

The 2 Johns



'Keeping Children Safe'

Parent & Carer ONLINE SAFETY NEWSLETTER

Welcome to the January edition of our Parent and Carer Online Safety newsletter. We hope you had a wonderful Christmas and would like to extend our best wishes for a Happy New Year.

This edition focuses on various common online risks that have been highlighted throughout 2025, based on discussions with thousands of children. The resources included will assist you in engaging with your children and helping them stay safe online in 2026.

Additionally, we have provided information about the upcoming Safer Internet Day.



Safer Internet Day 2026

Safer Internet Day 2026 is set for February 10, 2026, focusing on the theme “Smart Tech, Safe Choices – Exploring the Safe and Responsible Use of AI.” As conversations surrounding AI become more prevalent, it is crucial for children and young people, who are increasingly engaging with AI online, to develop the skills and confidence needed to make safe decisions when utilising smart technology.

This Safer Internet Day, the UK Safer Internet Centre will delve into the effects of AI on our daily lives, examine how AI can be harnessed for positive outcomes, and provide advice and guidance that empowers individuals to use AI in a safe and responsible manner.

[CLICK HERE](#)

**Exploring
the safe
and
responsible
use of AI**

**Safer
Internet
Day 2026** | **Tuesday
10 February**

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk



The Cost of growing up

Over the past couple of months our renewed focus has been on children gaining childhood memories. More children than ever are spending large parts of their day online. Phones, tablets, and games offer instant entertainment and connection, but they also quietly replace moments that once shaped childhood. When screens fill every free hour, something important is missed.

Childhood memories are built through real experiences: riding bikes until sunset, playing make-believe, talking face to face with friends, or simply being bored and learning how to fill that space. These moments help children develop creativity, confidence, and social skills. When time is mostly spent online, fewer of these memories are made.

Every hour online is not just time spent scrolling or gaming—it is an hour not spent exploring the world, laughing in person, or learning through experience. While the internet can be useful and fun, too much of it can crowd out the simple moments that children remember for life.

This doesn't mean technology is the enemy. It means balance matters. By making room for offline play, conversation, and discovery, children can build memories that last far longer than any post, video, or level on a screen.



Screen time

Assist children in managing their screen time and fostering a healthy digital lifestyle by selecting a suitable guide to optimise their device usage.

Explore the Internet Matters hub for expert advice and resources on screen time, including:

- Understanding screen time
- Optimising device usage
- Addressing excessive screen time
- Accessing valuable resources
- Establishing a balanced digital diet

[CLICK HERE](#)





Giving Devices

We have expressed our concerns regarding the potential for parents to provide tablets or smartphones to children aged 3 to 6 this Christmas, particularly in light of the alarming increase in indecent images of children within this age group online. In 2024, there was a staggering 1558% rise in such images. For a child to be exposed to these risks, three conditions must be met:

1. The child must have access to a device equipped with a camera.
2. The device must be capable of connecting to Wi-Fi or cellular data, including hotspot functionality.
3. The child must have unsupervised access to the device.

We believe that if all three conditions are satisfied, the risk of a child encountering inappropriate content becomes significantly heightened.



Sextortion

Charities are issuing urgent warnings about the ongoing threat of sexual extortion, commonly referred to as sextortion, which is increasingly targeting children. Recent data indicates a troubling 72% rise in sextortion cases over the past year. For more comprehensive information, please consult the full report from the Internet Watch Foundation (IWF) [here](#).

[CLICK HERE](#)

Help & Support

Here, you will find assistance and support from the IWF if your child has fallen victim to sextortion or sexually coerced extortion.

[CLICK HERE](#)

Parental controls guides

Explore comprehensive step-by-step guides from Internet Matters for activating parental controls, allowing you to effectively manage your children's devices, applications, and online platforms to ensure a safer digital experience.

[CLICK HERE](#)





CEOP REPORT BUTTON



REPORT REMOVE

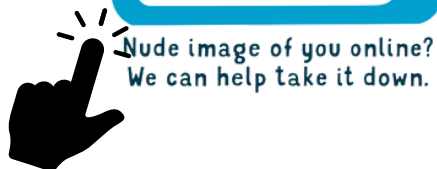


REPORTING AND HELPLINES

NSPCC CHILDLINE

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



REPORT HARMFUL CONTENT

