ONLINE SAFETY NEWS

April 2025

GUIDES AND TOOLKITS

There are some excellent guides and toolkits being produced for parents/foster parents on a whole host of areas of online safety and digital safeguarding.

These are being highlighted as particularly useful:

[**Second hand phones and devices**](#) - Learn how to make the most of older devices to help children learn responsibility and find guidance on steps to take to keep them safe.

[**My Family's Digital Toolkit**](#) - A free personalised resource which gives age-specific advice, advice to deal with specific concerns, recommendations for digital tools to support children's interests and more.

INSTAGRAM TEEN ACCOUNTS

Meta and Instagram have announced new measures they are putting in place to protect teen users.

Teen Accounts: Built-In Protections for Teens, Peace of Mind for Parents. Meta states that any new accounts created by users 13-16 will automatically be put into a more restricted teen account which has built in protections which are:

- Private accounts - new accounts default to private. This applies to all teens under 16 (including those already using Instagram) and teens under 18 who sign up for a new account. However, currently this relies on users being truthful with their age. Instagram state they will be testing new technology with U.S. users at some point next year which will estimate age.

- Sensitive content restrictions - teen accounts will be placed into the most restrictive 'sensitive content control' setting.

- Limited interactions - users can only be tagged or mentioned by people they follow. Offensive words and phrases will be filtered out of comments and DM's (private messages).

- Time limit reminders - users will get notifications telling them to leave the app after 60 minutes each day.

- Sleep mode - Notifications will be muted between 2200 and 0700.

These Instagram settings can be turned off/on but users (16 and below) will have to set up parental supervision and those parents have to approve the changes. New features within parent supervision includes ways to see who their children are talking to (but not the content of those messages), setting daily time limits, blocking specific time periods and see topics that children are looking at.

Find out about these new features.

WHAT IS 'DOOMSCROLLING'? ONLINE SAFETY GUIDANCE FOR PARENTS

Internet Matters have published a useful article for parents and carers focussing on doomscrolling. This term refers to the habit of continuously scrolling through negative news online, which can significantly impact both mental and physical health. The article provides valuable insights for parents on how to recognise if their child is doomscrolling and offers practical tips to help prevent this behaviour. Understanding and addressing doomscrolling is crucial in promoting a healthier online experience for our children.

Read the full guide.

ROBLOX MAJOR SAFETY UPDATES

In November 2024 Roblox, the game used by 90 million people daily, announced some major updates which are available to users and parents. The rollout has already started and will be fully implemented by March 2025. These safety updates include:

- Limits to how children under 13 can communicate.

- Parental controls accessible from the parents phone rather from the child's device (remote management).
  View all new features.

The full guide to Roblox parental controls is available on the Internet Matters website.

DIGITAL LITERACY GUIDE – INHOPE

Funded by the European Union, InHope have released a new **Digital Literacy Guide** which is aimed primarily at teenagers, but may also be useful for parents and carers

The guide is a free download (no sign-up required) and goes into lots of areas such as "Know your Device", "Interacting Online", "Seeking Help" and more.

This newsletter has been produced based on information provided through a range of websites, therefore is as reliable as we can provide as of the date of the publication of this newsletter: April 2025.

If we can support you, your family or children with any issues relating to points raised in this newsletter or for any other concerns please do contact one of our Designated Safeguarding Leads:

caroline.belchem@ispschools.org.uk

amelia.stoner@ispschools.org.uk

candy.gilbert@ispschools.org.uk

sarah.page@ispschools.org.uk

beverley.curtis@ispschools.org.uk