

Digital safety at a glance

internet matters.org

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.



61%

use messaging apps



68%

watch videos online



80%

play video games



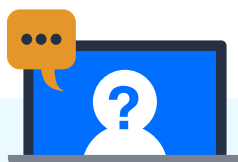
Too much screen time

Too much screen time is the online harm most experienced at this age, increasing as children grow; **74% 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.

Get more support to handle screen time ▶



Being contacted by strangers

Children say that being contacted by strangers is the second-most common experience they face online. **73% of parents worry about this.**

Source: Internet Matters tracker survey

Review communication settings on their favourite apps and platforms to limit who can contact them or add them as friends.

Find a guide to review settings ▶



Getting bullied online

Many 8-10s report being bullied by people they know and don't know online. **76% of parents worry about this happening to their child.**

Source: Internet Matters tracker survey

Talk to your child about the tools they can use on platforms like blocking and reporting, and encourage them to tell you if it happens.

Learn how to handle cyberbullying ▶

Practical tips to keep 11-13s safe online

Set parental controls on popular apps

YouTube

1. For kids 13+, 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

[Go to YouTube parental controls guide ▶](#)



1. WhatsApp age minimum is 13 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

[Go to WhatsApp parental controls guide ▶](#)

NETFLIX

1. Create a separate profile for your child based on their age to manage content.
2. Set a PIN to keep them from changing settings.
3. Turn off autoplay features to manage screen time.

[Go to Netflix parental controls guide ▶](#)

Are they talking with others online?



[Learn social media age minimums ▶](#)

[Talk about internet manners ▶](#)



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 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 stereotypes 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 ▶](#)

