



How to set parental restrictions for common apps



1. Sync your account to theirs with Family Pairing.
2. Block inappropriate content with Restricted Mode.
3. Use in-app tools to set screen time limits.



1. Transition from YouTube Kids to a Supervised Account.
2. Use 'Set my own password' to lock parental control settings.
3. Turn off Watch History to limit suggestions and create balance.



1. WhatsApp age minimum is 16 in the UK, so review privacy settings.
2. Disable live location and who can contact your child.
3. Get familiar with privacy settings and report/block features.

Make online safety a part of their everyday

Conversations to have

Talk about:

- What they're watching; what do they like about it?
- What apps/games they like; what would they like to try?
- How being online makes them feel; what signs tell them they need a break?

See more at [internetmatters.org](https://www.internetmatters.org)

Tools to explore together

Build digital skills and play together with:

- The Online Together Project: an interactive quiz with discussion points to challenge stereotypes and hate online.
- Find the Fake: a series of quizzes to help teach children how to recognise and tackle misinformation online.

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

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<https://www.internetmatters.org/advice/social-media/#online-actions-hurting-others>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware>

Both links offers parents advice about how to support their children on social media.

How to keep your child safe on TikTok using safety settings

There are six security settings that can help you to keep TikTok safe for your child and prevent them seeing anything that might worry or upset them:

1. **Family Pairing**

This allows you to connect your child's account with your own. It gives you access to parental controls to help manage who they can speak to and how long they can spend on the app.

2. **Private account**

Setting your child's account to private means that only approved followers will be able to watch their videos.

3. **Restricted mode**

This feature helps to filter out videos that may contain inappropriate or adult topics and stop them appearing on your child's 'For You Page'.

4. **Comment filters**

Enable to manage who can comment on your child's videos and stop inappropriate comments from appearing on their feed.

5. **Direct messages**

This can help them manage who can contact them privately on the app. You can choose who can send them direct messages by selecting 'Friends only' or 'No one'.

6. **Daily screen time**

This setting allows you manage how long your child can spend on the app. You can set a daily time limit, and once it is up you will need to enter a passcode to keep using the platform.