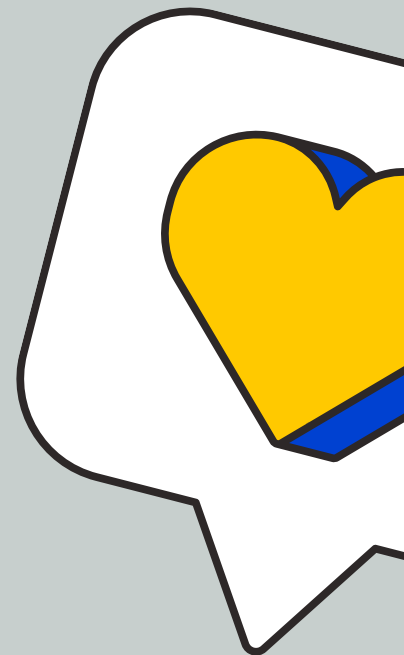




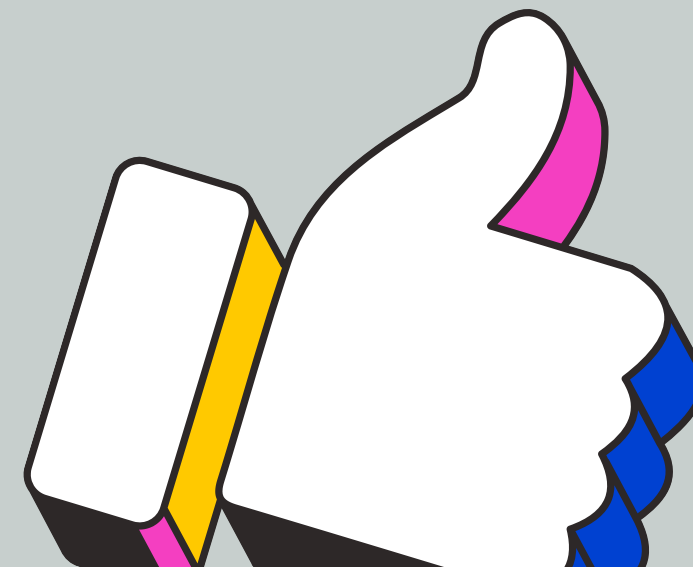
Swavesey Primary School

E-Safety Parent Workshop

Risks, Realities and Practical Support



Tuesday 10th February 2026



What can you do?



E-Safety Parent Workshop Agenda

Online Safety - The National Statistics

Social Media - Risks and Advice

Online Gaming - Risks and Advice

Parental Controls

Where to get more support & advice

Children's Digital Lives

The internet is increasingly becoming a part of children's lives.

The latest research from Ofcom (2024) estimates that 84% of 3- to 4-year-olds in the UK are going online.

The proportion rises to 100% for children aged 12-years-old and over.

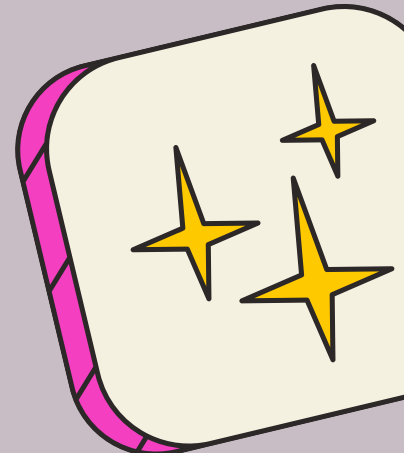
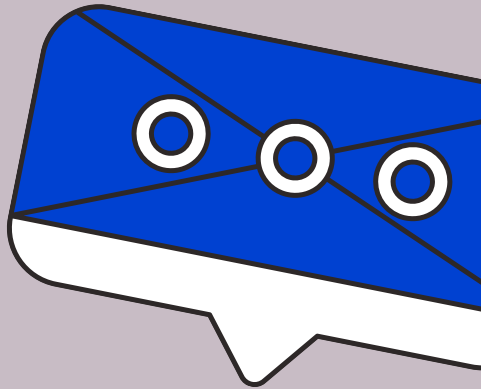
Although the online world can provide a wealth of benefits to children and young people, it can also pose the risk of online harm or abuse.

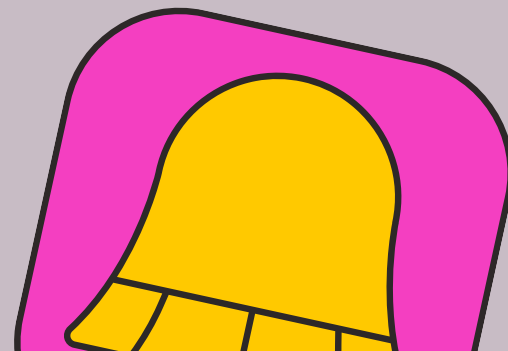




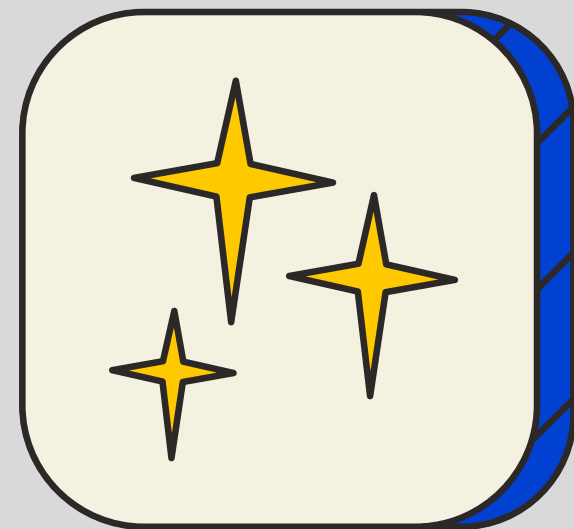
Why E-Safety Matters: UK Statistics



- 
- **19% of children, aged 10-15-years-old, exchanged messages with someone online who they never met offline in the last year**
 - **Over 9,000 child sexual abuse offences involved an online element in 2022/23**
 - **Around a sixth of people that experienced online harassment offences were under 18-years-old**
 - **Under 18-year-olds were the subject of around a quarter of reported offences of online blackmail in England, Wales and Northern Ireland**
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Common Online Risks



1

Age-inappropriate content
(Violence or Disturbing Videos)

2

Cyber-Bullying & Unkind Behaviour

3

Strangers and Online Communication

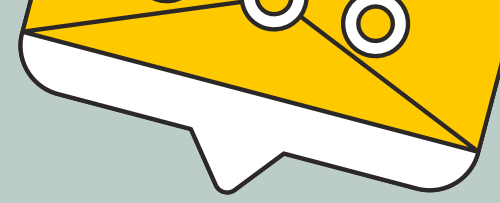
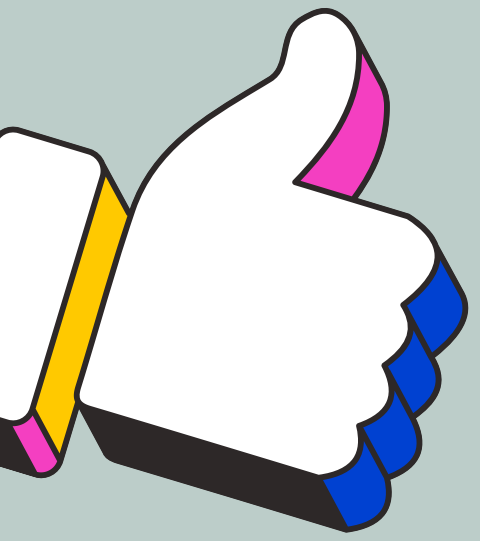
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Privacy & Personal Data Sharing

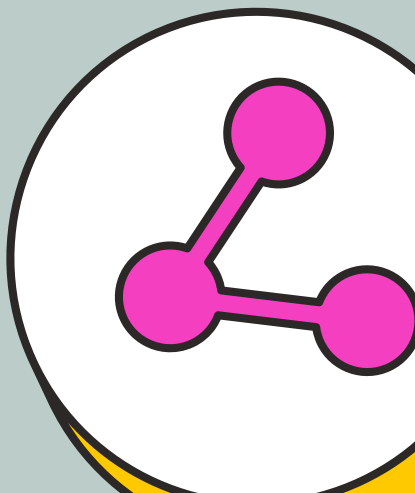
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Excessive Screen Time





Social Media



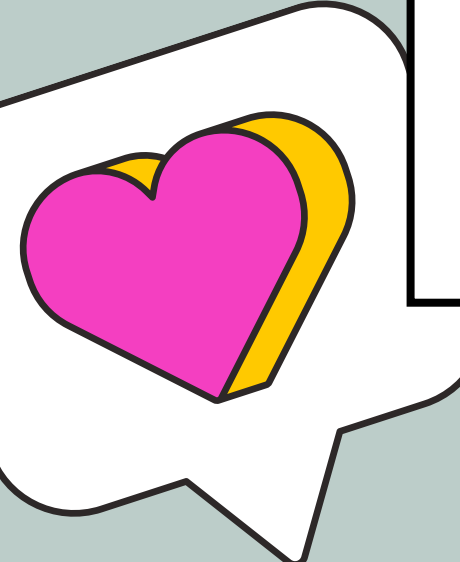

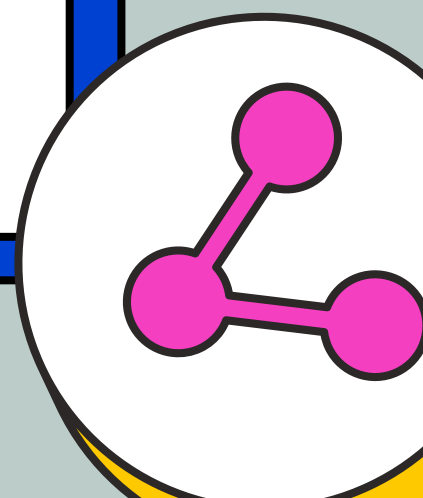


Risks of Social Media

Social media is deeply embedded in the lives of many children and young people, offering spaces to connect, create, and explore.

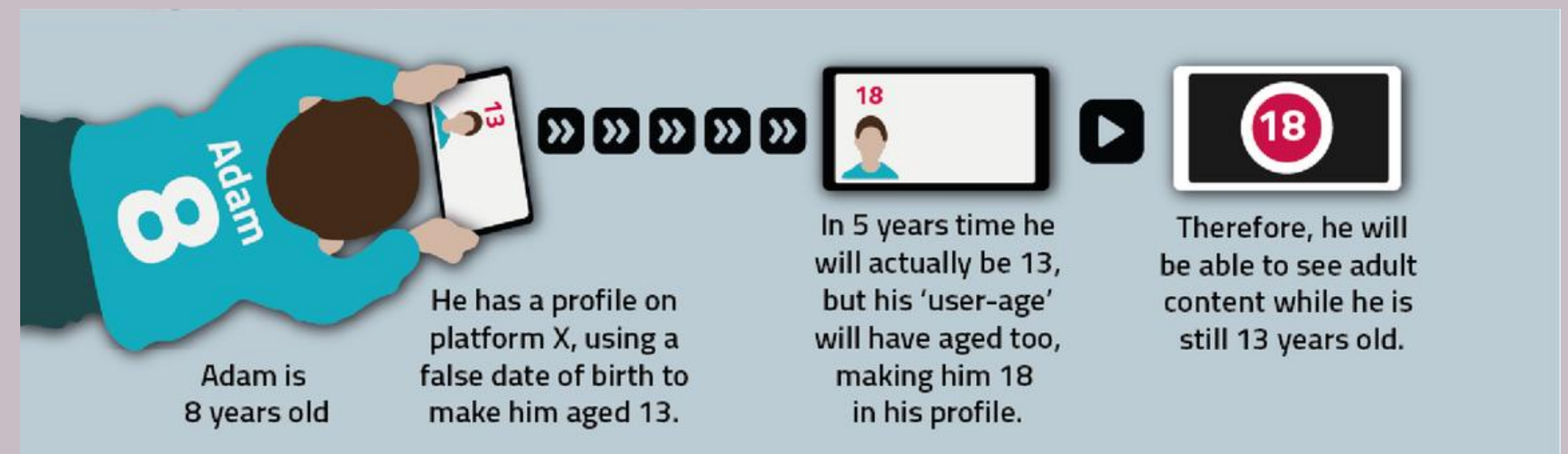
However, these platforms can expose them to experiences that are difficult to manage without support.

Understanding the specific risks is essential for helping children navigate these environments safely and confidently.

- **Unwanted contact:** Children may encounter people online they don't know, and not all interactions are safe. Unsolicited messages, friend requests, or group invites can lead to uncomfortable or even dangerous situations.
 - **Exposure to inappropriate content:** Children can be exposed to harmful material through group chats, disappearing messages, and peer pressure. Social media algorithms can also add to this risk by suggesting content based on what users engage with.
 - **Distorted body image and unrealistic standards:** Filters, editing tools, and curated posts often present an idealised version of reality. This can lead children to compare themselves unfairly, which can affect their self-esteem and body image.
 - **The pressure of likes and comments:** Online engagement – likes, shares, and comments – can feel like a measure of self-worth. Children may feel defined by their popularity online, leading to anxiety and a need for validation.
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Age Restrictions

Most social media platforms require users to be at least 13 years old. This doesn't mean that as soon as your child is 13, they will be ready. Every child is different. Think about their age, maturity and emotional development before they join social media.



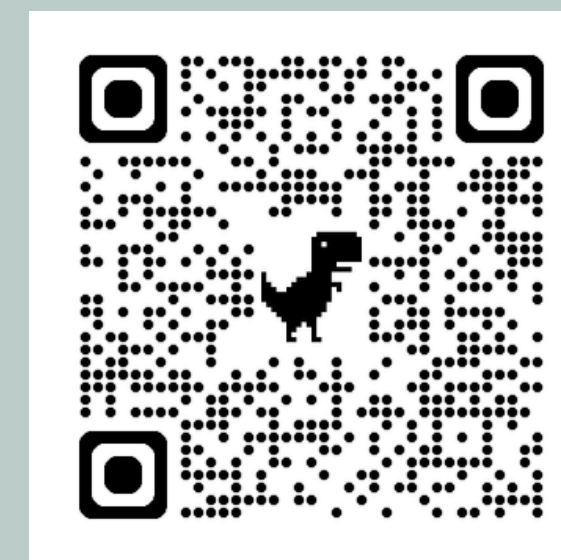
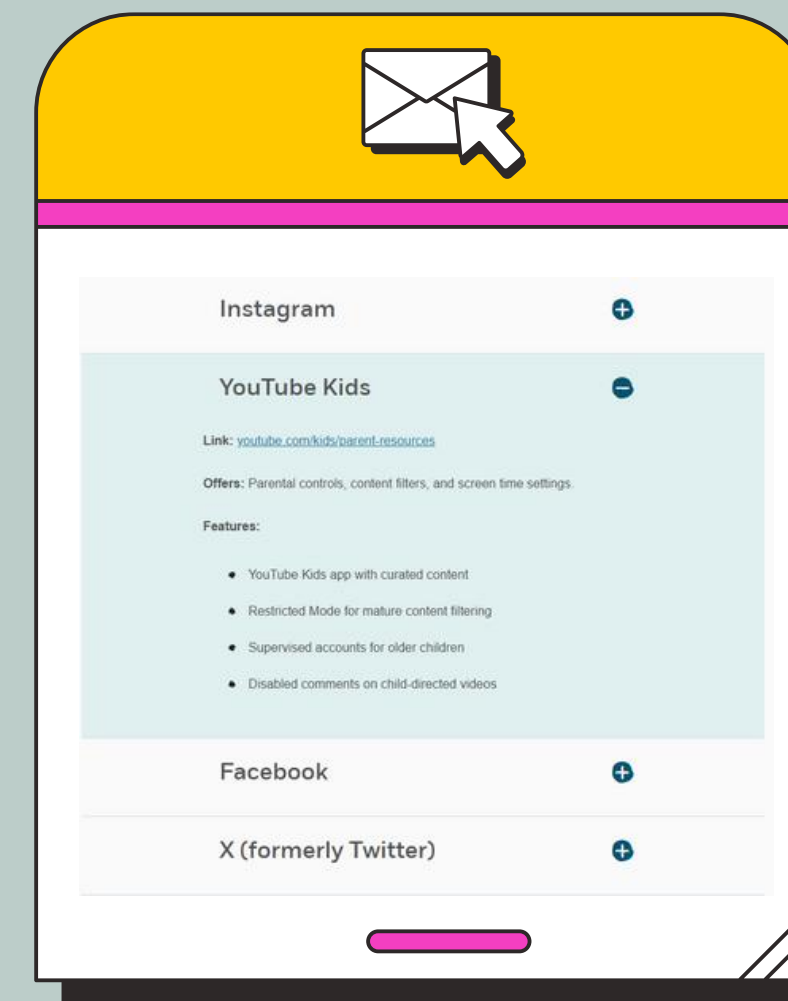
Review safety, wellbeing and privacy settings

Check age ratings and platform features

Talk openly about social media

Encourage safe and thoughtful sharing

Support positive online experiences



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What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION 13+

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

WHAT ARE THE RISKS?

EXCESSIVE SCREEN TIME
Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS
Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE
The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION
Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING
Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH
Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS
Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

SET BOUNDARIES FOR THREADS AND AI
Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, to help children understand that chatbots aren't real people and should be used with care.

OPEN UP THE CONVERSATION
Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about likes, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

BE MEDIA-SAVVY WITH INFLUENCERS
Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

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What Parents & Educators Need to Know about WHATSAPP

AGE RESTRICTION 13+

WhatsApp is a free messaging service owned by Meta which allows users to send text and voice messages, make video calls, share multimedia – such as images, videos, documents and polls – and have group chats. WhatsApp messages are encrypted, meaning only the sender and the recipient can view what is sent. While this privacy may sound attractive on paper, this app comes with several associated risks that must be considered – especially for younger users.

WHAT ARE THE RISKS?

GROUP CHATS
Group chats let friends talk together but can pose problems for young users. They might feel excluded – like discovering events they weren't invited to. Hurtful comments can also escalate quickly, as more people join in, amplifying the impact through a wider audience.

EVOLVING SCAMS
WhatsApp's popularity makes it attractive to scammers. Tactics include impersonating a child in an 'emergency' to request money, or triggering a login code, then pretending to be WhatsApp and asking for it – giving them access to private messages and personal data.

CHANNELS
'Channels' let users follow topics anonymously, interacting only through polls or small reactions. However, fake channels can mimic real ones, spreading misinformation, hate speech, or phishing for personal data. WhatsApp may also collect and share channel-following info with third parties, raising privacy issues.

DISAPPEARING MESSAGES
Disappearing messages help share sensitive info, but young people may wrongly assume they're fully private. Senders can opt for their message to vanish after 24 hours, 7 days, or 90 days – or for media, after one view. However, recipients can still save them by bookmarking or taking screenshots, reducing their privacy.

FAKE NEWS
WhatsApp's simplicity makes sharing news quick – accurate or not. To help curb misinformation, messages forwarded over five times now show a 'Forwarded many times' label with a double arrow. This alerts users that the message isn't original and may be unreliable.

CHAT LOCK
The new 'Chat lock' feature lets users store specific messages in a separate passcode- or biometrically-protected folder. While useful for privacy, it could be misused by younger users to hide conversations or content they know parents and educators might find inappropriate, including age-restricted material.

VISIBLE LOCATION
WhatsApp's 'live location' feature helps friends meet up or parents check a child's route home. However, anyone in a child's group chats can track their location, potentially revealing their home address or regular travel patterns to strangers.

AI INTEGRATION
Meta AI on WhatsApp poses risks to children, including exposure to misinformation, inappropriate content, and data privacy issues. AI responses may be incorrect, and kids might share personal information unknowingly. It can also hinder critical thinking by offering ready-made answers.

Advice for Parents & Educators

EMPHASISE CAUTION
Encourage children to treat unexpected messages with caution. Get them to consider, for example, whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

THINK BEFORE SHARING
Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content sent to one user to then be shared more widely, and even publicly on social media. Encourage them to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

ADJUST THE SETTINGS
It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. To do this, go to 'Privacy', then 'Groups'. You can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if the child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

CHAT ABOUT PRIVACY
Have a conversation with youngsters about how they're using WhatsApp, emphasising that it's for their own safety. If you spot a 'Locked Chat' folder, you might want to talk about the sort of messages that are in there, who they're with and why they have been hidden. Also, if a young user has sent any 'view once' content, discuss their reasons for using this feature.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about DISCORD

AGE RATING 13+

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

WHAT ARE THE RISKS?

CYBERBULLYING
Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur, especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

DIFFICULT TO MODERATE
Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

INAPPROPRIATE CONTENT
Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as users can still access 18+ content by using their own accounts that don't have their age verified when they sign up.

ACCESSIBLE TO PREDATORS
On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

CRIMINAL ACTIVITY
Discord does have strict Terms of Service and Community Guidelines to protect its users – and, sadly, not everyone cultures to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

Advice for Parents & Carers

REVIEW SAFETY SETTINGS
Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

EXPLAIN AGE FILTERING
While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

SCREEN OUT EXPLICIT CONTENT
In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content; a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

MONITOR ONLINE ACTIVITY
It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

DISCUSS GOOD ONLINE BEHAVIOUR
The anonymity offered by the internet often leads people to communicate more openly and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

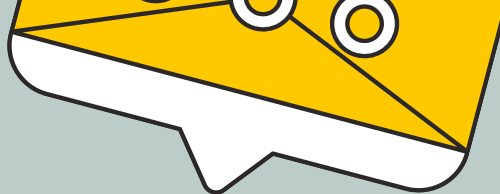
HAVE CANDID CONVERSATIONS
It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

Meet Our Expert
Carol Orpitt is a Coventry-born, London-based tech journalist at gmv2.com, a website specialising in all things Web3, gaming and XR (extended reality). With a focus on trends and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.

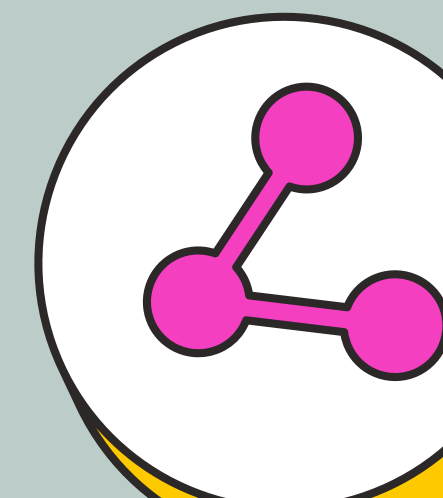
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Online Gaming



Risks of Online Gaming



Being Bullied

Children can be bullied for not playing a specific game, or have FOMO. They may be deliberately excluded from a game by their friends, or criticised for how they play. Other players may swear or use abusive language over voice chat, and this can be upsetting for your child.

Risks of Online Gaming

Trolling, Griefing and Scams

Griefers are gamers who deliberately try to ruin the game for other players. This can also be called trolling. Players may also try to trick or scam young people into giving up 'skins' or other in-game items by offering them money or by hacking their account. Skins are a cosmetic feature that let players personalise their character and in-game items, they can be extremely rare and valuable so losing them can be upsetting for a child.



Risks of Online Gaming



In Game Purchases

Some games cost money to download, or players need to buy credits or items so they can keep playing. Many free games are designed to make the player want to continue but need payments to make this possible, which can be very frustrating. We suggest not storing payment card details on devices or in apps, to prevent charges building up.

Risks of Online Gaming



Talking to People they don't know:

Some games are designed to be played in teams or against other people, and sometimes players can be based in different locations. Young people can easily play with people they don't know and haven't met, communicating using voice, video or text chat.

Young people can also use other platforms, like Discord and Reddit, to learn tips about the games they play and speak to other players with similar interests. Many popular games have official channels with thousands of members. This puts young people at risk of grooming or online forms of abuse, along with the risk of moving the conversation to other platforms or meeting up offline. You should be aware of this across all online activity.

Check the game's content

Most games have an age rating based on their themes and those with violent and sexual content will have a higher rating. Ratings don't include communication features, so a game with a low age rating may let children speak to people they don't know.

Change Settings

Some games let players turn off communications features, mute voice chat and report other players who behave inappropriately. All major games consoles have settings that prevent children from finding inappropriate games. You can set limits on how long a young person can play and prevent them from speaking to unknown players.

Talk to your child regularly

Talk to your child about staying safe online, take an interest in the games they're playing and see if you can play them together and agree which ones are appropriate.

Make a Family Agreement

Consider creating a Family Agreement to establish some rules, which would include screen time or game-playing time.

If you're not a gamer, all the devices, the features, the interconnectivity with other games and apps can quickly become overwhelming so here are some helpful tips to help keep children safe while gaming online.



[NSPCC Online Gaming Advice for Parents](#)

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What Parents & Educators Need to Know about

ROBLOX

AGE RESTRICTION
PEGI
7

WHAT ARE THE RISKS?

Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

Advice for Parents & Educators

MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

Meet Our Expert

Dan Upscombe is a videogame journalist and author of over 20 books on gaming, including books on Minecraft, Fortnite, Roblox, and more. For 15 years he has been writing about his passion for gaming. When he's not playing games, he's talking about them at GAMINGBible.



PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.



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What Parents & Educators Need to Know about

FORTNITE

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

With over 650 million registered users, Fortnite remains one of the most played and discussed online games globally. Known for its vibrant graphics, fast-paced gameplay, and cultural crossovers with everything from music artists to superhero franchises, the game continues to capture the attention of young people. This guide outlines the risks trusted adults need to know about, including game updates, and offers practical safety tips to help address them.

ALWAYS ONLINE

There's no single-player, offline mode in Fortnite; it can only be played online. Internet access can sometimes be an issue when you're out and about, both in terms of connectivity and using up data. You may find that dedicated, young Fortnite players are often less enthusiastic about family time or trips away – such as days out and holidays – than you might expect.

IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – limited-time cosmetic 'skins', music tracks, LEGO items, and battle passes. Children can feel pressured to spend money on V-Bucks – the in-game currency – to avoid missing out, particularly as exclusive items rotate frequently. Some items may not return to the store for years, while Battle Pass rewards are often 'gone when they're gone'.

VIRTUAL VIOLENCE

There's no avoiding that Fortnite is about shooting other players to eliminate them from the contest. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent comical touches to lighten the mood, such as mini-games and emotes. Guns and other weapons often look and behave realistically, so discretion is advised. Past seasons have introduced characters and references from mature franchises like The Witcher and Halo.

CROSSPLAY AND PARTY CHAT

Fortnite is popular with many gamers of various ages. Crossplay allows friends to play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC, while the Party Chat feature allows them to talk to each other during the game. This can put youngsters at risk of exposure to strangers, inappropriate language, and cyberbullying.

FREQUENT UPDATES

Seasonal releases introduce new map changes, gameplay mechanics, and cosmetics. Ongoing updates can increase screen time and potential for obsession as children try to unlock rewards before the season ends. These regular renewals help to hold players' interest, but also give young gamers plenty of reasons to keep coming back. Seasons often change thematically.

POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from films and TV shows like Power Rangers and Avatar: The Last Airbender, to comic book characters including Batman. Other collaborations with series, artists, and influencers may expose children to music, language, or ideas that are more suitable for older audiences.

Advice for Parents & Educators

DISCUSS SAFE SOCIAL INTERACTION

Talk with children about who they're playing with online. Coordinate play time with the child's friends for socialisation and safety in numbers. Encourage them to avoid private voice chats with strangers and remind them not to share personal information. Use real-life examples to explain potential risks, and remind them that if they see something concerning, they should tell a trusted adult.

SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into buying sought-after items before they disappear for weeks or months. This could lead to surprise transactions on bank cards if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents to do something fun with their child, while making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

BE WARY OF SCAMS

The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game. Make sure any young player knows this.

Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



The National College

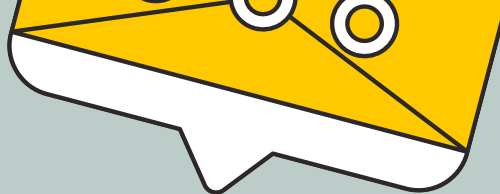
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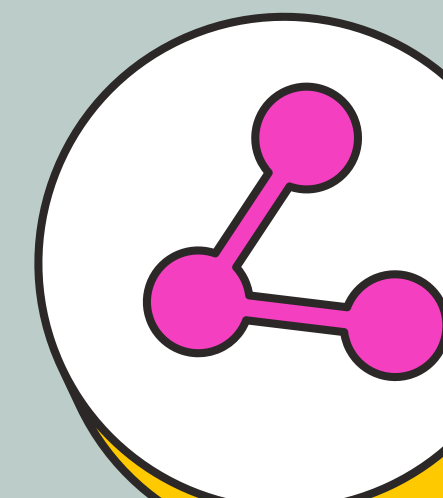
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Parental Controls



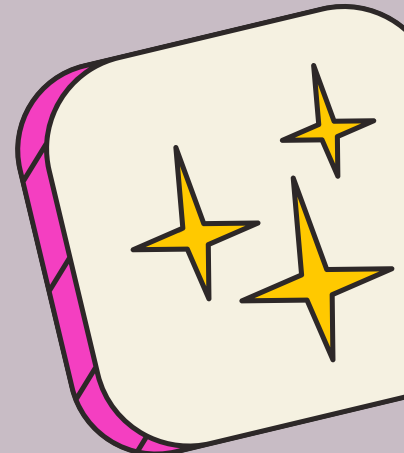


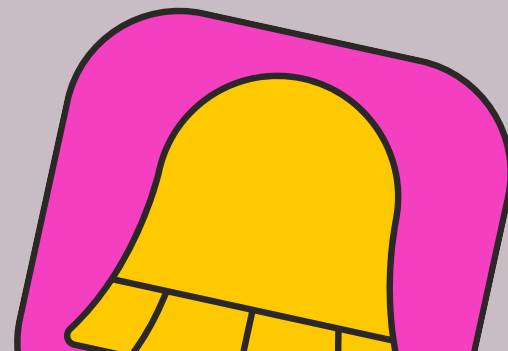
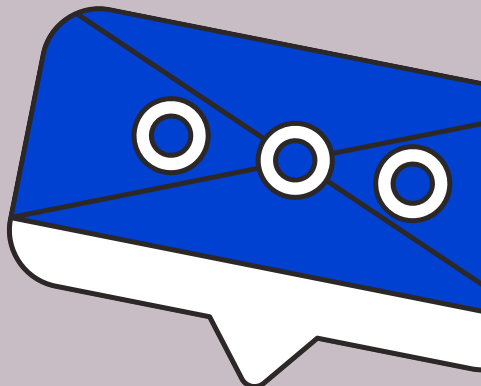
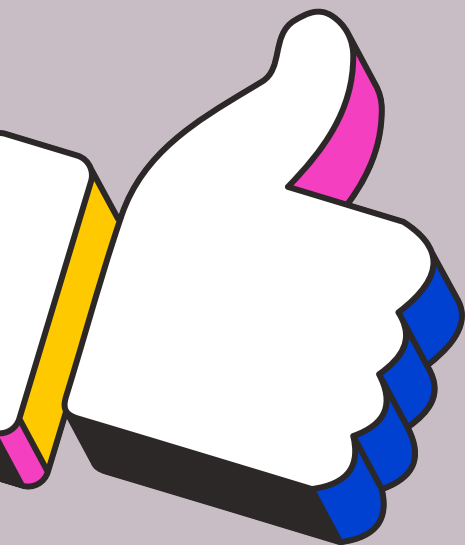
What are Parental controls



Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

Parental controls can help you to:

- plan what time of day your child can go online and how long for
 - create content filters to block apps that may have inappropriate content
 - manage the content different family members can see.
- 



Home Broadband & Wifi

Home internet providers offer many different parental controls for your family, such as: content filters, access timers etc.

Games Consoles

Most games consoles have internet access, which means your child can go online and chat with other players or make in-game purchases. On many consoles there are parental controls which allow you to manage which features are available to your child.

Mobiles, tablets & computers

All mobiles, tablets and computers have parental control settings, which can differ between devices, these include:

- allowing or disallowing in-game or in-app purchases
- settings such as location settings and what information your child is sharing
- wellbeing settings to help with limiting screen time.






Parental Controls



Whilst parental controls are a helpful tool there are limitations. So they shouldn't be seen as a whole solution. Even if you've put things in place on your home broadband and your child's device, they won't help if your child connects to a different WiFi with no controls in place.



Parental controls are just part of the way you can help keep your child safe online.

More top tips include:

Talking to your child. Explain why you are setting parental controls; to keep them safe. But also let them know that they can talk to you to discuss why certain settings are in place.

Set good, strong passwords where you are able. On some parental controls you can set a password which prevents settings and features from being changed.

Age is a significant factor; as children get older, restrictions and controls you use will change, but only at a pace that is appropriate for your child, not pressure from your child "because everyone else is allowed".

Content filters are never 100% effective, it is likely at some point that your child will see inappropriate or upsetting content and it is important that you are able to talk to them about this

Where to get more support



National Online Safety



UK Safer Internet Centre



NSPCC



THINK U KNOW
CO.UK

There are lots of places where you can go to get more support and information about keeping your child safe in an increasingly online world.

Links to useful websites:

[The National Online College](#)


[UK Safer Internet Centre](#)

[NSPCC](#)

[CEOP \(Think U Know\)](#)

Swavesey Primary School


Weekly Newsletter



Online Safety

Welcome to our 'online safety' advice, guidance and support page, *'Wake Up Wednesday (WUW) - what parents / carers need to know'*. Each week we will post articles of interest to our newsletter that should help you and your child.

Children regularly use different websites and apps from their parents, and it can be hard to keep up in this ever-changing digital world. These weekly updates from the National College aim to cover important topics such as online safety, mental health, wellbeing, and climate change.



10 Top Tips For Parents and Educators
USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this. Setting up the appropriate controls, backed up by the ability to spend time, providing support, time and generally making devices safer for young people.

- 1. KNOW THE TYPES**
There are several types of parental controls available. Some are built into the device's operating system (OS), while others are third-party software. Some are free, while others are paid for. Consider the types of devices your child uses and the types of content they are likely to access. Choose the controls that best fit your needs.
- 2. COVER ALL DEVICES**
Remember that parental controls aren't just for smartphones and tablets. They also apply to desktop computers, smart TVs, and other devices. Make sure you have controls in place for all devices your child uses.
- 3. DON'T NEGLECT SHARED TECH**
If you share a device with your child, make sure you have controls in place. This includes shared family devices like smart TVs, game consoles, and tablets. Make sure you know who has access to these devices and what they can do with them.
- 4. CONSIDER TIME CONTROLS**
Parental controls can help you limit the amount of time your child spends on devices. This can be helpful for ensuring they have enough time for school, sleep, and other activities. Consider setting limits on the amount of time they can spend on devices each day.
- 5. NO CONTROLS ARE PERFECT**
Parental controls are not foolproof. They can be bypassed or disabled by a determined child. It's important to have open communication with your child about online safety and to monitor their online activity. Encourage them to report any suspicious activity to you.
- 6. MIND THE GAPS**
Parental controls can't protect your child from everything. There are still many risks associated with online activity, such as cyberbullying, identity theft, and phishing. Make sure you have other measures in place to protect your child, such as teaching them about online safety and encouraging them to report any suspicious activity.
- 7. KEEP THINGS SECURE**
Parental controls can help you protect your child's privacy and security. Make sure you have strong passwords for all accounts and that you use secure connections when browsing the internet. Encourage your child to do the same.
- 8. REVIEW CONTROLS REGULARLY**
Parental controls should be reviewed regularly to make sure they are still working and that your child's needs are changing. Update the controls as needed and talk to your child about any changes.



Any Questions?

