

# How the Online Safety Act is being **IMPLEMENTED**

## New Online Safety Laws Coming July 2025 (UK)

The Online Safety Act 2024 comes into full effect this July, marking the most significant online child protection reform in UK history. Under the Act:

- **All online platforms and apps** must use verified age assurance methods, like ID checks or AI age estimation, to stop underage access.
- **Companies must assess** and report the risks their content, features, and algorithms pose to children.
- **Algorithms pushing potentially harmful content to children** — such as violent, sexual, or self-harm material — must be identified and modified.
- **Companies must offer age-appropriate experiences** and design, meaning features like private messaging, livestreaming, or unmoderated chats may need stricter controls or be turned off entirely for younger users.
- **Fines of up to £18 million** or 10% of global revenue can be imposed, alongside potential criminal action against senior managers who fail to comply.

Ofcom, now the regulator of online safety, will have sweeping powers — from issuing audits to cutting off a platform's ability to make money or even blocking access in the UK if compliance fails. Schools are encouraged to proactively:

- Update their acceptable use policies (AUPs).
- Inform staff, students, and parents about the new laws.
- Integrate online safety awareness and critical digital literacy into lessons, preparing students for a safer digital environment.

While the law mainly targets tech companies, the ripple effect will change the digital landscape for schools, families, and children.

# What's Coming Next?



**Squid Game, the brutal Netflix phenomenon, returned in June 2025, and the hype is spilling into children's gaming platforms like Fortnite and Roblox. Mini-games are popping up where children re-enact violent survival challenges — even if they've never seen the show.**

**Key concerns:**

- Kids roleplaying violent games, including elimination-style challenges.
- Peer pressure in online chats and social media to join in or "prove bravery."
- Copycat behaviours in playgrounds, raising risks of bullying or physical injury.

**Advice for schools:**

- Encourage parents to check their child's gaming activity.
- Promote conversations about the difference between fantasy and reality.

# What's Coming Next?



## Easier Child Account Setup

- Parents can now more seamlessly create or convert to Child Accounts (for under 13s), with age-appropriate defaults applied automatically
- A faster setup ensures youngest users have protections enabled from their first device use

## Enhanced Content Safety (Images & Calls)

- FaceTime will detect nudity during calls and blur it, helping protect younger users
- Shared albums/images in Messages or Photos automatically get blurred if sexual content is detected

## Screen Time Security Alerts

- If a child on iOS 18.5+ manually enters a Screen Time passcode (to bypass limits), the parent receives a notification—helping identify any tampering

## Google

## Family

## Link

### Enhancements

Recent updates (Feb–Apr 2025) bring several key improvements for Android:

#### a) New Screen Time & School Time Mode

- A revamped Screen Time tab simplifies setting daily limits, downtime schedules, and designated “School time”
- During school hours, non-essential apps are silenced or blocked while curated educational apps remain enabled
- Teachers and families report this helps reduce in-class distractions

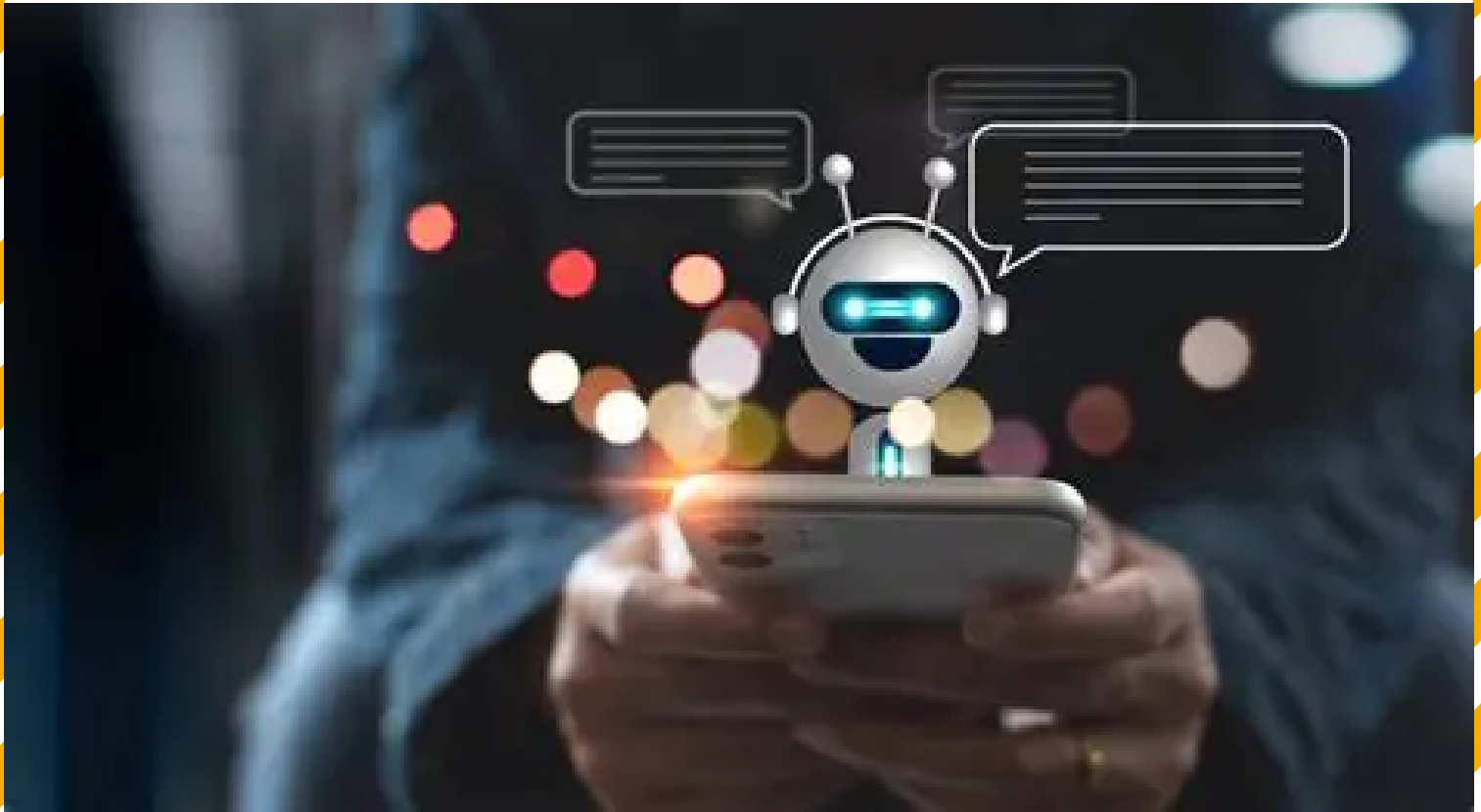
[HERE](#)

# Family Link



Private  
Education  
Awards

2025



Many children are now using apps like Talkie, Replika, Character.AI, or Snapchat My AI — AI chatbots that act like friends or companions.

## **Why it matters:**

- Children may overshare personal information, not realising the chatbot is a data-gathering tool.
- Emotional attachment to AI “friends” can blur reality and create dependence.
- AI tools can generate inappropriate responses if not properly filtered.

## **For parents:**

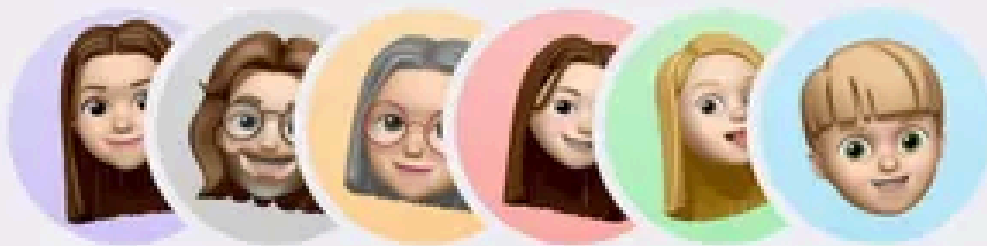
- Check which apps your child is using.
- Discuss the difference between real-life friends and AI-generated characters.
- Use built-in safety settings or consider limiting access.



9:41



< Settings



## Family



Jake  
Age 7



Jesse  
Age 11



Marisa  
Age 15



Elizabeth  
Adult



# THE EFFECTS OF TECHNOLOGY ON SLEEP

— Gifographics.co —



## Devices & Children's Sleep – What the Research Says

New UK research shows that using devices before bedtime impacts children's sleep in serious ways:

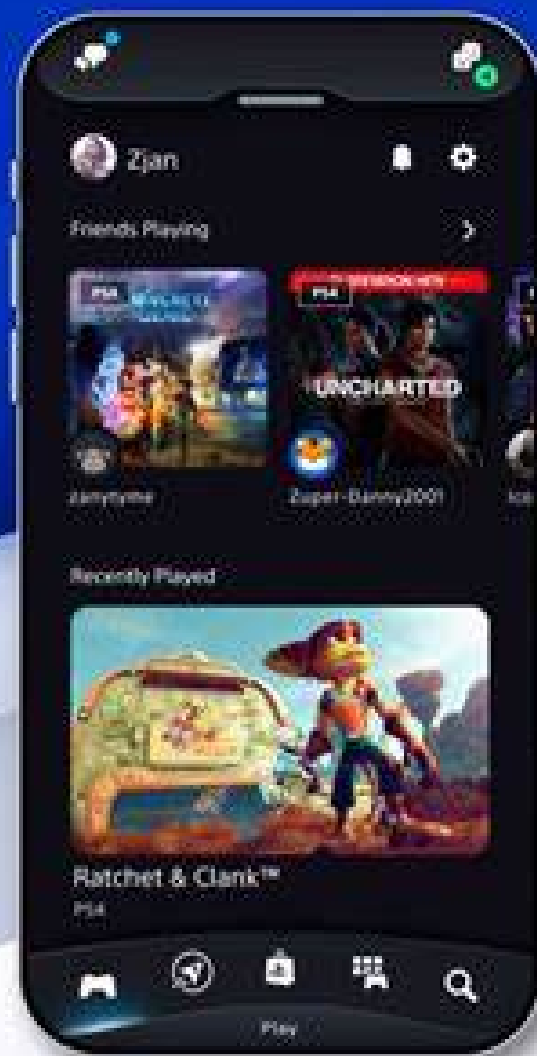
- **Delayed sleep onset:** Children fall asleep 30–40 minutes later when using screens before bed.
- **Disrupted melatonin production:** Blue light tricks the brain into staying alert.
- **Increased wake-ups:** Notifications and night-time anxiety from online activity disturb sleep cycles.

What schools can do:

- **Include sleep hygiene in PSHE.**
- **Encourage parents to set screen curfews and keep devices out of bedrooms.**
- **Promote initiatives like "Digital Sunset" — switching off devices an hour before bed.**



# EXPERIENCE PLAYSTATION APP



# FAMILY SETTINGS



# Parental Resources for FREE



Tap here for  
100's of free  
parental  
resources

Some mobile and console games (like Fortnite, Call of Duty, Roblox simulators) deliver constant rewards, flashing graphics, and unpredictable challenges.

## Mental health concerns:

- Hyperstimulation can lead to irritability, restlessness, and difficulty calming down.
- Children may struggle with frustration tolerance and patience in everyday situations.

## For parents:

- Monitor emotional regulation after gaming.
- Use features like forced game breaks, parental time limits, or “wind-down” routines.

Nintendo



NINTENDO SWITCH™  
**Parental Controls**



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# Banning Phones in Schools: What Are the Potential Benefits?



With growing concerns over screen time, attention, and mental health, many UK schools are considering or implementing phone bans during the school day. But what are the real benefits — and why are experts increasingly supportive?

## ★ 1. Improved Focus and Learning

Without the constant buzz of notifications, students are better able to:

- Stay engaged in lessons
- Retain information without distraction
- Build deeper focus over time, a skill that screens can erode

Research from the London School of Economics (LSE) found that schools banning phones saw improved test scores, particularly among lower-achieving students.

## 👧👦 2. Stronger Social Connections

Removing phones at school encourages:

- More face-to-face interaction
- Greater inclusion, as children aren't comparing who has the latest phone or most social media followers
- Reduced cyberbullying during school hours

Many teachers report seeing more playground activity, conversations, and teamwork when devices are put away.

## 3. Better Mental Health and Wellbeing

Phones can amplify anxiety and stress — whether it's from social media drama, pressure to respond instantly, or constant news updates.

Phone-free school environments:

- Offer students a mental break
- Reduce the “Fear of Missing Out” (FOMO)
- Help them regulate emotions without turning to a device for distraction

## 4. Encourages Healthy Boundaries

By separating school and home device use, children learn:

- When it's time to be present
- That constant connectivity isn't necessary or expected
- How to self-regulate their screen habits

These lessons are critical for developing digital resilience and healthier long-term relationships with technology.

## What About Emergencies?

Most schools allowing phone bans still ensure:

- Emergency contact can happen via the school office
- Parents and students understand how to communicate if truly needed



Life360 is a US Parental Controls app that is growing in popularity in the UK.

It allows you to setup “circles” of locations where you usually go to. For example, School, Home, Grandparents or Friends home locations.

It then notifies you when the enter and exit those locations, shares with you their battery life and allows you to notify them directly through the app for a number of reasons.

There is a paid for version of the app, which allows you as a family to develop a more complex family centre. This includes Driving alerts, for example being stuck in traffic, having an accident. It also gives to ability to hit as SOS button which automatically calls the parent and alerts all parents the child needs you immediately, pinging their exact location.

