

Internet Safety Information

Gaming Parental Controls

Set time limits, age restrictions on games, control friend requests, chat and messaging, set spending restrictions.

Xbox

<https://www.xbox.com/en-GB/apps/family-settings-app>

Play Station

<https://www.playstation.com/en-gb/parental-controls/>

Setting restrictions on devices and apps via Microsoft Family Safety

Create a Microsoft account (free), go to Family Safety, link family members by phone numbers and email addresses. Set time restrictions on tablets and phones (android and apple), laptops, PC's and Xbox.

You can also set time limits on individual apps and receive activity reports.

<https://account.microsoft.com/family/home>

Setting limits on apps yourself

Tiktok (minimum age 13 with parental consent until 18) Go into profile, select the 3 line icon (top right hand corner), settings, family pairing, parent, it will then give you a QR code to scan with your child's phone. This will enable you to have control over time limits, setting a public or private account, block direct messaging and restrict inappropriate content.

Whatsapp (minimum age 16) Set privacy restrictions in settings. You should use this to block unwanted contacts, turn off visible information such as profile picture and 'about' information and live locations, you can also report other users. Use the mute notifications if part of a large group chat. This cannot be done from another phone; it has to be done on your child's account.

Snapchat (minimum age 13) Access Family Centre in settings. Send an invitation to your child to join Family Centre, once accepted you can then see their friends list, see who they're talking to, report abuse. You cannot see their messages and snaps.

YouTube (minimum age 13 as you need a google account to log in) – you can restrict content via Microsoft Family (see above) or make sure your child downloads the YouTube Kids app instead.

Instagram (minimum age 13)

To set up Parental Controls, open Instagram -

- * In the right corner at the bottom of your screen, tap your profile picture;*
- * In the right corner on the top of the screen, tap the three lines;*
- * Tap Settings and Privacy;*
- * Scroll down and tap Supervision;*
- * Select your child's account*

Now you have full insight into your child's Instagram usage.

In settings, make sure you set their account to private, remove unknown followers, and delete personal information from their bio.

Meta have just announced that new parental controls will be rolled out for both Instagram and Facebook.

You can also ask your **internet provider** for help to put filters in place, remember this only applies to wireless, once your child uses 4G or 5G they will not apply.

Internet Safety Advice

Keeping Children Safe Online with the NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

UK Safer Internet Centre, guides and resources for parents and carers - <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

If you're worried about how an adult or young person you know behaves around children online, you can get confidential support from the **Stop It Now! helpline:** **0808 1000 900.**