

Digital safety at a glance

internet
matters.org

Guidance for parents of 8-10-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.



96%

watch videos online



82%

send messages or make video/voice calls



67%

play games online



Too much screen time

Too much screen time is the online harm most experienced at this age, increasing as children grow; **71% of parents worry about this.**

Source: Internet Matters tracker survey

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

Get support handling screen time ▶



In-game and in-app spending

In-game and in-app spending is the **second-most common online harm among 8-10s**, increasing with age. However, parent concern about this decreases as children grow.

Source: Internet Matters tracker survey

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 ▶



Viewing violent content

Viewing violent content is the third-most common online harm at this age, and **67% of parents worry about it.**

Source: Internet Matters tracker survey

Set parental controls and restrictions on video games, videos and websites children access. Talk to them about why some content is not appropriate.

Learn about inappropriate content ▶

Practical tips to keep 8-10s safe online

Set parental controls on popular apps



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](#)



1. Create a Kids Profile so they have access to age appropriate content
2. Customise their profile's maturity rating
3. Turn off autoplay on series to help manage screen time.

[Go to Netflix parental controls guide](#)



1. WhatsApp age minimum is 16 in the UK, so review privacy settings
2. Disable live location and who can contact your child
3. Familiarise yourself with all features.

[Go to WhatsApp parental controls guide](#)

Are they gaming with others online?



[Limit who can contact them in-game](#)

[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.
- Digital Matters: complete the interactive stories with your child to help them learn key online safety skills.

[Explore age-specific guides](#)