

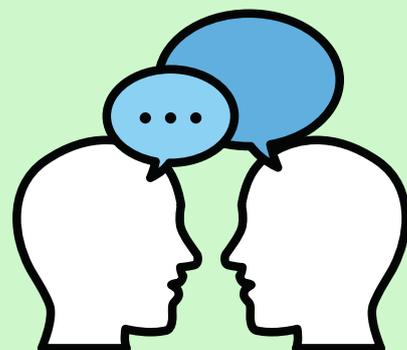


ISLINGTON

Families Online

Safety Booklet

25/26

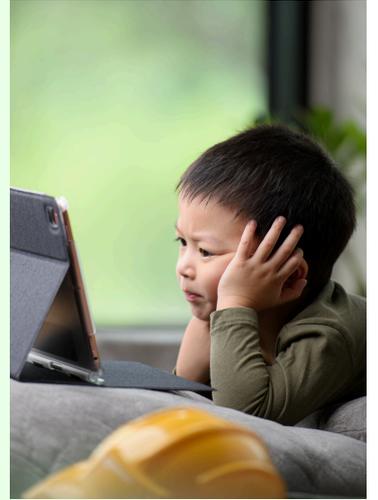


With credit to Vittoria Primary School

Current Worrying Trends

1. Screen time creep:

- Children are spending an average of 4–6 hours a day on screens (outside of homework).
- This can affect sleep, mood, and attention.



2. Social media pressure:

- Platforms like TikTok, Snapchat, and Instagram expose children to unrealistic expectations and peer pressure.



- Online challenges, trends, and viral content can encourage risk-taking behaviour.

3. Gaming and in-app purchases:

- Games are increasingly designed to keep players online (e.g. loot boxes, reward loops).
- Risks include exposure to strangers, cyberbullying, and financial loss.



4. Inappropriate content exposure:

- Algorithms often lead children to distressing content unintentionally.



5. AI and misinformation:

- Children encounter AI tools (e.g. chatbots, image generators) and may struggle to tell real from fake information or people.

Advice and Where to Find Help

Trusted Resources:

- **Common Sense Media** – Reviews, parent guides, and age ratings for apps, games, and films.



- **Internet Matters** – Step-by-step parental controls and advice by age.

**internet
matters.org**

- **NSPCC ~ Online Safety** – Clear parent advice and conversation starters.

NSPCC

- **ThinkUKnow** – Police-led site for understanding online risks.



- **Childline** – Support for children worried about online experiences.



Tips:

- **Talk regularly** — don't make it a "one-off" lecture.
- Use **parental controls**, but don't rely on them alone.
- **Model the behaviour** you want to see (e.g. phone-free dinner).
- Keep devices **out of bedrooms** overnight.
- **Encourage balance** — technology and real-world play.



How to “Parent Technology”?

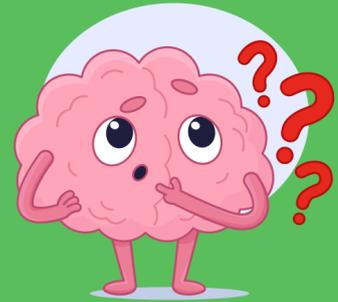
Set clear expectations:

- Create a family agreement for technology use.
- Discuss screen-free times (mealtimes, before bed).



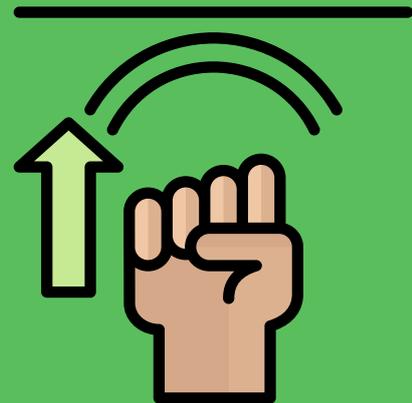
Stay curious:

- Ask children to show you what they're doing online instead of just telling them.
- Play or explore together.



Build digital resilience:

- Mistakes happen online — focus on helping children learn from them.
- Encourage critical thinking: “Is this real? Who made it? Why?”



Model good habits:

- Limit your own screen time when possible.
- Be mindful of “sharenting” — don't overshare your child's life online.



Monitoring:

- Monitoring is not just knowing what games your children have access to, it is being there with them to support and guide.



How We Teach eSafety in School?

At school, we follow the Common Sense Media curriculum, which is:

- Age-appropriate and taught throughout the year.
- Interactive — pupils discuss real-life scenarios.

Focused on four key strands:

- Privacy & Security
- Digital Footprint & Identity
- Relationships & Communication
- Media Balance & Wellbeing



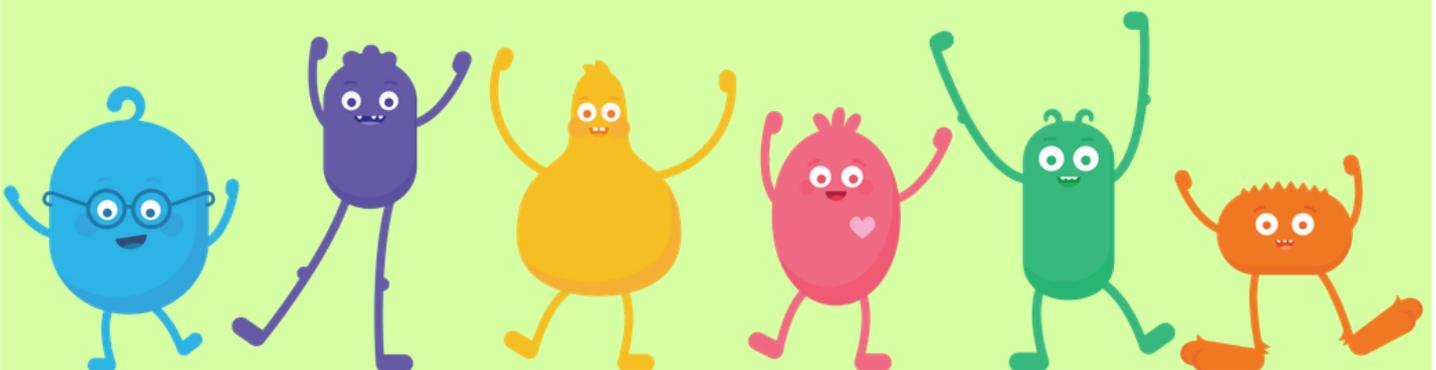
**common
sense
media**

We teach pupils to:

- Recognise and respond to online risks.
- Understand what information is safe to share.
- Use respectful online communication.
- Report concerns to a trusted adult or the platform.



The Digital Citizens.



Key takeaway:

We want children to become critical, confident, and kind digital citizens and that starts with home-school partnership.



Useful Contacts:

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Local Contact:

For general Islington online safety inquiries, contact the council's general line at 020 7527 2000 or email CommunitySafety@islington.gov.uk.