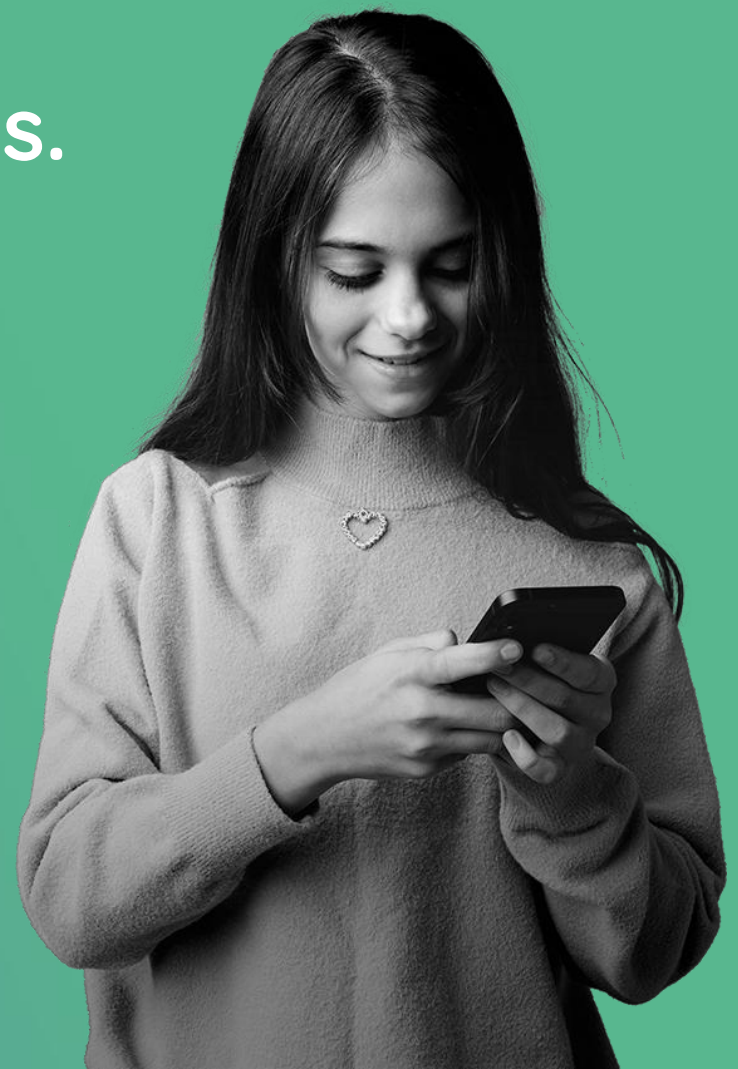
Parents Training 2026

Empowering and supporting our children to thrive in their digital lives. Navigating the digital world with confidence

Ashton West End Primary School

Parents Session

November 2026



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Welcome

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Purpose of this workshop

Information, advice and guidance on what is being done to protect children from harms in these platforms via legislation, guidance, curriculum and reports.

To inform and give real life insight into

- Children's exploration of online platforms
- Availabilities of content
- Risk and harm
- How to put support in place and support conversation
- How to inform decision making

Digital Safety and Wellbeing **Framework**



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The 4C's of digital risks

	Content Child as recipient	**Contact** Child as participant	**Conduct** Child as actor	**Contract** Child as consumer
Aggressive	Violent, gory, graphic, racist, hateful and extremist content	Harassment, stalking, hateful behaviour, unwanted surveillance	Bullying, hateful or hostile peer activity e.g. trolling, exclusion, shaming	Identity theft, fraud, phishing, scams, gambling, blackmail, security risks
Sexual	Pornography (legal and illegal), sexualization of culture, body image norms	Sexual harassment, sexual grooming, generation and sharing of child sexual abuse	Sexual harassment, non-consensual sexual messages, sexual pressures	Sextortion, trafficking for purposes of sexual exploitation, streaming child sexual abuse
Values	Age-inappropriate user-generated or marketing content, mis/disinformation	Ideological persuasion, radicalization and extremist recruitment	Potentially harmful user communities e.g. self-harm, anti-vaccine, peer pressures	Information filtering, profiling bias, polarisation, persuasive design
Cross-cutting	**Privacy and data protection abuses, physical and mental health risks, forms of discrimination**			

Social Media Ban

Guidance

Fact sheet: New rules to protect children online

Updated 18 September 2026

Overview:

- Under 16s to be banned from social media (TikTok, Instagram, Snapchat, Facebook, YouTube, X)
- Stronger age checks.
- Gaming isn't banned.
- Messaging apps to be allowed.

Information published on the 29th October 2026:

- **Photo ID matching**, where relevant information on a photo ID document such as a passport is checked against a live image taken during an age check
- **Banking-based checks**, which involves using the information a financial institution has on record regarding a user's age
- **Face age estimation technology** (which the regulator argues has recently improved)
- **Digital ID services**, which enable people to digitally prove who they are or provide information about themselves, such as their age

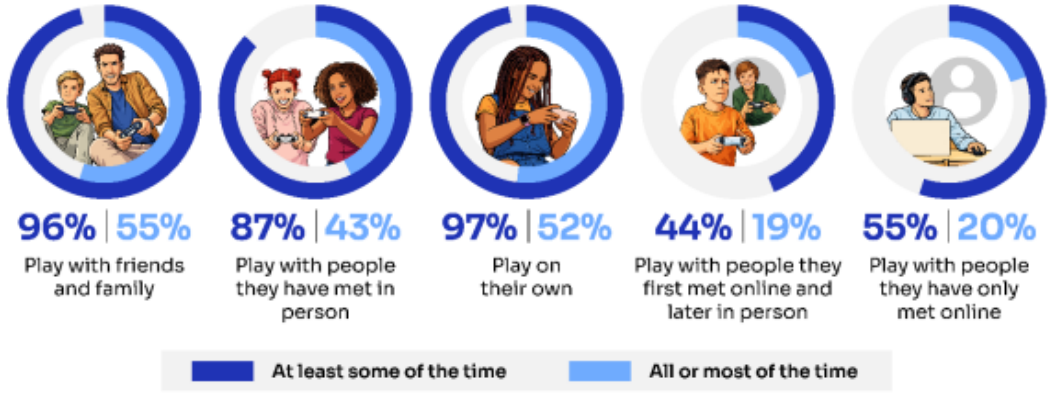


- Why are these changes being made?
- What is changing and what's banned?
- When is this changing?
- Who will it affect?
- How will children be impacted?
- What do I need to do now?
- What about educational content on sites like YouTube - will this be covered by a ban?
- How are you protecting children from the harms of AI chatbots?

https://www.gov.uk/government/publications/fact-sheet-new-rules-to-protect-children-online/fact-sheet-new-rules-to-protect-children-online

Ofcom – Growing Up Gaming

Figure 2: Who children aged 3-17 game online with



Source: Children and Parents' Media Literacy tracker data tables (2026). QP26B/QC44B: Summary Table - When you/your child plays games online, how often do you/they do each of the following. Base: All of 3-17s AND play games online (n=1,719)

Figure 6: Where children experience upsetting behaviour



Among 8–17s who said someone had been 'nasty or hurtful' to them in the past 12 months, said it happened via...

88%	Any online/digital location
47%	Social media
43%	Face-to-face
41%	Text messaging
38%	Online games
24%	Video calls
18%	Phone calls
9%	Other sites/apps

Source: Children and Parents' Media Literacy tracker data tables (2026). QC55: When somebody was nasty or hurtful to you did it happen in any of these ways? Base: 8-17s who say this has happened to them (n=335)

Screen time

Press release

New screen time guidance for parents of under-5s

Government answers parents' calls for support on screen time with new evidence-backed guidance.

From: Department for Education, Department of Health and Social Care, Prime Minister's Office, 10 Downing Street, Olivia Bailey MP, The Rt Hon Sir Keir Starmer KCB KC MP, The Rt Hon Bridget Phillipson MP and The Rt Hon Wes Streeting MP

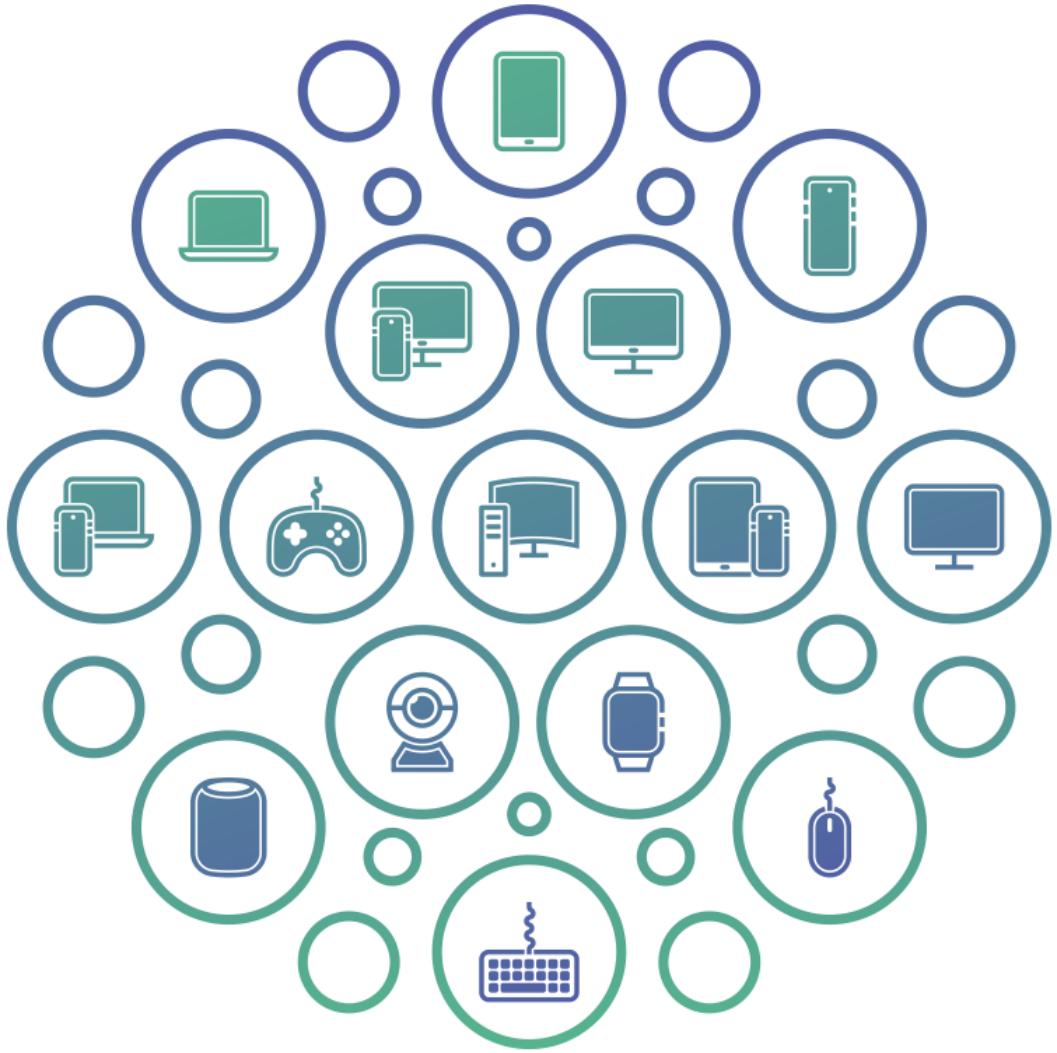
Published 26 March 2026



New social media curfews and crackdown on addictive features to better protect 16- and 17-year-olds online



How to use technology positively?



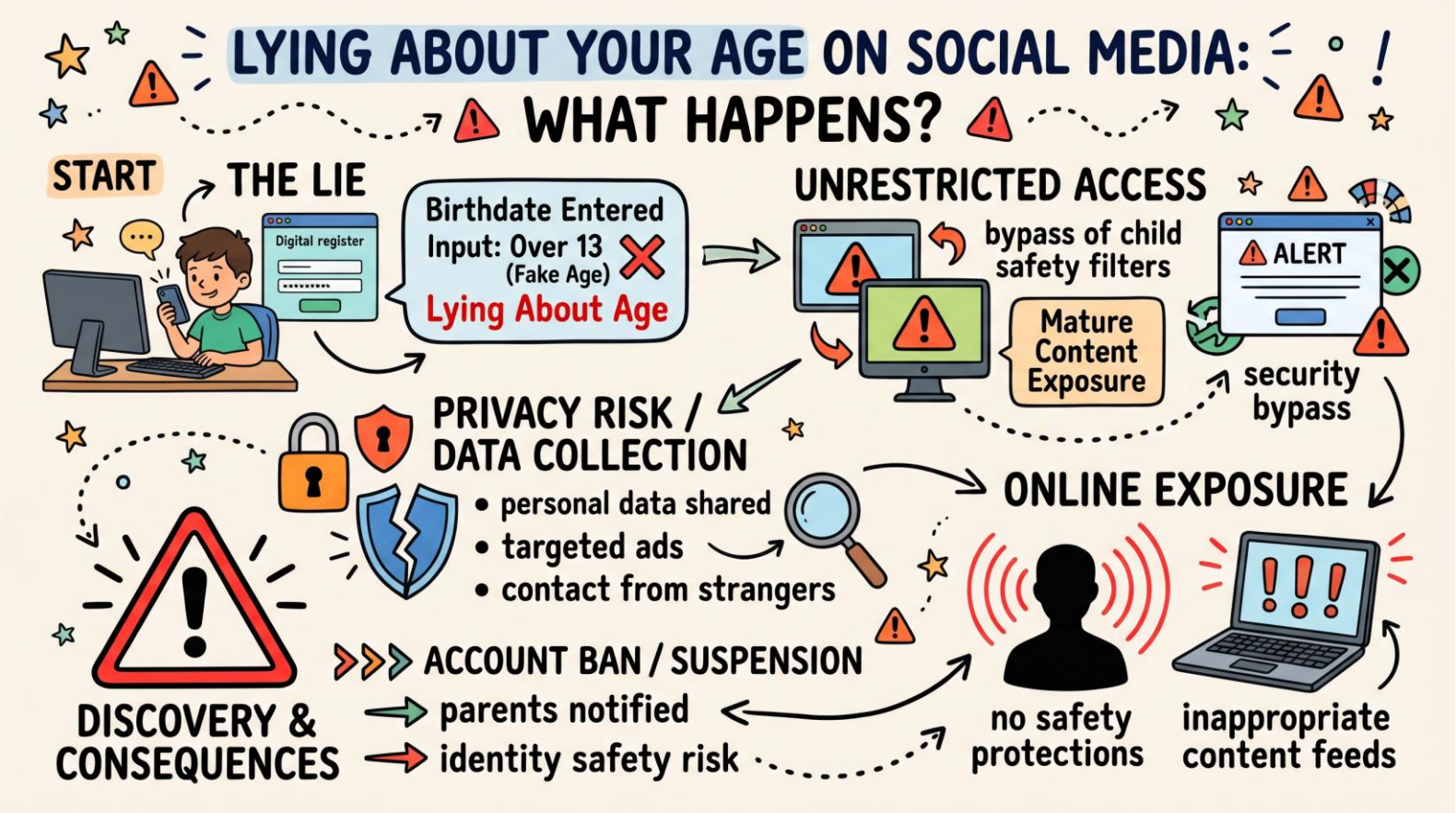
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Skills – Things to think about

- Understanding – What are your children on?
- Consent
- Privacy and security settings
- Location based services
- Function of the app
- Positive engagement with technology – Screen time limits
- Data sharing
- Content and impact this can have on your footprint / image
- Updates in the app
- Knowledge of the device – What can my children's device do?
- Ability to step away – Health and wellbeing

Age ratings – Considerations

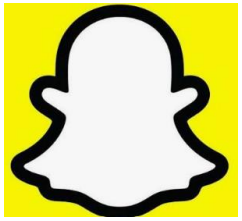


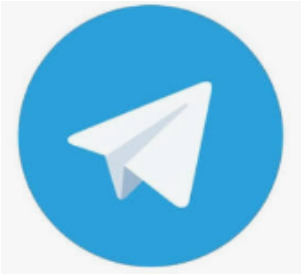
What platforms are your children exploring?











Abbreviations

555555	PAW	KMS	LH6	LMIRL
?	?	?	?	?

Abbreviations

555555	PAW	KMS	LH6	LMIRL
Crying my eyes out all night long	Parents are watching	Kill myself	Let's have sex	Let's meet in real life

AI - Risks

DeepFakes/manipulated content

Exposure to fake news, images, or videos that normalise harmful beliefs.

Use of manipulated images for bullying, harassment, or sexual humiliation

Increased fear, shame, and anxiety from threats to share fake content

AI Chatbots & Simulated Relationships

Over-reliance on AI for emotional support or advice

Reinforcement of negative beliefs about self, others, or society

Reduced help-seeking from trusted adults

Confusion about boundaries, consent, and appropriate relationships

Algorithmic Influence, Misinformation & Belief Shaping

Repeated exposure to misogynistic, extremist, or grievance-based content

Development of distorted worldviews and hostile attitudes

Increased anxiety, anger, or identity confusion

Reduced resilience to challenge alternative perspectives

Gaming





Supporting your child to thrive at home

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Why do we need visibility?

Risks



Harms

Why do we need visibility?



Filtering

Parental controls

Apps / Games Controls

Conversations

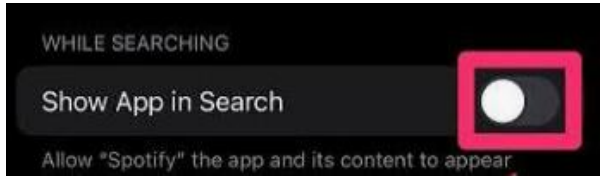


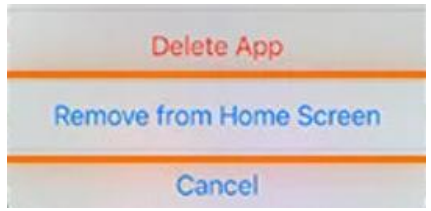
Ask Questions
Regular
Discussions
Understanding
Expectations
Scenarios

Bypassing support mechanisms

- Incognito browsers
- VPN’s
- Going onto other’s Wi-Fi
- Hidden apps









91% of parents use monitoring tools — but 41% of children have tried to get around them

Children’s wellbeing and supporting your family



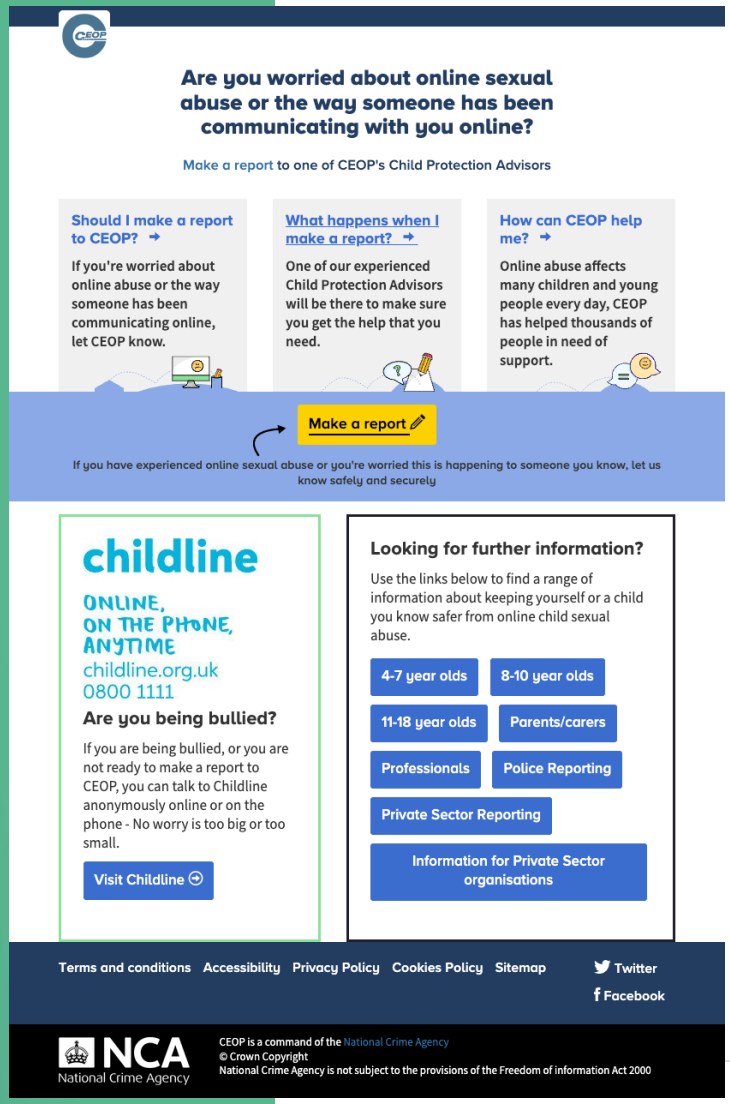
1. Break the cycle – First thing that you do in the morning
2. Charge somewhere else not in bedrooms
3. Know the signs
4. Set healthy limits
5. Use the technology to give you insights
6. Modelling best practice
7. Talk about expectations
8. Discuss what you want your child to do if something goes wrong, they make a mistake or they see something they don’t like.
9. Pressure to be online all the time
10. Give your own experiences and discuss examples of issues you have faced as a parent with technology and how you dealt with it

Resources

Report harmful content

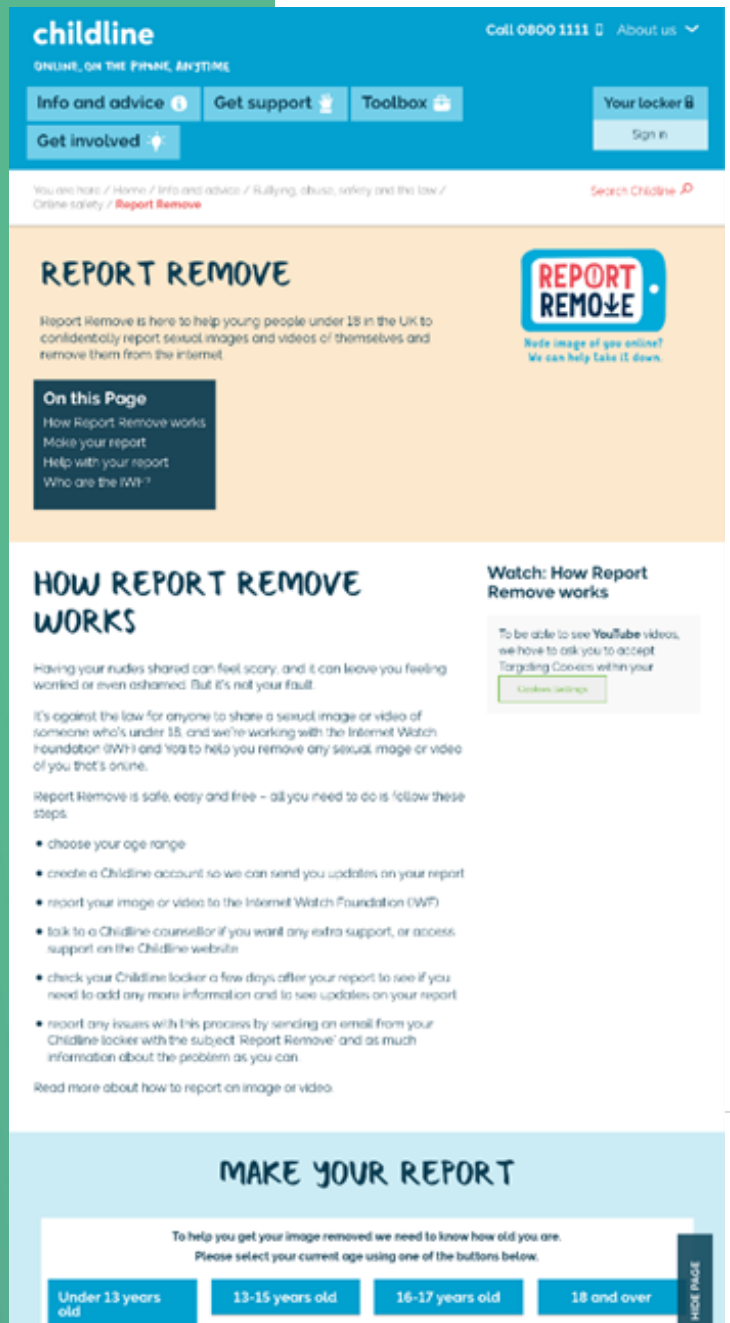
https://reportharmfulcontent.com/





CEOP

https://www.ceop.police.uk/Safety-Centre/



Report remove

https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/

Q&A



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Thank you

