Digital safety at a glance

Guidance for parents of 11-13-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.

93%
use social media apps/sites

77%
watch live streaming apps/sites

76%
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; **69% of parents worry about this.**

Source: Internet Matters tracker survey

Talk with your child about what time limits are right for them and help them experience a range of activities to create, learn and support their wellbeing.

In-game and in-app spending

Online spending is the **second-most common online harm** among 11-13s, increasing with age. However, parent concern is lower compared to those of younger children.

Source: Internet Matters tracker survey

Work together to decide on limits and agree on the process for making purchases in apps, games and online stores. Set parental controls to help.

Viewing violent content

Viewing violent content is the third-most common online harm at this age, and **64% of parents worry about it.**

Source: Internet Matters tracker survey

Talk to your child about why some content is not appropriate and decide together on what controls to put in place to support them.

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

Practical tips to keep 11-13s safe online

Set parental controls on popular apps

TikTok

1. Sync your account to theirs with Family Pairing.

2. Block inappropriate content with Restricted Mode.

3. Use in-app tools to set screen time limits.

YouTube

1. Transition from YouTube Kids to a Supervised Account.

2. Use 'Set my own password' to lock parental control settings.

3. Turn off Watch History to limit suggestions and create balance.

WhatsApp

1. WhatsApp age minimum is 16 in the UK, so review privacy settings.

2. Disable live location and who can contact your child.

3. Get familiar with privacy settings and report/block features.

See all parental controls guides at internetmatters.org/controls

Are they talking with others online?

- Check your child meets age requirements
- Explore safety settings in social apps
- Discuss positive behaviour online
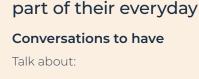- Search **'top internet manners'** for more

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