

Digital safety at a glance

internet
matters.org

Guidance for parents of 11-13-year-olds

Use this quick tips guide to stay on top of your child's online safety needs.

Tech use, issues and tips

Learn about common experiences at this age and what you can do to keep your child safe online as they grow.



93%

use social media apps/sites



77%

watch live streaming apps/sites



76%

play games online



Too much screen time

Too much screen time is the online harm most experienced at this age, increasing as children grow; **69% of parents worry about this.**

Source: Internet Matters tracker survey

Talk with your child about what time limits are right for them and help them experience a range of activities to create, learn and support their wellbeing.

Get more support to handle screen time ▶



In-game and in-app spending

Online spending is the **second-most common online harm** among 11-13s, increasing with age. However, parent concern is lower compared to those of younger children.

Source: Internet Matters tracker survey

Work together to decide on limits and agree on the process for making purchases in apps, games and online stores. Set parental controls to help.

Learn about money management online ▶



Viewing violent content

Viewing violent content is the third-most common online harm at this age, and **64% of parents worry about it.**

Source: Internet Matters tracker survey

Talk to your child about why some content is not appropriate and decide together on what controls to put in place to support them.

Learn more inappropriate content ▶

Practical tips to keep 11-13s safe online

Set parental controls on popular apps



1. Sync your account to theirs with Family Pairing'
2. Block inappropriate content with Restricted Mode
3. Use in-app tools to set screen time limits

[Go to TikTok parental controls guide ▶](#)



1. For kids 13+, transition from YouTube Kids to a Supervised Account
2. Use 'Set my own password' to lock parental control settings
3. Turn off Watch History to limit suggestions and create balance

[Go to YouTube parental controls guide ▶](#)



1. WhatsApp age minimum is 16 in the UK, so review privacy settings
2. Disable live location and who can contact your child
3. Get familiar with privacy settings and report/block features

[Go to WhatsApp parental controls guide ▶](#)

Are they talking with others online?



[Learn social media age minimums ▶](#)

[Talk about internet manners ▶](#)



Get personalised advice straight to your inbox

Want support to stay on top of your kids' digital lives? Together, we've got this, with our free personalised family digital toolkit. By completing the form you'll get:

- Age-specific checklists and guides
- Safety information on the latest apps and platforms
- Resources to tackle online concerns by age
- Interactive tools to encourage discussions on key topics

Scan the QR code or go to internetmatters.org/toolkit



Make online safety a part of their everyday

Conversations to have

Talk about:

- What they're watching; what do they like about it?
- What apps/games they like; what would they like to try?
- How being online makes them feel; what signs tell them they need a break?

[See more conversation starters ▶](#)

Tools to explore together

Build digital skills and play together with:

- The Online Together Project: an interactive quiz with discussion points to challenge stereotypes and hate online.
- Find the Fake: a series of quizzes to help teach children how to recognise and tackle misinformation online.

[Explore age-specific guides ▶](#)

