

Online Safety News

APRIL 2026

Smart Glasses & Facial Recognition: A Conversation to Have Now



A new report suggests Meta is exploring future features for its smart glasses, including **facial recognition** — where someone could potentially identify a person's name or social media profile just by looking at them.

To be clear, this hasn't been released as of yet but it highlights the importance of conversations now.

We are moving into a world where people can **film, photograph or livestream others using everyday wearable tech** — glasses, watches and devices that don't even look like cameras.

Why This Matters



This isn't just about new technology.

It's about **privacy, consent, and responsibility.**

- Do children understand that filming someone without permission can be a violation of privacy?
- Would they know what to do if they were recorded without their consent?
- And do they understand their own responsibility when they are the one holding the device?

What Can You Do



Keep it simple and start a conversation this week:

Talk about what **consent** means when recording others

Ask how they would feel if someone filmed and shared them without permission

Discuss what they can do if something feels uncomfortable (move away, speak up, ask for help)

Be clear: **never record or share someone without their permission**

Helping children and teens understand **respect, boundaries and responsibility online and offline** is more important than ever.

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Online Grooming in Gaming: Signs to look out for

Children rarely speak up about online grooming straight away as often they don't realise it is happening until harm has occurred – but there are often small signs.

Possible Warning Signs

- ⚠ Becoming withdrawn or upset after gaming or time on their phone
- ⚠ Being secretive about who they're talking to or playing with
- ⚠ Sudden anxiety about school or friendships
- ⚠ Losing interest in platforms they previously enjoyed
- ⚠ Requests for money, gift cards, or unexplained purchases
- ⚠ Noticeable distress after messages, especially late at night

If something feels off, trust your instinct and gently open a conversation.

If You're Concerned



Stay calm – if your child comes to you, they've done the hardest part. Remember not to react in panic or anger, this can prevent them speaking up again in the future.

Save evidence – screenshot messages, usernames and profiles before blocking

Block and report the account on the platform

Report to CEOP: [ceop.police.uk](https://www.ceop.police.uk)

Contact IWF (Eliminating Child Sexual Abuse Online | Internet Watch Foundation IWF) if images have been shared

Childline (0800 1111) offers free, confidential support

Remind your child *IT IS NOT THEIR FAULT and they are NOT in trouble.*



VPNs: What Parents Should Know

A **VPN (Virtual Private Network)** is designed to make internet use more private and secure.

However, if your child is using one, it can also allow them to:

- Bypass Wi-Fi restrictions
- Access blocked or age-restricted content such as adult content
- Get around parental controls
- Hide browsing activity

This means some of the safeguards you've put in place may no longer work as intended.

For a more detailed understanding of how VPN's work:

NSPCC guide for parents:

[VPNs and online safety: a guide for parents and carers](#)

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