Online Safety Newsletter

Nov 2026

Spotify Parental Controls

Spotify is a music app.

Children must be 13 or older to have their own account. Parents can set up managed accounts for younger children.

Parents can:

✅ **Turn off messages.**

✅ **Block songs with bad language.**

✅ **Turn off videos.**

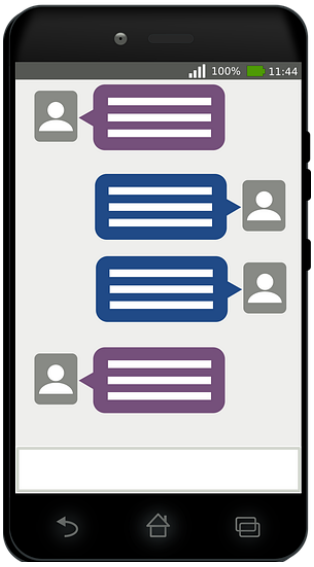
✅ **Block artists or songs.**

More information

Read the news announcement here: https://newsroom.spotify.com/2026-05-13/managed-accounts-free-tier-expansion/

Spotify Parent Guide: https://www.spotify.com/us/safetyandprivacy/parental-guide

Online Grooming



What is Online Grooming?

Online grooming is when an adult makes friends with a child online to trick, hurt, or abuse them.

How does it happen?

Some people pretend to be someone else online. They may say they are younger than they really are.

They might:
Be very friendly; give lots of attention; play games with your child; ask to chat on a different app.
What can I do?

✅ Use parental controls.

✅ Check privacy settings.

✅ Show your child how to block and report people.

✅ Talk to your child about who they speak to online.

✅ Remind them that people online are not always who they say they are.

Signs to look out for

⚠️ Being secretive.

⚠️ Spending a lot of time talking to someone online.

⚠️ Becoming upset after using a device.

⚠️ Getting gifts from people you do not know.

What should I do?

If your child is in danger, call the police.

Stay calm and tell your child it is not their fault.

If you are worried, report it to CEOP: CEOP

More information: NSPCC Information

COM Networks

Some online groups encourage unsafe or harmful behaviour. Children may find these groups through:

- Games.
- Social media.
- Messaging apps.

At first, people may seem friendly. Later they may:

Share upsetting content.
Pressure children to do things.
Make threats.
Ask for personal information.

Signs to look out for

⚠️ Keeping secrets about online friends.

⚠️ Changes in mood or behaviour.

⚠️ Using new words or talking about worrying things.

⚠️ Receiving gifts.

How can I help?

✅ Talk regularly about what your child does online.

✅ Let them know they can always tell you if something goes wrong.

✅ Stay calm if they make a mistake.

✅ Use parental controls.

✅ Teach them not to share personal information or photos online.

Further information

- https://www.gloucestershire.gov.uk/gscp/professional-resources/sadistic-online-exploitation/
- https://saferschoolsni.co.uk/understanding-com-networks/
- https://news.sky.com/video/inside-robloxs-dark-side-sky-news-finds-self-harm-avatars-available-to-young-children-13592551

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WhatsApp Channels and Parental Controls

Children must be 13 or older to use WhatsApp.

WhatsApp Channels

Channels are public pages that anyone can follow.

Some channels may not be suitable for children.

If your child creates a channel, anything they post can be seen by other people.

Parent Controls

Parents can: ✅ Control who children talk to.

✅ Control which groups they join.

✅ Limit access to some features.

For more information, visit: https://www.whatsapp.com/parentalcontrols

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Rage Bait

What is rage bait?

Rage bait is online content that is made to make people angry.

People create it to get more views, comments and shares.

Talk to your child about thinking carefully before reacting to upsetting posts.

Find out more here: https://findmykids.org/blog/en/rage-baiting