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All information taken from UK Safer Internet Centre (https://saferinternet.org.uk)

How to set up filters on your home internet to help prevent age-inappropriate content being accessed on devices in your home.

The 4 big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media – provide their customers with free parental controls which can be activated at any time. They have come together to produce these helpful video guides to help you to download and set-up the controls offered by your provider.

BT [How to set up the parental controls offered by BT - UK Safer Internet Centre](#)

Sky [How to set up the parental controls offered by Sky - UK Safer Internet Centre](#)

TalkTalk [How to set up the parental controls offered by TalkTalk - UK Safer Internet Centre](#)

Virgin Media [How to set up the parental controls offered by Virgin Media - UK Safer Internet Centre](#)

We know that children, particularly younger children, can be bothered by things they see online, and filters can be a helpful tool in reducing the chances of coming across something upsetting.

Remember that filtering is only part of the solution

No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour. It is therefore important to talk to your children about staying safe online and make sure they know that they can turn to you if they get into any difficulty. For more information about key topics such as cyberbullying, sexting and social networking, see more advice for parents. Other services that are popular with young people also provide tools that are helpful to activate in addition to filters. Find out more about safety tools on popular online services.

Devices that connect to your home internet

In addition to content filtering offered by your ISP, many devices such as games consoles, smartphones and tablets have their own parental controls, for example to limit spending or restrict access to apps based on age rating. Likewise, many web browsers have built-in tools and features to help you control the kinds of content users can view.

Staying safe when out and about

If children are taking their devices out of the home, it's worth bearing in mind that they could connect to public wifi, for example, in a shop, cafe or restaurant. Look out for the Friendly WiFi symbol which shows that the wifi has filters in place to limit access to pornographic content.

Social Media

Instagram

Instagram is a photo and video sharing app that is popular with teens. People on Instagram can connect with one another through comments, captions, reels, stories and hashtags on photos and videos.

Young people use Instagram as a way to engage with their friends, share pictures and videos of their lives or things they like doing, and as a way to share their creativity in stories.

Age requirement

To be eligible to sign up for Instagram, you must be at least 13 years old.
Anyone 13 and older can create an Instagram account by registering an email address and selecting a username.

Safety tools and advice

Instagram's Safety Centre has advice about what's okay and not okay on the site, as well as advice about the safety features available.
This includes the Safety Tools section which provides more information about the safety and security essentials.

Help Centre   https://help.instagram.com/

How to Report How to Report Things | Instagram Help Center

Facebook

Facebook is a social network that is popular globally with over a billion users. It has a range of safety features and advice, including advice about how to deal with concerns and how to protect your privacy.

Young people use Facebook to connect with friends or family, to see and share updates and posts, and to follow brands, celebrities and influencers they like.

Age requirement

To be eligible to sign up for Facebook, you must be at least **13 years old.**

Safety Centre https://www.facebook.com/safety

Bullying Prevention Hub https://www.facebook.com/safety/bullying/

Safety Tools https://www.facebook.com/safety/tools/

Reporting Tools https://www.facebook.com/help/reportlinks

Reporting under age users https://www.facebook.com/help/157793540954833

Facebook

TikTok

TikTok is a social media platform that allows users to express themselves through dancing, lip-synching, comedy sketches, makeup tutorials, and by telling stories about their lives in short videos that can be shared with others in the TikTok community. Videos are between 15 seconds and three minutes long. There are also a range of TikTok Influencers who create videos which get viewed millions of times.

Age requirements

13 years +

To sign up for TikTok, you must verify that your age is over 13.

Safety advice

TikTok's safety centre has advice and guides on the content that is and isn't allowed on the app. They also provide information on the tools and controls that users can utilise to manage their experience within the app.

Safety Centre https://www.tiktok.com/safety/en-us/

Guardians Guide https://www.tiktok.com/safety/en-us/guardians-guide/

Safety & Privacy Controls https://www.tiktok.com/safety/en/safety-privacy-controls/

Snapchat

Snapchat is a messaging app that is popular with teenagers which allows them to share user-generated photos, texts and videos which only last on screen for a matter of seconds, these are called 'snaps'.

Once a snap is sent to someone else, it can last on the screen of the receiver for between 1 and 30 seconds before disappearing. Users can also add images or videos to their story for their followers to see for 24 hours.

Age requirements

13 years +

To be eligible to sign up for Snapchat, you must be at least 13 years old.

Safety advice

Snapchat's safety centre has advice and guides on the content that is and isn't allowed on the app. They also provide information on the tools and controls that users can utilise to manage their experience within the app.

Safety Centre https://support.google.com/youtube/topic/2803240?hl=en-GB&ref_topic=6151248

Advice for Parents & Guardians https://www.snap.com/en-GB/safety/safety-education

Information for reporting https://www.snap.com/en-GB/safety/safety-reporting

YouTube

YouTube is a video-sharing website that is owned by Google. There are a range of safety features such as reporting tools and restricting access to inappropriate content in Safety Mode.

Age requirements

13 years +

In order to create a YouTube account, you must be at least 13 years old.

It is possible to watch videos without registering an account, but you would not be able to post your own videos.

Safety advice

TikTok's safety centre has advice and guides on the content that is and isn't allowed on the app. They also provide information on the tools and controls that users can utilise to manage their experience within the app.

Privacy & Safety Centre https://support.google.com/youtube/topic/2803240?hl=en-GB&ref_topic=6151248

Parental Controls https://www.youtube.com/howyoutubeworks/user-settings/parental-controls/

Information on reporting https://support.google.com/youtube/topic/9387085?hl=en-GB&ref_topic=2803138

WhatsApp

WhatsApp is a free mobile messaging app which allows users to send and receive messages, images and videos to their existing phone contacts, using an internet connection. WhatsApp users can create groups and send messages to lots of their friends at the same time.

WhatsApp is end-to-end encrypted meaning that only the sender and recipient can see the contents of a message.

Age requirements

16 years +

To be eligible to sign up for this service, you must be at least 16 years of age.

Help Centre https://faq.whatsapp.com/

Information on Reporting & Blocking https://faq.whatsapp.com/iphone/security-and-privacy/how-to-block-and-unblock-contacts

Twitter

Twitter is a social media platform that allows users to communicate in short messages called tweets. Many people use Twitter for news, as well as to follow their friends, favourite celebrities or brands.

Age requirements

13 years +

To sign up for Twitter, you must verify that your age is over 13.

Safety advice

Twitters safety centre has advice and guides on things such as spam, fake accounts, sensitive content and abuse.

Safety Centre https://help.twitter.com/en/safety-and-security

Twitter

New Parental Supervision Tools for Instagram and Quest VR

For June, new parental supervision tools are becoming available for Instagram as well as on Quest VR headsets from Meta. These new features will allow parents and carers to have more supervision over their teen's online activity.

Features such as parents and carers having the ability to set screen time limits as well as having more awareness around reporting are just some of the new inclusions.

In this latest blog, we explore these new parental tools and see what they can offer.

Instagram Parental Supervision Tools

The new parental tools from Instagram are looking to include a supervision option, which gives parents and carers more awareness around their teen's online activity. This feature needs to be approved by both the parent or carer and their child before supervision options are made available.

If agreed upon and activated, parents and carers will then have the ability to:

- See how much time their teen spends on Instagram

- Have awareness of who they follow and who follows them back

- Get notified about when their child reports someone on Instagram. This includes getting information about who they reported and what type of report was made.

- Set screen time limits across a daily or weekly basis.

As part of some new digital wellbeing features, teens will also start to receive nudges that will encourage them to switch to a different topic on Instagram if they are looking at something consistently. This new feature has been included to give teens more opportunity to discover new things. Instagram recently said in one of their blog posts:

''We designed this new feature because research suggests that nudges can be effective for helping people — especially teens — be more mindful of how they're using social media in the moment. In a study on the effects of nudges on social media use, 58.2% of respondents agreed or strongly agreed that nudges made their social media experience better by helping them become more mindful of their time on-platform.''

New VR Supervision Tools from Meta

Parental supervision tools are also becoming available on the Quest VR headsets from Meta. As with Instagram, teens will need to start the process and get acceptance from both parent and teen in order to link accounts and make the features available. Once approved, parents will have the ability to:

- Manage purchases: Block and approve purchases that are not age appropriate

All information taken from UK Safer Internet Centre (https://saferinternet.org.uk)

- Awareness of apps: See what apps are owned and block any that may be inappropriate

- Be notified when a purchase is made

- Have awareness of their child's screen time

- See who their teen has on their friends list

Meta are also launching a new education hub which supports these new supervision tools.

Supervision Tools – Considerations

These new features for Instagram and Quest VR are a welcome addition to parental controls for the platforms.

Despite this, it is important to note that parental controls, whilst helpful, are not a guaranteed solution to stay safe online and prevent online harm.

If you or your teen sees or is victim to something harmful online, it is essential to report it.

Report Harmful Content is there to support anyone over 13 with reporting harmful material online. Parents and teens can use this platform to gain awareness around where to go if they encounter something harmful.

You can also download the Instagram checklist from our partners at SWGfL for more info on security settings.

Finally, our partner Childnet have recently developed a conversation guide "My Life Online" which guides parents and carers in an open conversation with a child about life online.

All information taken from UK Safer Internet Centre (https://saferinternet.org.uk)

New Features Addressing Harmful Online Content and Screen Time

Instagram recently announced two new features that work towards addressing screen time and harmful content online. This includes the 'Take a Break' feature as well as how harmful online content is presented towards users.

'Take a Break' Feature

Instagram recently launched the ['Take a Break' feature](#) that works towards helping users with managing their screen time. It aims to set some restrictions around how long they use social media for.

If a user on Instagram has been scrolling for a set period of time, they will now get a notification, advising them to take a break. As well as this, it will prompt them through notifications to set reminders for additional breaks in the future. This feature is available to notify the user after 10, 20 or 30 minutes.

To set this feature up, go into your **Profile Tab**, select the **Three Lines** in the top right corner and hit **Your Activity**. From there, go into **Time Spent** and select **Set a Reminder to Take Breaks**. You will then see the options for when you want to receive notifications to take a break.

Addressing Harmful Online Content

As part of this new feature, Instagram will show potentially harmful posts lower on a user's newsfeed, inhibiting their exposure to posts that incite violence or include bullying or hate speech. [The announcement of this feature](#) highlighted that detection of this harmful content will come from comparing similarities towards content that has already been reported in the past.

Instagram incorporates a set of [community guidelines](#) where content is reviewed against and removed if not adhered to. Instagram users can also [report posts](#) within the app if they find or consider something harmful. Now, Instagram is placing potentially harmful posts lower on a user's feed if the social media platform considers the user likely to report the post based on their history of reporting.

In light of this new feature, it is important to highlight the use of reporting features when experiencing harmful online content. If you want to find out more about various reporting routes across some of the most well-known social media platforms, take a look at the [Report Harmful Content](#) advice. As well as giving information on reporting, if you have had a response from an online platform to a report that was not the outcome you were hoping for, you can also [report the content to Report Harmful Content](#) direct for further review, explanation and escalation.

Help – someone else has posted a photo of my child on social media

Many people have different reasons for choosing whether to share pictures of their children on social media or not. This is a very individual choice, and there is no right or wrong decision to make. However, if you have decided to not post pictures of your child on social media it can sometimes feel worrying to see others post a picture of your child online without your consent.

This blog from UKSIC partner Childnet looks at ways you can start a conversation with those who have posted a picture of your child, as well as further steps you can take to report the picture.

Talk to them

One of the first things to do when you see that someone has posted a picture of your child online is to stay calm and talk to them. When speaking to the person without judgement or blame, there are a couple of decisions you need to make about what you want the next steps to be. These could include:

If you are happy for the picture to remain online under certain circumstances:

- Asking them to check their privacy settings, making sure that their profile is set to private and that only their friends can see their posts and pictures.

- Ask them to remove tags and locations. If any of the images have been location tagged then you can ask that these are removed from their post.

You want the photo removed:

As a parent or carer, you are well within your rights to ask them to remove the image altogether. If you feel it is appropriate you can explain your reasons for not wanting to have the images online, or can just be honest that it makes you uncomfortable.

If you are unhappy with the image being online and they are happy to remove it, you can also set boundaries going forward. Boundaries could include that no images are to be posted online but sending images by private message is okay, or that only pictures without your child's face in can be posted.

Make a report

There can be some situations where talking to someone who has posted a picture of your child is not an option, or when asking for the photo to be removed has not worked. On some social media sites, you can report the photo for violating your child's privacy.

On Facebook

There is a reporting portal on Facebook specifically for [reporting privacy violations in images of your children.](#) To report the image through this route you have to include a URL link to the image or post containing the image.

On Instagram

The Instagram reporting portal contains information on how to report a privacy violation whether you have an Instagram account or not. To report an image or video of your child on Instagram you can visit the Instagram help centre.

If reporting hasn't worked

If you have tried reporting the picture already and no action has been taken, you can escalate your report by talking to our partners at Report Harmful Content.

About this document

This document was setup using information from the UK Safer Internet Centre (https://saferinternet.org.uk)

There is a lot of useful information on this site to help parents and guardians protect their children online. There is a wealth of advice regarding online issues such as bullying, cyberflashing, sexting etc. as well as a lot of useful guides and resources. Please visit this website in conjunction with this document to get impartial advice for helping keep your child safe online..

About this document