



## Supporting your child online and while using their devices

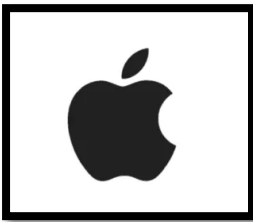


### Home Page

<https://www.internetmatters.org/>

### Advice Hub

<https://www.internetmatters.org/issues/>



### Apple iPhone and iPad parent controls

<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-iphone-and-ipad-parental-control-guide/>



### Google Family Link (An all in one control panel for parents)

<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/google-family-link/>



## Android Smartphone controls

<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/android-smartphone/>



## Android Tablet controls

<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/android-tablet/>



## Samsung Smart TV controls

<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/samsung-tvs-parental-controls/>



## Navigating Social Media safely

<https://www.internetmatters.org/resources/facebook-instagram-whatsapp-tools-to-navigate-social-media-safety/>

## Online safety: top tips

Going online is a huge part of most young people's lives so it's important to talk to them about online safety. Here's our tips to get you started.



### Chat to them about what they like to do online

The best way to find out what your child is doing online is to talk to them and have regular conversations so that online safety is part of everyday discussion. Ask them open-ended questions like 'What's your favourite game or app to play on?'.

- Listen to what they have to say and show an interest. They could give you a demo of their favourite app or show you their favourite YouTube or TikTok account.
- They will probably be able to teach you things you don't know! This will also give you an opportunity to chat about any safety settings they might already have in place.
- Regular conversations with your child will encourage them to come to you if they ever need support or advice.

### Talk about who they are in contact with online

There are lots of different ways that children can talk to people online – messaging apps, on social media, and less obvious ways such as chat on online games. Talk to your child about who they are talking to and what they are sharing with them.

- Use settings to help limit who can contact your child.
- Remind your child that they shouldn't share personal information with people they don't know online.
- Let your child know they can come to you or another trusted adult if any conversation makes them feel uncomfortable.

### Help manage what they see and do online

Parental controls and privacy settings can help you manage how your child spends time online and help to keep them safe.

- Device settings – manage things like location sharing, screen time and in-app purchases. Most tech and gaming companies have dedicated pages to support with setting these up.
- App or game settings – in-app tools that can help to keep your child's account private and manage who they're talking to. You can normally find information on these in account settings or directly on the platforms website.
- Mobile or network provider settings – help to manage browsing access and stop your child from visiting inappropriate sites or downloading apps that aren't suitable. Contact your mobile or broadband provider for more information about setting this up.

Make sure to talk to your child first before implementing any new settings and explain to them how they help to keep them safe.

### Remember it's ok to ask for help!

Remember you don't have to be an online safety expert – that's our job! We're here to help, with resources and advice to help support you and your child.

If your child asks you a question you don't know the answer to, or speaks to you about a negative experience they had online, here are some of things you could do:

- Visit the NSPCC online safety hub: [nspcc.org.uk/online-safety](https://nspcc.org.uk/online-safety)
- Call the NSPCC helpline **0808 800 5000** to speak to an advisor
- Ask another parent
- Speak to your child's teacher
- If your child needs more support, they can contact Childline: [childline.org.uk](https://childline.org.uk)








# NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

© NSPCC 2021. Registered charity England and Wales 216011, Scotland 50037717 and Jersey 384. Illustration by Shutterstock. 102311242

## As a Parent, are YOU Switched On?






ICON	Name	Category/Age
	Instagram	<p>13+ Instagram is a picture and video sharing app. Teens signing up with a birth date indicating that they're under 16 will have private accounts by default, and those with public accounts will get a notification about the benefits of having a private account and how to switch. Photos shared in Instagram are public and may have location information unless privacy settings are adjusted. Also, it's possible to save other users' photos. In the app's Direct section, users can send private messages directly to other users, and a green status dot shows your friends you're active in the app (which could show people that you're active but not answering their messages) unless you turn it off in settings. Vanish Mode lets friends send messages that disappear after users leave the chat. The Reels feature lets user create TikTok-style short videos with visual effects and clips from popular music that they can share in their Instagram Stories or in their main feed. Users can use Remix to build on another user's Reels, like with TikTok Duets.</p> <p><b>Worth knowing</b> Instagram may push a narrative of a 'perfect world' to young people and they may feel pressured to post perfect, polished images of themselves. So watch out for who and what they are following.</p>
	Facebook	<p>13+ Facebook is a popular free social networking website that allows registered users to create profiles, upload photos and video, send messages and keep in touch with friends, family and colleagues. It is used not only by young people, but everyone.</p> <p>Budding game developers may also appreciate the chance to express themselves and share their creations through Facebook's downloadable gaming platform and/or the gaming section of the site. Like the Reels feature in Instagram, Reels on Facebook allows users to create TikTok-style videos that are 30 seconds long.</p> <p>On the Safety page, parents can access directions about setting up a secure account, read about how to prevent online bullying, and get parenting tips around helping kids use social media responsibly. There's also a youth portal that's meant to help teens understand how to use the site, control their information, and protect their privacy and safety.</p> <p>Because the privacy settings are layered and change often, it's important for users to check their settings and make sure they are sharing only with their intended audience.</p>
	Call of Duty	<p>Call of Duty is a shooter video game which is played by everyone from the age of 13 and up despite the 18 rating.</p>
	Snapchat	<p>13+ SNAPCHAT is a social media platform used to share customisable photos, messages and short-form videos referred to as snaps which can disappear after 24 hours.</p> <p>Just because images and videos disappear within 24 hours, it doesn't mean that other users can't save them. Even though Snapchat tells you when another user screenshots your message. It does not consider secondary devices or video capturing software being used to record photos or videos.</p> <p><b>Worth knowing</b> Don't forget to put yourself in Ghost Mode. Also worth knowing is that there is currently no effective process to verify user age, which is a concern as 'friending' users is easy and opens up direct contact to others. It's always worth checking that children know who their trusted adults are and that they can turn to them if something happens or they are worried.</p>
	Twitter	<p>Twitter is an online 'micro-blogging' social network founded in 2006. It is known for its short character limit of 280 characters, with the platform encouraging users to 'keep it brief'. It is also known for its use of hashtags, threads, and trending topics.</p> <p><b>Worth knowing</b> Tweets can be geotagged, which could mean broadcasting an exact location or favourite place to hang out. All Tweets are public by default, meaning anyone can view, reply and retweet regardless of their age or beliefs. Which means inaccurate content can be shared in real time, which may distress younger audiences.</p>











## As a Parent, are YOU Switched On?



ICON	Name	Category/Age
	<b>Popjam</b>	13+ A creative website for children and young people. You can share drawings, photos and audio messages with friends and others.
	<b>Pinterest</b>	13+ Pinterest is an online interactive pin board. You can create collections of pin boards using your own images and you can also re-pin things from other people.
	<b>Tumblr</b>	13+ Tumblr is a social networking site that lets you share text, photos, quotes, links, audio clips, slide shows and videos. You can customise your page and share other people's posts. You can also send private messages. Tumblr allows live streaming.
	<b>Spotify</b>	Spotify is a commercial music streaming service which is used by anyone who is into music but mainly 13+. You can listen to all genres of music on this app. Tracks with explicit lyrics and themes are available on Spotify, but these are usually indicated.
	<b>YouTube</b>	18+ (younger with guardians permission) YouTube is a video sharing and social media platform. Videos can be commented on, liked and shared. <b>Top tip</b> Cyberbullying can occur through comments and age-inappropriate content may slip through moderators. Try out 'YouTube Kids' – it's awesome.
	<b>Twitch</b>	13+ Twitch is a live streaming video platform which allows creators to broadcast and users to watch content, usually about games, including eSports. <b>Worth knowing</b> Twitch streams are often live and are therefore difficult to moderate.
	<b>ASKfm</b>	13+ ASKfm is a social networking site where you can ask other people questions. You can choose to ask the question anonymously. You can easily block someone from asking you a question in the 'more' section of the app this even covers anonymous questions.
	<b>Minecraft</b>	Minecraft is a sandbox game which can be played on all games consoles and mobile devices. It tends to be used mainly by children from 5-18.
	<b>Omegle</b>	18+ or 13+ with parent's permission. You log on with a webcam and microphone and are matched with another random user who you can either chat with or reject and move on. It's easy for kids to gain access to Omegle as the site doesn't require them to register as a user, or identify their age, meaning anyone is able to access the site. There's a high risk that your child will come across explicit sexual content and bad language.
	<b>Clash of Clans</b>	13+ A combat game where players build their own armies (clans) and battle other armies from around the world. You can join forces with other armies or battle against others on your own.
	<b>Roblox</b>	12+ However younger children do play using the extra setting to help them keep safe. Roblox is the ultimate virtual universe that lets you play, create, and be anything you can imagine. All Roblox accounts display the age bracket in the menu and in-game. Age is never shown to other players.
	<b>Fortnite Battle Royale</b>	13+ A multiplayer shooting game. Very addictive and each match can last up to 20 minutes. Up to 100 players play against each other in solo, duo, or up to four-player squads to see who can survive the longest against each other in an ever-shrinking map. The game has a cartoonish style, and the violence, while persistent, isn't bloody or particularly gory, even though you're using melee weapons and firearms to eliminate opponents. The game does push players to make additional in-game purchases to acquire many cosmetic items, objects, and celebratory animations, though they're not necessarily required to play. While there isn't any profanity in the game dialogue, its online nature could expose younger players to inappropriate language from random strangers in voice or on-screen text chat.

## As a Parent, are YOU Switched On?



ICON	Name	Category/Age
	<b>Reddit</b>	13+ Reddit is a community-based forum where people write posts covering different topics, which others can then comment on. The more popular something, the higher up it appears on the website. Beware: experts regard this as a high risk forum for young people. <b>Worth knowing</b> <i>There are no age verification systems, so can be easily bypassed to view inappropriate content.</i>
	<b>Discord</b>	13+ An instant messaging social platform in which people enter servers so they are part of a group – used a lot in gaming communities. <b>Watch out for</b> <i>Inappropriate/adult content which is unsuitable for younger users.</i>
	<b>Steam</b>	13+ Steam is an entertainment platform which lets you play games and create your own in-game content. You can also chat to other members of the community through groups, clans or in-game chat features. Steam allows live streaming.
	<b>TikTok</b>	13+ TikTok is a video-sharing social media app which lets you create, view and download looping 15-second clips. Enable Family Pairing – which lets you link your account to your child's through your mobile so that you can control your child's settings remotely, including limiting screen time, managing messages and blocking a lot of age inappropriate content. <b>Worth knowing</b> <i>– visit the digital wellbeing sections and Safety Centre.</i>
	<b>WhatsApp</b>	16+ WhatsApp is an instant messaging app which lets you send messages, images and videos in one-to-one and group chats with your contacts. You can choose to share your live location for up to eight hours with one contact or a group. A number of settings can be changed (and are recommended) to enable improved privacy and safety over the default information. <b>Worth knowing</b> <i>Turn your live location off – everything can be found in your settings. Beware of scams and malware.</i>
	<b>Apex Legends</b>	13+ Apex Legends continues to be one of the best games of 2022, with lots of new stuff. It's free to play but there are many opportunities for in-game spending. Real money can be used to buy Apex Coins, the main form of in-game currency. Apex Legends is a multi-player battle royale video game that's similar in many ways to <i>Fortnite</i> . It's a first-person shooter based on the sci-fi frontier world of the <i>Titanfall</i> series, although it doesn't continue those stories. Instead, it drops 20 squads of three players on to a map to compete to be the last team standing. Each player on a squad gets to choose one of eight characters (called 'Legends' to play, each with a different set of skills and abilities. As with other team-based multi-player games, like <i>Overwatch</i> , much of the game's strategy comes from selecting the right combo of characters for your squad. Influential livestreamers, YouTubers and eSports competitors are playing and promoting the game, which means if your tween or teen isn't playing it yet, they'll be asking for it soon.
	<b>Vault Apps (Decoys)</b>	Vault Apps are apps which allow users to secretly hide photos, videos and files behind the premise of another app, for example a calculator which can be accessed only through a numeric PIN code. These can become dangerous 'stashes' of youth produced sexual and other unsuitable imagery.
	<b>BBC Own It</b>	4+ The BBC Own It app is an online safety and wellbeing app for young people. It helps them keep track of how they're feeling, build online skills and access support for problems they might face online. It also includes a keyboard that responds to what they write. It might prompt users to think before sending a message or direct them to help if it thinks they're upset. The app is private and none of the data is shared with anybody else.