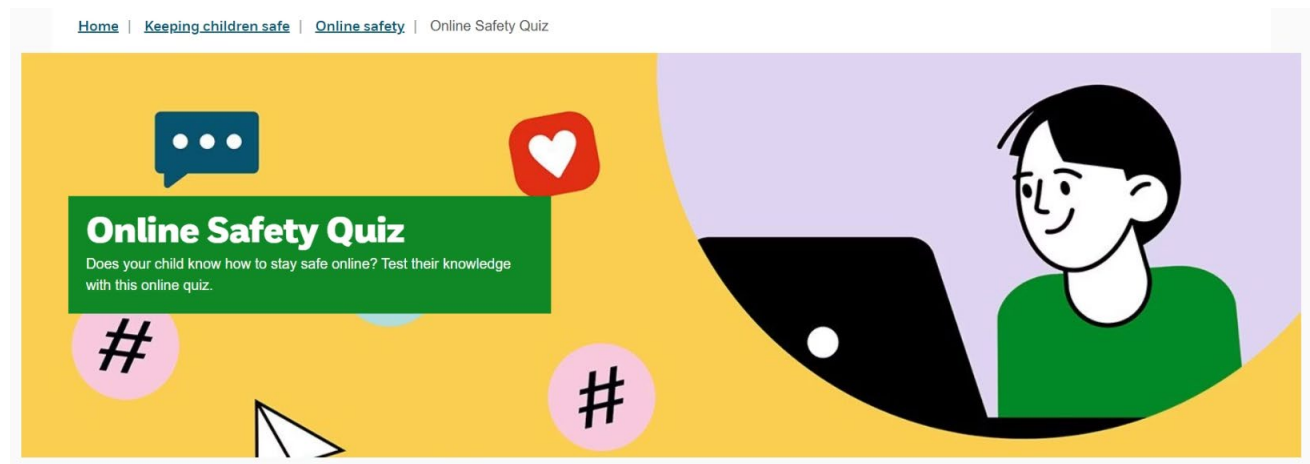


Cuppa and Connect

Follow - up from Simon Williams' session on keeping our children safe online, on their phones, and on social media. A practical guide for parents and caregivers.



Test Your Online Safety Knowledge



The NSPCC offers an excellent interactive quiz to help families understand online safety together. It's a brilliant conversation starter and works wonderfully when completed as a family activity.

[Take the NSPCC Online Safety Quiz](#)

Today's Aims

Build on Simon's Talk

Expanding the internet safety knowledge shared by PC Simon Williams with practical next steps.

Develop Understanding

Gain deeper insights into protecting children across phones, social media, and online spaces.

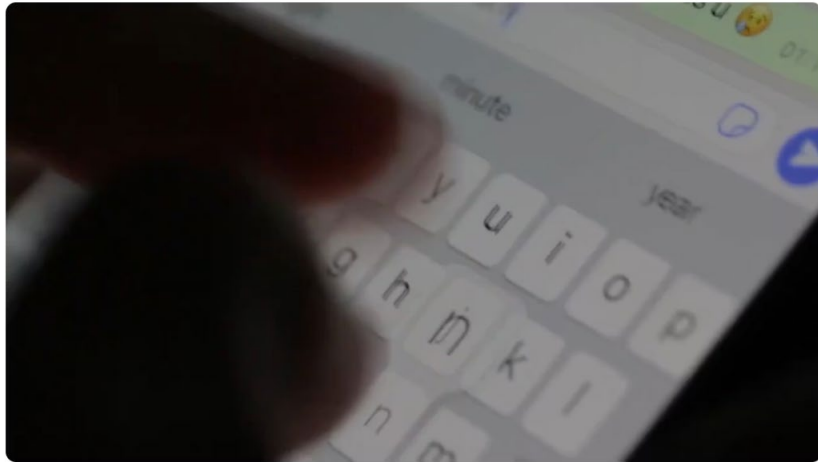
Learn from Papaya

Explore expert guidance through Papaya's comprehensive approach to digital wellbeing.

Create a Family Contract

Master the basics of writing an effective family device agreement that works for everyone.

Papaya: Phone and Social Media Safety



Expert Guide for Parents

This comprehensive video provides practical strategies for keeping children safe on smartphones and social media. Perfect for parents navigating the digital landscape.

[Watch: How to Keep Your Child Safe on Smartphones](#)

SUMMARY

- Keep the Smartphone out of their bedroom at night
- Be aware of their Social Media apps, and how they interact with them
- Be good role models for your children
- Make an agreement with your child
- Take steps to deal with 'tech addiction'

Let's Discuss the Video

Key Takeaways

What were the most important messages you heard? Which strategies resonated most strongly with your family's situation?

Concerns

Were there aspects that worried you? What challenges do you anticipate when implementing these suggestions at home?

Reassurance

What gave you confidence? Which practical tips felt achievable and realistic for your family to adopt?

Interesting Points

What surprised you? Did anything challenge your current thinking about children's digital habits and online safety?

Key Takeaways from Papaya

Foundation: Build Self-Esteem

Developing children's self-worth and wellbeing reduces their need for external validation online. Strong self-esteem is the first line of defence.

1

Step 2: Monitor Apps

Key message: It's your phone. You pay the bill. Regularly check social media apps, delete problematic ones, set time limits, activate parental controls and filters. Configure devices so children need permission to download apps.

3

Step 4: Family Agreement

Key message: A policy everyone signs up to. Create a clear contract covering usage limits, screen-free zones, privacy rules, behavioural expectations, and fair consequences with incentives.

5

Step 1: Phone-Free Bedrooms

Key message: Create phone-free spaces. Keep phones charging outside bedrooms overnight. For sleepovers, agree rules in advance with other parents about phone access.

2

Step 3: Be Role Models

Key message: Model positive habits. Parents set the standard — have tech-free meals, keep your own phone out of the bedroom, and conduct daily check-ins about online experiences.

4

Step 5: Address Addiction

Key message: Moderation is key. Collect evidence of excessive use, notice how easily they can stop, and track screen time patterns. Early intervention prevents problems escalating.

6



Step 6: Addressing Adult Content

Open Dialogue

Maintain ongoing conversations about the virtual world. Create a safe space where children feel comfortable discussing what they encounter online.

Clear Guidance

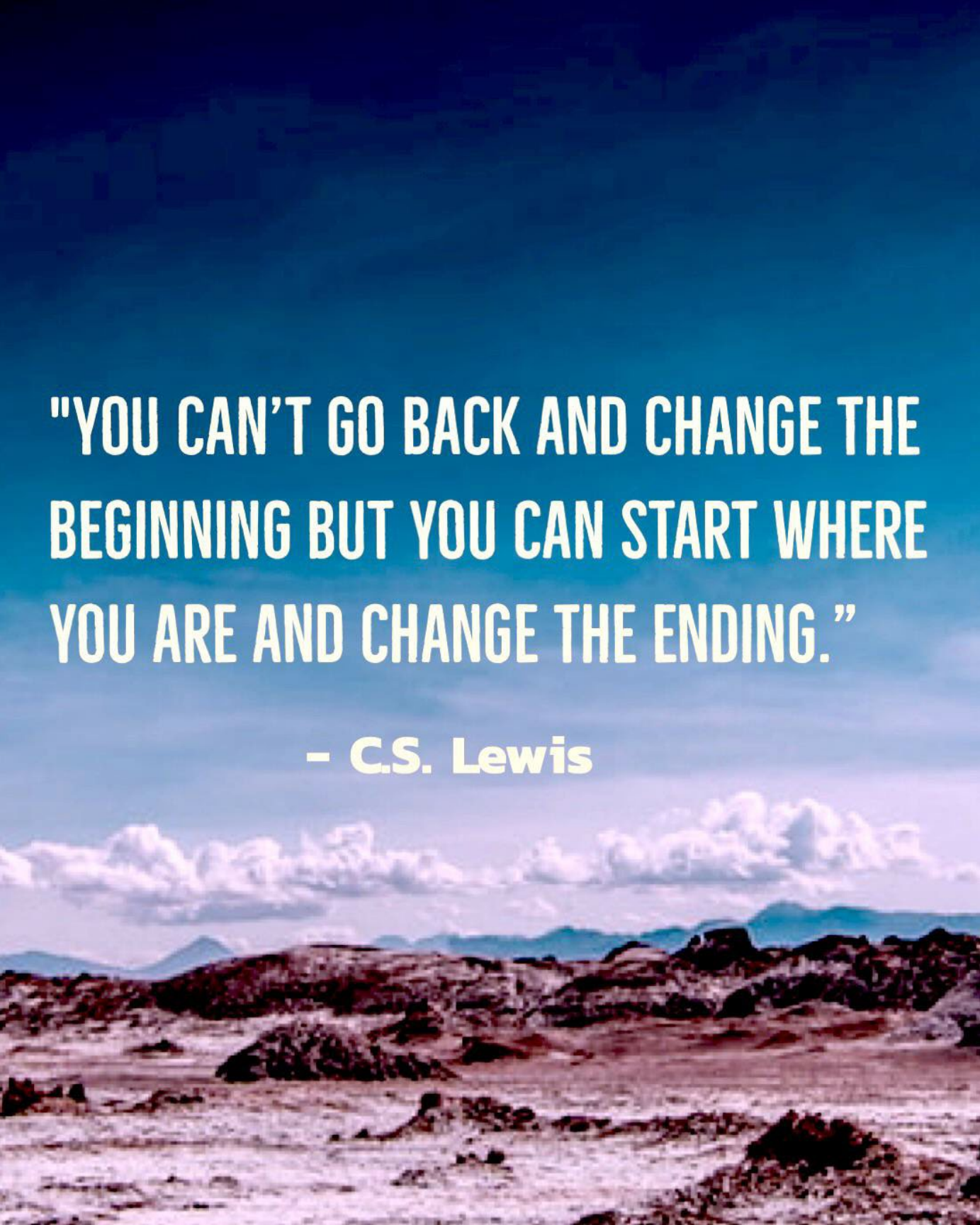
Explain what to do if they accidentally access inappropriate content. Give them practical steps and reassure them they won't be in trouble for reporting it.

Practical Measures

Keep phones out of bedrooms, coordinate rules for sleepovers with other parents, and activate website blocking on all family devices.



Key Message: Be Proactive! Prevention and open communication are your most powerful tools for protecting children from harmful content.



**"YOU CAN'T GO BACK AND CHANGE THE
BEGINNING BUT YOU CAN START WHERE
YOU ARE AND CHANGE THE ENDING."**

- C.S. Lewis

Moving Forward Together

Now that we've explored the key principles of digital safety, it's time to put them into practice. Creating positive digital habits requires consistency, patience, and family cooperation. Remember, small steps lead to lasting change.

The journey to healthier digital habits starts with a single conversation and a shared commitment to keeping everyone safe online.

Has Anyone Created a Family Device Contract?



Share Your Experience

If you've already established a family device agreement, we'd love to hear about it. What worked well? What challenges did you face? Your insights could help other families take this important step.

If you haven't created one yet, don't worry —we're about to explore how to build an effective agreement together.

Creating Your Family Device Contract



Step - by - Step Guidance

This helpful video walks you through creating an effective family device agreement. You can revisit it anytime to refresh key points as your family's needs evolve.

[Watch: Family Devices Contract Guide](#)

Remember: A family contract works best when everyone has input and agrees to the terms together.

Family Rules for Devices

Creating a family device plan works best when everyone participates and follows the same guidelines. Here's how to build a framework that keeps your family connected and safe.



Make It Together

Involve children in creating the plan so they feel ownership and understand the reasons behind each rule.

Lead by Example

Model the behavior you expect. Children learn more from what you do than what you say.

Set Time Limits

Establish clear boundaries for how long devices can be used each day, distinguishing between schoolwork and entertainment.

Tech-Free Zones

Designate areas like bedrooms and dining tables as device-free spaces to encourage rest and connection.

STEP-BY-STEP

Let's Write a Contract Together



A personalized family agreement helps set clear expectations and consequences. Work together to customize these key elements:

01

Phone Curfews and Time limits

When devices must be put away each evening

02

Social Media Boundaries

Which platforms are allowed and how they're used

03

Sharing Rules

"If you wouldn't say it in person, don't post it online"

04

Safe Conversations

How to report concerns without fear of punishment

05

Agreed Consequences

What happens when rules are broken

Reflection Time: Build Your Contract

Take 10 minutes to write down your ideas for your family's device agreement. Use these sections as a guide to create rules that will work at work for your household.

What will work for you – Make notes

Usage Limits & Times

- 1
 - Specific screen-off hours (e.g., "devices off by 8:00 PM")
 - Daily time caps for entertainment vs. schoolwork
 - Charging locations (e.g., "all devices charge in the kitchen overnight")

Screen-Free Zones

- 2
 - Dinner table stays device-free
 - No screens in bedrooms
 - Technology off during family gatherings

Privacy & Security

- 3
 - Never share full names, addresses, or school locations
 - Parents maintain access to passwords and can review apps
 - Regular check-ins about online activity

Behavioral Expectations

- 4
 - Zero tolerance for cyberbullying or hurtful language
 - No sharing photos of others without consent
 - Tell a trusted adult immediately if something feels unsafe

Consequences & Incentives

- 5
 - Clear "if/then" scenarios (e.g., broken rules = 24-hour device surrender)
 - Earn extra screen time through chores or physical activities





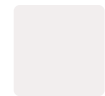
Specific Games: What Parents Need to Know

Popular online games require special attention. Understanding how they work and what risks they present helps you guide your children toward safer play experiences.

Roblox and Fortnite: Understanding the Appeal

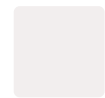
These games dominate children's screen time, but they come with unique challenges. Watch this helpful video to understand what your children are experiencing:

[Watch: Parent's Guide to Roblox and Fortnite Safety](#)



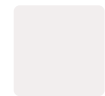
Social Gaming

Children play with friends and strangers in real -time multiplayer environments



Chat Functions

In-game messaging opens doors to both positive connections and potential risks



In- App Purchases

Virtual currency and cosmetic items can lead to unexpected spending



Roblox and Fortnite: Essential Safety Tips

Before allowing your child to play, consider these critical safety factors and expert recommendations from Year 6 children who shared their insights.

Know Their Playmates

Ask who your children are playing with. Remember, you can't always verify who's behind a username — predators can pose as children.

Set Group Boundaries

Connect with other parents to agree on shared time limits. Consistent boundaries across friend groups reduce peer pressure.

Watch for Behavior Changes

Game frustrations can impact behavior and learning. Monitor mood shifts after gaming sessions.

Understand PEGI Ratings

Age ratings exist for a reason. Check whether games are appropriate before allowing access.

Beware of Scams

Teach children to recognize common gaming scams targeting young players with promises of free currency.

Top Tips from Year 6 Children

1. Use parental controls from the start
2. Play the game with them first to understand it
3. Be careful who you accept as online friends
4. Use private servers with real friends only
5. Chat function is the biggest safety concern
6. Check game icons and info on Roblox before playing
7. Disable or limit in-game purchases
8. Keep checking in regularly —don't set and forget

How to Set up PARENTAL CONTROLS for PRIVACY iPhone

The privacy settings on your child's Apple device give you control over the information stored on it. This allows you to select which apps can access features and information on your child's device: for example, you might wish to block a social networking app from connecting to the camera reel, or specify which apps can use the device's location data.

How to make changes to privacy settings

You can block certain apps from obtaining information from your child's device. You can also prevent your child (or anyone other than you) from altering these settings.

How to prevent changes to other settings/features

You can also stop changes being made to the iPhone's other settings or features by anyone but you. For example, you can prevent your child from altering their passcode, accounts or mobile data settings.

- 1 Open 'Settings'
- 2 Tap 'Screen Time'
- 3 Tap 'Content & Privacy Restrictions'
- 4 Scroll to 'Privacy'
- 5 Choose the settings you wish to restrict

After you've made any changes, select 'Use Screen Time Passcode' to lock your changes with a PIN

National Online Safety
www.nationalonlinesafety.com

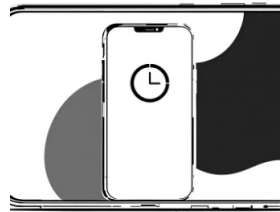
Keep Children Safe with Technology Tools

Parental controls, privacy settings, and screen time limits are your most powerful tools for protecting children online. Let's explore how to set them up effectively.

Live Phone Safety Checklist Walkthrough

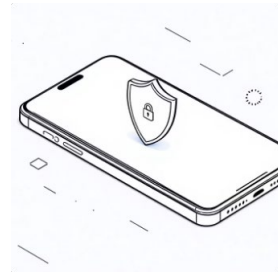
Follow this step -by-step checklist on your own phone right now. These practical settings give you visibility and control over yo

ur child's digital experience.



Screen Time Settings

Set daily limits for app categories and total device usage



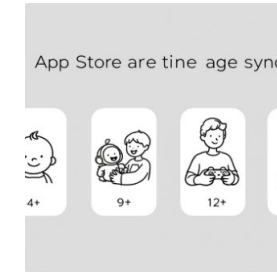
Privacy Controls

Restrict who can contact your child and what data apps can access



Location Permissions

Control which apps can track your child's physical location



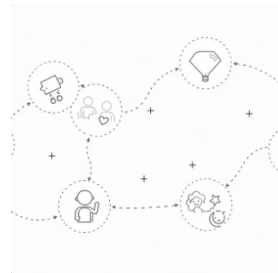
App Age Ratings

Enable restrictions to prevent downloading age -inappropriate content



In- App Purchases

Require password approval or disable purchasing entirely



Platform - Specific Features

Explore hidden safety tools like TikTok Family Pairing or Instagram parental supervision

Take home your checklist: Keep a printed or digital version handy to review these settings regularly as your child grows and technology evolves.

Practical Skills: Phone Monitoring Setup

Learn to install monitoring tools that help you stay informed about your child's digital activity without invading their privacy inappropriately.



iOS Parental Controls

Apple's built-in Screen Time feature offers comprehensive monitoring and restriction tools for iPhones and iPads.

[Watch: Complete iOS Parental Controls Tutorial](#)




Microsoft Family Link

Free family safety app for Windows, Xbox, and Android devices that provides activity reports and screen time management.

[Watch: Microsoft Family Safety Setup Guide](#)



 **Pro Tip:** Set up monitoring tools together with your child. Explain that these tools aren't about distrust —they're about keeping everyone safe while building digital responsibility skills.

Warden Hill's Way Forward

We're committed to partnering with families to create a safer digital environment for all our children. Here's what's coming next:



Safeguarding Spotlight Newsletter

Our upcoming newsletter will focus specifically on mobile phone safety, providing you with actionable tips and the latest guidance.



Wellbeing Video Series

We're creating educational videos about phones and their impact on children's mental health and development.



Clear School Guidelines

We'll share Warden Hill's official viewpoint on safe device use, giving families consistent expectations and support.

Together, we can help children navigate technology safely while building the digital citizenship skills they need for the future.