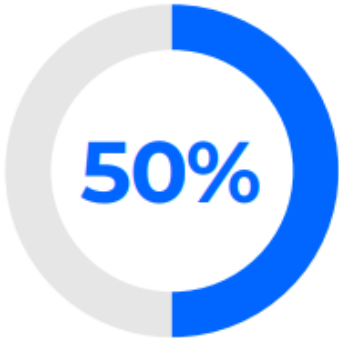
Top tips / tools to use

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour



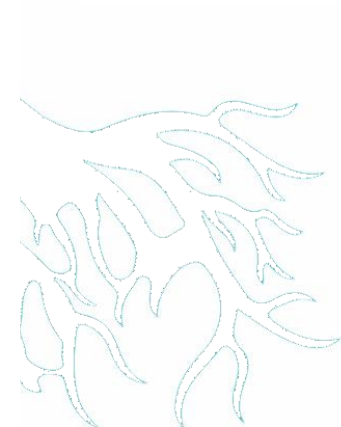
25%

of children **will**
experience cyberbullying



50%

of children **say someone**
has been nasty online



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What to talk about

- Talk about scams, including what they could look like and the harm they could lead to
- Encourage them to come to you or another trusted adult if they're not sure if something is trustworthy
- Avoid clicking on unknown links or responding to unexpected emails/text/WhatsApp messages

Top tips & tools

- Stay informed about scams that your child could come across in social media or video games
- Install cyber security software on your child's devices – there are free and paid-for options available
- Where relevant, set up parental controls that restrict spending or require a PIN so you can check purchases first.

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Parenting in a Digital World – Dangerous online challenges

- Viral online trends attract many children and teens
- Most are harmless, but some can be dangerous
- **1 in 5** children say they've come across content which promotes dangerous stunts or challenges
- It's important to talk with your child so they understand the dangers and can avoid potential harm.



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Parenting in a Digital World – Smartphone vs Dumb/Brick Phones



Internet access

Apps and games

Connection any time

A range of parental controls

No internet access

No (or few) apps and games

Messages and calls any time

Limited parental controls



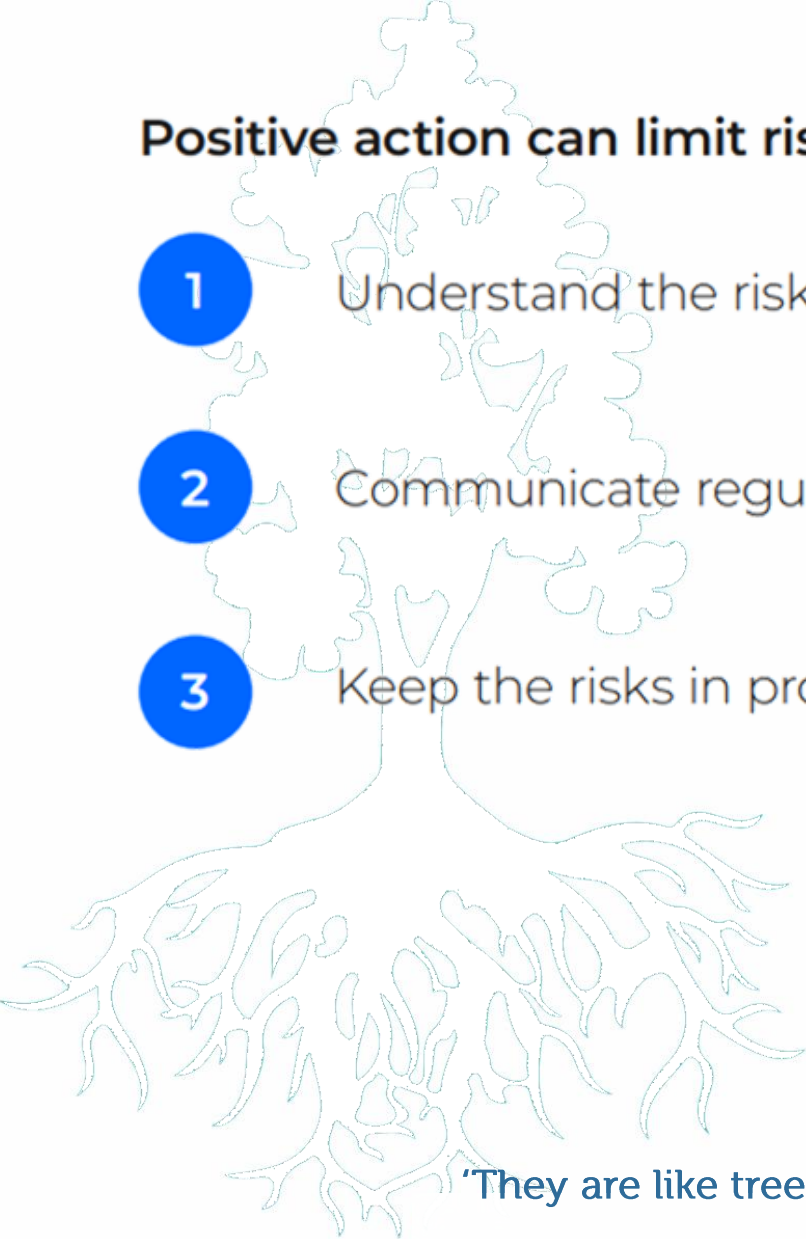
‘They are like trees planted along the riverbank, bearing fruit each season.’ Psalm 1:3

Summary



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

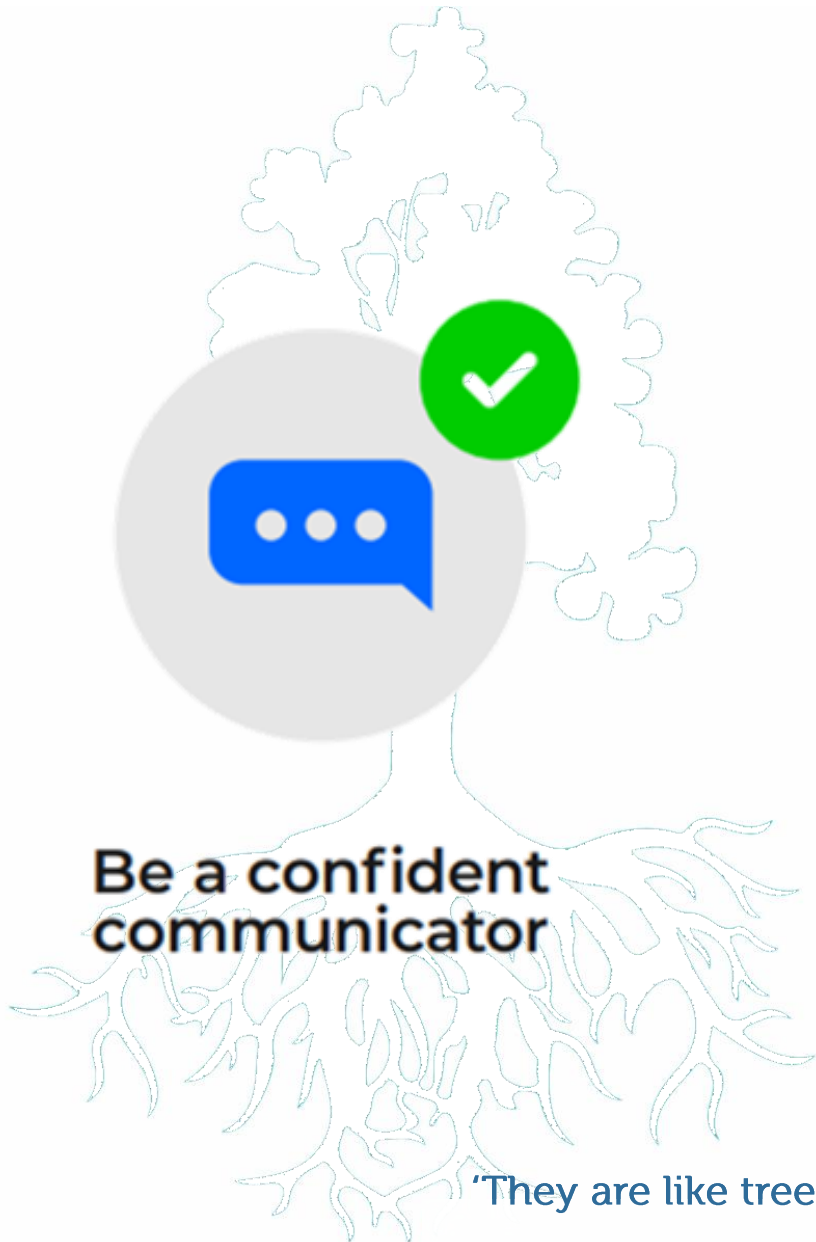
Positive action can limit risks becoming harmful. Here are 5 tips for parents:

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



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Parenting in a Digital World – 3 things to teach your child



Be a critical
thinker



Be a capable
tools user

'They are like trees planted along the riverbank, bearing fruit each season.' Psalm
1:3



A TAKEAWAY TASK

Your Child's Digital Daily Timeline

Draw a simple timeline of a typical day.

Mark where screens appear.

Think about: Morning routines, Travel, After school, Dinner time, Bedtime

What's one screen moment you'd like to improve — making it manageable for the family?

Useful Resources and Websites



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm
1:3



NSPCC



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

- Get resources based on your child’s **age**, **devices**, **interests** and **needs** along with your **concerns**.
- Learn about the **popular apps and platforms** your child uses and see how to set **parental controls**.
- Learn how to **deal with any issues** or harmful risks your child might face.



Create your
digital toolkit
– 8 questions,
7 minutes

‘They are like trees planted along the riverbank, bearing fruit each season.’ Psalm 1:3



Before going off to class, there is time to look through some key resources.

Using the sheet provided, scan QR codes to look at some selected information and guides



'They are like trees planted along the riverbank, bearing fruit each season.' Psalm 1:3

Classroom Visitor Rules

No Mobile Phone Use

- Phones must remain **on silent** and **out of sight** while in classrooms.

No Photos or Videos

- For safeguarding reasons, **no photography or video recording** is allowed.

Follow Teacher Guidance

- Staff may invite you to join an activity — feel free to participate when asked.

Stay for the Whole Lesson if Possible

- Staying for the full session helps reduce disruption to the class, however if you have got children in other KS1 or KS2 classes you are free to leave and visit.

Not a Book-Look Session

- Classroom visits are to observe learning, not to review children's books.