Digital safety at a glance

Guidance for parents of 5-7-year-olds

Use this quick tips guide to stay on top of your child's online safety needs.
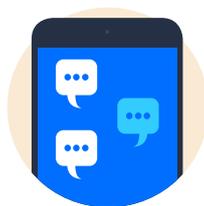
internet matters.org

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.

50%
watch livestreaming apps or sites

65%
send messages or make video/voice calls

58%[1]
The most popular app is YouTube

Too much screen time

Too much screen time is the online harm most experienced at this age, and **74% of parents worry about this.**

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

Get more support handling 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.**

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 ▶

Online bullying[2]

children know is one of the most common harms among 5-7s, and **76% 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 help.

See how to talk about cyberbullying ▶

1. Children and parents: media use and attitudes report 2024
2. Internet Matters survey tracker

Practical tips to keep 5-7s safe online

Set parental controls on popular apps

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 ▸

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 ▸

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

Go to Netflix parental controls guide ▸

Are they talking to others online?

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 ▸