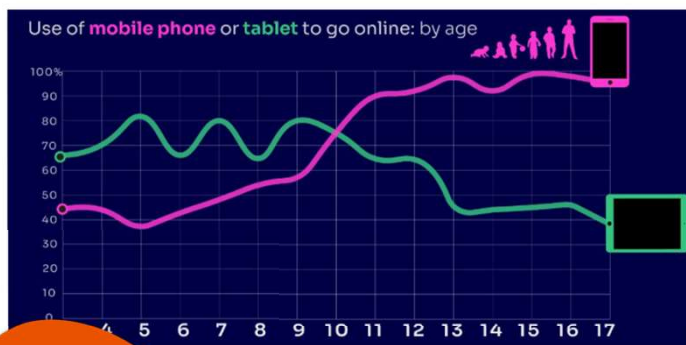
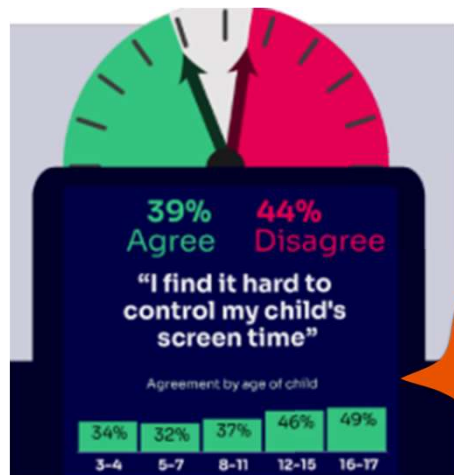


PARENT ONLINE SAFETY

Adapted by BHJS, September 2025.



DID YOU KNOW?



Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing



Coverage:

- School approaches
- Recommendations for home
- What do we teach about online safety at BHJS?
- Social Media and age ratings
- SMART devices (inc. phones)
- Age Rated gaming
- Safe searching

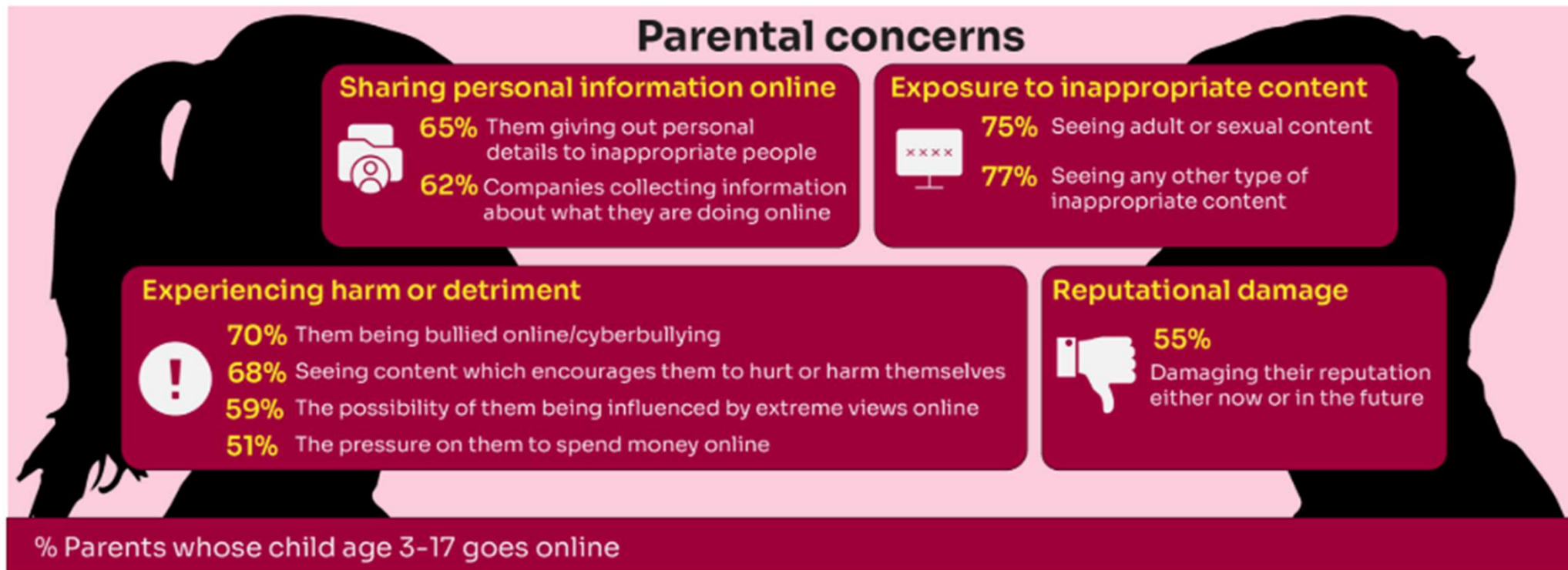
BHJS Curriculum

- Life Learning
- Assembly
- Safer Internet Day
- Online Safety starters learning during computing lessons
- IT Monitoring and filtering systems

BHJS Curriculum covers the following topics at an age appropriate level:



Summary of parental concerns (3 – 17 yr-olds)



YOU don't need to be an **EXPERT...**

- **It's your choice** - Don't let others dictate when the right time is to use tech.
- **Stay involved** – make time to communicate, talk about what they are doing. What do they enjoy? What makes them laugh?
- **Don't quiz them** – have regular conversations. What's their favourite app? What is the best site to learn new things from?
- **Join in** - watch them play a game and join in. Who are they playing with? Do they know the other players?
- **'Show me how...'** – ask their advice to help you with your privacy settings, who you should add as a friend, are there any risks?
- **Lead by example** - children learn as much from watching as they do from being told not to do something, so model good behaviour
- **Reassure them** - tell them that they won't get in trouble and that you are always there to help.

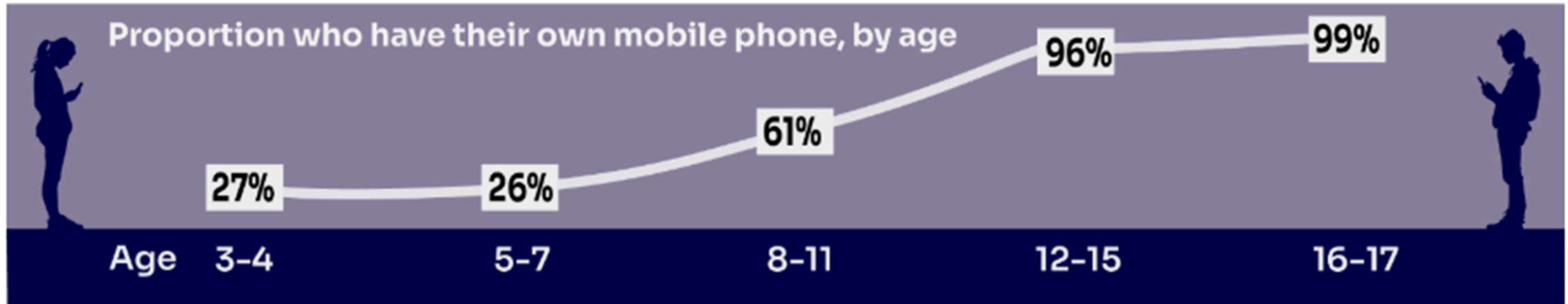




Does your child have their **OWN MOBILE PHONE?** If so, is it a **SMART PHONE?**



What **AGE** do you think is appropriate?





SMARTPHONE or 'NON'-SMART PHONE

- Internet access
- Social media, apps and games
- Notifications
- Anytime connection
- Parental controls



- NO internet access
- Some games
- Anytime phone calls and texts
- Limited parental controls



Y6 from start of year to only have 'brick phone'. Must still be turned off, handed in and put in safe. Parents to sign waiver before bringing to ensure understanding of no smart phones

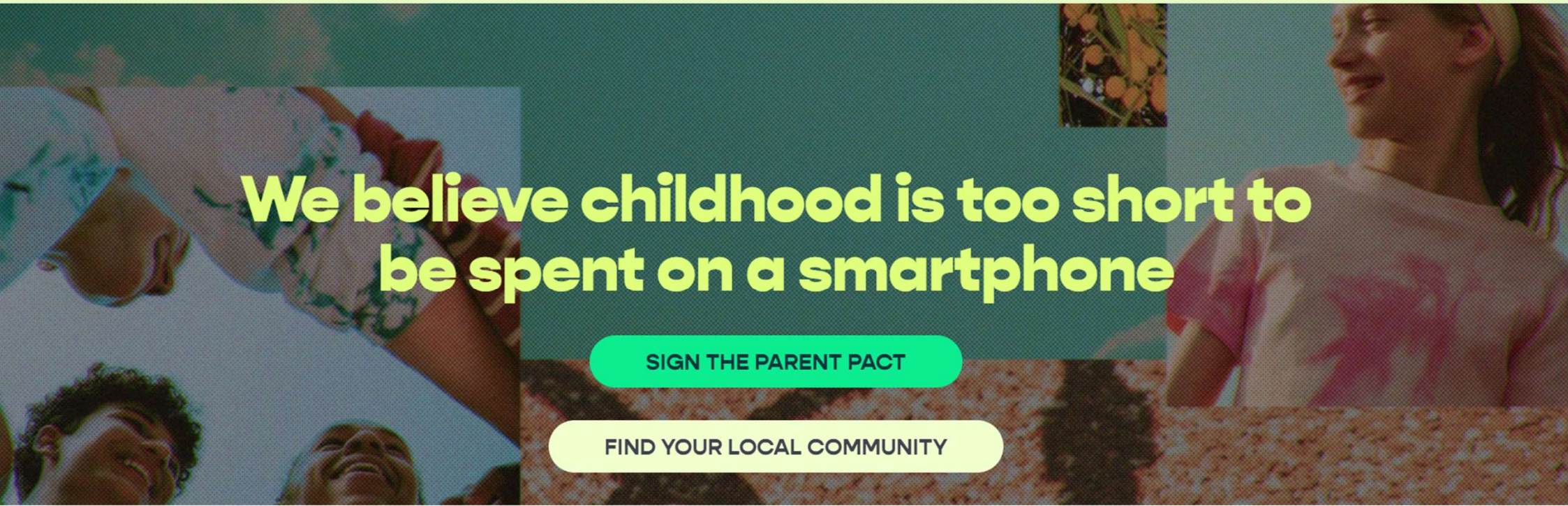
Y5 – if walking independently in summer term, can only bring 'brick' phone.

Additional Consideration: SMART Watches (No connectivity, no camera, y to record video/audio): step counter/activity trackers only.



[ABOUT](#) [THE PROBLEM](#) [MANIFESTO](#) [RESOURCES](#)

[JOIN US](#)

A large, semi-transparent image of children's faces, mostly in profile or looking upwards, serving as the background for the central text and buttons.

We believe childhood is too short to be spent on a smartphone

[SIGN THE PARENT PACT](#)

[FIND YOUR LOCAL COMMUNITY](#)

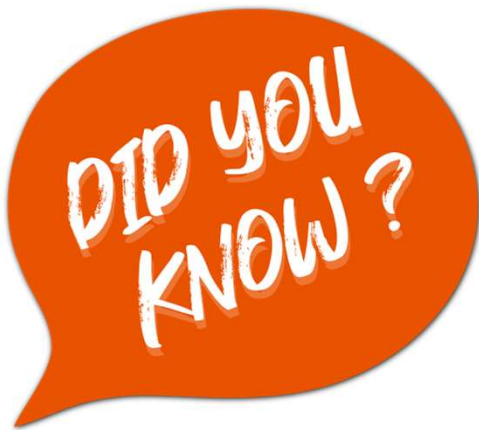
LGfL 

SafeguardED

Acting in the best interests of my child and our community, I will wait until at least the end of Year 9 before getting them a smartphone.

PEGI helps parents to make informed decisions when buying video games:

- The age rating confirms that the game content is appropriate for players of certain age
- It considers the age **suitability** of a game, **not the level of difficulty**



TWO LEVELS OF INFORMATION AS A GUIDE : THE PEGI AGE LABELS

3	7	12	16	18
www.pegi.info	www.pegi.info	www.pegi.info	www.pegi.info	www.pegi.info

THE CONTENT DESCRIPTORS

IN-GAME PURCHASES	FEAR	DISCRIMINATION	DRUGS	GAMBLING	BAD LANGUAGE	VIOLENCE	SEX

What are the risks of social media for children?

Oversharing



Sharing their location



Talking to people they don't know



Sending or receiving inappropriate content



Unrealistic sense of body image or reality



Obsessive focus on likes and comments





Facebook

Instagram

Snapchat

TikTok

X

YouTube

NSPCC



<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>



What about **WHATSAPP**?

Do you know the **minimum age** to use this?

What are the **risks**?



Unwanted contact

to contact somebody on WhatsApp, all you need is their phone number, which could expose you to unwanted messages or calls

Inappropriate content

messages are end-to-end encrypted which means that the content cannot be monitored. This means that your child could see or hear harmful or upsetting content e.g. pornography or violence.

Location sharing

live location feature means that your child could reveal their current location to others

Cyberbullying

children could be bullied, feel left out or deliberately excluded or removed from groups

Oversharing

privacy features, such as disappearing and 'view once' messages, might mean that your child feels safe to reveal private or risky information or images. However, there is always a risk that this could be copied and shared



Microsoft

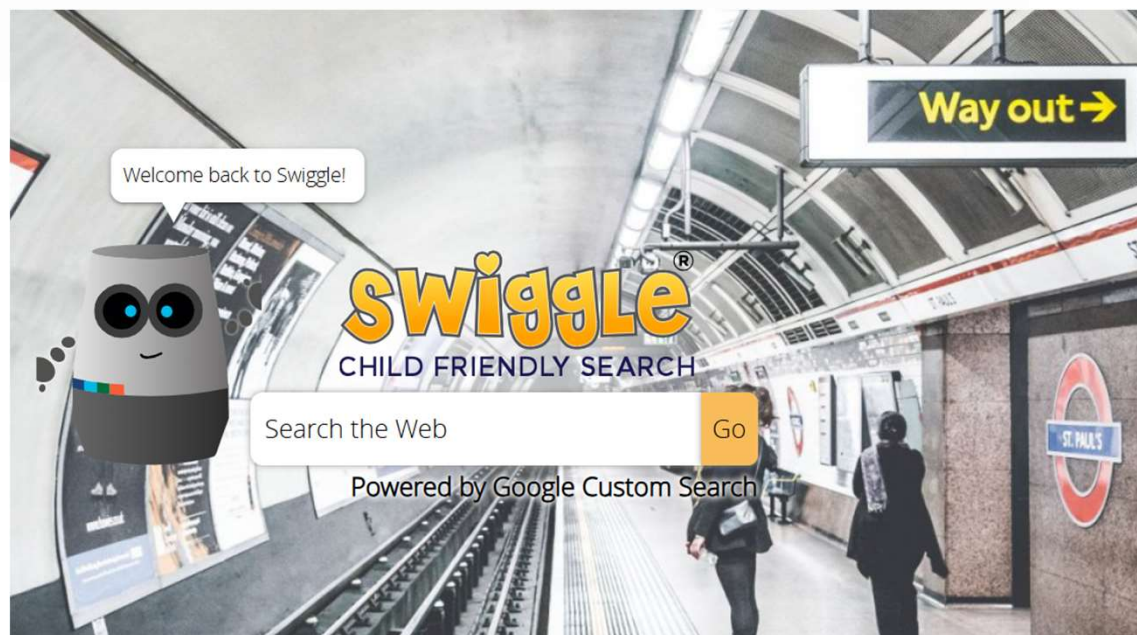
EA Sports FC 25, Xbox
Series X/One



Bromley Heath Junior School



 **YouTube Kids**





Why not have a family agreement to:

- **clarify** what is allowed...or not
- **establish** ground rules like no phones at the table or in the bedroom at night-time
- **agree** shared expectations to reduce arguments and keep everyone safe & healthy



Download it at parentsafe.lgfl.net/digital-family-agreement

Digital Family Agreement



LGfL DigiSafe®

I will:

Why?

Check with mum before getting a new app or game or buying an add-on so she can check it's safe

Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry

Check with mum or dad before going live and explain what I can do to avoid any risks

Not post or share any personal information, e.g. mobile, address, to stay private and safe

Put my phone down when we're eating together or mum or dad want to talk, as it's respectful

Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep

Come off my devices an hour before bedtime to unwind and Sleep well

*If there are any issues:
We will talk about it
calmly and respectfully
I may have to show
you more about what
I am doing on devices,
or other consequences*

Parent/carer will:

Why?

Put our devices down when you want to talk to me/us so we can model good behaviour

Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk

Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy

Ask permission before sharing any photos of you, to respect your privacy

*If I'm worried by anything:
I can tell mum or dad and they won't judge me
I can talk to Ms Patel at school
I can contact Childline or The Mix*

Signed: *Sophie Mum Dad*

Today's date: *24th March*

Date we will review this: *24th May*

Download me again and find more support for parents at parentsafe.lgfl.net

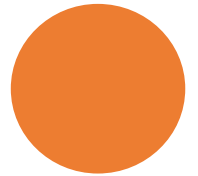
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SafeguardED

parentsafe.lgfl.net

REMEMBER

- **As children get older, restrictions and controls you use will change**, but only at a pace you feel is appropriate for your child, not pressure from your child *“because everyone else is allowed”*
- **Content filters are never 100% effective**, at some point your child may come across inappropriate or upsetting content, so *make time to talk regularly*





Visit parentsafe.lgfl.net/ for advice and tips to manage screentime

SCREENTIME

Lots of parents worry about it, but we don't think you should worry about screentime - it's not **how long** they are online but **what and when they are doing** that counts (and the same goes for grown-ups, like in the Will Ferrell video above). You can use the control settings near the top of this page to regulate screen time in general and on specific apps, but beyond that we recommend you follow the Children's Commissioner's 'Digital 5 A Day' and help your children to aim for each of the targets in this pie chart ↗

**Children's
COMMISSIONER**



Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

The UK Chief Medical Officers agree - check out [their version of what counts](#).

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone - when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed - make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea - you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features - try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



LGfL

SafeguardED



How does your child feel about **YOUR SCREENTIME vs THEIRS?**



MAKES YOU THINK...

Talk to your child about their device use, but remember yours, too

DID YOU KNOW?

45% of 8-11s feel that
their parents'
screentime is too high

35% of 8-17s feel that
their own screentime is
too high

Source: Children and parents: media use and attitudes report 2024