Cyber Awareness

DORSET POLICE

Online Safety for Young People Parents & Guardians Guide

Understanding parental controls available on popular social media platforms

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Introduction

Children and young people are growing up in a digital world and social media plays a big role in how they learn and socialise.

While social media provides positive opportunities, it is not without risks, for example inappropriate content, contact from strangers, and privacy concerns.

This guide provides an overview of the features available on some of the popular social media platforms. If offers practical tips to help you support your child in creating safe and responsible online habits.

The majority of social media applications require users to create an account before parental controls can be setup. While these tools can be extremely effective, they are only one part of keeping your children safe online.

It is always good practice to familiarise yourself with the apps, games, and sites your child is using. Understanding the features they offer, and the potential risks can help you have more informed discussions with your child, and make safer choices as a family.

Please note - the instructions in this booklet may vary by device.

Steph Harris
Intelligence Researcher
Hannah Bird
Cyber Crime Protect & Prevention Officer

Dorset Police - Digital Capabilities Unit

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Instagram

Introduction

Instagram is a popular free social media platform owned by Meta, designed for sharing photos, videos, and stories, primarily through their mobile app.

It features creative editing tools, private messaging, and content discovery through hashtags (#), Reels, and suggested content.

Instagram has launched "Teen Accounts" for users aged 13-17, defaulting to strict, built-in privacy protections. If the young person is aged 16-17, they can choose to switch privacy settings off. Under 16s need parental permission before doing so.

Features include making the account private, limiting direct messaging, filtering out offensive language, and time limit reminders to prevent excessive screen time.

Family Centre

Meta's Family Centre is a tool available to parents within Instagram's settings. It allows parents to supervise their teen's account to manage screen time, communication preferences, and their profile settings for safety.
Whilst you cannot oversee everything they do, these supervision tools serve as a great way to start conversations.

Instagram

How do I access Family Centre?

- Step 1 - Go to your profile and tap the three horizontal lines in the top right corner
- Step 2 - Tap the 'Family Centre' option
- Step 3 - Once in Family Centre, click the account you supervise that you want to manage. Now you can view all the settings you would like to change

How do I setup supervision for a teen account?

- Step 1 - Once in Family Centre navigate to 'Supervision for Teen Accounts'
- Step 2 - Send an invite to your teen's account
- Step 3 - Your teen will need to accept the invite in order to enable supervision

Definitions
Reels - *Short-form, 15- to 90-second vertical videos.*
Stories *- Photos and videos that disappear after 24 hours.*

References
About Family Centre - https://help.instagram.com/454886756318459/
About supervision on Instagram - https://help.instagram.com/658522825492278/

Facebook & Messenger

Introduction

As part of Meta, Facebook, Instagram, and WhatsApp, are centrally managed via the Family Centre.

Through Meta's Family Centre, parents and guardians can manage supervision settings and privacy tools across these connected platforms, including monitoring connections, setting screen time limits, and ensuring safer experiences for teenagers,

For more information on Family Centre, including how to manage this, please see pages 2-3.

Messenger for Kids

Parents can connect with children on Messenger Kids directly through their own standard Messenger app, without needing to create a Facebook account for the child. Parents have full control, allowing them to manage the contact list, review messages and media, monitor friending activity, and set scheduled downtime for the app.

How to setup:
Create an account for your child with their name and a picture so others know it's their account.
Install the Messenger Kids app on your child's phone or tablet and verify the device.
You can then use your Parent Dashboard found in your Facebook app to configure settings.

Facebook & Messenger

Privacy Checkup

From the Home feed, tap the three horizontal lines in the top right corner then select the gear icon.
Select 'Privacy Checkup' under 'Account'. This will give you a step-by-step guide to review your account privacy.

Security Checkup

You can make sure you and your child's accounts are secure by reviewing these settings.
From the Home feed, tap the three horizontal lines in the top right corner then select the gear icon.
Select 'Privacy and Security' under 'Account'.
Under the 'Recommended' tap 'Check your important security settings' and follow the prompts to update important account information.

Additional Security/Privacy Options

How to block someone from their profile page -

- Step 1 - From your home page, click the magnifying glass in the top right and search for the person to block. When blocking someone in the comments section, tap their profile picture or name to get to their profile.
- Step 2 - On their profile, select the three dots under their name.
- Step 3 - Then Select Block and Block again.

Facebook & Messenger

How to block someone through privacy settings -

- Step 1 - From your Home feed, tap the three horizontal bars in the top-right corner.
- Step 2 - Select the gear icon in the top right.
- Step 3 - Scroll down to Audience and Visibility, then tap Blocking to see the account's list of blocked users.
- Step 4 - Tap + Add to blocked list then search for the name or email of the person you wish to block, and tap Block, then Block again.

Manage who can see your profile and content -

- Step 1 - From your News feed, tap the three horizontal lines in the top-right corner and then the gear icon. Scroll down to 'Audience and Visibility' and tap 'How people can find and contact you'.
- Step 2 - You can then change each option to Friends and change the Search Engines to No.

Manage who can contact you -

From your News feed, tap the three horizontal lines in the top-right corner and then the gear icon. Scroll down to 'Audience and Visibility' and tap 'Followers and public content'.
This will allow you to decide who can comment on public posts, who you receive public push notifications from, and who can interact with public information on your profile for example your profile picture.

Facebook & Messenger

Manage who can see your posts -

- Step 1 - From your News feed, tap three horizontal lines in the top-right corner and then the gear icon. Scroll down to 'Audience and Visibility' and tap 'Posts'.
- Step 2 - You can then set each section to Friends. You can also manage the audience for individual posts.

References

Messenger Kids - https://www.facebook.com/help/messenger-app/213724335832452
Basic privacy settings and tools - https://www.facebook.com/help/325807937506242
Facebook and Messenger Teen Accounts - https://familycenter.meta.com/uk/resources/teen-accounts-facebook-messenger/
Control who sees what you share on Facebook - https://www.facebook.com/help/1297502253597210

TikTok

Introduction

TikTok is a global social media platform for creating, sharing, and discovering short-form videos, often featuring music, filters, and creative effects. The app is popular for trends, dancing, comedy, and education.

Owned by ByteDance, it is renowned for its highly personalised "For You" feed, which uses an algorithm to tailor content to user preferences.

How to setup Family Pairing on TikTok

Family Pairing is a parental control feature on TikTok. It lets parents and teens customise teen account settings based on individual needs. To manage or view Family Pairing controls, you need to first link the parent and teen accounts.

How to link a parent and teen account:

- Step 1 - On your device, go to your profile and then tap the three horizontal lines located in the top-right corner.
- Step 2 - Tap 'Settings & Privacy'
- Step 3 - Scroll down and select 'Family Pairing'. Press continue and then choose your role as a parent to get access to a QR code or to send a link to a teen.

Continued on next page

TikTok

How to link a parent and teen account - continued

- Step 4 - Your teen will need to open 'Family Pairing' on their device to scan the QR code, or they can follow the link you sent them. They can review what you'll be able to do and then should select 'Link Accounts' and confirm their choice before seeing the settings you can manage.
- Step 5 - Access 'Family Pairing' on your device and select your child to start customising settings. You can also add another child here and manage the notifications you receive.

References

Safety on TikTok - https://www.tiktok.com/support/faq_detail?id=7543604779394832952
Family Pairing - https://www.tiktok.com/support/faq_detail?id=7543604781667867142

X (formerly Twitter)

Introduction

X is a social media platform where users can share short-form text, image and video updates. Elon Musk acquired Twitter in 2022 and rebranded it to X in 2023.

As a part of this rebrand, the platform underwent a range of changes. X does not offer traditional, built-in parental control apps for monitoring, however if you allow your child to use X, these tips can give them a safer experience on the platform.

Use Safe Settings

X has a range of privacy and safety settings that young people can make use of on the platform. They give users the option to not only block and report other users but also mute them.

Users can also limit who can see their posts, who can contact them, and who can tag them. They can also curate the type of content they see to match their interests and hide content that contains sensitive content.

Accessing Privacy & Safety Settings -

- Step 1 - On the X app, click on your profile picture in the top left corner.
- Step 2 - Select 'Settings and Privacy' from the menu.
- Step 3 - Once inside Settings click 'Privacy and Security'

X (formerly Twitter)

Manage audience and tagging -

You can manage who can view posts and videos from your account in the 'Audience and Tagging' settings.

- Step 1 - In the 'Privacy and Safety' menu, select 'Audience and Tagging'.
- Step 2 - In 'Audience and Tagging' you can change multiple settings.
  - 'Protect your Posts' - toggling this on will mean only current followers and approved users can view your posts.
  - 'Protect your Videos' - toggling this on will mean videos posted or sent via DM (Direct Message) will not be downloadable.
  - 'Photo Tagging' - this setting allows you to choose who can tag your profile in posts, with a choice of anyone, only people that you follow, or no-one.

Filtering Content -

- Step 1 – In the 'Privacy and Safety' menu; click 'Content you See'
- Step 2 – In the 'Content you See' section, you can manage the 'Explore' settings and 'Search' settings.
  - 'Explore' Settings can toggle whether content shown will be location based
  - 'Search' Settings can toggle to hide posts with potentially sensitive content and remove content from blocked and muted accounts.
- Step 3 - In the 'Content you See' section you can also manage 'Sensitive Media' by choosing to filter 'graphic violence' 'adult content', or 'other'.

X (formerly Twitter)

Muting and Blocking -

If you do not want specific users to be able to message or interact with your X profile, you can mute or block them. You can also block specific words or notifications. All of this can be managed in the 'Mute and Block' section found under 'Privacy and Safety' menu.

To manage muted words -

- Step 1 – Inside the 'Mute and Block' section, click 'Muted Words'
- Step 2 – You should be able to view all the words the account has muted from this page. To mute more words, click the blue plus (+) in the bottom right of the screen.
- Step 3 – Type in the word, phrase, username or hashtag you would like to mute. You can then decide where this is muted from, who it is muted for and how long to mute. Once done, click save in the top right corner to finish muting.
- Step 4 – You can now see the muted word in the 'Muted Words' page. You can edit the settings for this muted word or unmute it at any time.

How to block a user -

- Step 1 – Go to the profile of the user you wish to block and select the 3 horizontal dots in the top right corner.
- Step 2 – On the dropdown, click 'Block'.
- Step 3 – A pop-up will appear asking if you would like to block the user. Click 'Block', and the user will now be blocked from the account and be unable to engage with the account's posts.

X (formerly Twitter)

How to Report a user -

- Step 1 – Go to the profile of the user you wish to report, and click the 3 horizontal dots at the top right of the page.
- Step 2 – When the dropdown menu appears, select 'Report'.
- Step 3 – Select the issue that most closely reflects your reason for reporting
- Step 4 – Choose the option that best matches the issue and then click 'Submit' to complete the report.

Managing Messages Settings -

In message settings, you can control who can message the account and decide whether the account can use audio and video calling.

- Step 1 – In the 'Privacy and Safety' menu, navigate to 'Direct Messages'.
- Step 2 – Here you can begin managing who can message the account as well as audio and video calling. To give your child maximum privacy, it is recommended that you set message requests to No-one, and toggle audio and video calling off.

X (formerly Twitter)

Discoverability & Contacts -

If these options are toggled off, people are unable to find your child by searching for their mobile number or email address. To do so:

- Step 1 – From 'Privacy and Safety', click 'Discoverability and Contacts'
- Step 2 – In 'Discoverability and Contacts', switch all the toggles off to prevent people from finding your child using email or number.

References

Safety and Security - https://help.x.com/en/safety-and-security

Reddit

Introduction

Whether using the website or downloading the app, Reddit has a few privacy and security settings.

They include:

- Collapsing 'disruptive' comments that contain rude or disrespectful content while you browse
- Appearing invisible online
- Keeping your account out of Google search results
- Turning off personalised content and information collection
- Implementing two-factor authentication for additional security
- Turning off NSFW (not safe for work) content
- Limiting who can follow your account, whether your posted content shows up in r/all (Reddit's general feed).

Unfortunately, neither the app or website offer parental controls.

Although Reddit has minimal privacy and security settings, there are still some that are useful. Browsers, app stores and broadband also have parental controls you can setup to encourage safety.

Explore Reddit on your own: taking time to understand how your teen might use the site can better inform your conversations. And this can also help you decide whether Reddit is safe and right for your child.

References:

Privacy & Security - https://support.reddithelp.com/hc/en-us/categories/360003246511-Privacy-Security

Discord

Introduction

Discord is a free, ad-free communications app designed for building online communities (servers) through voice, video, and text chat. Originally built for gamers to talk while playing, it is now a widely used platform for hobby groups, friends, and professional teams to hang out or collaborate in real-time on desktop and mobile.

Discord's Family Centre

The family centre allows parents to link their Discord Profile to their teen's account. Linking profiles will let parents view and manage their child's activity on Discord.

How to set up Family Centre:

- Step 1 – From the Discord Home Screen, click 'You' in the bottom right corner.
- Step 2 – On your profile page, click the gear icon in the top right of the screen.
- Step 3 – In the Settings, select 'Family Centre'
- Step 4 – On the Family centre screen, click 'Connect with Teen'.
- Step 5 – You will now have to scan a QR Code on your child's screen. This will send your child a request to link your profiles. Once your child accepts. Family centre will be set up.
- Step 6 – Now that Family Centre is set up, you can view how many users your child has messaged or called, any new friends and how many servers they are in.

Discord

Filtering for spam:

You can choose whether to filter your messages for spam on Discord. This is done through settings within your child's account, not through Family Centre. Filtering messages for spam will prevent your child from receiving unsolicited bulk messaging or advertising.

- Step 1 – On the 'Content & Social' screen, navigate to the 'Direct Message' spam section.
- Step 2 – Choose to either 'Filter all messages' or 'Filter from non-friends'. This will prevent strangers from spam messaging your child. Messages that are identified as containing spam will be automatically sent to a separate spam inbox.

References:

Family Centre - https://discord.com/safety-family-center
Family Centre for parents and guardians - https://support.discord.com/hc/en-us/articles/14155043715735-Family-Center-for-Parents-and-Guardians

Snapchat

Introduction

Snapchat is a multimedia messaging app, developed by Snap Inc., used to share photos, videos, and messages that typically disappear after being viewed, promoting spontaneous, private communication. The app defaults to the camera, allowing users to send "Snaps" to friends, view 24-hour "Stories," and use interactive AR (augmented reality) filters, lenses, and voice/video calling.

Snapchat Family Centre

Snapchat Family Centre is an in-app tool that lets parents and carers stay on top of who their teens are in contact with on Snapchat. To set it up, follow these steps:

- Step 1 – Download Snapchat onto your device. Create or login to your personal Snapchat account. (You need to have your own account to have Family Centre). From your profile, tap ‘Add Friends’ and add your child by searching their username. Return to your profile.
- Step 2 – Tap the gear icon in the top right corner to get into Settings. Under ‘Privacy Control’, tap ‘Family Centre ’and select your child’s name > send invitation.
- Step 3 – Ask your child to access their Snapchat account on their device. From their profile, tap ‘Add Friends’ and then your username.
- Step 4 – Tap view invitation and the Accept.

Snapchat

Customising who can contact your child:

If your child is under 18, you can change this setting so that only friends can contact them. To change the settings:

- Step 1 – Go to your profile and tap the gear icon in the top-right corner to open the Settings menu.
- Step 2 – Scroll down to 'Privacy Controls' and tap 'Contact Me'. Tap either Friends or Friends and Contacts.

Reporting, Blocking or Removing Someone:

If your teen receives unwanted contact, including abusive behaviour or inappropriate content, they can report and block the user. They can also remove users from their friends list.

- Step 1 – Go to the user's profile. You can do this by going to your chats list and tapping their profile image.
- Step 2 – Tap the 3 horizontal dots in the top right corner. Select 'Manage Friendship'.

References:

Privacy - https://help.snapchat.com/hc/en-gb/categories/5685796332948-Privacy
What is Family Centre - https://help.snapchat.com/hc/en-gb/articles/7121384944788-What-is-Family-Centre

WhatsApp

Introduction

WhatsApp now offers **Parent-Managed Accounts** for children under 13 years old (or under the minimum age required to use WhatsApp in their country or region).
These accounts must be set up and managed by a **parent or guardian aged 18 or over** and require the latest version of WhatsApp on either an iPhone or Android device.

Setting up a Parent-Managed Account

Firstly, download WhatsApp onto your child's device:

- Step 1 - Download WhatsApp Messenger
- Step 2 - Open WhatsApp
- Step 3 - Go to 'More Options' and select 'Create a Parent-Managed Account'
- Step 4 - Register and verify your child's phone number
- Step 5 - Enter your child's date of birth and confirm their age
- Step 6 - Tap 'Continue' to begin linking the account to a parent or guardian

Secondly, link the account to your phone

On your child's device, a QR code will appear.

- Step 1 - Scan the QR code using your phone's camera
- Step 2 - Tap the link that appears and open WhatsApp
- Step 3 - Confirm that you are an adult
- Step 4 - Create a 6-digit Parent PIN

Make sure to keep this PIN secure as it controls access to your child's privacy settings and is required to make changes to parental controls. This PIN should never be shared with the child.

WhatsApp

Thirdly, complete the setup on your child's device

- Step 1 - Enter the Parent PIN
- Step 2 - Tap Continue

Your child's account is now ready to use. They can then add their name and a profile picture.

What parental controls are included?

Parent-Managed accounts include built-in controls for contact and privacy settings.

Default Protection
Only people already saved in your child's contacts can message and call them. This helps reduce unwanted contact from strangers.

Features your child cannot use

To create a safer environment, Parent-Managed accounts do **not** have access to:

- Meta AI
- Channels
- Status updates
- Chat Lock & App Lock
- Location Sharing
- View Once messages
- Disappearing messages in individual chats

These restrictions help keep the account focussed on direct messaging and calling.

WhatsApp

What happens when your child reaches the required age?

When your child turns 13:

- Parents/guardians will receive a notification
- The account can transition out of Parent-Managed status
- The child will then have access to WhatsApp's full range of features
- Parental controls will no longer apply

Important - If a Parent-Managed Account is removed

If the parent's WhatsApp account is deactivated or banned then any linked Parent-Managed accounts will also be deactivated until they are linked to an active parent account.

WhatsApp's Teen Information Centre

WhatsApp provides a dedicated **Teen Information Centre** for both parents and young people. It contains information about:

- Privacy Settings
- Safety tools
- Digital wellbeing
- Responsible communication
- Safe use of WhatsApp's features

The aim is to help families understand how to use WhatsApp safely and privately.

WhatsApp

Privacy & Security

WhatsApp uses privacy controls to help users manage who can contact them, view their information, and interact with their account.

Encouraging your child to understand these settings is an important part of staying safe online.

How to strengthen privacy & security

It is important to review privacy settings regularly and consider enabling:

- Two-step Verification
- Appropriate privacy controls

Key takeaway for parents

Parent-managed accounts provide an additional layer of protection by limiting contacts, restricting certain features and giving parents greater control over privacy settings. However, the most effective protection remains **ongoing conversations with your child about privacy, online behaviour, scams and digital wellbeing**. Keeping communication open and regularly reviewing safety settings together can help ensure your child has a safer experience on WhatsApp.

References:

Parent-Managed Accounts -
https://faq.whatsapp.com/894871699629864
Help your teen stay safe on WhatsApp -
https://faq.whatsapp.com/323781503786199

Telegram

Introduction

Telegram is a free, cloud-based instant messaging app focused on speed and security, designed for smartphones and desktops. Launched in 2013, it allows users to send messages, photos, videos, and large files, supporting group chats of up to 200,000 people and public channels for broadcasting to, or connecting with, over 950 million active users. It is important to note that Telegram does not have parental controls.

However, Telegram prides itself on its security features, which include options for messages between users to be encrypted or disappear after a certain amount of time. There are also limited privacy settings. These can be accessed by going to Settings > Privacy and Security settings to get started.

Here are a few tips about how the app works and how it is used:

- Phone number - When signing up for the app, the mobile number they registered with will automatically be visible to contacts.
    - Safety options include allowing everyone or no one to see the account's number and users can add exceptions, i.e. a parent may be able to see their child's number but no one else can.
- Last seen & online - A user's last seen time is automatically visible to everyone.
    - However, this can be changed to contacts only or to no one.
    - Users can add exceptions to prevent specific people from seeing this information.

Telegram

- Profile photos - Profile photos are automatically visible to everyone, however users can set this to contacts only, with exception options, such as disabling certain users from seeing your profile photo.
- Forwarded messages - Users can control whether messages forwarded by them will link back to their profile.
- Calls - Users can control who can call them. The app automatically allows everyone to call a user, but users can change this setting to contacts only or nobody.
- Groups - Users can choose who can add them to group chats, which can hold up to 200,000 people.
    - The setting automatically allows everyone, but users can change this to contacts only. Users can also make exceptions here to prevent certain individuals from ever having permission to add them.
- Passcode lock - Users can protect their account and app with a passcode.
- Two-Step Verification - A user can access their account once they've entered a password along with a code sent via SMS.
- Active Sessions - This feature shows users where else they're using their account and on which devices.
    - Users can log out of all other sessions to ensure no one else is using their Telegram account.

Telegram

What to watch out for on Telegram

While many individuals like the security features offered by the app, users are still required to sign up using a mobile number. This feature reduces how secure the app can be.

Users can also join groups that can hold up to 200,000 members, most of whom won't personally know each other. Anyone can be invited to join the group via their mobile number or username. If Privacy Settings aren't set to limit who can see a user's account, anyone in the group can see whether someone is online and any other information available.

Additionally, while users must be 16 or older to join the app, according to Telegram's Terms of Service, the app does not ask for age confirmation upon download and sign up.

Also, please note Telegram has recently moved most of its features behind a paywall, which limits access using the free version.

How can parents/carers keep their young people safe

Have regular conversations with your child about what they use to communicate with others online. Check in on who they are chatting with online and what kind of information they are sharing. Enable Privacy Settings to keep them safe online and do regular mobile health checks to ensure their devices and apps are up to date.

References:

Telegram FAQ - https://telegram.org/faq?setln=en

Fortnite

Introduction

Fortnite is an immensely popular free-to-play, third-person shooter and survival game developed by Epic Games. It's main mode, BATTLE ROYALE, pits 100 players against each other on an island to be last one standing, featuring unique building mechanics that allow players to construct forts for defence as well as upgrade weapons. They can play single player or in teams. The game is known for its cartoonish style, cross-platform play and pop culture crossovers. This includes character skins, dances, and other personalised goods – these can be purchased or earnt through the battle pass.

How to set up Family Centre:
Fortnite is rated PEGI 12 because of its elements of violence. However, children under this age might play the game as well. Epic Games has parental controls in-game that work with the Epic Games Store controls:

- Step 1 – From the main menu, select the menu in the top corner (3 lines) then select the gear icon.
- Step 2 – Select 'Parental Controls' and enter your 6-digit pin. If you have set up parental controls in the Epic Games Store, this is the same PIN.

Limiting in-game spending:
If you have a debit or credit card saved on the device your child uses to play Fortnite, they may be able to make purchases without permission. To limit in-game spending you will need to set up controls in the Epic Games Store. You can set up a PIN for all purchases to avoid accidental overspending.

Fortnite

Filter Mature Language:

From the parental controls screen, you can set limits on language used in text chat. When turned on, mature language is replaced with heart symbols.

- Step 1 – From the main menu, select the 3-lined menu in the top corner and then the gear icon. Select 'Parental Controls' and enter the 6-digit pin.
- Step 2 – Next to 'Filter Mature Language', turn the setting ON. Then, select SAVE.
- Step 3 – Next to 'Text Chat', select who your child can communicate with you through text chat (sending messages to each other). The best setting is FRIENDS ONLY even with mature language filters on. If your child is older (16+), they might be able to use Friends & Teammates. Consider their maturity levels and understanding of online safety. Remember to SAVE when done.

Epic Games Store

Setting a PIN:

- Step 1 – Create an account for your child and/or login to the app with the account your child uses. Click the profile icon in the top right corner.
- Step 2 – Click on 'Account'
- Step 3 – Select 'Parental Controls'
- Step 4 – Choose a memorable 6-digit PIN and enter it. You will need this PIN to alter any controls.

Fortnite

Manage spending settings:

- Step 1 – From the home screen, click the profile icon in the top right corner then Account
- Step 2 – Click 'Parental Controls' and enter your 6-digit PIN.
- Step 3 – Within the 'General' tab, under 'Epic Games Payment', click the toggle. When it is blue, all purchases will require your 6-digit PIN.

References:

Parental Controls: https://safety.epicgames.com/parental-controls
Fortnite Help Centre: https://www.fortnite.com/help-center

Roblox

Introduction

Roblox is a popular online platform and creation system where users play a vast variety of 3D games and experiences developed by other users, rather than a single game. It functions as a social, user-generated platform, often described as a digital playground, where players can chat, create avatars, and explore virtual worlds.

How to set up a parent account:
To use Roblox parental controls., you must set up a parent account. You can then link your child's account to yours for access to a range of settings and insights.

- Step 1 – Register for your own Roblox account.
- Step 2 – Under 'Email Address', add your parent email. This is the same email you'll need to enter to connect your child's account to yours. Check your email to verify your account.
- Step 3 – Under 'Birthday', tap 'Verify My Age'. Choose either credit card or Photo ID. (follow the instructions on screen to complete the process)

Linking your account to your child's:
If your child is under the age of 13, you can set parental controls across their account. To do this, you must link your Roblox parent account to your child's account.

- Step 1 – On your child's account, tap on More > Settings > Account Info. Tap 'Add parental recovery email'. Enter the email used for your own Roblox account and check your email to confirm.

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Roblox

- Step 2 – Return to the settings menu on your child's Roblox account. Tap 'Parental controls' > 'Add Parent'. Enter your email address.
- Step 3 – Check your email to confirm link, if you still don't have an account, select create account. Otherwise, select 'use existing account' and login. Then, tap AGREE.

You can now return to your Roblox account to customise parental controls for your child.

Managing screen time:

To set screen time limits:

- Step 1 – When logged into your parent account in the Roblox App, tap More > Settings > Parental Controls. Next Screen time, tap 'Manage'.
- Step 2 – Tap 'Screen time limit'. Under 'Daily limit', tap the dropdown box and choose a limit. Options range from 15 minutes to over 3 hours. Choose the maximum amount of time you want to allow each day. Under screen time, you can also view 'Top Experiences' to see which games your child plays the most on Roblox. This is a great tool to help you talk with them about their online life.

Blocking specific experiences:

- Step 1 – From the 'Content restrictions' screen, tap 'Blocked Experiences'. Next to 'Blocked Experiences', tap the + symbol
- Step 2 – Search for the full experience title or a keyword within the title. When you see the correct experience, tap Block beneath the image. Tap Block again to confirm. Children will still be able to click on the experience and learn about it but will not be able to play it.

Roblox

Setting Content Restrictions:

Roblox parental controls, you can set maturity levels and block specific experiences within those levels.

- Step 1 – Under More > Settings > Parental Controls, scroll down and tap 'Content Restrictions'.
- Step 2 – Tap 'Content Maturity'. Set your child's content maturity level, choosing between minimal, mild and moderate. You cannot choose restricted for under 13s as certain content is already restricted for this age group by default.
    - Minimal: If you're okay with your child seeing occasional mild violence, light unrealistic blood or elements which could cause mild fear.
    - Mild: If you're okay with your child seeing occasional mild violence, light unrealistic blood or repeated elements which could cause mild fear.
    - Moderate: If you're okay with your child seeing content which is more violent, blood which is more realistic, crude humour, content which suggests gambling or content which could cause more fear.
    - Minimal is the best option for younger children who may struggle with violent, bloody, or scary content.

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Managing Communication Settings:

Minimising contact from harmful strangers.

- Step 1 – From your parent account, go to the 'Parental Controls' menu > communication. Tap 'Experience Chat'.
- Step 2 – Under 'Experience Chat', choose who your child can publicly text chat with. Choose from Everyone or No One. Under 'Direct Chat', choose who can send your child a direct message in Roblox experiences. Choose from Everyone or No One (if you choose 'no one' for experience chat, direct chat will automatically be no one as well).

Managing Party Communication:

- Step 1 - From the Communication Menu, tap 'Party'.
- Step 2 - Under Party, select who your child can 'form a party' (up to 2 members) with. Parties are groups which can join experiences together. For children under 13, this is limited to Friends or No One.
- Step 3 - Under 'Group Party', choose who can add your child to a group party (up to 6 members). Again, you can choose between Friends or No One. Only select Friends if you are aware who is in your child's Friend list.

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Spending Restrictions:

Some experiences on Roblox encourage in-game spending. Outside the experiences, there are various items that users can buy for their avatar using 'ROBUX'.

Limit Spending:

- Step 1 – Navigate to the 'Parental Controls' Menu. Scroll down and tap 'Spending Restrictions'. Tap monthly spending limit.
- Step 2 – Enter the amount you're happy with your child spending monthly. Tap Update. If you do not have a credit card set up on their account, they will not be able to spend anything. This limit also does not apply to gift cards.
- Step 3 – Go back and tap spending notifications. Choose when you'd like to get notifications about your child spending on Roblox.
    - All transactions: Receive notifications whenever your child buys anything on Roblox to keep track of their spending.
    - High spending alerts: On by default, this will only notify you if your child spends £100, £250 or £500 in a given month. The likelihood of this is happening is greatly reduced by setting a monthly limit.
    - None: You will not receive notifications about your child's in-game spends but might still receive notifications from your credit card company or payment processor.
    - It is recommended tracking all transactions, particularly if you don't have spending limits in place.

References:

Parental Controls - https://about.roblox.com/parental-controls
Monthly Spending Limits - https://en.help.roblox.com/hc/en-us/articles/4409125091348-Monthly-Spending-Limits

Further Support

Keeping your child safe online can be overwhelming, but you don't have to navigate it alone. Below are some helpful links that provide additional information and support on various topics related to online safety.

https://www.ncsc.gov.uk/section/advice-guidance/you-your-family
Protect yourself with trusted cyber security guidance from the NCSC. Learn how to secure your devices, safeguard personal data, and stay secure online.

https://www.nspcc.org.uk/keeping-children-safe/online-safety/
The NSPCC have information and resources on a variety of topics such as understanding apps, setting up parental controls, and how to talk about online safety with children and young people.

https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/
Childline is a service that's run by the NSPCC. Childline are there to help anyone under 19 in the UK with any issue they're going through. Their website also has lots of helpful information and resources relating to online safety.

https://www.nationalcrimeagency.gov.uk/cyber-choices
The Cyber Choices programme was created to help people make informed choices and to use their cyber skills in a legal way.

https://www.reportfraud.police.uk/
Report Fraud is the UKs national reporting centre for fraud and cybercrime. Should you fall victim, you should report to Report Fraud by visiting their website or by calling 0300 123 2040.