Q: Our children are growing up in an age of social media overload. How can we as parents protect our children?

A: Access in moderation and having the online safety conversation and – consider using the family agreement resource highlighted during the session and the conversation guidance resource highlighted at the end of the session.

Q: Any tips for getting the balance between overprotecting/wrapping them in cotton wool and leaving kids vulnerable online? I want my kids to be able to manage themselves and not be scared but also, I am hyper vigilant and suspicious of everything!

A: Answered during the Q&A, in the recording

Q: I am not heavily into use of technology/social media but can see that my child is. What do I need to be aware of in order to check in and protect my child in today's online world. How can we help educate our children so they know how to manage themselves online.

A: Answered during the Q&A, in the recording

Q: Best app (ideally free) to control screentime and content?

A: A useful start would be using the MS Family Safety, Google Family Link and iOS Screen Time apps highlighted during the session content

Q: Which parental control tools would you recommend? What features should they include?

A: As above

Q: What social media apps should teenagers avoid?

A: Potential risks (rather than apps) highlighted during session content - ensure apps used are age-appropriate

Q: Is there a "best age" to start having conversations with children about online safety, the potential risks out there etc. or should we as parents/carers be led by them/wait for them to start showing an interest. I'm worried if I start too soon the message may get lost or not be fully understood but I also don't want to leave it too late either!

A: Answered during the Q&A (as early as possible)

Q: I am terrified when my twin daughters get older on how to protect them from predators. What are you top tips to ensure they are not groomed and what signs are there if grooming is taking place?

A: Answered during the session content – ensure children understand the potential risks by having the online safety conversation (use the conversation guidance resource highlighted at the end of the session)

Q: How can we make her (our daughter) realise that being able to talk to us is just as if not more so important than being online talking to her BFF?

A: As above – taking an interest in their online interests without ‘demonising’ the technology

Q: Any tips on reducing screen time when they have access to multiple devices (games console, TV, iPad, phone) and excessive screen time has become the norm?

A: Using the Internet Matters Parental Control guides highlighted during the session. Use the family agreement to set boundaries and expectations

Q: You try to protect your kids from various social media / chats, yet all their friends have access to it, so they feel they are missing out. How do you deal with that?

A: This is a common challenge but having the online safety conversation is a good start along with helping children to understand WHY we need to put protections in place.

Q: Is Roblox safe for kids? I have heard that strangers can access a chat service but when I have looked at the chat function is seems it is only their friends that have access to it. Am I missing something?

A: Start by using the parental control settings highlighted in the Roblox Do The Check resource

Q: Am I right in thinking children are more at risk if they link their social media accounts?

A: Linking accounts means they are sharing their information across platforms – ensure privacy settings are in place for all the accounts they use and keep personal information private

Q: Is Reddit appropriate for 15 years olds?

A: Answered during the Q&A – whilst the minimum age is 13, Reddit contains various content only suitable for 18+

Q: Could you share the online icons and what they are post session as an aid for us to refer back to please?

A: Included in the session recording

Q: Does the gaming age guidance of 13 sometimes relate to the American data guidelines too, or is it specifically based on game content? I'm thinking particularly of fortnite. (I'm weighing up the pros and cons of not having fortnite vs. being left out at school)

A: PEGI is the system used in the UK (US use a similar system called ESRB) – Fortnite has a PEGI rating of 12 (useful info here: <https://www.internetmatters.org/hub/guidance/fortnite-battle-royal-parents-guide-keep-kids-safe-gaming/>)

Q: Surely in this day and age ID should be asked for and verified before being able to create accounts! What are your thoughts on how we can drive this message to these media platforms that enough is enough, and our children need protecting?

A: This is a particularly challenging area that has seen much debate. This will no doubt form part of the focus for the new Online Safety Act and there are some moves towards age-verification using artificial intelligence and facial recognition which are showing some promise.

Q: Which platforms are useful for playing and developing children's brains?

A: Increasing numbers of games are recognising the creative and educational potential (e.g. Minecraft) and can help to develop social skills.

Q: Both my children ages 8 and 10 have no phones and they are both not allowed to have social media accounts until they reach 18 years of age. Has there been any studies to prove that this can affect their life in a negative way in the future?

A: There are different reports both for and against – developing media literacy is a key aspect of building digital resilience and something increasingly addressed within the curriculum

Q: Are there any dangers in Minecraft? My children absolutely love it.

A: Highlighted during the session – ensuring privacy settings are set up and in place is important. Ensuring that children know who they are playing with and only talk in-game with their known (i.e. real-life) friends.

Q: Can the titles of the logos you're talking through be added to slide and shared afterwards please? For future reference

Q: Which sites are used the most by people looking to radicalise kids?

A: Those looking to radicalise (i.e. groom) individuals will use a variety of platforms though will often make use of the encrypted services such platforms offer.

Q: Am I a bad parent my daughter has a mobile phone at 10 so I can trace her to and from school as she is now allowed by the school to walk home - I make her show me her phone at random times - and I must know her pin codes and passwords for her Xbox profile - im I too protective?

A: Children often receive their first phone in Year 6 as they prepare for high school. These sound like sensible precautions and can be supplemented with having the online safety conversation and referred to when setting expectations in a family agreement (highlighted during the session)

Q: Is there a screen time programme for Chrome? My son has been bypassing his you tube limit by using Chrome.

A: See earlier answers re: Google Family link and Internet Matters Parental Control guides. Internet access can also be managed directly on the home broadband router (the IM Parental Control guides include broadband guides).