

# Smartphone Safety



# Apps and age restrictions



Instagram – photo and video sharing



TikTok – video sharing



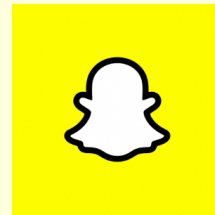
WhatsApp – messaging



Facebook – video, photo sharing and messaging



YouTube – video uploads



Snapchat – photo messaging – photos delete instantly



Discord – instant messaging



Omegle – video chat with strangers



Roblox / Minecraft / Fortnite – gaming with in-built chat

# Apps and age restrictions

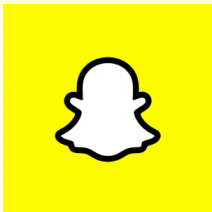
All social media apps have an age limit of **at least 13**.



Instagram - 13+



TikTok - 13+



Snapchat - 13+



Discord - 13+



Facebook - 13+



YouTube - 13+



Omegle - 13+



WhatsApp - 16+

# App privacy

All social media will have **privacy** settings that mean others cannot see your profile.



## A few things to remember

Even if you choose 'My Friends,' anyone you're in a Group with will be able to communicate with you in Group Chat. To see who's in a Group before you join it, just press and hold the name of the group in the Chat screen!

If you choose 'My Friends,' you won't see Snaps sent to you by non-friends - you'll just get a notification that they added you as a friend. If you add them back, you'll be able to see Snaps they've sent you!

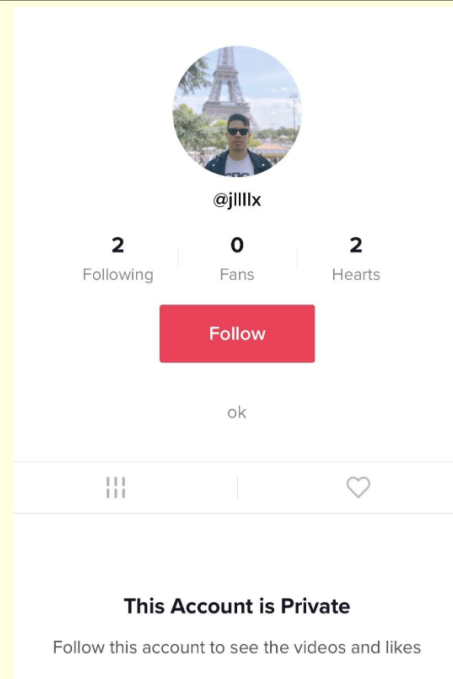
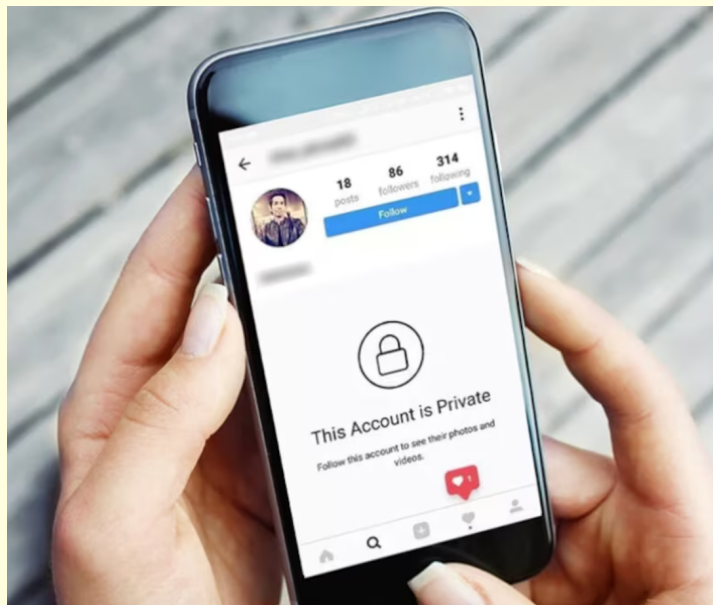
If you choose 'Everyone' for 'Contact Me', even Snapchatters you haven't added will be able to send you Snaps and Chats

If you post a Snap to your Story, and then change your settings so only friends can see your Story, others may still be able to see the Snaps you posted before the change

Check what privacy features mean and read the small print!

# App privacy

Our recommendation is that if you are allowing children to have social media, their profiles should all be completely private.



We do not recommend children post their own content on any kind of public social media.

App privacy

Instagram teen accounts



If you are thinking of letting your child have an Instagram account, they should have a **teen account**.

Instagram Teen  
Accounts



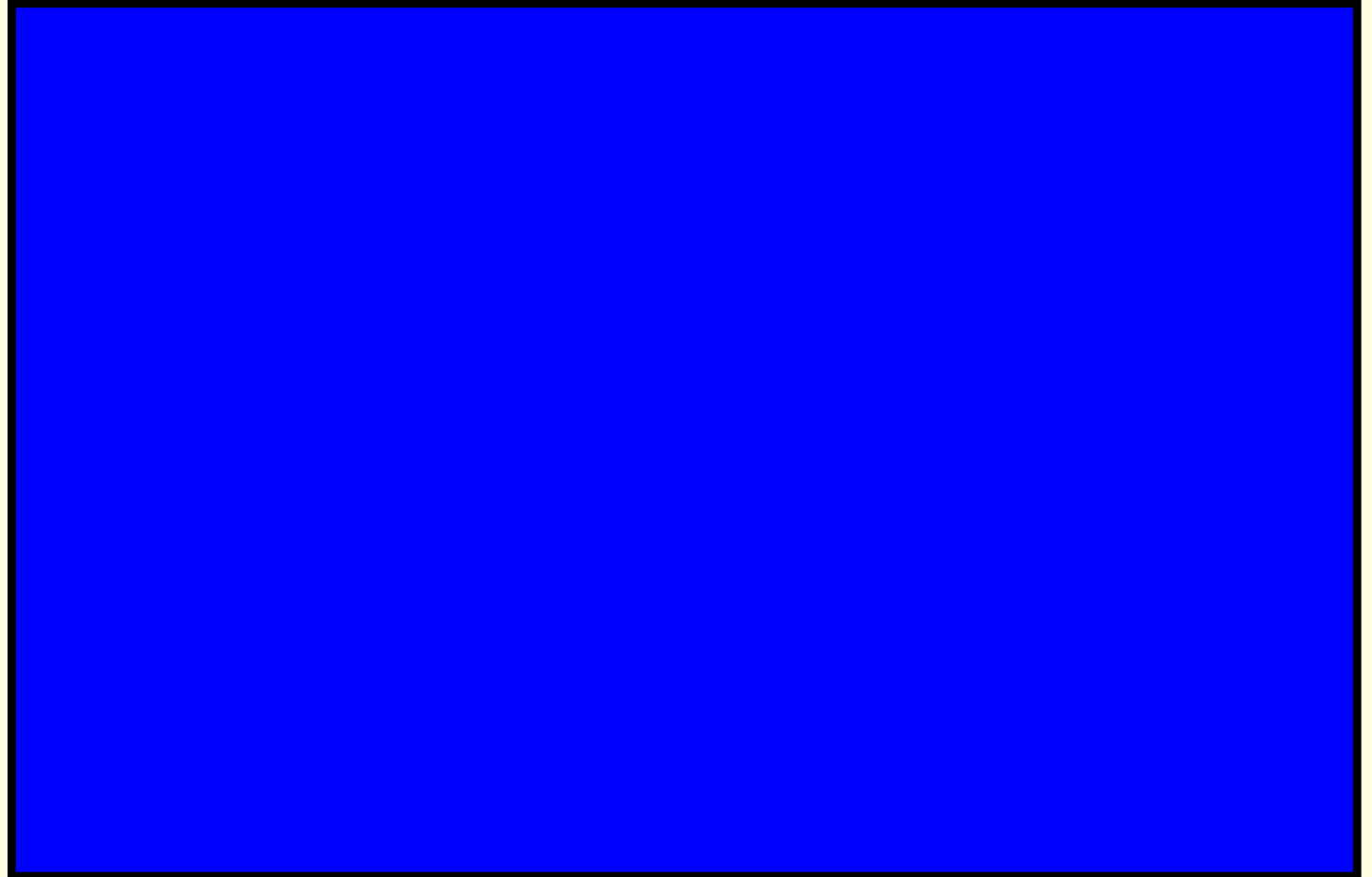
Teens 13-17 automatically have a protected experience, with built-in limits on who can contact them and the content they see, plus more ways to connect and explore their interests.

## App privacy

# Things to be careful of: Snapchat



- Snapchat messages **disappear** which makes them untraceable.
- Snapchat comes with Snap Map – where you can potentially see everyone's location



## App privacy



## Things to be careful of: TikTok / YouTube shorts / Instagram reels

- Algorithms (especially TikTok) are **very sensitive**. If a child is looking at it on your phone, they will watch content that is catered for you. Anything you linger on, interact with or go back to will become part of the algorithm.
- If you are checking what your child is watching, content can **appear safe** but have racist language or inappropriate content buried further into the video. It is most dangerous in these contexts as it is presented as comedy.
- Swiped - Channel 4 - within 40 minutes of scrolling on TikTok found self harm / eating disorder content
- It is very hard to watch all content a child has seen on these apps because videos are so short

## App privacy

### Things to be careful of: WhatsApp



- WhatsApp is a great way for children to communicate with each other, especially as they become more independent
- You can also send disappearing messages, which can be turned on by anyone. They can set their messages to disappear after a set amount of time – this also counts for pictures and videos.
- Be careful of **group messages** – keep track of who is in each group and ensure children can talk to you about what is being said.
- Leaving groups and blocking others are useful tools if chats are having a negative impact on children

# App privacy

## Our advice:

- If you are allowing children access to social media, it should be monitored regularly by you as a parent.
- Any account that children have should be **private** and children should only have people they **know in real life** as followers / accessing their content
- Children need to know what they do if they come across something upsetting / inappropriate including how to block other accounts
- Children should not be accessing your social media as content will be targeted to you as an adult.

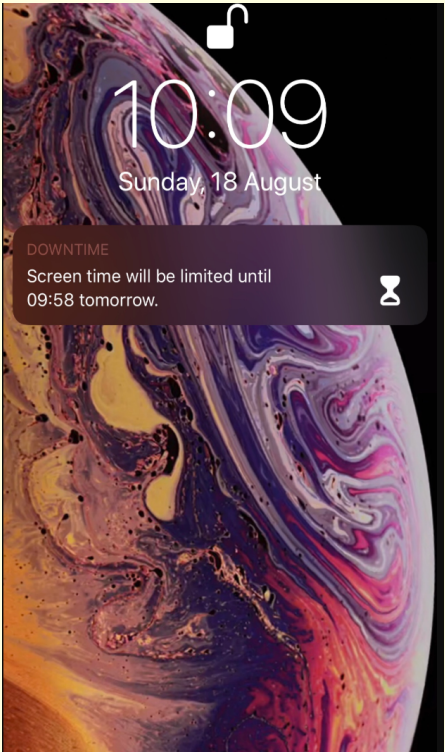
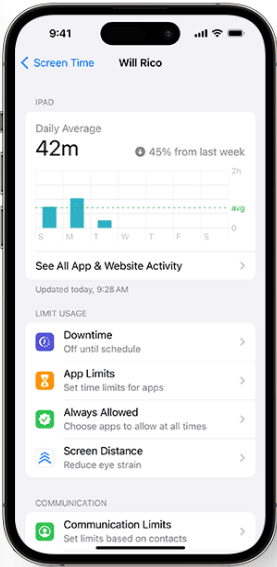
## Phone controls



Both iPhone and Android have **in-built parental controls** for children's phones.

These can control screen time, prevent children from accessing inappropriate content and prevent children from spending money.

# Phone controls



<https://www.youtube.com/watch?v=8siFNH-brM4&t=2s>

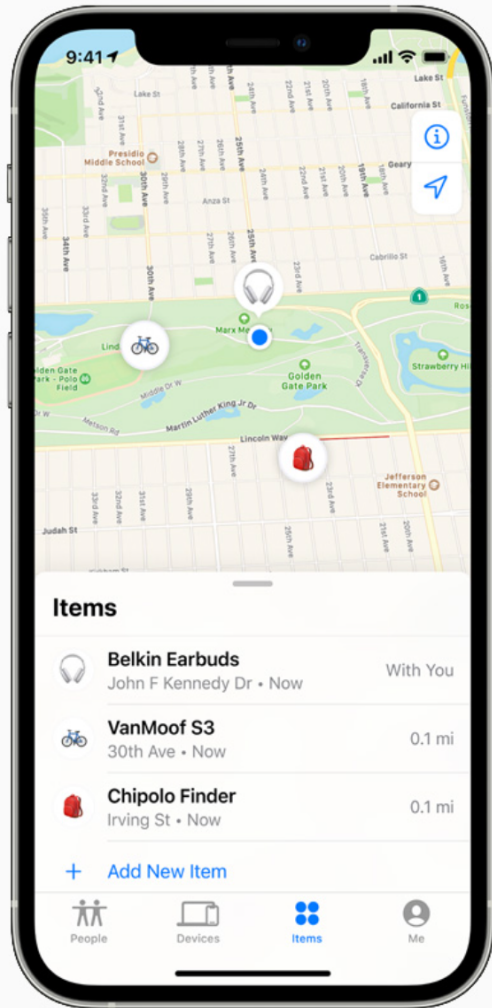


## Phone controls

### Our advice:

- Enable all parental controls and track what your children are doing on their phones. Encourage open lines of communication about phones and check them regularly.
- Have dedicated screen-free time / dedicated screen-time - especially overnight! We recommend a 'no phones in the bedroom' policy.
- Model the behaviour you want to see with phones e.g. putting them away at meal times / during family time.

# Tracking apps



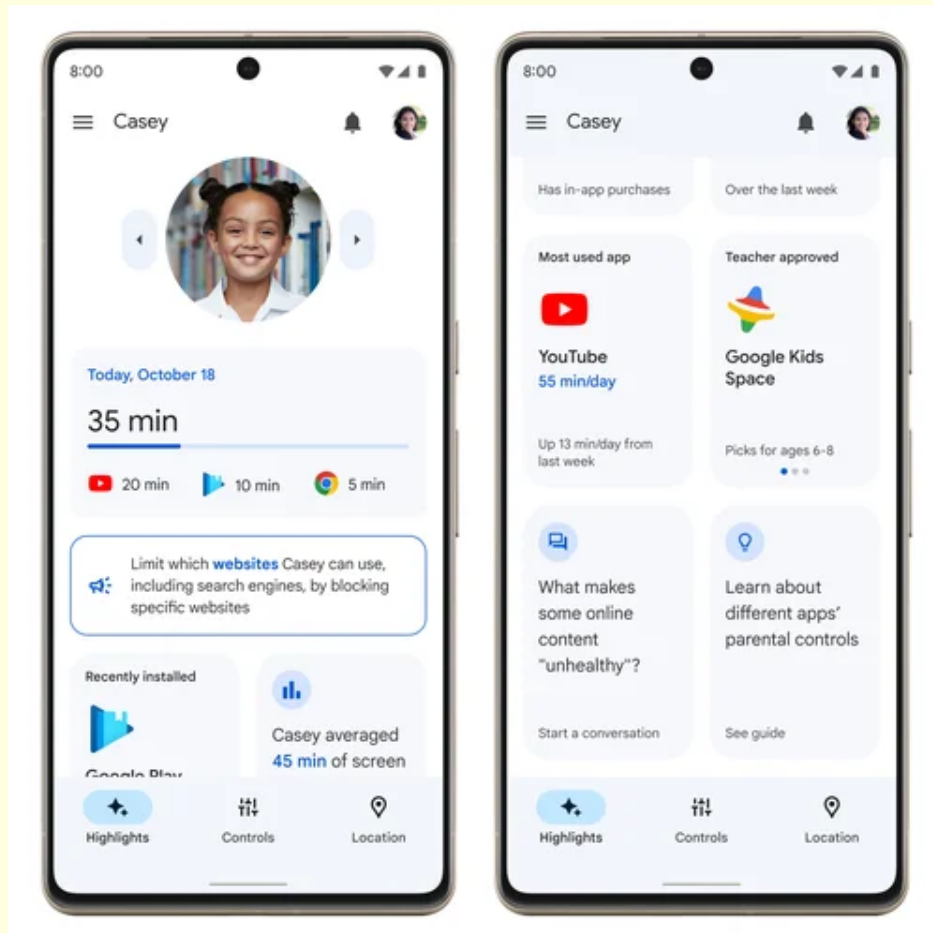
Find My on iPhone

Lets you track phones, AirTags and belongings

Can send notifications when people leave / arrive places

Can set it to be one way or both ways following

# Tracking apps



## Family Link

On Android

Tracks location and app usage

Set timers on certain apps

# Tracking apps

## WhatsApp



Users can turn on share location for certain amounts of time

Can be live or just one location

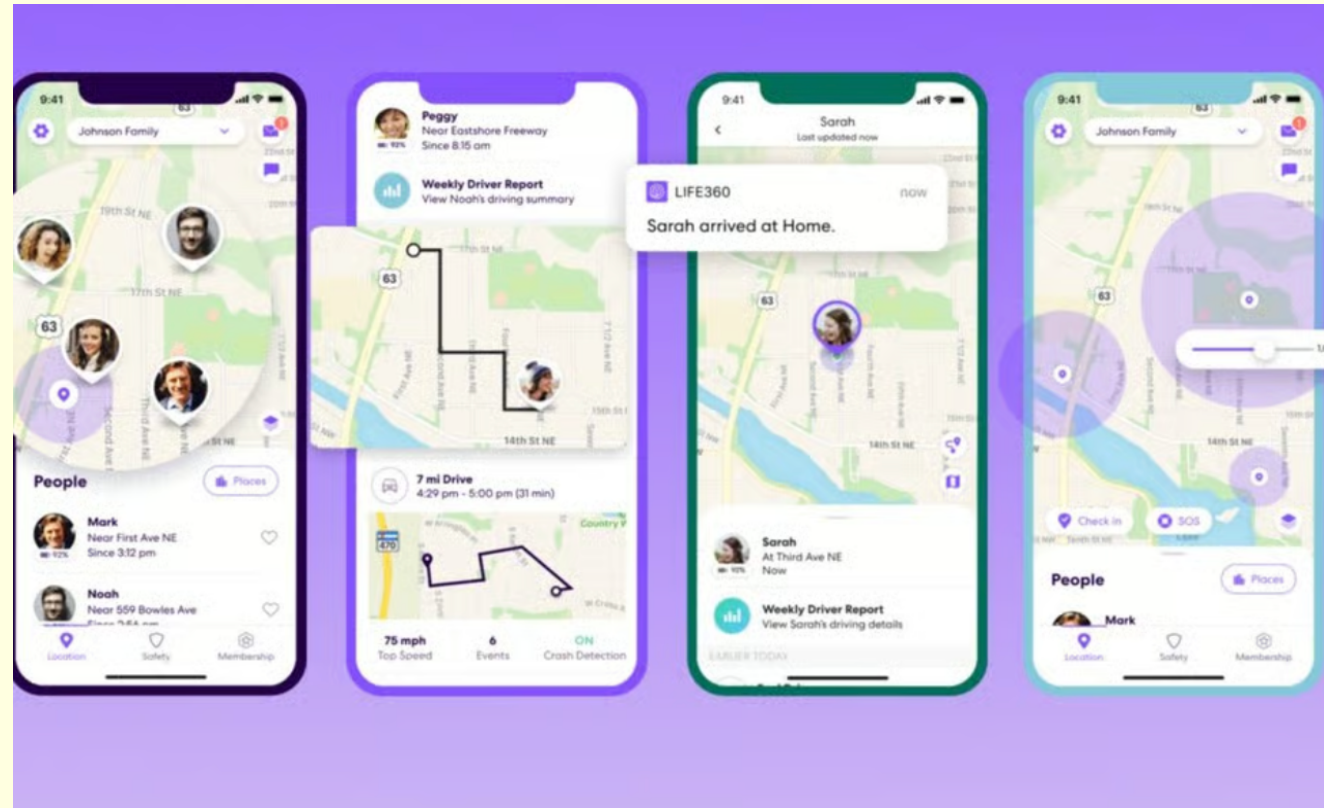
# Tracking apps

Life 360

Free / paid for

Can send notifications when someone leaves a designated area

Able to see location history



## Bridging the gap

How do we go from children having no phone to having complete access to the internet and every piece of content online?

## Bridging the gap

- Tablets are a good way to model appropriate behaviour online.
- Use screen time limits / app limits and ensure children are only on it for a limited amount of time.
- Addiction can be a real issue for young children with screens! Start with small amounts of time and have consequences for breaking this rule.
- Introduce appropriate apps - YouTube Kids, games, art apps

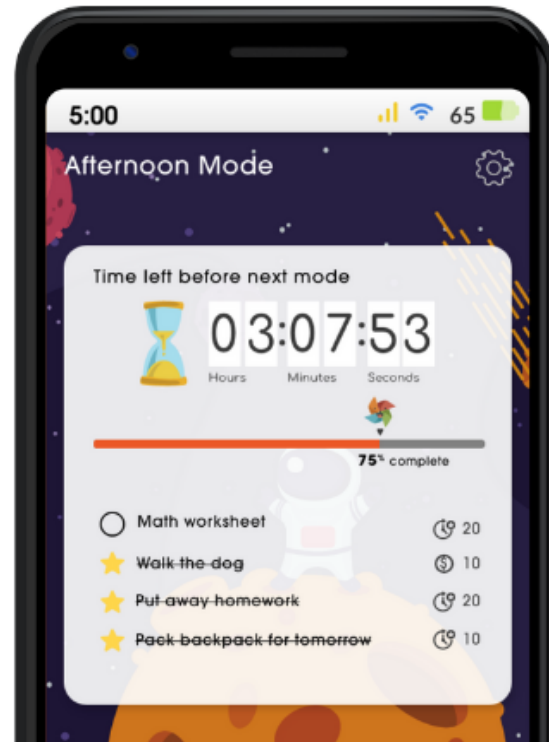
# Bridging the gap



If you want to introduce a phone, does it have to be a smart phone?

# Bridging the gap

<https://www.pinwheel.com/en-gb/howitworks>



## Pinwheel

pin-wheel | \ 'pin-,(h)wēl \

### Definition of Pinwheel

1. A phone that lets kids be kids
2. A 100% tool and 0% toy for kids with mode switching capabilities, no ads or social media, and 70+ therapist curated apps.

 pinwheel  
FOR THE CURIOUS

## Key Take-Aways

- Think about when and how to introduce children to smart phones and be aware of what they are doing on them
- Monitor app usage and ensure privacy settings are appropriate
- The internet and social media are dangerous places for children. We have to be aware of the risks and know how to mitigate them if we are going to give children access to them.
- Although your child may disagree, you are not putting them at a disadvantage socially if they do not have a smart phone. You are making a choice about how to keep them safe.

<https://www.internetmatters.org/parental-controls/>





Once you give them a phone - you can't go back!

1:01 - 3:09