Digital safety at a glance

Guidance for parents of 5-7-year-olds

Use this quick tips guide to stay on top of your child's online safety needs.

internet matters.org

Tech use, issues and tips

Learn about common experiences at this age and what you can do to keep your child safe online as they grow.

93%
watch videos

59%
send messages or make video/voice calls

89%
Use YouTube

Source: Ofcom 2023

Too much screen time

Too much screen time is the online harm most experienced at this age, and **69% of parents worry about this.**

Source: Internet Matters tracker survey

Set time limits for devices but also help kids experience a range of activities to create and learn to support their wellbeing.

In-game and in-app spending

In-game and in-app spending is one of the most common online harms this age faces; **58% of parents worry about this.**

Source: Internet Matters tracker survey

Review purchase settings and parental controls in apps, games and online stores to set limits, then talk about why they're important.

Online bullying

Online bullying from people children know is one of the most common harms among 5-7s, and **63% of parents worry about this.**

Source: Internet Matters tracker survey

Online bullying is difficult to escape or ignore. So, talk about what it looks like so kids know when and how to get help.

Learn about these issues and more at **internetmatters.org**

Practical tips to keep 5-7s safe online

Set parental controls on popular apps

▶ YouTube

1. Set up YouTube Kids for under-13s.
2. Use timers to manage screen time.
3. Turn off watch history to limit suggested videos.

ROBLOX

1. Use the in-built parental controls feature with PIN.
2. Customise who your child can talk to.
3. Enable Account Restrictions for easy set up.

Disney+

1. Create a child's profile.
2. Set a parental controls PIN.
3. Customise maturity level of content your child can watch.

See all parental controls guides at internetmatters.org/controls

Are they talking to others online?

- Check your child meets age requirements
- Explore social media platforms for under-13s
- Discuss positive behaviour online
- Search 'top internet manners' for more

Get personalised advice straight to your inbox

Want support to stay on top of your kids' digital lives? Together, we've got this, with our free personalised family digital toolkit. By completing the form you'll get:

- Age-specific checklists and guides
- Safety information on the latest apps and platforms
- Resources to tackle online concerns by age
- Interactive tools to encourage discussions on key topics

Scan the QR code or go to **internetmatters.org/toolkit**

Make online safety a part of their everyday

Conversations to have

Talk about:

- What they're watching; what do they like about it?
- What apps/games they like; what would they like to try?
- How being online makes them feel; what signs tell them they need a break?

See more at internetmatters.org

Tools to explore together

Build digital skills and play together with:

- The Online Together Project: an interactive quiz with discussion points to challenge stereotypes and hate online.
- Find the Fake: a series of quizzes to help teach children how to recognise and tackle misinformation online.

Go to internetmatters.org/advice for more