

Digital safety at a glance

internet matters.org

Guidance for parents of 8-10-year-olds

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

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.



96%
watch videos
online



82%
send messages or
make video/voice calls



67%
play games
online

Source: Ofcom 2023



Too much screen time

Too much screen time is the online harm most experienced at this age, increasing as children grow; **71% 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 the **second-most common online harm among 8-10s**, increasing with age. However, parent concern about this decreases as children grow.

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.



Viewing violent content

Viewing violent content is the third-most common online harm at this age, and **67% of parents worry about it.**

Source: Internet Matters tracker survey

Set parental controls and restrictions on video games, videos and websites children access. Talk to them about why some content is not appropriate.

Learn about these issues and more at internetmatters.org

Practical tips to keep 8-10s safe online

Set parental controls on popular apps



1. Set up YouTube Kids or a Supervised Account.
2. Use timers to manage screen time.
3. Turn off watch history to limit suggested videos.



1. Create a Kids Profile so they have access to age appropriate content.
2. Customise their profile's maturity rating.
3. Turn off autoplay on series to help manage screen time.



1. WhatsApp age minimum is 16 in the UK, so review privacy settings.
2. Disable live location and who can contact your child.
3. Familiarise yourself with all features.

See all parental controls guides at internetmatters.org/controls

Are they gaming with others online?



- Set up controls in-game and on consoles
- Talk about keeping personal information private
- 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.
- Digital Matters: complete the interactive stories with your child to help them learn key online safety skills.

Go to internetmatters.org/advice for more