Brighton Hill Community School

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Digital Safety

Parent collaboration evening

23 February 2026

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Welcome

Some content in this session is not appropriate for younger children

What is online safety?

- Protecting children from 4 key areas of risk:
  - Content
    - Illegal or inappropriate material:
      - Pornography
      - Fake news
      - Racism
      - Misogyny
      - Self-harm
      - Suicide
      - Radicalisation
      - Extremism
  - Contact
    - Bullying
    - Grooming
    - Aggressive advertising
    - Radicalisation
- Conduct
  - Causing harm
  - Making explicit materials
  - Sending abusive messages
  - Sexually harassing
- Commerce
  - Online gambling
  - Inappropriate advertising
  - Phishing
  - Financial scams

In today's session I will be sharing:

1. Ofcom data relating to children's use of the online world (2023)
2. NSPCC/Childline data (2023)
3. Online behaviour trends since last years collaboration event
4. How we cover digital safety in the curriculum
5. How you can help keep your children digitally safe at home
6. Additional challenges for children with SEND

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Data

Media usage by age 12-15 (Ofcom 2024)

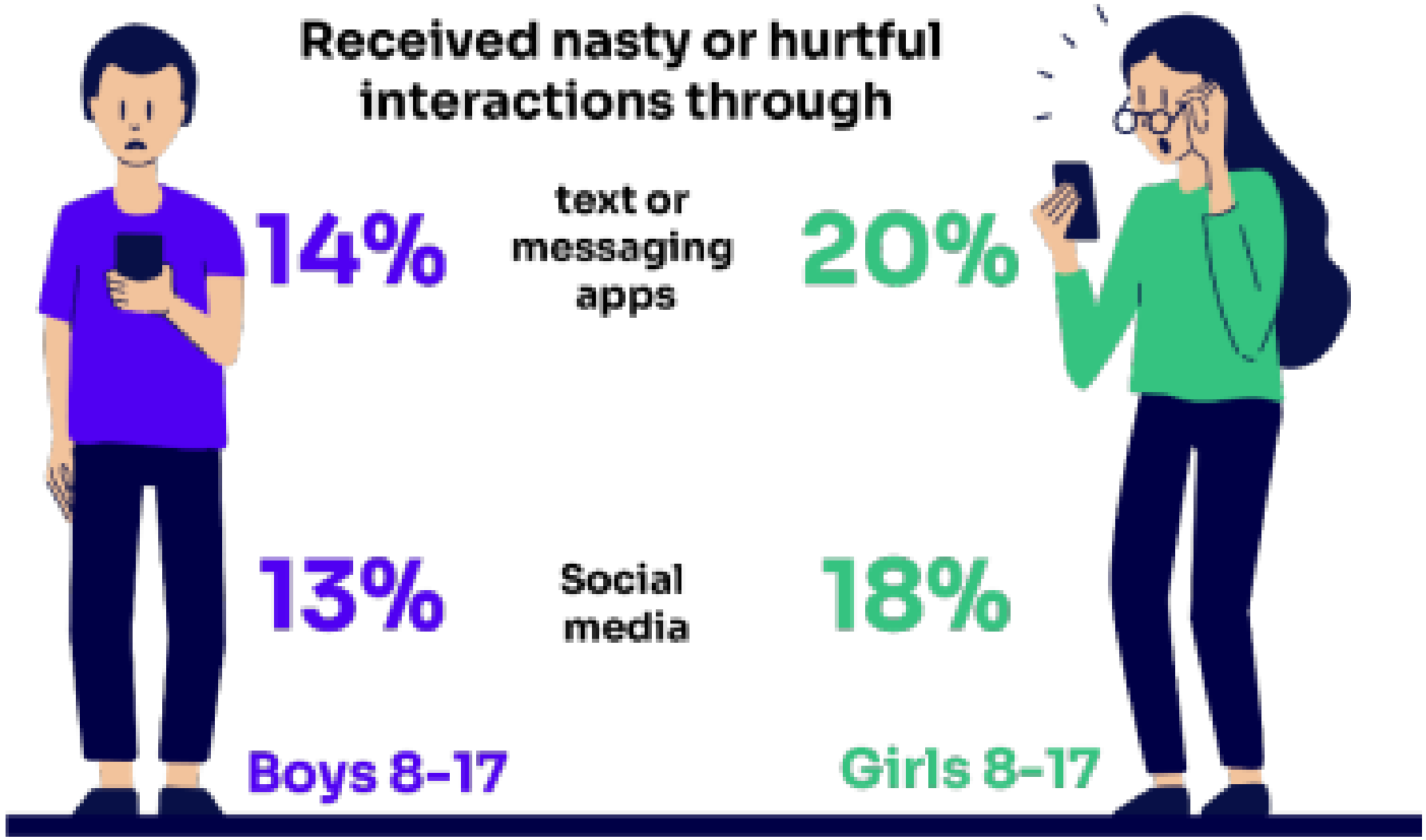
‘**Connecting and creating**’:

- Connecting: communication via messaging (98%), social media (93%) and video games (90%)
- Creating: creating their own videos and sharing them online (47%)

- 96% own a mobile phone
- 96% of their online activity is via their phones
- 93% access social media

- 90% play online video games
- 31% communicate with other players who they only know through the game (8-17 yrs old)
- They spend (on average) more time each day on social media (1hr 24 mins) than being with friends face to face (1hr 12 mins)
- 52% have used AI – mostly ‘for fun’

Methods of bullying

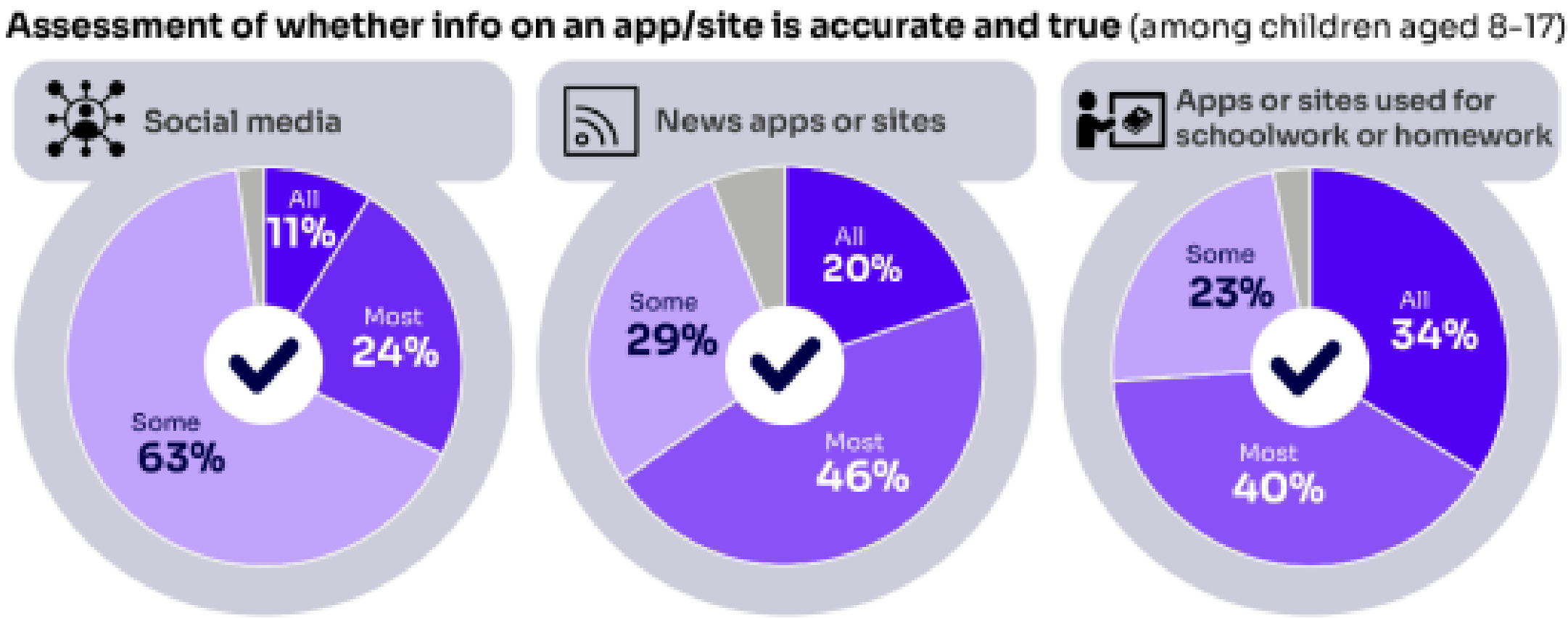


Actions children take to keep safe
(age 12-15)

- 82% tell someone if they have come across something worrying online
- 67% have blocked someone
- 33% change their social media settings so fewer people can view their profile
- Only 14% have used a flagging function
- Only 35% were aware of a flagging function

What children believe

- 12-17 year olds are becoming more discerning



NSPCC/Childline findings (2023)

Nearly 90% of girls and nearly 50% of boys said being sent explicit pictures or videos of things they didn't want to see happens "a lot" or "sometimes" to them or other children.

84% rise in online grooming cases in just 4 years

75% of children in one survey of 15 and 16 year olds, have been sent a video of a beheading

1/3 children aged 8 to 17 have encountered worrying or nasty content online

26% of girls surveyed had experience of receiving a request for nude or semi-nude photos or videos

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Keeping up with trends

National Online Safety: current tends

These are downloaded and put on the school website

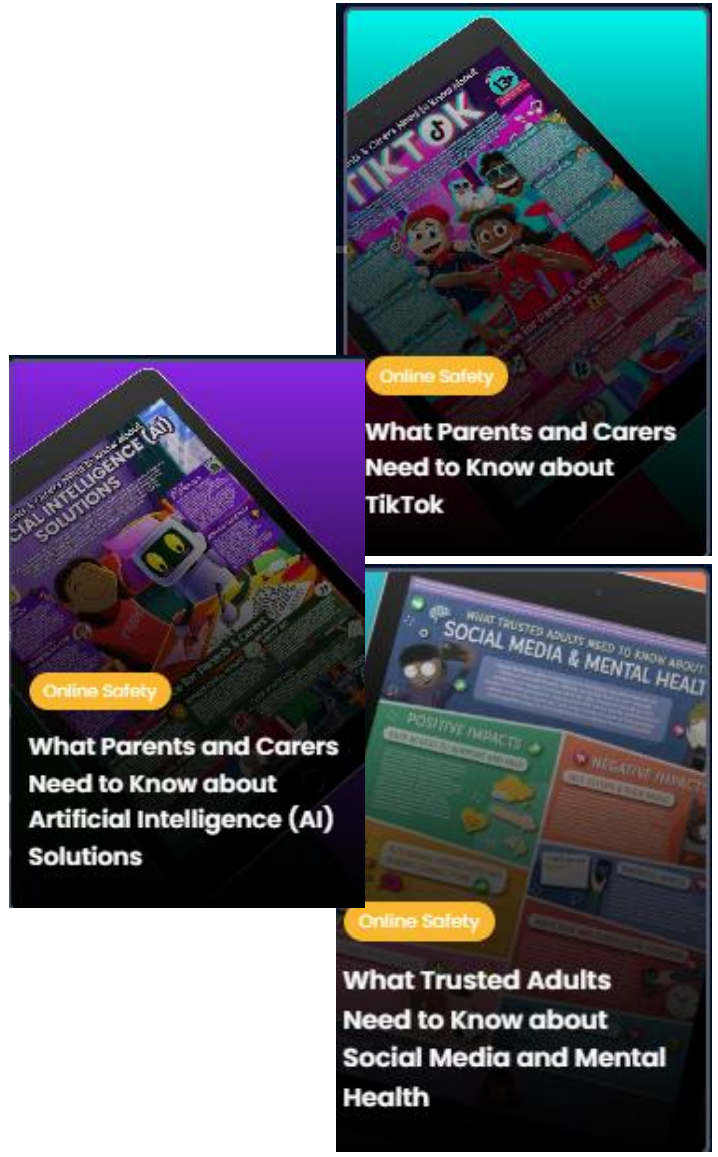
HOME → PARENTS →

Online Safety

Please find below a series of user-friendly resources to support our parents in ensuring digital safety at home for our students. We will add to these as we come across resources that we feel would be of benefit to parents and students. Please feel free to view and download them and share them with your child.

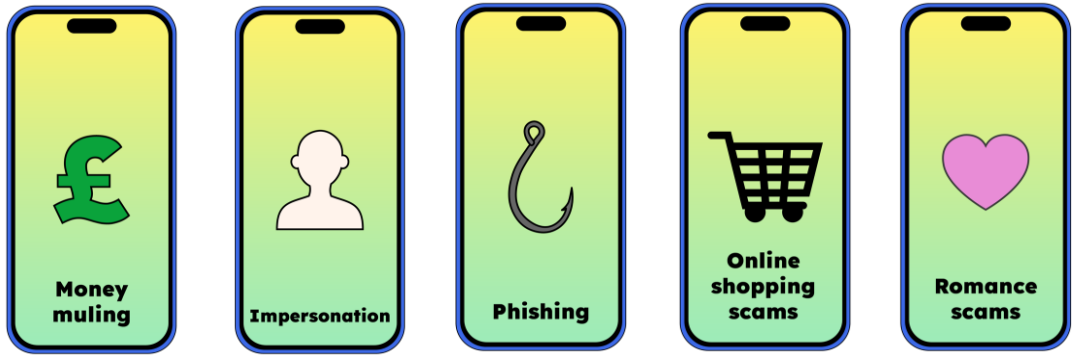
What parents need to know about...

- Anime
- Amino
- Instagram
- Managing Screen Time
- Money Muling
- Monkey
- MyLOL
- Ometv
- Online dating platforms
- Parental controls on new devices
- Pop-up Ads
- Persuasive Design
- Rumble



Current issues

- Under-age access to social media content
- Accuracy of content on social media
- Artificial intelligence – accuracy
- Online scams



What we cover: Y7

Computing lessons:

- Understand the need to keep personal information private (recap of stranger danger from KS2)
- Know what to do if contacted by a stranger or sees inappropriate content
- Recognise unacceptable behaviour online
- Show a range of ways to report inappropriate content/contact
- Reliability of data & sources

My World and DLD (Spring term):

- Cyber bullying
  - Victim action
  - Bystander responsibilities
- Online risks in gaming rooms
  - Anonymity
  - Money laundering/Money mules
  - Radicalisation
  - Physical impacts (sleep deprivation, RSI)
- Reporting concerns in gaming rooms and on social media
  - Who and how
- How personal data and data about online searches is collected
  - Benefits & drawbacks

What we cover: Y8

Computing lessons:

- Recognize ethical issues surrounding IT use
- Threats to personal data and how to mitigate them

My World and Spring DLD:

- Media portrayal of body image
  - Selfies
  - Pressure to look a certain way
  - Editing – Dove video
  - Risks of trying to achieve the ‘perfect’ body
- Online relationships
  - Impact of cyber bullying
  - Social media

What we cover: Y9

My World (Summer):

- Gambling (online and offline)
  - Minimum age for different types
  - How it becomes addictive
  - Avoiding addiction

Spring DLD:

- Body Image & stereotypes in the media
  - Impact of social media
  - Who to go to for help
  - Strategies to minimise damage
- Social media, misogyny & influencers
  - How social media and influencers manipulate our views and opinions
  - Reminder of protected characteristics in the context of social media and influencer posts

What we cover: Y10

My World (Spring):

- Dangers of the media's portrayal of sex
  - Difference between real sex & pornography
  - Dangers of watching pornography
  - Law relating to pornography
- Online risks
  - Cyber bullying (recap)
  - Grooming – the signs & consequences
  - Sharing of indecent images – why people do it and the law
  - Revenge porn

Spring DLD:

- Sexting (and sexual consent)
  - Why people do it
  - The risks of doing it
  - How to keep safe

What we cover: Y11

My World (Autumn):

- All finance related:
- Identity theft

•Digital fraud
  - •Hacking
  - •Malware
  - •Money mules

•Social fraud
  - •Phishing
  - •Vishing
  - •Smishing

In 2019, 7,500 young people aged under 21 were caught acting as money mules!

Our children are the target audience for this crime!

Our advice to students …

Don’t view, post, share or comment on/like anything you wouldn’t show to your grandparents!

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Keeping your child digitally safe at home

Top tips

1. Show an interest in your child's online habits
2. Set up parental controls
3. Don't allow your child to have social media accounts until they're at least the minimum age and have an understanding of the potential dangers
4. Know the safety tools available for the social media used by your child
5. Spend online time with your child

Age limits for social media

Minimum age 13:

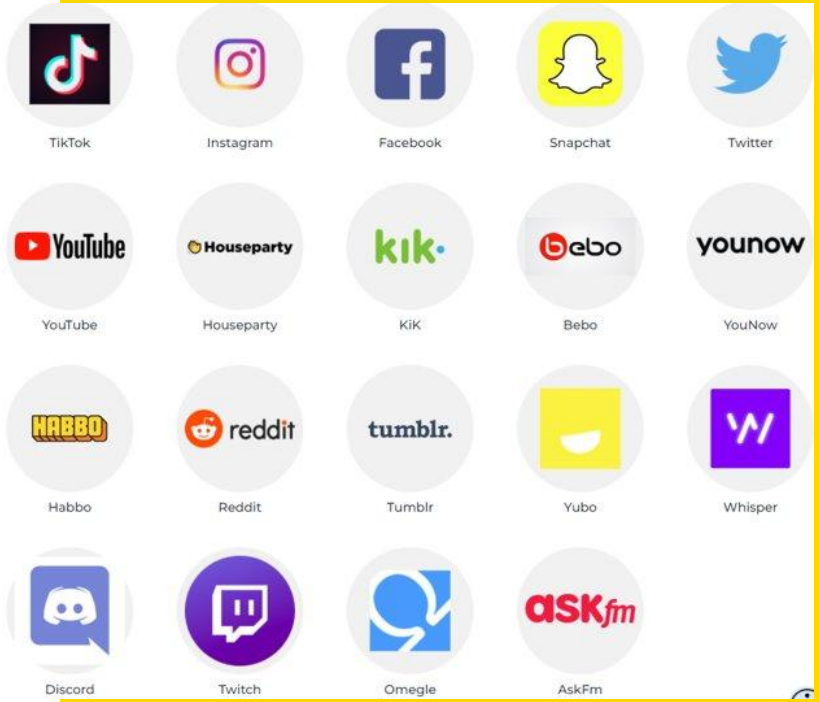
- Snap chat
- Facebook
- You Tube
- Instagram
- Tumblr
- Twitter
- Tiktok
- Yubo
- Houseparty
- KiK
- Bebo
- YouNow
- Habbo
- Reddit
- Whisper
- Discord
- Twitch
- AskFM

Minimum Age 16:

- WhatsApp
- LinkedIn
- Flickr
- Vimeo
- MySpace
- Periscope

Minimum Age 18:

- Clubhouse
- Monkey
- Meet Me
- Live.Me
- Tagged
- YOLO

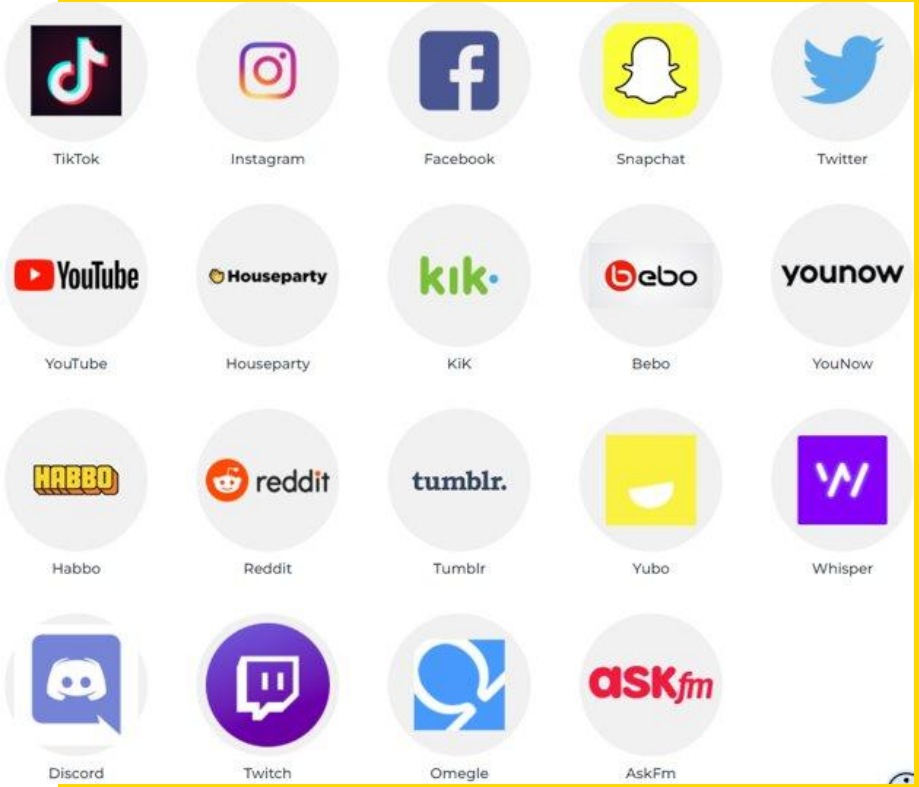


Which Apps is your child using?

Are they age appropriate?

Reasons for age limits

1. Most have an instant message function that allows private conversations between site members
2. Apps can show the location of the phone and live streaming/pictures which puts young people are at risk (digital footprint)
3. People aren't always who they pretend to be and there is no one checking – online groomers will target young people
4. Some of the material posted is not appropriate not appropriate for children – there is no-one checking!
5. It isn't always easy for younger people to work out what is true and what is fake news



Reporting concerns: what we share with students

1. Report button on some social media and images
2. Block anyone trying to make contact who is a stranger
3. Don’t share personal information
4. Keep evidence of anything unpleasant aimed at you (you may need it as evidence for the police if things get worse)
5. Do not reply to people you don’t know or who are being unpleasant to you
6. Report content to Action fraud website (money laundering & fraud)
7. Report to your email provider
8. Report to Ofcom
9. Internet watch foundation (indecent images of children)

Online gaming to gambling

Research has shown children are more likely to gamble who:

- Weekly game online (4.3 times more likely to online gamble)
- Spend a lot of time gaming - gives a route into betting with the use of ‘loot boxes’
- Spend a lot of time alone
- See their parents gambling
- Are exposed to gambling adverts and sponsorship

Avoiding future gambling addiction:

- Most gambling is restricted to 18+, keep to the law
- Have regular breaks from games
- Limit how much time spent gaming
- Don’t save card details for in-game purchases

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Children with SEND

NSPCC/Childline 2023 report

Pupils with SEND

Children with special educational needs (SEN) or disabilities are particularly vulnerable to online abuse.

A child with SEN or a disability may:

- Have low self-confidence, seeing themselves as an 'outsider'
- Lack strong peer networks and be less likely to tell a friend when they experience upsetting things online
- Have more unsupervised time online, with less structure and boundaries

Internet matters advises that children and young people with SEND can find it more difficult to identify risks to themselves when they're online.

They might be:

- More likely to believe what they're told by friends or strangers
- More trusting and have a greater belief in what they see and hear
- Less able to think critically about what they share and the consequences
- Less able to spot risky situations
- Less discriminating of both their own behaviour and the behaviour they see

There are a number of resources to help parents

https://saferinternet.org.uk/guide-and-resource/parents-and-carers

https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides

https://www.internetmatters.org/

https://www.thinkuknow.co.uk/parents/

https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online

Other useful resources

Safety in gaming rooms: https://www.bbc.co.uk/newsround/56527816

Cookies: https://www.youtube.com/watch?v=rdVPflECed8

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