

SWITCHED ON

YOUR MONTHLY GUIDE TO NAVIGATING THE DIGITAL WORLD WITH CONFIDENCE SPONSORED BY



As a TechWise initiative, Switched On is dedicated to partnering with parents and the wider school community. Our goal is to share practical ideas and resources that help you confidently navigate the digital world alongside your children.



Parental Controls: Your Simple 3-Step Safety Plan

Navigating the online world can feel like a minefield when you have young children. With children spending more time online, whether for homework, gaming, or streaming their favourite shows, ensuring their safety & well-being is a top priority. Setting up parental controls isn't about spying on your child; it's about giving them the freedom to explore safely within boundaries you trust.

A straightforward way to protect your child is to focus on **3 layers of security**:

Start with the Broadband Controls: This is your home's first line of defence. Set controls on your Wi-Fi router (using your provider's service, like BT Parental Controls or Sky Broadband Shield) to filter out inappropriate content for all devices connected at home.

Protect the Device: Next, set up controls on the actual devices your child uses, such as their tablet, smartphone, or games console. These controls often manage things like screen time limits and which apps they can download.

Add Controls to the Apps: Many apps and games your children love have their own built-in safety and privacy settings (for example, TikTok Family Pairing). You need to turn these on too for the best protection!

Parental controls allow your child to get the very best out of the digital world, safe in the knowledge that you've got their back.



Click on the Internet Matters icon to access a range of step-by-step parental control guides

Most apps, especially social media platforms, have an age rating of 13+. This ensures that app developers are unable to collect data and personal information on children under 13. Parents should be aware that this age rating primarily reflects a legal data collection threshold, not necessarily content suitability. A 13+ rating does not guarantee that the app's content, social interactions, or features (like in-app purchases or exposure to advertising/profiling) are appropriate for a child's maturity level, making active parental supervision and engagement crucial.

Why
13
Matters

Have You Signed Out?

[SIGN OUT](#)

When recycling or selling a child's old tech, it is critically important to ensure you have signed out of all child accounts, gaming profiles, and performed a factory reset. Failing to do so leaves their sensitive information—such as saved photos, linked parental email accounts, app access, and family payment settings—vulnerable to unauthorised access. Make sure you sign out of streaming services, educational apps, and social media. This crucial step is your primary defence against identity theft and family data breaches.

Staying Informed



Detailed guides and explanations for today's most popular apps used by kids and teens.

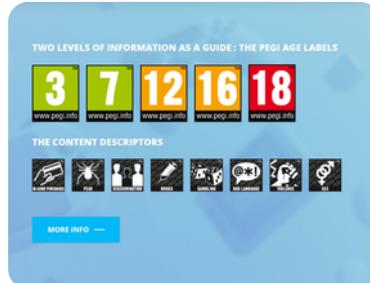
Protect Young Eyes

Parent Guides



Keeping children safe online using live webinars, remote learning and family resources such as parent guides.

Skips Safety Net



PEGI helps parents to make informed decisions when buying video games.



Provides age-appropriate videos and activities to help teach children to be safer online.

Net Smart Kidz



Four of these images are AI generated, can you spot the fake faces?

Can You Still Believe Your Eyes?

Children are becoming routinely exposed to AI-generated images and videos (often called 'deepfakes') across social media feeds and gaming platforms. Because AI tools can create highly realistic content in seconds, it's imperative that we educate children how AI can be used to spread misinformation, fuel cyberbullying and can lead to exploitation.

Parents should encourage a **critical-thinking mindset** urging them to ask: **"Does this look real, and what evidence supports it?** To become more skilled at identifying AI fakes, children need to develop strong **digital detective skills**. Instead of just looking at the big picture, they should be taught to zoom in and look for the 'tells' that algorithms often miss.

Key signs to look out for include:

- Unusual Body Parts:** Hands are a common giveaway.
- Inconsistent Details:** Examine the background—do signs have jumbled, nonsensical letters?
- Lighting and Shadows:** AI often struggles with physics. Check if the lighting & shadows look correct, or if light seems to come from nowhere.
- Uncanny Faces:** The face might be too smooth, too symmetrical, or the eyes might have an unnatural blankness or fail to blink normally.

Get Involved!

We always welcome your input and feedback. If you have an idea for our next issue, suggestions on how we can improve our newsletter or wish to share your personal online safety experience, please contact us using the details below.