

What is a deepfake? Deepfakes are fake images, videos and audio that look and feel like genuine content online. Often, they use real people to make it seem like they are doing or saying something they haven't said. Deepfakes can impact children – scams, mis/disinformation, sextortion and child sexual material. For more information, check out <https://www.internetmatters.org/resources/what-is-a-deepfake/#deepfake-guide>



Seat belts in the UK

What age can a child use a seat belt in the UK?

Children must use a child seat until they are 12 years old or 135 centimetres tall, whichever comes first. Children aged 12 or older, or taller than 135 centimetres, may use an adult seat belt or an appropriate child restraint, although it is safer to use a booster seat to 150 centimetres tall.

You're only allowed one person in each seat belt fitted with a seat belt.

It is the law in the UK that you **MUST** wear a seat belt if one is fitted in the seat you're using.

You can be fined up to £500 if you do not wear a seat belt when you're supposed to.

<https://www.gov.uk/seat-belts-law>

Set Up Safe Checklist

internetmatters.org

Set your child up for online safety with these simple tasks

Manage broadband & mobile networks



At home, access your broadband network and set applicable controls.



On the go, set up controls on the relevant mobile network.

See step-by-step guides to help

Prepare their device



Explore the **device, controls and settings** to set limits on inappropriate content, screen time, spending and more.



Download and install the apps and games you're okay with your child using.



Set up controls in these apps and games to help keep your child safe while they play, browse or chat.



Install or set up additional **parental control apps** for further protection.

Explore step-by-step guides for social media and video gaming

Talk & learn regularly

Together, learn about online safety issues that might impact your child.

Together, explore privacy and safety settings on their favourite platforms.

Ask them to teach you about their favourite online platforms to create an open environment for conversation.

Keep these conversations going for continuous support.

Visit [internetmatters.org](https://www.internetmatters.org) for more advice

[InternetMatters](https://www.internetmatters.org)
[@im_org](https://www.internetmatters.org)

[@InternetMatters](https://www.internetmatters.org)
[InternetMattersLtd](https://www.internetmatters.org)

[@internetmattersorg](https://www.internetmatters.org)
[@InternetMatters_org](https://www.internetmatters.org)

<https://www.internetmatters.org/parental-controls/>