



A PARENTS GUIDE TO YOUTUBE

Youtube is a video sharing platform which is owned by Google. Anyone can upload and watch video content as well as commenting, liking and disliking content. Youtube is mainly used by people aged 25 and under, and is quickly becoming the chosen viewing platform for children and young people aged 3-15.



MESSAGES

When a user is signed into YouTube via their Gmail account they are able to send and receive messages. Users can define who can and cannot send them messages in the account settings.



ACCOUNT PRIVACY

Users can decide who can view their videos in the account settings. The options include 'open to public', 'private' and 'Unlisted'. Parents can also create a 'family' google account which allows them to monitor a child or young person's account.

AGE RESTRICTION



Users should be over 13 to have a YouTube account, however there are no age verification measures meaning that children can easily create an account.



SELF VERIFICATION

Any child or young person with a Gmail account can login to YouTube and access the full array of videos on offer. Whilst most of these videos are age appropriate, some videos are flagged as 'age-restricted', meaning that users need to confirm their age in order to watch the content. As this flag relies on self-verification, users can easily input a fake date of birth to be able to access the content.

PRO'S

- **RESTRICTED MODE** - Restricted mode hides any unpleasant or inappropriate videos from children. It has to be enabled on each device you use.
- **YouTube KIDS** - There is a child friendly app for YouTube called YouTube Kids
- **EDUCATIONAL** - YouTube is full of educational resources. From assistance to maths homework to full ballet classes, there is something for everyone who wants to learn something new or develop existing skills.
- **EASY TO USE** - YouTube has a fairly simple interface and is simple and straightforward to use. It is so simple to use that most toddlers get the hang of it quickly!
- **KNOWS YOU** - YouTube tracks your viewing habits and gets to know what kind of videos you like and dislike, it will then suggest further videos it thinks you would be interested in and either suggests them on your home page or via 'auto play'.

CON'S

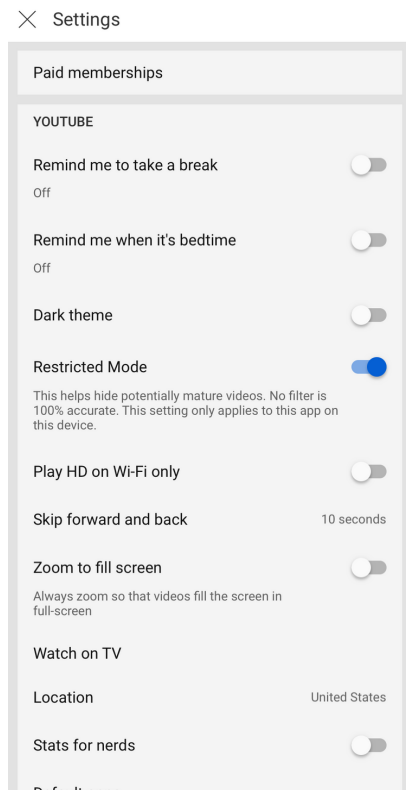
- **CHALLENGE VIDEOS** - 'Challenge' videos have become very popular in recent years. However some challenges are extremely dangerous and can cause serious injury.
- **AUTO PLAY** - YouTube has an 'auto play' feature where it will play a related video immediately after the video the user has chosen to watch. The video should be related, however, this is not always the case and children can be exposed to inappropriate content.
- **CONTACT** - Unless the correct settings are put in place, users can be contacted by anyone.
- **FUTURE IMPACT** - While videos can be deleted, they leave a digital footprint and may impact the users future reputation.
- **BULLYING** - Once a user has posted a video on the public platform, anyone is able to view and comment on the post, meaning they are open to hurtful comments.



A PARENTS GUIDE TO YOUTUBE

RESTRICTED MODE

Click your profile picture and then "Settings". Scroll down to "restricted mode" and then turn on.



BLOCK A USER

Click on the "..." button on the users profile and then select "Block"





A PARENTS GUIDE TO TIKTOK

TikTok is a video sharing social media mobile app which allows users to create, share, watch and comment on short videos. TikTok has been designed for young users - with most users being under 24.



FOR YOU PAGE VS FOLLOWING PAGE

There are 2 ways to view content on TikTok this is through either the "For You Page" or the "Following Page". The following page only shows videos from accounts and users you have chosen to follow due to having an interest in the content they distribute. The for you page is a mixture of videos from anyone with a public profile. The list of videos on the "for you page" is based on your interests, likes and people you already followed. This is however a flawed system and inappropriate videos are a regular occurrence on this page. It is best for a child or young person to only use the "following page" to watch content on TikTok as this is guaranteed to have content from only the people you follow.

AGE RESTRICTION



Users should be over 12 to have a TikTok account. If the user is under 18, supervision from a parent or guardian is required.

PRO'S

- **ENCOURAGES MOVEMENT** - a lot of TikTok trends involve learning fast paced dances, meaning that users are encouraged to get up and learn the dances.
- **FUN** - TikTok encourages users to not take themselves too seriously and be silly and have fun creating videos.
- **MOTIVATIONAL** - If you follow the correct accounts, TikTok can be very inspirational, there are tonnes of accounts dedicated to helping young people with their mental health.
- **EASY TO USE** - There is one main page where you scroll down through all of the videos.
- **KNOWS YOU** - TikTok tracks your viewing habits and gets to know what kind of videos you like and dislike, it will then suggest further videos it thinks you would be interested in on your for you page.
- **CONFIDENCE BUILDING** - Creating the short videos and learning not to take yourself too seriously can be great for building self confidence.
- **COMMENTS** - Users can turn off commenting on their videos, so no other user can comment on them at all.



ACCOUNT PRIVACY

TikTok accounts can be set to either public or private. If the account is set to private all follow requests have to be approved and only those followers can see the users content. If an account is set to public, anyone can view their material and profile. There are also additional privacy measures available which include completely turning off the ability for others to comment on the users videos and limiting who can send the user messages.



RESTRICTED MODE

Restricted mode is parent controlled through a PIN secured setting on the app. When restricted mode is enabled, videos are filtered and videos which are not age appropriate are removed. This is however not 100% accurate and there is still a chance a young person can come across inappropriate content.

CON'S

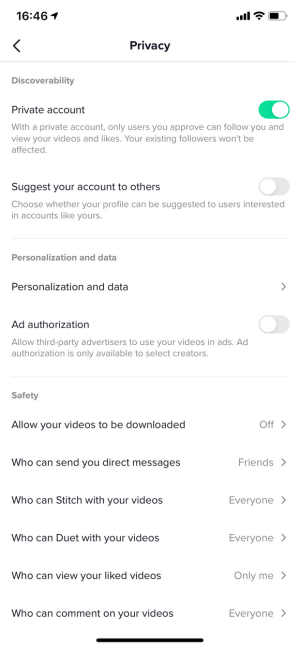
- **INAPPROPRIATE CONTENT** - TikTok is riddled with inappropriate content for children and young people. These videos often begin masquerading as an innocent video and switch to something disturbing.
- **LANGUAGE** - A lot of TikTok trends involve lip syncing to popular songs and movie quotes. Some of the language in these is not age appropriate for those under 18.
- **DANCES** - Dance trends are fun, however some of the trends involve moves which are sexualised and inappropriate for children and young people
- **FUTURE IMPACT** - While videos can be deleted, they leave a digital footprint and may impact the users future reputation
- **BULLYING** - Once a user has posted a video on the public platform, anyone is able to view and comment on the post, meaning they are open to hurtful comments.



A PARENTS GUIDE TO TIKTOK

PRIVACY

In account settings click "privacy" and then turn private account on



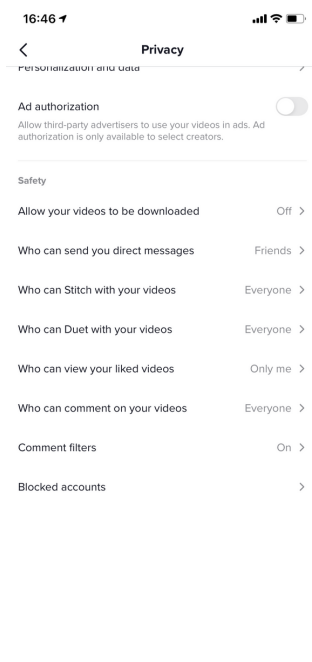
RESTRICTED MODE

On the settings menu, click "digital wellbeing" and then turn on restricted mode



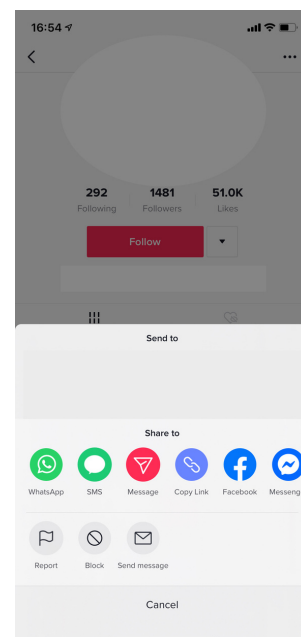
SAFETY

In the settings menu scroll down to "safety" and toggle the settings to suit your account.



BLOCKING

On a users account click "... " and then "Block User"





A PARENTS GUIDE TO WHATSAPP

WhatsApp is a messaging app. Through this platform you can send messages, photos, files and videos to both individuals and groups. WhatsApp is used by people of all ages due to its versatility and end-to-end encryption.



GROUP MESSAGING & CYBERBULLYING

The group chat and group call options on WhatsApp are fantastic resources for friendship groups to be able to connect, however they can also pose great problems with cyber bullying. A person within the group can be targeted and media shared to the group which could be hurtful. Within groups the "Admins" can control who can send a message in the group therefore meaning a group admin could send a nasty message and then stop anyone from responding which would ultimately result in upset.



ACCOUNT PRIVACY

Within WhatsApp users can decide who gets to see their profile picture and status, add them to group chats and their live location. Users can also block contacts who they do not want to be associated with.



LOCATION SHARING

WhatsApp has a "Live Location" feature which enables users to share their current location with their contacts in real time. This feature could be really beneficial for parents who like to keep track of their child's whereabouts however, this could also pose a safety risk to the child or young person if they share their location with a contact who they do not know.

AGE RESTRICTION



WhatsApp's age restriction for anyone living in the EU is 16+, everywhere else in the world it is 13+

PRO'S

- **DELETE ACCIDENTAL MESSAGES**- WhatsApp users have the ability to delete a message that has been sent in error. The app allows 7 minutes for a message to be deleted before the action can not be undone. Remember though, people could screen shot the message in that time.
- **SOCIAL** - WhatsApp allows users to stay in contact with their friends and group chat no matter what smart device you have. Some messaging apps only allow you to message people with the same phone as you.
- **FREE** - WhatsApp is free to use. This is beneficial when sending media as it can be costly to send picture and video messages over SMS. WhatsApp is all done online too so if you run out of calls and texts, you can still use the app over WIFI or using mobile data.
- **ENCRYPTED**- WhatsApp messages have end-to-end encryption, meaning that messages can only be read by the sender and recipients within the chats. Even WhatsApp cannot read the messages you send.
- **GROUP CHATS** - Group chats can be a great form of communication but they can also be a breeding ground for cyberbullying.
- **SCAM MESSAGES**- Often scam messages with inappropriate content are forwarded from one whatsapp group to another. These messages can include hurtful content and explicit images.
- **FALSE NEWS** - Often false news is shared through messaging platforms such as whatsapp. The best way to see if it is true is to have a quick search of the story.
- **STRANGERS** - To start a chat with someone in WhatsApp you need to have their mobile number. However if your number has fallen into the wrong hands or has been randomly generated, users may be contacted by someone they do not know. It is important to ignore these messages and block the user to avoid further communication from them.
- **LOCATION SHARING** - Location can be shared with the wrong people.

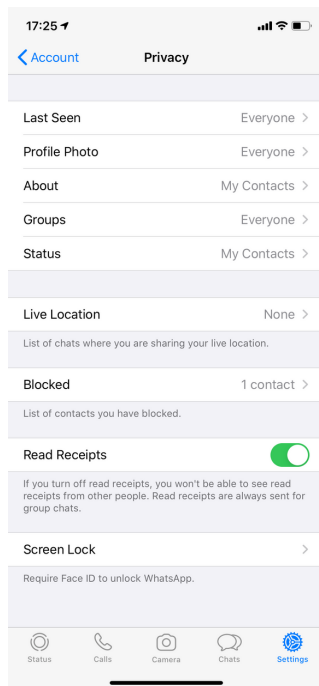
CON'S



A PARENTS GUIDE TO WHATSAPP

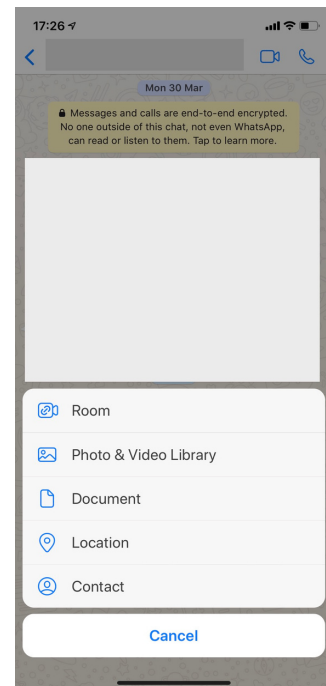
PRIVACY

In the settings tab select "privacy" and then change the settings to suit you.



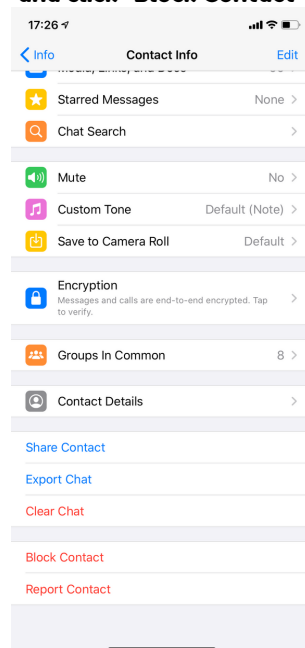
SHARE LOCATION

In a chat select the "+" button and then location to share your location with contacts.



BLOCKING

Select a contact and then press "info" then scroll to the bottom and click "Block Contact"





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