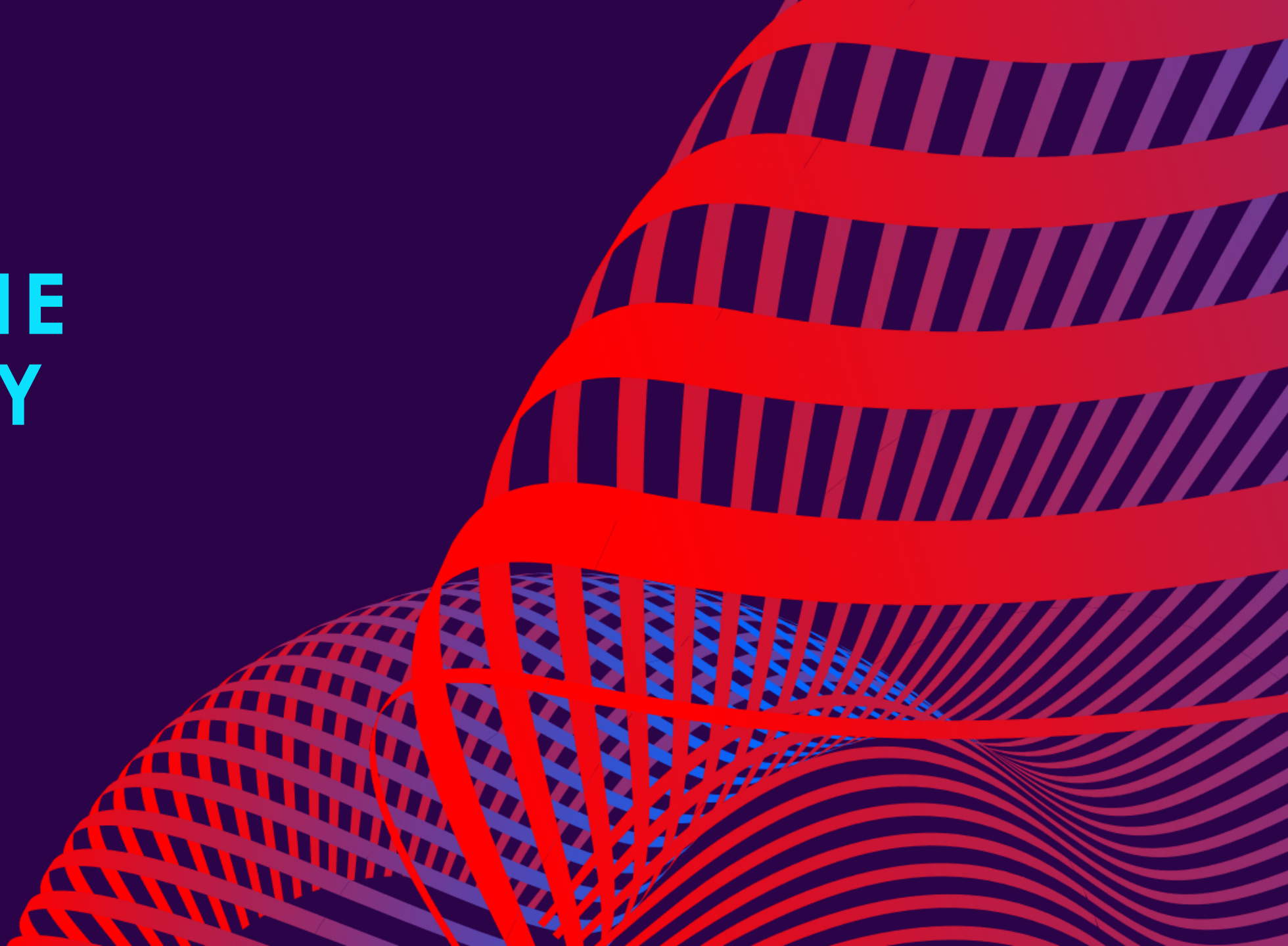


ONLINE SAFETY

Parent information



STATISTICS

24%

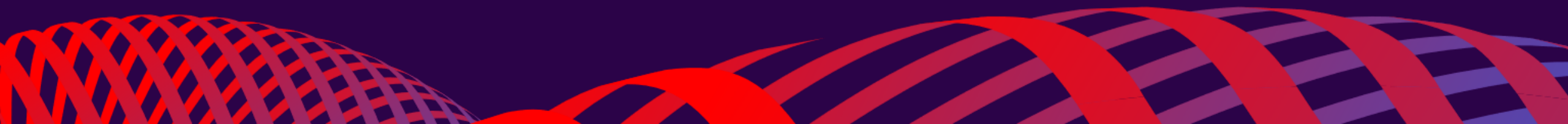
**5-7 year olds with a
smartphone**

63%

**8-10 year olds use
social media regardless
of age restrictions**

32%

**8-17 year olds regularly
play online games with
people they do not know**





นำซิง รังนก
有星燕窩
NAM SING BIRD NEST

รังนก หูฉลาม ซิฟู้ด
燕窩 魚翅 海鮮
BIRD NEST SHARK FINS SEA FOOD

LH BANK

ชาตวาลิมหัท

ร้านขายของจีน (จีนแท้)
唐人街大馬路海鮮樓 (真基國)
CHINA TOWN MARKET SEAFOOD RESTAURANT
11-13/15-17/19-21/23-25/27-29/31-33/35-37/39-41/43-45/47-49/51-53/55-57/59-61/63-65/67-69/71-73/75-77/79-81/83-85/87-89/91-93/95-97/99-101/103-105/107-109/111-113/115-117/119-121/123-125/127-129/131-133/135-137/139-141/143-145/147-149/151-153/155-157/159-161/163-165/167-169/171-173/175-177/179-181/183-185/187-189/191-193/195-197/199-201/203-205/207-209/211-213/215-217/219-221/223-225/227-229/231-233/235-237/239-241/243-245/247-249/251-253/255-257/259-261/263-265/267-269/271-273/275-277/279-281/283-285/287-289/291-293/295-297/299-301/303-305/307-309/311-313/315-317/319-321/323-325/327-329/331-333/335-337/339-341/343-345/347-349/351-353/355-357/359-361/363-365/367-369/371-373/375-377/379-381/383-385/387-389/391-393/395-397/399-401/403-405/407-409/411-413/415-417/419-421/423-425/427-429/431-433/435-437/439-441/443-445/447-449/451-453/455-457/459-461/463-465/467-469/471-473/475-477/479-481/483-485/487-489/491-493/495-497/499-501/503-505/507-509/511-513/515-517/519-521/523-525/527-529/531-533/535-537/539-541/543-545/547-549/551-553/555-557/559-561/563-565/567-569/571-573/575-577/579-581/583-585/587-589/591-593/595-597/599-601/603-605/607-609/611-613/615-617/619-621/623-625/627-629/631-633/635-637/639-641/643-645/647-649/651-653/655-657/659-661/663-665/667-669/671-673/675-677/679-681/683-685/687-689/691-693/695-697/699-701/703-705/707-709/711-713/715-717/719-721/723-725/727-729/731-733/735-737/739-741/743-745/747-749/751-753/755-757/759-761/763-765/767-769/771-773/775-777/779-781/783-785/787-789/791-793/795-797/799-801/803-805/807-809/811-813/815-817/819-821/823-825/827-829/831-833/835-837/839-841/843-845/847-849/851-853/855-857/859-861/863-865/867-869/871-873/875-877/879-881/883-885/887-889/891-893/895-897/899-901/903-905/907-909/911-913/915-917/919-921/923-925/927-929/931-933/935-937/939-941/943-945/947-949/951-953/955-957/959-961/963-965/967-969/971-973/975-977/979-981/983-985/987-989/991-993/995-997/999-1001/1003-1005/1007-1009/1011-1013/1015-1017/1019-1021/1023-1025/1027-1029/1031-1033/1035-1037/1039-1041/1043-1045/1047-1049/1051-1053/1055-1057/1059-1061/1063-1065/1067-1069/1071-1073/1075-1077/1079-1081/1083-1085/1087-1089/1091-1093/1095-1097/1099-1101/1103-1105/1107-1109/1111-1113/1115-1117/1119-1121/1123-1125/1127-1129/1131-1133/1135-1137/1139-1141/1143-1145/1147-1149/1151-1153/1155-1157/1159-1161/1163-1165/1167-1169/1171-1173/1175-1177/1179-1181/1183-1185/1187-1189/1191-1193/1195-1197/1199-1201/1203-1205/1207-1209/1211-1213/1215-1217/1219-1221/1223-1225/1227-1229/1231-1233/1235-1237/1239-1241/1243-1245/1247-1249/1251-1253/1255-1257/1259-1261/1263-1265/1267-1269/1271-1273/1275-1277/1279-1281/1283-1285/1287-1289/1291-1293/1295-1297/1299-1301/1303-1305/1307-1309/1311-1313/1315-1317/1319-1321/1323-1325/1327-1329/1331-1333/1335-1337/1339-1341/1343-1345/1347-1349/1351-1353/1355-1357/1359-1361/1363-1365/1367-1369/1371-1373/1375-1377/1379-1381/1383-1385/1387-1389/1391-1393/1395-1397/1399-1401/1403-1405/1407-1409/1411-1413/1415-1417/1419-1421/1423-1425/1427-1429/1431-1433/1435-1437/1439-1441/1443-1445/1447-1449/1451-1453/1455-1457/1459-1461/1463-1465/1467-1469/1471-1473/1475-1477/1479-1481/1483-1485/1487-1489/1491-1493/1495-1497/1499-1501/1503-1505/1507-1509/1511-1513/1515-1517/1519-1521/1523-1525/1527-1529/1531-1533/1535-1537/1539-1541/1543-1545/1547-1549/1551-1553/1555-1557/1559-1561/1563-1565/1567-1569/1571-1573/1575-1577/1579-1581/1583-1585/1587-1589/1591-1593/1595-1597/1599-1601/1603-1605/1607-1609/1611-1613/1615-1617/1619-1621/1623-1625/1627-1629/1631-1633/1635-1637/1639-1641/1643-1645/1647-1649/1651-1653/1655-1657/1659-1661/1663-1665/1667-1669/1671-1673/1675-1677/1679-1681/1683-1685/1687-1689/1691-1693/1695-1697/1699-1701/1703-1705/1707-1709/1711-1713/1715-1717/1719-1721/1723-1725/1727-1729/1731-1733/1735-1737/1739-1741/1743-1745/1747-1749/1751-1753/1755-1757/1759-1761/1763-1765/1767-1769/1771-1773/1775-1777/1779-1781/1783-1785/1787-1789/1791-1793/1795-1797/1799-1801/1803-1805/1807-1809/1811-1813/1815-1817/1819-1821/1823-1825/1827-1829/1831-1833/1835-1837/1839-1841/1843-1845/1847-1849/1851-1853/1855-1857/1859-1861/1863-1865/1867-1869/1871-1873/1875-1877/1879-1881/1883-1885/1887-1889/1891-1893/1895-1897/1899-1901/1903-1905/1907-1909/1911-1913/1915-1917/1919-1921/1923-1925/1927-1929/1931-1933/1935-1937/1939-1941/1943-1945/1947-1949/1951-1953/1955-1957/1959-1961/1963-1965/1967-1969/1971-1973/1975-1977/1979-1981/1983-1985/1987-1989/1991-1993/1995-1997/1999-2001/2003-2005/2007-2009/2011-2013/2015-2017/2019-2021/2023-2025/2027-2029/2031-2033/2035-2037/2039-2041/2043-2045/2047-2049/2051-2053/2055-2057/2059-2061/2063-2065/2067-2069/2071-2073/2075-2077/2079-2081/2083-2085/2087-2089/2091-2093/2095-2097/2099-2101/2103-2105/2107-2109/2111-2113/2115-2117/2119-2121/2123-2125/2127-2129/2131-2133/2135-2137/2139-2141/2143-2145/2147-2149/2151-2153/2155-2157/2159-2161/2163-2165/2167-2169/2171-2173/2175-2177/2179-2181/2183-2185/2187-2189/2191-2193/2195-2197/2199-2201/2203-2205/2207-2209/2211-2213/2215-2217/2219-2221/2223-2225/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4 TIPS FOR MANAGING THE ONLINE WORLD

**Agree
boundaries
together**

**Set up
parental
controls**

**Talk regularly
about device
use**

**Find activities
to do during
screen breaks**

SCREEN TIME

- Screen time before bed disrupts children's sleep-wake cycle.
- Light sensitivity greatly affects the production of sleep-inducing melatonin.
- Excessive screen time can lead to difficulties in staying asleep and lack of focus during the day.





CONVERSATIONS ABOUT THEIR ONLINE LIVES CAN BE AS EFFECTIVE AS ANY PARENTAL CONTROLS



Talk early and often



**Choose the right
time**



**Listen more than
talk but share too**



**Create a safe
space**

WHAT TO TALK ABOUT

It's never too early to start talking to your child about safe behaviours whether offline or online. Knowing what to ask can be tricky. Here are some useful websites to get a conversation started:



links



- 'How does this game work? Can I play?'
- 'Do you have any online friends?'
- 'Do you know where to go for help if something upsets you online?' (remind them of you, or CEOP, or Childline, or a teacher)
- 'What happens to what we say or send when we post it online?'

PARENTAL CONTROLS



Smartphones



Games consoles



Popular apps

Manage broadband parental controls



link



SMARTPHONES

- Set screen time
- Prevent App Store purchases
- Prevent explicit content
- Turn off tracking
- Restrict Game Centre (restrictions on adding 'friends')





GAME CONSOLES

- Manage spending limits in store
- Restrict communication
- Restrict content
- Manage screen time
- Setting age restrictions
- Block users





POPULAR APPS

Some apps allow for:

- blocking unwanted content
- turning off locations
- restricting profile visibility
- Family pairing/ linking to a parent account
- Restricting invites to group chats
- Monitoring of YouTube activity



THEN



“My friends have a phone... why can't I?!”

PEER PRESSURE

NOW



“Everyone else in my class has a TikTok account...”

“It's just banter. We all do it.”

TIPS FOR TACKLING PEER PRESSURE



Explain what the signs are of peer pressure



Encourage them to challenge what feels wrong (call it out)



Discuss routes of support



Share own experiences



**ARE YOU WORRIED ABOUT
ONLINE SEXUAL ABUSE OR THE
WAY SOMEONE HAS BEEN
COMMUNICATING ONLINE?**

**REPORT YOUR CONCERNS TO A
CEOP CHILD PROTECTION
ADVISOR**

THANK YOU

