

### Quora

Quora should only be accessed by users that are 13+. Quora is a question-and-answer site. You do need to set up an account to see and post replies.

Due to the nature of the site, users can communicate with strangers, either through the Q&A boards, spaces or via private messages. Private messaging can be turned off in settings and users can block other users.

Quora is a platform where users can post publicly. If your child is using this site, then please ensure your child understands that they should not share personal information. As content is user generated, talk to your child about how information they read online may not be factually correct. Your child may also come across content and topics that are not age appropriate.



You can find out more about the safety and security of Quora here:

<https://help.quora.com/hc/enus/sections/115001205786-SafetySecurity>

### Safe Searching



There is so much online that we would not want our child to view and even an innocent search can result in inappropriate content being seen. To make our child's online world safer, we would firstly recommend switching on Safesearch settings for the search engine your child uses. **However, as not all search engines allow you to 'lock' Safesearch on (so users may be able to simply turn it off),** we would encourage you to apply further parental controls.

For some search engines, for example Google, you can set up a Family management account, which will ensure that Safesearch settings cannot be switched off. We would recommend using a family management account (either Google or Microsoft) so even if your child is using a search engine that cannot be locked, there will at least be an additional level of content filtering provided.

In addition to the above, make sure you have set up appropriate parental controls on your home broadband (and any consoles/ devices/ apps/ websites that your child uses/accesses) for example, to restrict access to explicit websites or access to websites that are not suitable for children.

**Please remember that no filtering/ parental control is 100% safe, so it is important that you talk to your child about how they can stay safe online and that they should talk to you or another trusted adult if they need to.**

CEOP have produced an article exploring what you could do if your child sees something inappropriate online:  
<https://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online/>

#### Further information

Parent Zone have published an article to help you understand searching in more detail:

<https://parentzone.org.uk/article/search-engines>

# Online Challenges



Our children may not have developed the skills and ability to critically analyse all situations yet so it is important to talk to your child about hoaxes and challenges that may appear on the internet. Some challenges are fun and provide no risk, however there will be challenges that are risky/dangerous. Your child may see others complete certain challenges online without being harmed and therefore may want to repeat them **and not consider the potential risks to themselves**. Make sure they know that they should talk to you (or another trusted adult) about what they see online, particularly if they plan to try a challenge or if something scares or upsets them.



We would always advise that if your child has not heard about an online challenge, then do not draw attention to it as this may lead to them searching for it out of curiosity, so just talk about challenges in a general sense. **Reassure your child that challenges that suggest that bad things will happen if they do not complete the tasks are not real.**

The following link will provide you with further information as well as content to help you talk to your child:  
<https://www.internetmatters.org/connecting-safely-online/advice-forparents/tackling-the-hard-stuff-on-social-media-to-support-youngpeople/online-challenges-are-they-harmless/>

TikTok have also produced this resource to help you talk to your child about challenges and the potential risks:  
<https://www.tiktok.com/safety/en-sg/online-challenges/>

## Summertime

As we head into the summer holidays, we may find our children online more or having more screen time. Childnet have produced this blog, which includes how to help your child with managing their screen time:



<https://www.childnet.com/help-andadvice/screen-time-boundaries-parents/>

You may also be looking for activities to do with your child. Google and Parent Zone have produced some great resources that are free to download. They include a mix of online and offline activities, such as asking them to create a poster to show what they would do if they were worried about something they see online. You can access all the resources here:  
<https://www.parents.parentzone.org.uk/download>

## Vinted Scams

Have you used Vinted to buy and sell used clothes? Please be aware of potential scams. Vinted have published an article highlighting how scammers might target Vinted users and how you can protect yourself. You can read the full article here:

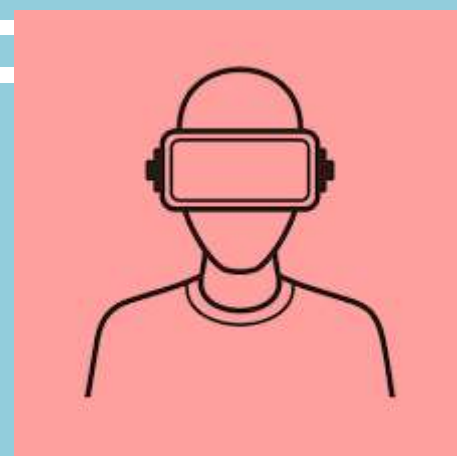
<https://www.vinted.co.uk/help/628-recognise-spoof-and-phishing-messages>

## Children's Online Safety Test

Virgin Media have created four different Internet Safety Tests around four key topics to help you learn more about the internet and different terms that you might come across such as catfishing. You can access them here:  
<https://www.virginmedia.com/blog/online-safety/childrens-internet-safetytest/>

## What is Virtual Reality?

Did you know that many VR headsets have a minimum age rating of 13? Childnet have produced this article detailing what virtual reality is and the considerations that you should consider before using:  
<https://www.childnet.com/blog/virtual-reality-a-guide-for-parents-and-carers>





# Age Restriction Guidance

With the ever-increasing number of social media apps available and trending, it is important to remember that they DO HAVE AGE RESTRICTIONS!

Please see guides showing the current age restrictions for all the popular social media apps and gaming trends - **Remember, there is an age restriction for a reason!**

## YOUR SUMMER GUIDE TO POPULAR PLATFORMS

**AN ONLINE SAFETY SHAREABLE**

<div style="text-align: center;">  <p><b>Messenger</b></p> </div> <p>An instant messaging app developed by Meta, popular for group chats, sharing images and videos. This app is also popular for playing games with friends. Can allow young people to connect with strangers, receive message requests from strangers and video call.</p> <p style="text-align: right; background-color: #FFD700; border-radius: 50%; padding: 2px 5px;">16+</p>	<div style="text-align: center;">  <p><b>Yubo</b></p> </div> <p>A live-streaming platform designed to help users "meet new people" from all around the world. There have been multiple reports of young people being harassed into sending sexualised or nude images and videos.</p> <p style="text-align: right; background-color: #FFD700; border-radius: 50%; padding: 2px 5px;">17+</p>	<div style="text-align: center;">  <p><b>WhatsApp</b></p> </div> <p>A popular messaging platform which allows group chats, video and audio calls. WhatsApp users have been subject to scams and malware spreading through the platform.</p> <p style="text-align: right; background-color: #FFD700; border-radius: 50%; padding: 2px 5px;">16+</p>
<div style="text-align: center;">  <p><b>Reddit</b></p> </div> <p>A platform which allows interactions through communities and discussion forums based on particular interests. There are no age verification systems for NSFW channels and can be easily bypassed to view inappropriate content. (NSFW forums are 18+)</p> <p style="text-align: right; background-color: #90EE90; border-radius: 50%; padding: 2px 5px;">13+</p>	<div style="text-align: center;">  <p><b>Kik</b></p> </div> <p>A mobile messaging app which allows one-to-one chatting, group chats and anonymous chats. Since Kik allows chatting with random strangers, it leaves children open to exploitation and grooming. Once messages are deleted, they cannot be retrieved.</p> <p style="text-align: right; background-color: #FFD700; border-radius: 50%; padding: 2px 5px;">16+</p>	<div style="text-align: center;">  <p><b>Telegram</b></p> </div> <p>A cross-platform messaging app which allows communication between individuals, small and large groups of up to 200,000 people. The ability to connect with others in the area may lead to young people to disclose locations and personal details that could lead to grooming or harassment in-person.</p> <p style="text-align: right; background-color: #FFD700; border-radius: 50%; padding: 2px 5px;">16+</p>
<div style="text-align: center;">  <p><b>Discord</b></p> </div> <p>An instant messaging social platform, in which people enter 'servers' so they are part of a group - commonly used for gaming communities. Some servers are NSFW (Not safe for work - often meaning inappropriate/adult content) and may have content age-inappropriate for younger users.</p> <p style="text-align: right; background-color: #90EE90; border-radius: 50%; padding: 2px 5px;">13+</p>	<div style="text-align: center;">  <p><b>Snapchat</b></p> </div> <p>A popular image sharing and messaging app that lets users exchange pictures and videos (snaps), with photo effects and filters, which disappear after a period of time. The 'disappearing snap' feature of Snapchat can lure young people into a false sense of security, and they may send images they would not normally send.</p> <p style="text-align: right; background-color: #90EE90; border-radius: 50%; padding: 2px 5px;">13+</p>	<div style="text-align: center;">  <p><b>Instagram</b></p> </div> <p>An image and video sharing app. Users can share content that followers can interact with by viewing, liking and commenting. Instagram may push a narrative of a 'perfect world' to young people, and they may feel pressured to post perfect, polished images of themselves.</p> <p style="text-align: right; background-color: #90EE90; border-radius: 50%; padding: 2px 5px;">13+</p>
<div style="text-align: center;">  <p><b>YouTube</b></p> </div> <p>A popular video sharing and social media platform. Videos can be commented on, liked and shared. Cyberbullying can occur through YouTube comments and age-inappropriate content may slip through moderation strategies deployed.</p> <p style="text-align: right; background-color: #FF4500; border-radius: 50%; padding: 2px 5px;">18+</p>	<div style="text-align: center;">  <p><b>TikTok</b></p> </div> <p>A free video sharing app which allows users to capture short video clips, share them and watch other user's videos or live streams. Age-inappropriate content which can be accessed through public feeds, especially any live streams. This may be unsuitable for young people and can be the origin of bullying trends.</p> <p style="text-align: right; background-color: #90EE90; border-radius: 50%; padding: 2px 5px;">13+</p>	<div style="text-align: center;">  <p><b>BeReal</b></p> </div> <p>A once-a-day photo sharing app - Users are given a 2-minute window to share a photo of themselves and their surroundings to their friends. If young people accept contacts they don't know, it is easy to build up a picture of routines in daily life, for example, school uniforms, bus stops and regular locations.</p> <p style="text-align: right; background-color: #90EE90; border-radius: 50%; padding: 2px 5px;">13+</p>
<div style="text-align: center;">  <p><b>Twitch</b></p> </div> <p>Twitch is a live streaming video platform which allows creators to broadcast and users to watch content, usually about games, including esports. Twitch streams are often live and are therefore difficult to moderate.</p> <p style="text-align: right; background-color: #90EE90; border-radius: 50%; padding: 2px 5px;">13+</p>	<div style="text-align: center;">  <p><b>NETFLIX NOW Disney+</b></p> </div> <p>Streaming services which often involve paid subscriptions which offers a variety of TV shows, movies, gaming streams and more. Netflix shows such as 'Squid Game' and '13 Reasons Why' went viral and attracted the attention of young people, despite not being appropriate for under 18s. Parental controls which restrict access to age-inappropriate content e.g. profile PIN codes.</p> <p style="text-align: right; background-color: #90EE90; border-radius: 50%; padding: 2px 5px;">13+</p> <p style="text-align: right; background-color: #FFD700; border-radius: 50%; padding: 2px 5px;">16+</p> <p style="text-align: right; background-color: #FF4500; border-radius: 50%; padding: 2px 5px;">18+</p>	<div style="text-align: center;">  <p><b>Vault Apps (Decoys)</b></p> </div> <p>Apps which allow users to secretly hide photos, videos and files behind the premise of another app, for example a calculator which can only be accessed through a numeric pin code. Can become dangerous 'stashes' of youth produced sexual imagery.</p> <p style="text-align: right; background-color: #FFD700; border-radius: 50%; padding: 2px 5px;">17+</p>





# YOUR SUMMER GUIDE TO POPULAR GAMES



## Rocket League

3

A videogame that bridges the gap between car racing, sport matches, and gladiator fights. Put simply, it's rocket-powered cars playing an intense game of football. Rocket League has a reputation for being a toxic environment for gamers with reports of offensive and inappropriate language filling text chats.



## Fifa

3

A football simulation video game where gamers can choose to play as their favourite real-life footballers in their favourite real-life teams. FIFA is readily played by adults of all ages, meaning it would not be uncommon for a young person to interact with someone older.



## Minecraft

7

An adventure game which allows players to explore and create worlds using building blocks to customise their worlds. Children and young people may experience addiction to the game due to its engaging nature.



## Roblox

7

An online gaming and game creation platform. Users can play and create games for others to play. It also includes social features such as friend requests and chats where players can design an avatar and speak to others while they play. Roblox has previously faced criticism following harmful sexualised content being prevalent on the platform.



## Among Us

7

An online multiplayer game which revolves around players attempting to figure out who is a friend and who is an enemy. Crewmates try to complete tasks while the Imposter aims to sabotage the mission and kill them without being found out. Risk of talking to strangers through the chat feature however there is a chat-censor feature which can be turned on to prevent this.



## Poppy Playtime

12

A horror game that involves an investigation of a mystery in an abandoned toy factory. You solve puzzles to survive the "vengeful toys" left behind including 'Huggy Wuggy'. Horror games containing frightening content can cause added anxiety and stress to young people, intrusive thoughts and new fears.



## Fortnite

12

An online multiplayer "shooter style" game meaning players battle it out against opponents with multiple weapon styles. It allows players to create and personalise their own game components. Persuasive design features of the game can keep children hooked, encouraging them to spend in-game currency and add to their screen time.



## Overwatch

12

A team-based game starring a cast of powerful heroes. Players can travel the world and build teams together. Overwatch has been included in eSports competitions and has scenes of blood, tobacco use and violence.



## League of Legends

12

A team-based strategy game where two teams of five champions face off to destroy the other's base. Children may be exposed to bad language, hate speech, insults, and sexual language.



## Apex Legends

16

A free-to-play shooter type game with the objective of being the last team standing by collecting loot and fighting enemy squads. It includes some violence and players may talk to others through voice and text chat.



## Elden Ring

16

An action role-playing game in a world of different characters. You can explore the world, grow in strength and fight or ally those you meet. It features strong violence involving both human and fantasy characters, which can be deemed age-inappropriate for younger players.



## Grand Theft Auto

18

An action-adventure game in which players complete missions to progress through the story. Children will be subjected to profanity, violence, sex, crime and other mature themes.



## Call of Duty

18

A series of first person shooter games including 'Modern Warfare', 'Black Ops', 'Vanguard' and 'Warzone'. Involves live user interaction - squads can be made up of friends or players from all over the world.



## Horizon Worlds

18+

A virtual social space which consists of a catalogue of virtual experiences through the Metaverse. There have been several reported incidents of users experiencing sexual harassment while using the platform.



## Avakin Life

18+

A virtual 3D gaming world where users create their own character by choosing outfits and interacting with others at different in-game locations. Users can easily access children and young people online via private and public chats.