Parents Training 2026

Empowering and supporting our children to thrive in their digital lives. Navigating the digital world with confidence

Ambition Education Trust
Parents Session
November 2026



smoothwall.com

Welcome

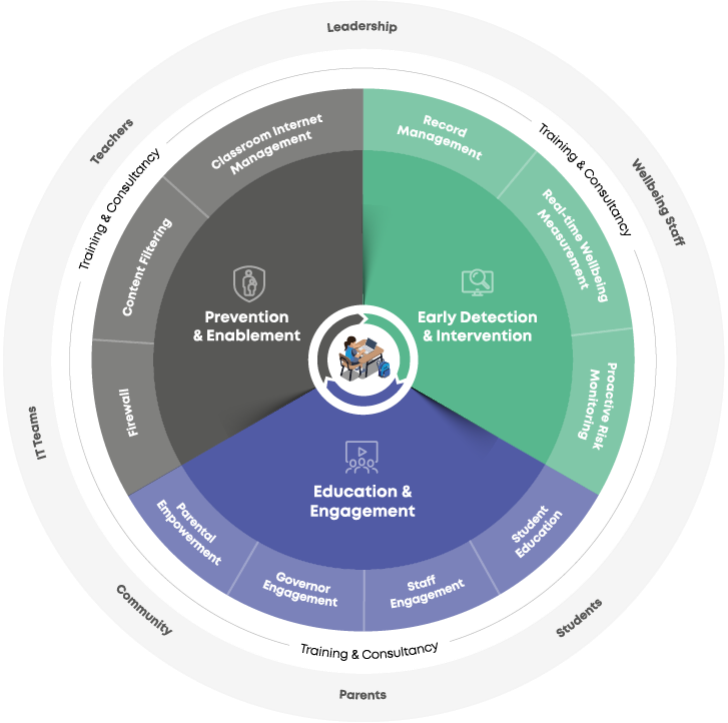
Purpose of this workshop

Information, advice and guidance on what is being done to protect children from harms in these platforms via legislation, guidance, curriculum and reports.

To inform and give real life insight into

- Children's exploration of online platforms
- Availabilities of content
- Risk and harm
- How to put support in place and support conversation
- How to inform decision making

Digital Safety and Wellbeing **Framework**



qoria.com

smoothwall® by Qoria

The 4C's of digital risks

	Content Child as recipient	**Contact** Child as participant	**Conduct** Child as actor	**Contract** Child as consumer
Aggressive	Violent, gory, graphic, racist, hateful and extremist content	Harassment, stalking, hateful behaviour, unwanted surveillance	Bullying, hateful or hostile peer activity e.g. trolling, exclusion, shaming	Identity theft, fraud, phishing, scams, gambling, blackmail, security risks
Sexual	Pornography (legal and illegal), sexualization of culture, body image norms	Sexual harassment, sexual grooming, generation and sharing of child sexual abuse	Sexual harassment, non-consensual sexual messages, sexual pressures	Sextortion, trafficking for purposes of sexual exploitation, streaming child sexual abuse
Values	Age-inappropriate user-generated or marketing content, mis/disinformation	Ideological persuasion, radicalization and extremist recruitment	Potentially harmful user communities e.g. self-harm, anti-vaccine, peer pressures	Information filtering, profiling bias, polarisation, persuasive design
Cross-cutting	**Privacy and data protection abuses, physical and mental health risks, forms of discrimination**			

Social Media



Information published on the 29th October 2026

- Photo ID matching, where relevant information on a photo ID document such as a passport is checked against a live image taken during an age check
- Banking-based checks, which involves using the information a financial institution has on record regarding a user's age
- Face age estimation technology (which the regulator argues has recently improved)
- Digital ID services, which enable people to digitally prove who they are or provide information about themselves, such as their age

Screen time

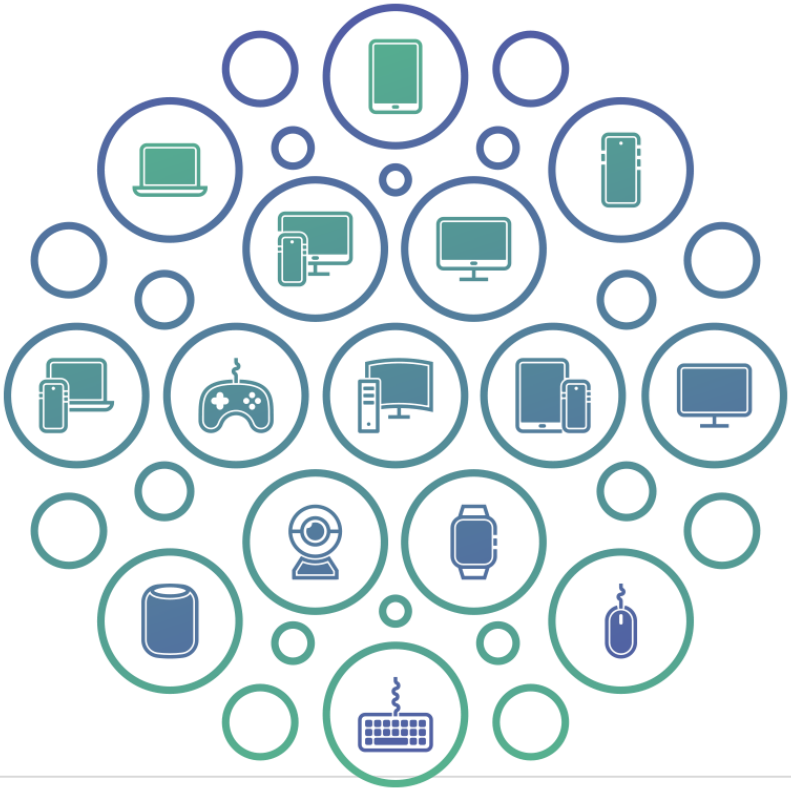
New screen time guidance for parents of under-5s

Government answers parents' calls for support on screen time with new evidence-backed guidance.

Agenda

- Themes and trends
- Supporting our children
- Resources

How to use technology positively?



smoothwall.com

smoothwall® by Qoria

New device

ABOUT THE PHONESMART LICENCE AND EE

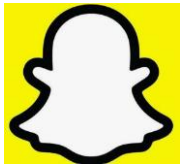
In partnership with internet matters.org

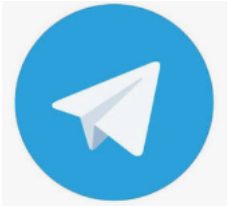
What platforms are your children exploring?











Skills – Things to think about

- Understanding – What are your children on?
- Consent
- Privacy and security settings
- Location based services
- Function of the app
- Positive engagement with technology – Screen time limits
- Data sharing
- Content and impact this can have on your footprint / image
- Updates in the app
- Knowledge of the device – What can my children's device do?
- Ability to step away – Health and wellbeing

Things to consider

Enjoy



Time Limit

Healthy Balance



New screen time guidance for parents of under-5s

Government answers parents' calls for support on screen time with new evidence-backed guidance.

Children’s wellbeing

1. Break the cycle – First thing that you do in the morning
2. Last hour before bedtime
3. Charge somewhere else not in bedrooms
4. Know the signs
5. Set healthy limits
6. Use the technology to give you insights
7. Modelling best practice
8. Talk about expectations – response times etc
9. Pressure to be online all the time



Addictive algorithms

What are you children accessing?

How long are they on the apps facilitating this type of algorithmic content?

Do you discuss the content they view?

Do you ask questions or watch the content they are viewing?



Addictive algorithms – content

- Threats →
- Impersonation →
- Bullying or Harassment →
- Self-Harm or Suicide Content →
- Violent Content →
- Adult Content on Social Media Platforms →
- Hacked Accounts →
- Privacy Violation →
- Child Sexual Abuse Material (CSAM) →
- Sextortion →
- Intimate Image Abuse →
- Terrorist Content →
- Intellectual Property →
- Hate Speech & Hate Crime →
- Drugs, Firearms & Illegal Substances →
- Allegations of Abuse or Malpractice →
- Negative Reviews →
- Eating Disorder Content →
- Animal Abuse →





Trends – Algorithms – Interventions and support

YouTube

To reset your YouTube algorithm, you need to clear your watch and search history or pause history tracking altogether.

Clear Your Watch and Search History (Mobile App)

1. Open the YouTube app and tap the **"You"** tab in the bottom right corner.
2. Tap the **Settings** gear icon in the top right.
3. Select **"Manage all history"**.
4. Tap the **Delete** dropdown button and choose **"Delete all time"**.
5. Confirm by tapping **Delete** again, then refresh your homepage.

Fine-Tune or Pause the Algorithm

- **Mark unwanted videos:** Click the three dots next to any recommended video on your feed and select **"Not interested"** or **"Don't recommend channel"**.
- **Pause tracking:** In **Manage all history > Controls**, you can turn off **"Include the YouTube videos you watch"** to stop recommendations from tracking your future clicks.

Snapchat

To reset your algorithm and refresh your public content on Snapchat Spotlight, you can use the built-in reset feature or clear your app data.

Method 1: Use "Reset Suggested Content"

1. Open Snapchat and tap your **profile icon** in the top-left corner.
2. Tap the **gear cog icon** in the top-right corner to open **Settings**.
3. Scroll down to **Privacy Controls** and tap **Clear Data**.
4. Tap **Clear Data**, then select **Reset Suggested Content**.
5. Press **Reset** and then **OK** to confirm.
6. The app will close and reopen with your public content personalization refreshed.

Trends – Algorithms – Interventions and support

TikTok

You can reset your TikTok algorithm directly inside the app using the official TikTok Support feature to clear your For You feed and start fresh.

Official In-App Refresh Method

1. Open TikTok and go to your **Profile**.
2. Tap the **three-line menu (☰)** in the top right corner.
3. Select **Settings and privacy**.
4. Tap **Content Preferences**.
5. Select **Refresh your For You feed**.
6. Tap **Continue** or **Start**, choose a reason if prompted, and confirm by tapping **Refresh**.

Instagram

You can completely reset your suggested content and recommendations on Instagram directly within the app's settings.

How to Reset Your Instagram Algorithm

1. Open Instagram and tap your **profile picture** in the bottom right corner.
2. Tap the **Menu** (three horizontal lines) in the top right corner.
3. Scroll down to the **What you see** section and tap **Content preferences**.
4. Tap **Reset suggested content**.
5. Tap **Next**, review or unfollow accounts if prompted, and tap **Reset suggested content** to confirm.

Trends

#Looksmaxxing
#Hardmaxxing
#Softmaxxing
#Bonesmashing
#Starvemaxxing
#tanmaxxing
#pheromonemaxxing

Gaming



Abbreviations

555555	PAW	KMS	LH6	LMIRL
?	?	?	?	?

Abbreviations

555555	PAW	KMS	LH6	LMIRL
Crying my eyes out all night long	Parents are watching	Kill myself	Lets have sex	Let’s meet in real life

AI - Risks

DeepFakes/manipulated content

Exposure to fake news, images, or videos that normalise harmful beliefs.

Use of manipulated images for bullying, harassment, or sexual humiliation

Increased fear, shame, and anxiety from threats to share fake content

AI Chatbots & Simulated Relationships

Over-reliance on AI for emotional support or advice

Reinforcement of negative beliefs about self, others, or society

Reduced help-seeking from trusted adults

Confusion about boundaries, consent, and appropriate relationships

Algorithmic Influence, Misinformation & Belief Shaping

Repeated exposure to misogynistic, extremist, or grievance-based content

Development of distorted worldviews and hostile attitudes

Increased anxiety, anger, or identity confusion

Reduced resilience to challenge alternative perspectives

AI

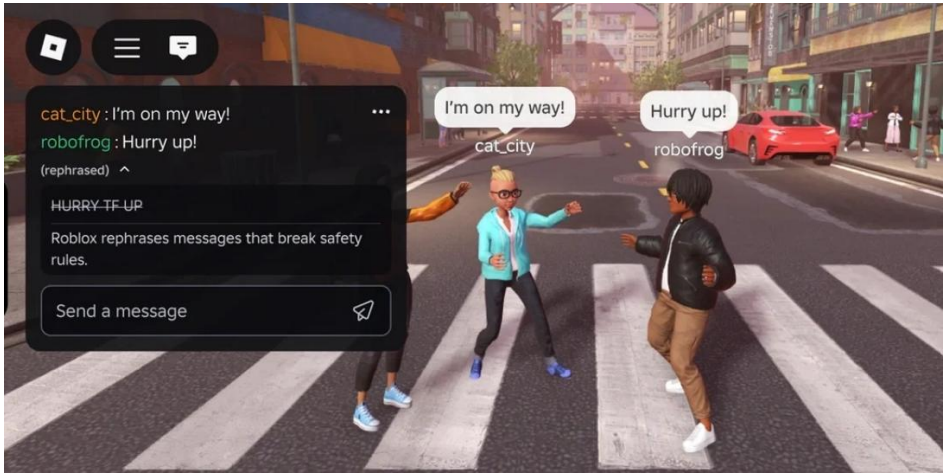






1. Skills
2. Output
3. Discuss
4. Evaluate
5. Suitability
6. Age rating

Roblox – Chat



https://about.roblox.com/newsroom/2026/03/rethinking-chat-for-fun-gameplay-civility

Gaming – Roblox

Content Maturity Labels

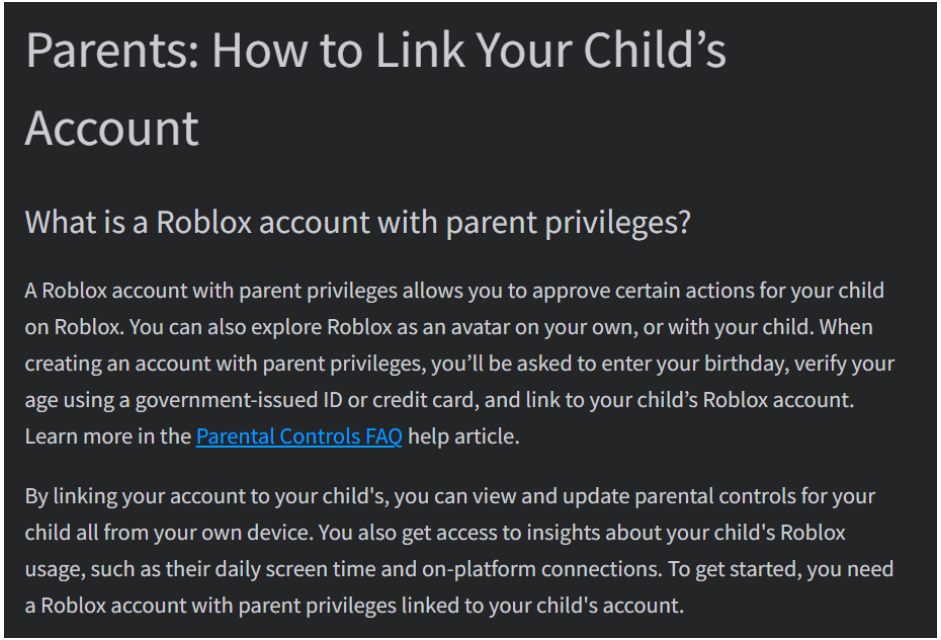
Roblox's content maturity labels were created so all users can make informed decisions about the content they interact with. To develop these labels, we examined global industry standards and consulted child development experts to guide our policymaking.

When viewing an experience, you can see its content maturity label as well as descriptors about what kind of content exists within an experience.

Content descriptors are determined by the experience creator and descriptors may vary between experiences.

Minimal	May contain occasional mild violence, light unrealistic blood, and/or occasional mild fear.
Mild	May contain repeated mild violence, heavy unrealistic blood, mild crude humor, and/or repeated mild fear.
Moderate	May contain moderate violence, light realistic blood, moderate crude humor, unplayable gambling content, and/or moderate fear.
Restricted	May contain strong violence, heavy realistic blood, moderate crude humor, romantic themes, unplayable gambling content, the presence of alcohol, strong language, social hangouts and private spaces, extended AI interactions, and/or moderate fear. These experiences are only available to 18+ users who verified their ages.

Gaming - Roblox



Parents: How to Link Your Child's Account

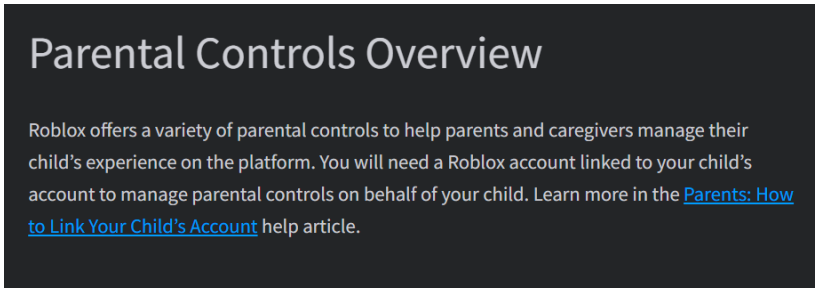
What is a Roblox account with parent privileges?

A Roblox account with parent privileges allows you to approve certain actions for your child on Roblox. You can also explore Roblox as an avatar on your own, or with your child. When creating an account with parent privileges, you'll be asked to enter your birthday, verify your age using a government-issued ID or credit card, and link to your child's Roblox account. Learn more in the Parental Controls FAQ help article.

By linking your account to your child's, you can view and update parental controls for your child all from your own device. You also get access to insights about your child's Roblox usage, such as their daily screen time and on-platform connections. To get started, you need a Roblox account with parent privileges linked to your child's account.

https://en.help.roblox.com/hc/en-us/articles/30428321333140-Parents-How-to-Link-Your-Child-s-Account

Gaming – Roblox



1. Content controls
2. Blocked experiences
3. Content labels
4. Sensitive issues
5. Communication controls
6. Controls for party
7. Private servers
8. Connections list
9. Spending controls
10. Screentime controls

https://en.help.roblox.com/hc/en-us/articles/30428310121620-Parental-Controls-Overview

PEGI ratings



Festive considerations – Gaming











https://www.xbox.com/en-GB/family-hub

https://www.playstation.com/en-gb/ps-family-app/

https://www.nintendo.com/my/support/switch/parentalcontrols/app/index.html

https://www.nintendo.com/en-gb/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-2-Nintendo-Switch-Parental-Controls-2873385.html

https://support.nexplayground.com/en/articles/16020553-family-tools-parental-lock

https://help.steampowered.com/en/faqs/view/6B1A-66BE-E911-3D98

https://familycenter.meta.com/uk/our-products/horizon-and-quest/

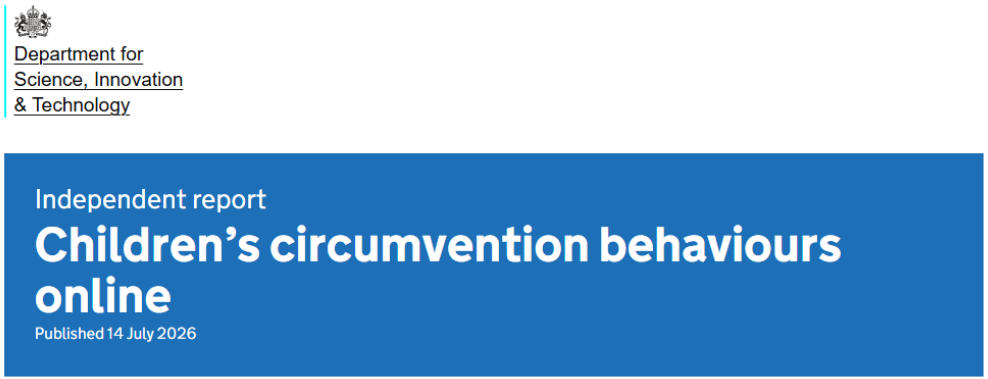
Why do we need visibility?

Risks



Harms

Bypassing – 11-17



How are children experiencing age assurance checks online, and how effective do they think they are?

What are the most common ways children get around age checks, and why?

What motivates children to use VPNs, and how do they access them in practice?

Bypassing – 11-17

Figure 1: VPN awareness and use by age group

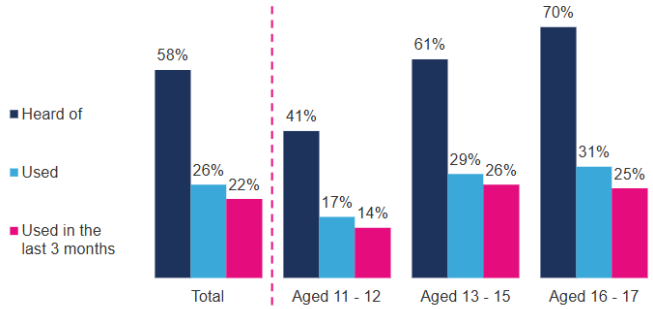
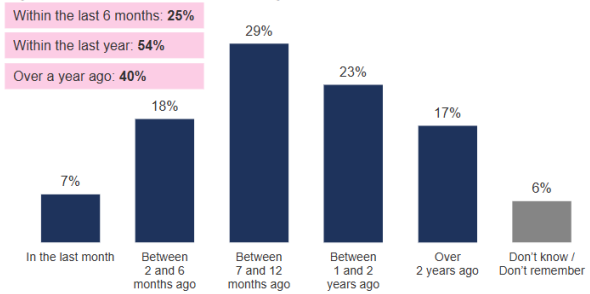


Figure 3: When did children start using VPNs?



2299

64% used VPN at least once a week

Pretending to be older tends to be the most used method

Awareness of VPN's is spreading (Doesn't translate into usage

sr

smoothwall® by Qoria

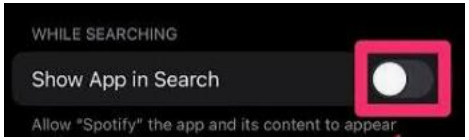
Bypassing

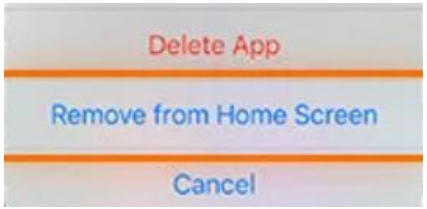
Figure 5: Reasons for VPN use



Bypassing







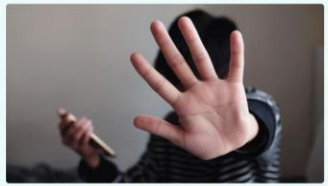
91% of parents use monitoring tools — but 41% of children have tried to get around them

Bypassing


Settings
Battery
Last Charged to 94%
Charging was on hold for Optimised Battery Charging
BATTERY LEVEL
100%
50%
0%
09 12 15 18 21 00 03 06
ACTIVITY
60m
30m
0m
09 12 15 18 21 00 03 06
11 Nov
12 Nov
Screen On
5h 1m
Screen Off
3h 45m
BATTERY USAGE BY APP
SHOW ACTIVITY
Phone
32%
Facebook
Background Activity
19%
Home & Lock Screen
10%
Mail
Notifications

Parents

Home > Privacy and security



Privacy and security

Is Your Teen Using Tech to Cover Their Tracks?

- Teens use various digital deception tools (including decoy, burner, GPS and MAC spoofing, and VPN apps) to hide their online activity from their parents, making it challenging for less tech-savvy parents to protect them online.
- Parents can take several steps to address these challenges, including checking for VPN apps on their child's device, using Apple Screen Time or Google Family Link for control, and utilising parental control tools like Qustodio.
- Maintaining open communication, staying informed, and setting appropriate boundaries are essential for guiding and supporting teenagers in the digital age.

Avg. reading time: 6 min Last modified: January 8, 2026 Share

Home > Parenting advice



Parenting advice

The VPN Vanishing Act: How Tech-Savvy Teens Trick Parental Controls

- Young people are increasingly using VPNs to overcome restrictions and bypass parental controls on the internet.
- A VPN (Virtual Private Network) enhances privacy and anonymity by concealing a device's IP address and encrypting internet data.
- There are a number of methods parents can use to detect VPN.
- Communication and education are key to deterring young people from using VPNs.

Avg. reading time: 5 min Last modified: March 6, 2026 Share

Home > Reviews

Deception

Surfshark VPN

Our experts recommend Ages 18+

Last modified: June 30, 2026 Share



Written by online safety expert
Yasmin London
Former Police Officer

Surfshark VPN (also known as VPN Surfshark) is a VPN (Virtual Private Network) app.

Why do we need visibility?



Filtering

Parental controls

Apps / Games Controls

Conversations



Ask Questions
Regular
Discussions
Understanding
Expectations
Scenarios

Support





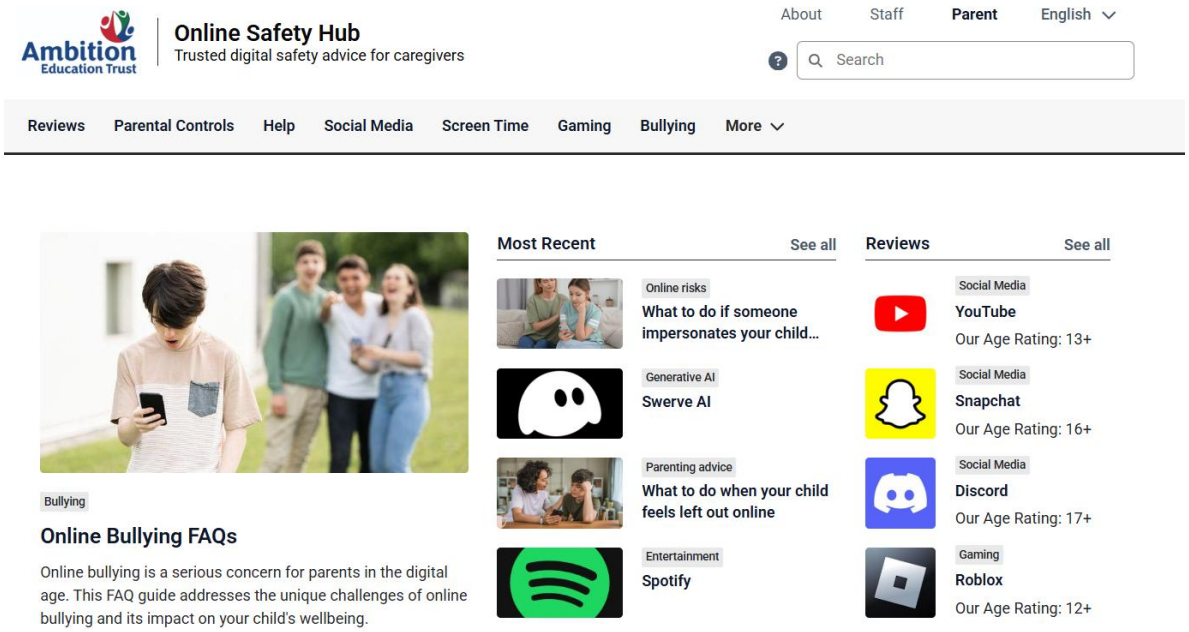
Decision making



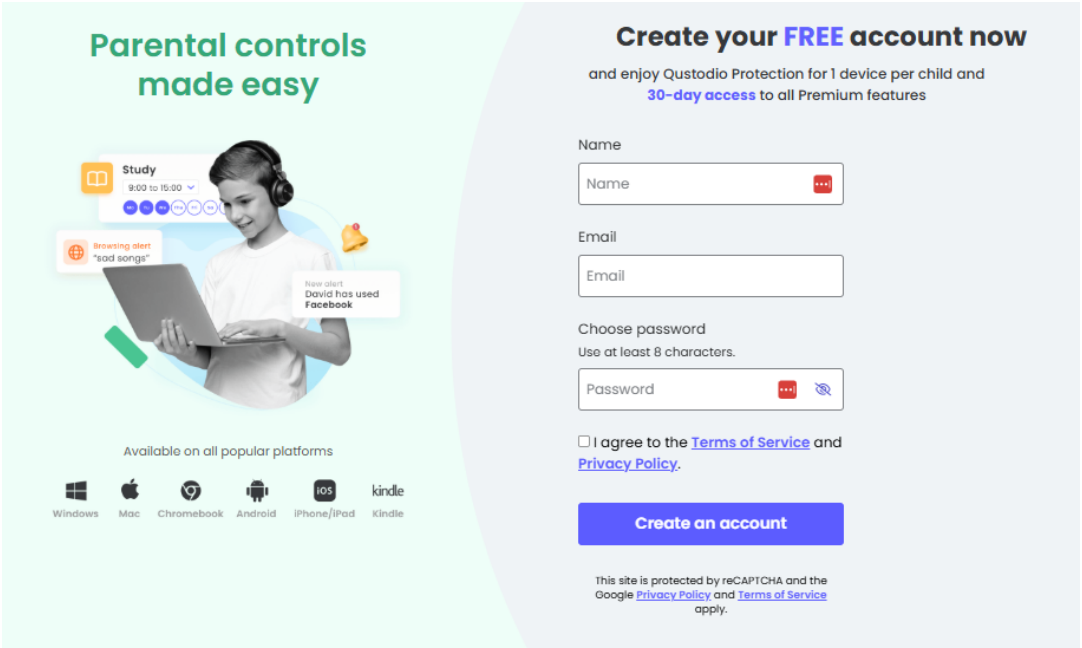
1. Model positive use of technology
2. Talk to your children about their lives online
3. Home broadband filtering
4. Parental controls on device
5. What apps or games is your child on?
6. Who can your child interact with in the apps? Who are they talking to? Is this restricted?
7. Privacy and security on the apps
8. Discuss what you want your child to do if something goes wrong, they make a mistake or they see something they don't like.

Resources

OSH


Ambition Education Trust
Online Safety Hub
Trusted digital safety advice for caregivers
About
Staff
Parent
English
Search
Reviews
Parental Controls
Help
Social Media
Screen Time
Gaming
Bullying
More
Bullying
Online Bullying FAQs
Online bullying is a serious concern for parents in the digital age. This FAQ guide addresses the unique challenges of online bullying and its impact on your child's wellbeing.
Most Recent
See all
Online risks
What to do if someone impersonates your child...
Generative AI
Swerve AI
Parenting advice
What to do when your child feels left out online
Entertainment
Spotify
Reviews
See all
Social Media
YouTube
Our Age Rating: 13+
Social Media
Snapchat
Our Age Rating: 16+
Social Media
Discord
Our Age Rating: 17+
Gaming
Roblox
Our Age Rating: 12+

Parental controls



Report harmful content



CEOP


Child Exploitation and Online Protection
If you need to hide this site quickly, just click here
Quick exit
Are you worried about online sexual abuse or the way someone has been communicating with you online?
Make a report to one of CEOP's Child Protection Advisors
Should I make a report to CEOP?
If you're worried about online abuse or the way someone has been communicating online, let CEOP know.
What happens when I make a report?
One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.
How can CEOP help me?
Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.
Make a report
If you have experienced online sexual abuse or you're worried this is happening to someone you know, let us know safely and securely

Report Remove

HOW TO GET YOUR IMAGE REMOVED

If you're under 18 and a nude image or video of you has been shared online, you can report it and to be removed from the internet. You'll need to:

- Select your age and follow the steps below.
- Create a Childline account so we can send you updates on your report.
- Report your image or video to the Internet Watch Foundation (IWF).



Q&A

Thank you

