



Moving to secondary

Equipping children with the skills to manage new digital experiences



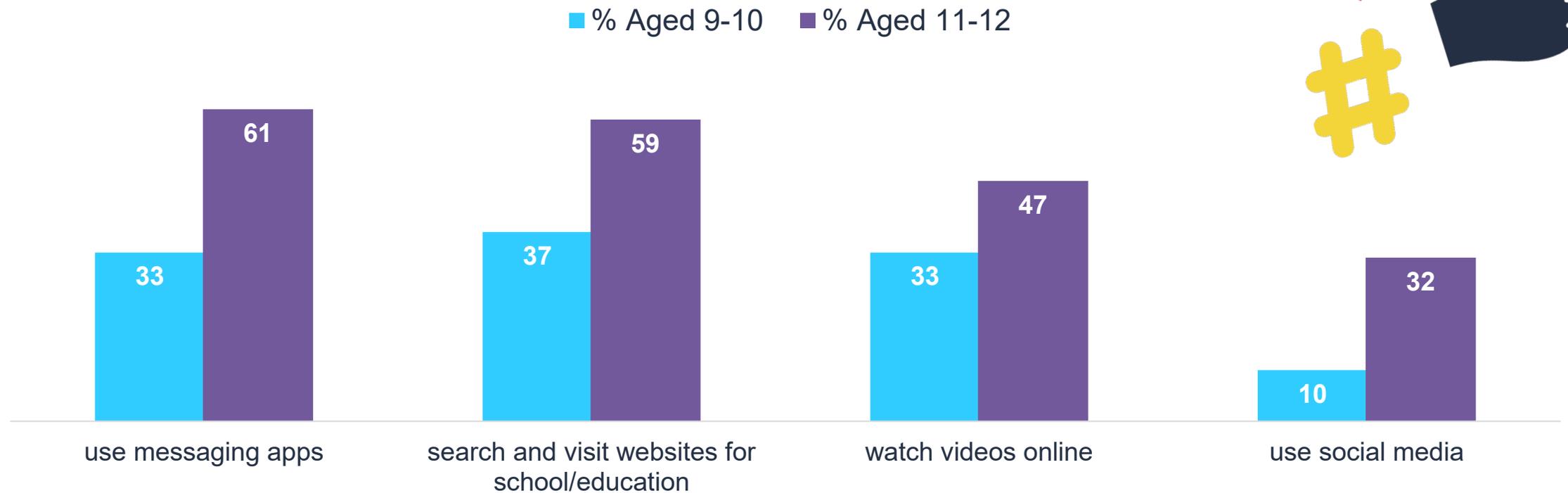
At secondary school, children are more likely to...



- Use a mobile phone **to go online**
- Use **social media** apps/platforms
- **Interact with content and users** on social media
- Find value in **connecting and communicating** with others online
- Use **AI tools**
- **Find out about news** on apps like TikTok, YouTube and Instagram



Online usage: What children say

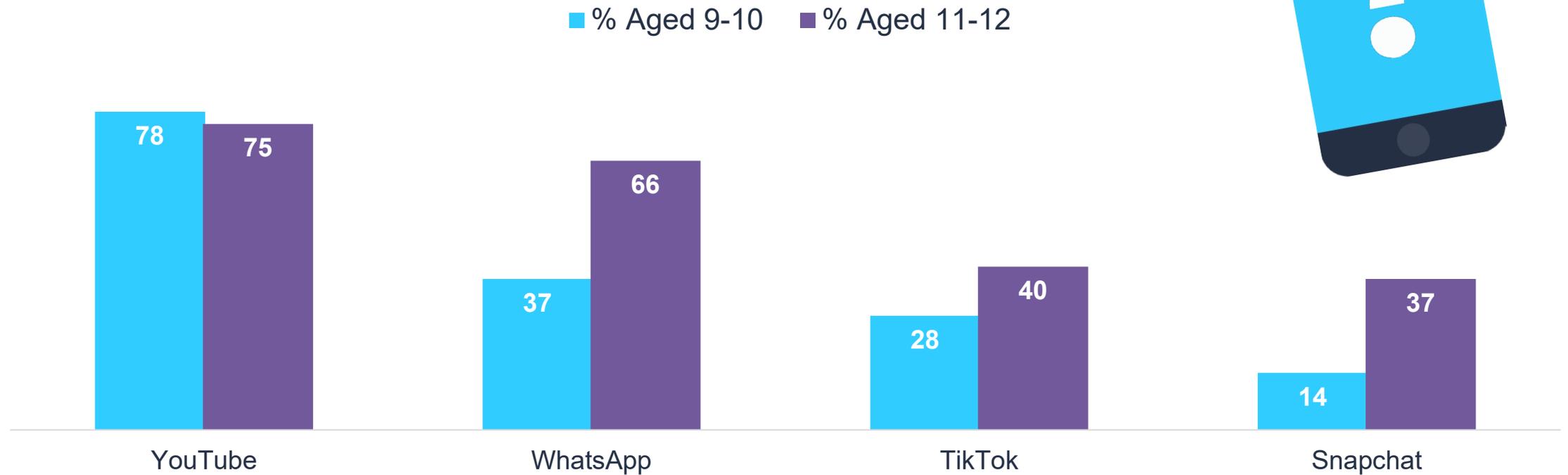


Source: Internet Matters tracker survey November 2023 "What do you do on these digital devices? Please select all that apply."



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Online usage: Apps to know about



Source: Internet Matters tracker survey November 2023 "Which, if any, of the following sites, platforms, apps, or games do you regularly use or visit? Please select all that apply."



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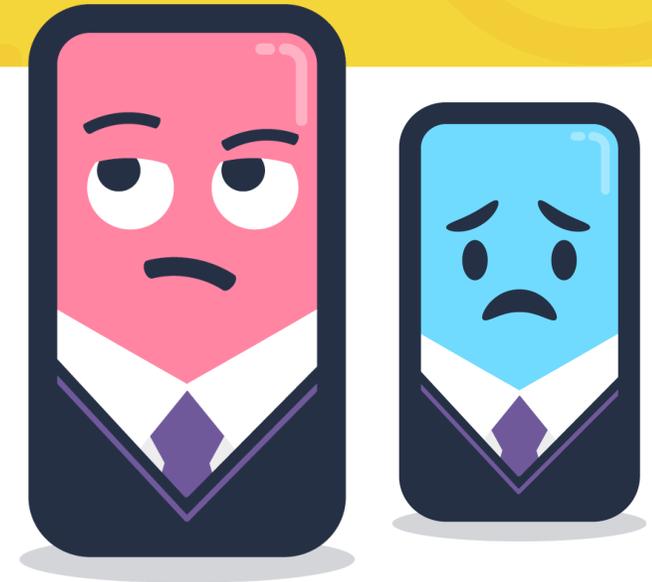
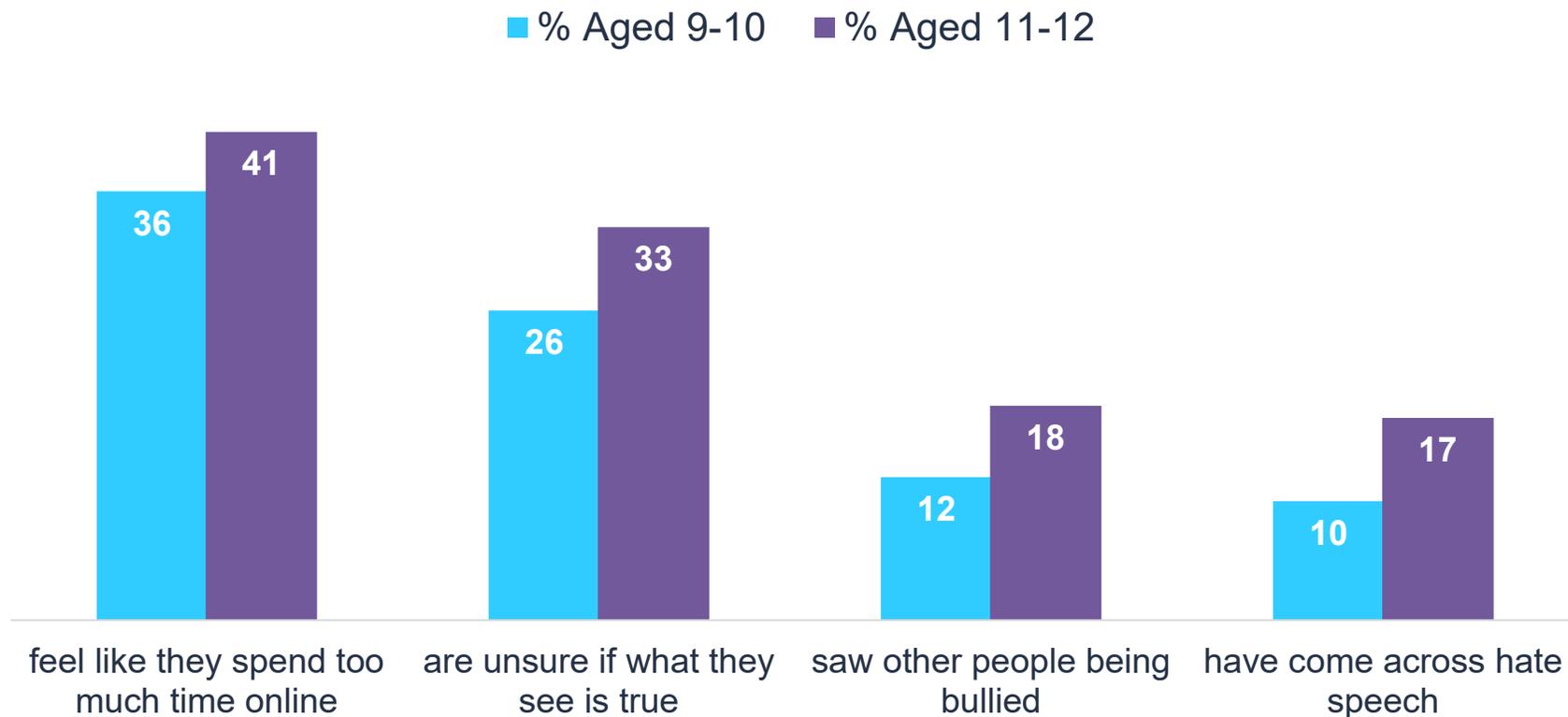
Safety by design

	Private accounts by default	Direct message limits	Screen time breaks	Family Centre
	 under-16s	 under-16s		
	 under-16s	 requests are text-only		
	 under-18s	 under-18s		



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Online experiences: What children say

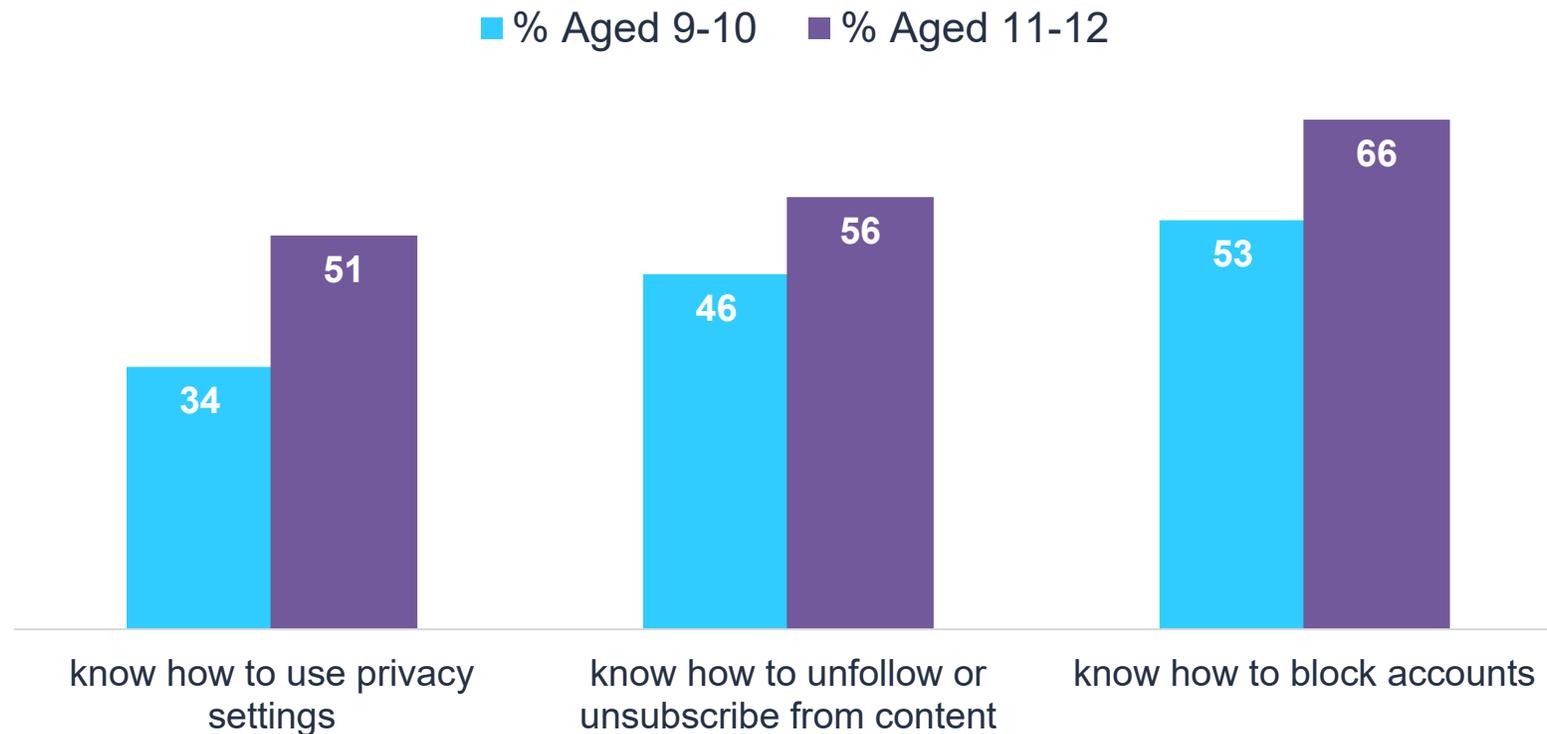


Source: Internet Matters tracker survey November 2023 "Which of the following have you done or experienced online?"



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Online safety: What children know

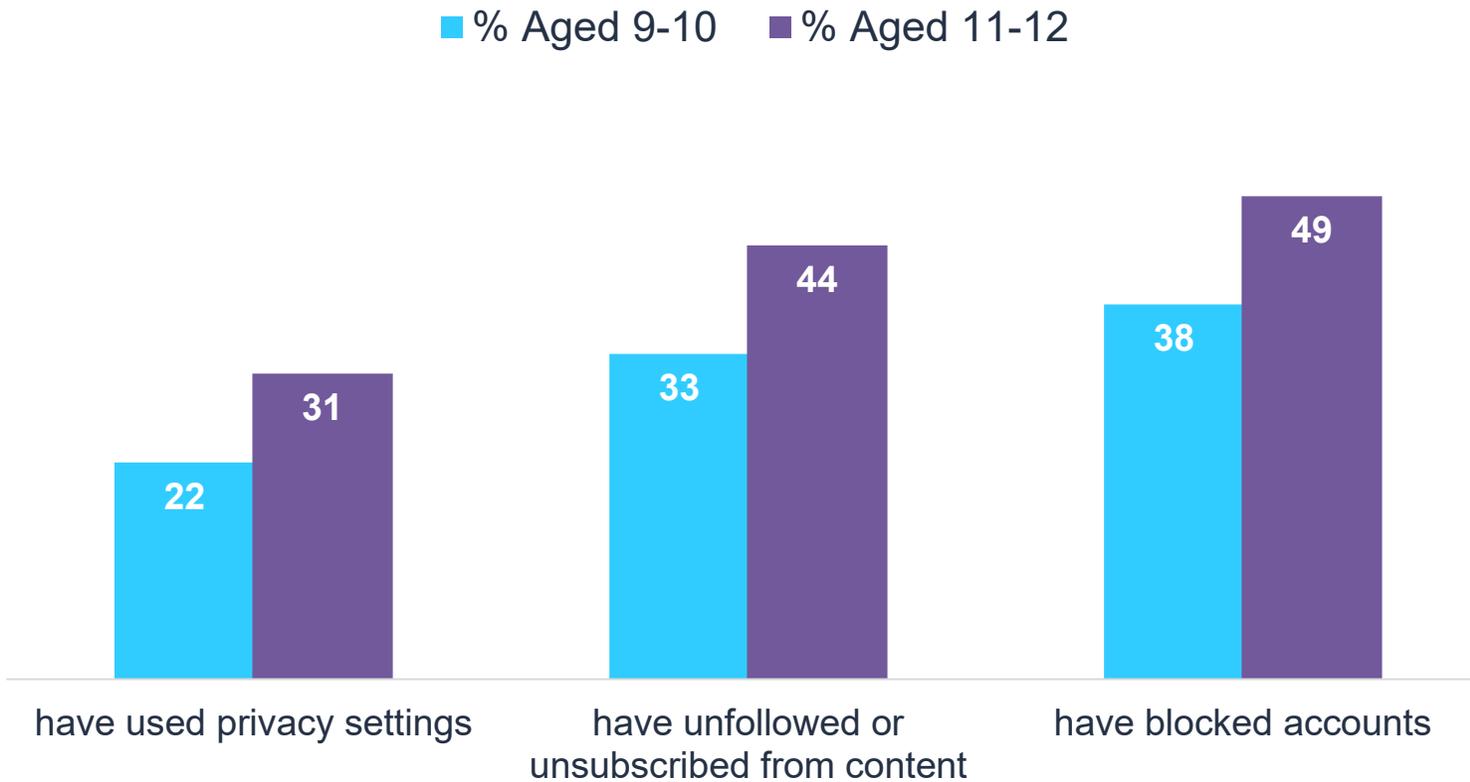


Source: Internet Matters tracker survey November 2023 "Which of the following do you know how to do?"



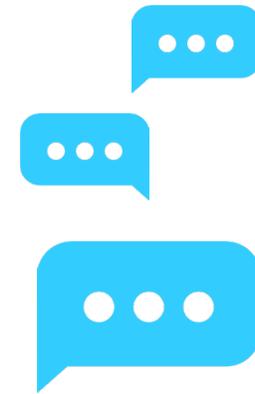
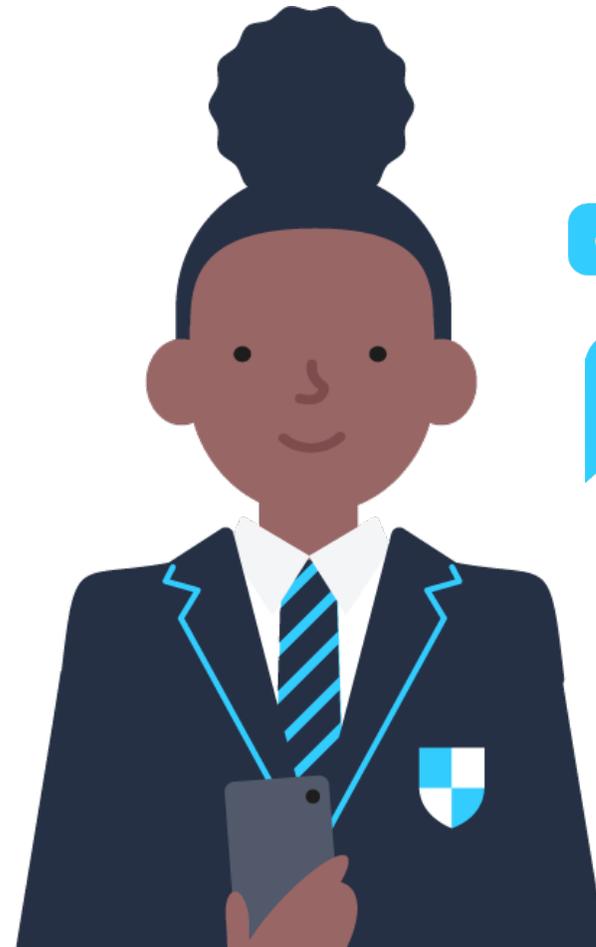
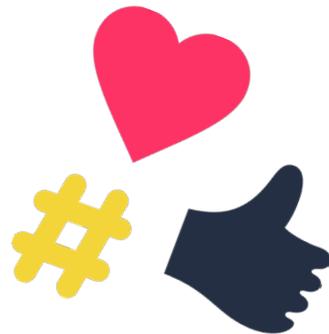
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Online safety: What children do



Key things to remember at secondary

- **Children become more social** – including with messaging apps and social media
- **Children will have to manage more accounts** and device use (such as for school)
- Children's friendship groups **expand and change**
- **Children start to experiment more** – including following their curiosity or pushing limits



If your child has SEND...

- They are likely to **benefit more from being online**
- However, they are also at **greater risk**
- The ways to stay safe will be the same but **how you support** and guide them will change





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3 ways to manage the change

Tips and tricks for keeping on top of online safety

Talk about safety

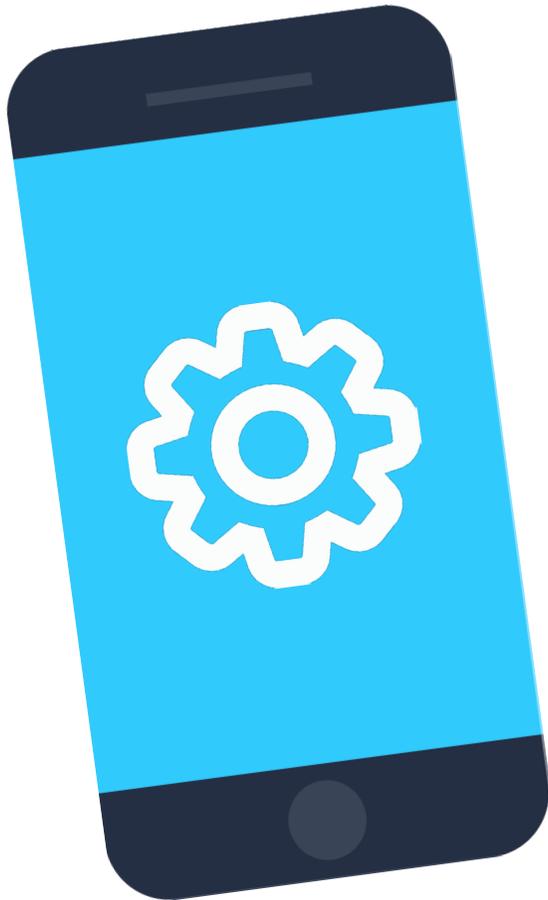


The older children get, the less they talk to parents about online safety, but it's one of the biggest influences on children's overall safety online.

- **Ask them** about their 'day' online
- Ask them to **show you an app, game, etc.**
- **Talk about a story** in the news
- **Keep conversations casual** (the car ride home, a walk outside, over dinner)
- Let them **take charge of teaching you** about the online space



Use parental controls



Parental controls have changed a lot since the early days of the internet. Setting controls alongside conversations creates a safety net to protect children from unwanted contact and inappropriate content.

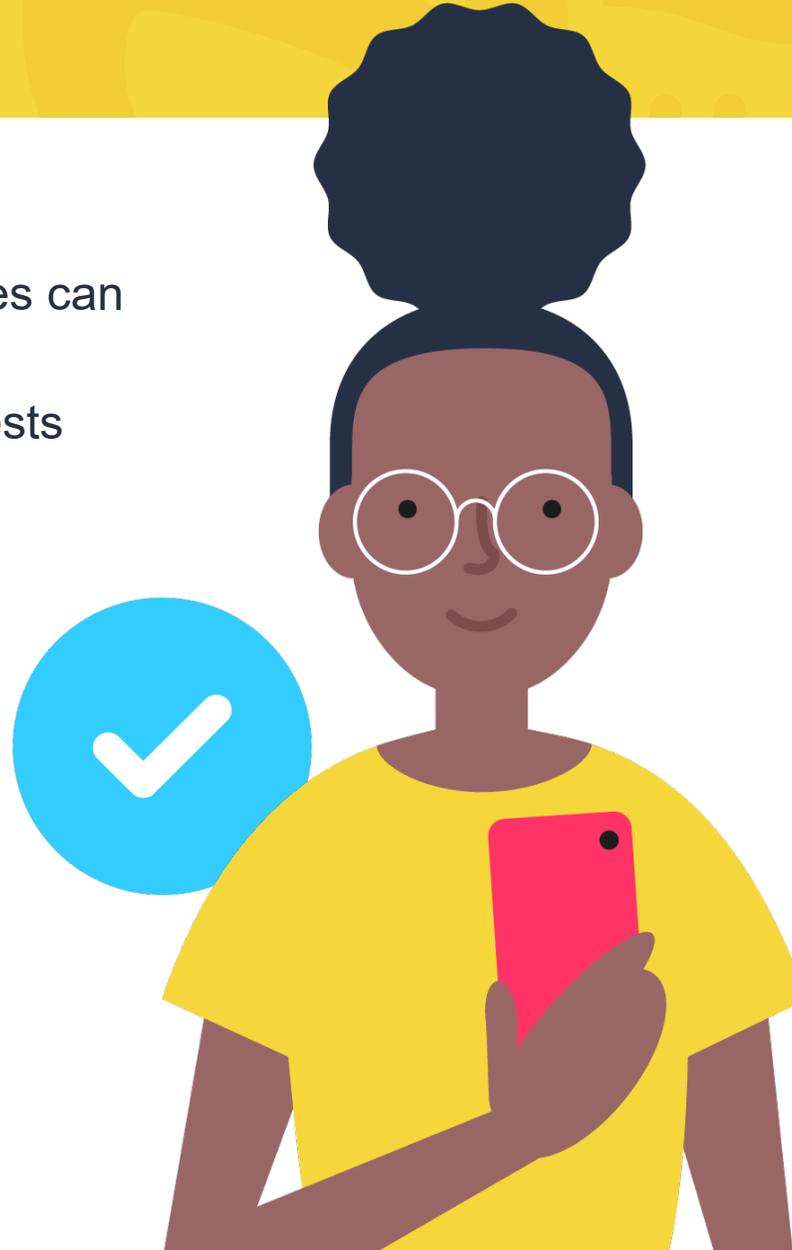
- **Set broadband and mobile controls**
- **Use Family Centre connections** on social media (when they're old enough)
- **Take time to set up whole-family controls** with apps like Google Family Link or Apple Screen Time
- As your children grow, **involve them in the discussions and choices** around privacy and safety online



Stay informed

Knowing about the latest apps and online issues can help you tackle safety head on.

- **Take an active interest** in your child's interests
- **Read up on safety issues** and popular apps/platforms
- Keep on top of **new safety features**



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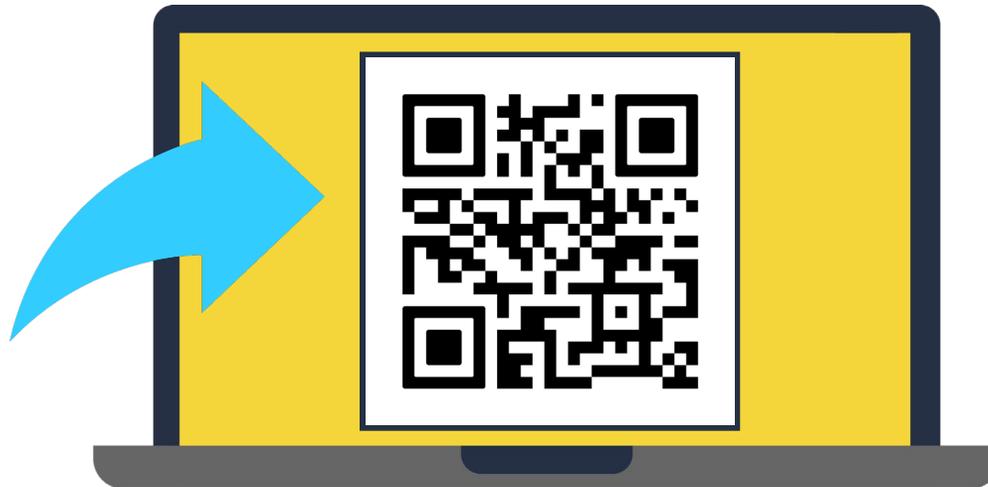
Get your Digital Toolkit

- Get advice about online safety
- See step-by-step parental controls guides
- Stay up-to-date and informed with the latest guidance

Personalised to how your family uses their devices, your child's interests and your concerns.

Scan the QR code to sign up.

Or go to
internetmatters.org/toolkit.



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Thank you

For advice, tips, conversation starters, guides
and more, visit internetmatters.org.

