Digital safety at a glance

internet matters.org

Guidance for parents of 5-7-year-olds

Use this quick tips guide to stay on top of your child's online safety needs.
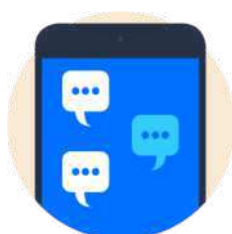
Tech use, issues & tips

Learn about common experiences at this age and what you can do to help keep your child safe online as they grow.
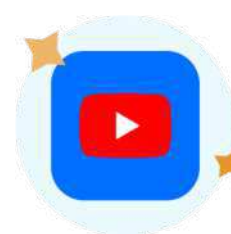
93%
watch videos

59%
send messages or make video/voice calls

89%[1]
use YouTube

Too much screen time

is what children at this age report experiencing most and **69% of parents worry about it**.

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

Get more support to handle screen time ▶

In-game and in-app spending

is one of the most common online harms at this age. **58% of parents say they worry about this**.

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

Learn about money management online ▶

Online bullying[2]

from people children know is one of the most common harms among this age group, and **63% of parents worry about this.**

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

See how to talk about cyberbullying ▶

1 - Children and parents: media use and attitudes report 2023
2 - Internet Matters survey tracker

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

Go to YouTube parental controls guide

ROBLOX

1. Use the in-built parental controls with a PIN

2. Customise who your child can talk to

3. Enable Account Restrictions for easy set up

Go to Roblox parental controls guide

Disney+

1. Create a child's profile

2. Set a parental controls PIN

3. Customise maturity level of content your child can watch

Go to Disney+ parental controls guide

Are they talking to others online?

Learn about social media for under-13s ▶

Talk about internet manners ▶

Get personalised advice straight to your inbox

Want advice 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 discussion 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 conversation starters ▶

Tools to explore together

Build digital skills and play together with:

- The Online Together Project: An interactive quiz with discussion points to challenge sterotypes and hate online.

- Find the Fake: A series of quizzes to help teach children how to recognise and tackle misinformation online.

Explore age-specific guides ▶