

Around a quarter of 5-7 year-olds

**(27%)**

now own a smartphone, while three-quarters use a tablet (76%).

Compared to a year ago, a higher proportion of 5-7s go online to send messages or make voice/video calls (59% to 65%) or to watch live-streamed content (39% to 50%).

Similarly, overall use of social media sites or apps among all 5-7s has increased year-on-year (30% to 38%), with WhatsApp (29% to 37%), TikTok (25% to 30%), Instagram (14% to 22%) and Discord (2% to 4%) seeing particular growth among this age group.

What is the age requirement for: Whatsapp?

**13 years-used to be 16 before it was lowered in Feb 2024**

**13 years- Anyone under 18 needs parental approval before creating an account. But to watch anything from TikTok you do not need an account.**

: Tiktok?

: Instagram?

**13 with no age verification or parental approval**

: Discord?

# Ofcom Data Reveals 1 in 3 Children Aged 5 -7 Use Social Media Unsupervised.

- Social media, apps and sites enable children to interact with others online, via messaging, calling, gaming and posting their own content on social media accounts and VSPs. Social media use increases with age, rising from a third (34%) of children aged 3-7 to over six in ten (63%) 8-11s and over nine in ten 12-17s (92% of 12-15s and 95% of 16-17s, respectively). Given the 13+ minimum age requirement on most of these social media platforms, it is notable that half (51%) of children under 13 use them.

# Game Age Restrictions

<https://gamesratingauthority.org.uk/RatingBoard/parents-controls>

**Fortnite**- 12 year old limit- due to violence, inappropriate character designs and unmoderated chats.

**Roblox**- Any age. Allows chatting to others unless parental controls are set up.

**Call of Duty**- 18 year old limit- due to violence, language and content.

**Among us**- The PEGI rating board initially gave the game a 16+ rating, but later shifted it to 7+ after a ratings audit revealed that the game was not nearly as gruesome or violent as initially believed.

**Friday night at Freddy's**- 12+ for the game, the film is an 18+

# Supporting your child to be happy and healthy online.

As a parent/carer, the best tool to support your child in leading a safe and positive life online is open conversation.

**Start with the positives:** The internet can be a fantastic place with exciting opportunities. Talk about the positives about going online, keeping conversations broad and valuing your child's opinions shows that you are interested. To be dismissive of online apps, games or trends may put off your child from continuing any conversations.


**Working together:** Discuss with your child how you use technology and what you use it for. Come to a joint agreement on using it safely- have an open phone agreement- Let your child know you will look at their phone. Let your child know what they can do if anything online that is worrying, upsetting or confusing. Make these discussions part of every day life.

**Keep it relevant:** As children get older they will use technology differently. The challenges they may face will change too. To get a sense of how much they know and what support they still need, ask open ended questions to let your child lead the conversations you have.


**Tackling Difficult conversations:** Often difficult topics of conversation can be planned for but sometimes they can be needed earlier than anticipated. Choose a time when your child is relaxed, with no distractions nearby- whether this is siblings or technology.

**What if something goes wrong?** If your child comes to you with a concern, try to remain calm and curious rather than furious. Avoid blame or criticism, as this may close the conversation- ask open ended questions and give them time to share. If you are unaware of how to deal with this, thank them for sharing and say you will get support together.


## Have a chat...



What makes you happy when you use technology?




What is it that you like about this...? (E.g. app, website or game)




How do you find videos/ profiles/ games you like online?


## Talk it over...



Are there any updates or new features to your favourite apps or games? Can you show me how they work?




What can we do as a family to help keep each other safe online?




What would you do if...? (E.g. you watched a worrying video, you were sent a mean or inappropriate message)


## Why not try...



How do you spend time online?



What have you heard about ... online? (e.g. sharing photos, bullying)




What worries you about life online?

## Open with...



I'd like to talk about... with you, but first I'd like to hear your thoughts about it.




What do you think young people your age think about...?

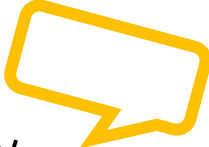


Are there any questions you want to ask me about...?


## Let's talk...



I can see that something is worrying you, can I help?



Can we talk about...?  
Remember, I am always here to help no matter how big or small the problem might feel.



Can you explain to me how it happened so we can fix the problem together?

Parental Controls- Used to keep children safe online.

<https://www.internetmatters.org/parental-controls/>

Google Family Link

Apple Family Sharing