

Social Media and Gaming Apps Guidance for Parents from REIM Training Solutions Ltd.

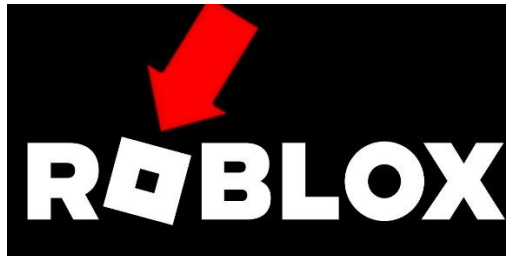
At REIM, we believe that every young person has the right to a positive online journey so that they can reap the rewards of enhanced education, social development and digital intelligence. Our training courses are designed to ensure Digital Well-Being whilst celebrating the opportunities that abound from the digital space.



As a follow up to your schools training we are providing this handy guide to popular apps that we know children like to use. As technology is such a fast moving industry we encourage parents to use resources such as [Common Sense Media](#) to check up new apps that are not mentioned in this booklet.



CONTROL WHO SEES YOUR INFORMATION	BLOCK CONTACTS	REPORT CONTACTS	CHANGE GROUP PRIVACY SETTINGS
<p>You can set your last seen, profile photo and/or status to following options:</p> <ul style="list-style-type: none"> -Open WhatsApp, Settings, Account, then Privacy -Tap your selected option, 'Everyone', 'My Contacts' or 'Nobody' -Changes will be applied automatically 	<p>Open WhatsApp, choose person you want to block, tap on their name, then scroll down and tap Block Contact</p>	<p>Open WhatsApp, choose person you want to report and block contact, if you report and block your chat with this contact will also be deleted.</p>	<p>Open WhatsApp – Settings – Account – Privacy – Groups</p> <p>Choose from either option Everyone, My Contacts or No one</p> <p>Admins in a group cannot add you to a group but can invite you privately instead.</p>
DISABLE AUTOMATIC PHOTO OR VIDEO DOWNLOADS	ENABLE SCREEN LOCK	DISABLE LIVE LOCATION	
<p>Default for this app is that photos/videos you receive are automatically saved to your camera roll. To disable this, open WhatsApp, go to Setting, Chat, Save to Camera Roll, side to toggle off.</p> <p>If prompted tap DONE or tap OK – this is not available on WATTSAPP Web or Desktop</p>	<p>you will need Face ID to unlock WHATSAPP.</p> <ul style="list-style-type: none"> • Open WhatsApp, Settings, Account, Privacy then tap Screen Lock • Swipe to switch feature on, tap time you want to apply 	<p>Go to Settings on your device, scroll down to WATTSAPP, tap this then tap location. Turn off location select Never or Ask Next Time option. Go back to WATTSAPP to check location is switched off. Go to Settings, Account, Privacy then Live Location.</p>	



Gives you an option to create a game – you can put violence in your game and it is for 7 years plus. All chat is filtered to prevent inappropriate content and personally identifiable information from being visible on site. More restrictions for under 12 years but players age 13 + have ability to say more words and phrases than younger players.

Changing Privacy Settings	Blocking Users & Reporting Abuse	How can I see what my child is doing on Roblox?	Additional Security
<ol style="list-style-type: none"> 1. Log into account, Settings – browser – find the gear icon located in upper right corner of site 2. Mobile apps find the three dots icon for More 3. Select Privacy tab 4. Adjust Contact Settings and other Settings <p>Players age 12 and younger can select either Friends or No one. Players age 13 and over have additional options for privacy settings</p>	<ol style="list-style-type: none"> 1. Visit users profile page 2. Select three dots in upper right corner of box containing username and friends/followers information 3. A menu will pop up where you can select option to Block User 	<p>While logged in you can view:</p> <ul style="list-style-type: none"> -Direct and small group chat (chat feature found in lower right corner of apps) -There you will see individual chat histories. This feature is limited to Friends and Friends of Friends -Private Message History (messages) -Friends and Followers (Friends) -Virtual item purchase and trade history (My Transactions, browser only) -Creations such as experiences, items, sounds, ads etc (Browser only Create) -Recently played experiences 	<p>Account Restrictions – parents can limit types of experiences the child can play and account’s ability to chat</p> <p>Note: The accounts age group is displayed in upper right corner of browser as either 13+ <13. An account’s age group is not displayed to other players. Account owners can limit or disable who can chat with them, both in-app or in-experience, who can send them messages and who can follow them into experiences or invite them to private servers.</p>



Like Roblox its about game creation and it has facility where your kids can speak to strangers, there is a facility to turn the speaker part off.

Find out which Minecraft edition your child is playing on, Minecraft (Bedrock) which is for consoles, mobile devices and Windows 10 or Minecraft (Java Edition) which is for PC only. Here are the ways players can message each other through the game or with other messaging systems.

Features to Note

Realms Chat – Realms are personal multiplayer servers which are hosted by Mojang. While in a Realm server anybody can send and see messages via chat system.

Server Chat – these are personal multiplayer servers that are not hosted or moderated by Mojang. Multiplayer also have a chat system for players to send and view messages

Signs – players can use signs which are in game items to display text, four lines of text can be used to communicate on Signs.

Book & Quill – another in game item that can be used to communicate or write text down for later

Add friend

If you add someone on your X Box live, they can join you when playing Minecraft worlds and they will show up in your easy-access invite lists for Realms and online multiplayer

Mute

When you mute someone you won't see any of their messages in game chat or in servers

Block

Blocking someone means they cannot contact you at all in Minecraft or though xBox Live network. You won't see their messages in chat, they can't join your Realm (even with an invite), you won't see any xBox live messages or game invites from them

Manage your Online Safety & Privacy
Settings

Family Settings

<ul style="list-style-type: none"> • Use the Xbox button to open guide • Select Profile & System, Settings, Account, Privacy & online Safety, Xbox Safety • Select Child, Teen or Adult default settings, or customise your settings by Selecting View Details & Customise – pick level of privacy you want 	<ol style="list-style-type: none"> 1 Sign in to your Microsoft account at Xbox.com 2 Select your gamer tag and then select More Actions button (...) 3 Select Xbox Settings, select Privacy & Online Safety 4 Select Gamertag for the account you want to manage 5 Select either Xbox Series X/S, Xbox one, Windows 10 devices Online Safety tab or Privacy Tab 6 Review current settings and update any that you want to change, select Submit to save changes 7 Have member sign in and then sign out of their account on the console to make sure the changes take effect
Allowing your child to play with People on Gaming Services Outside Xbox Live	Parental Controls on Playstation 4 Consoles Online
<ol style="list-style-type: none"> 1 Go to http://account.xbox.com/and log in with your parental account 2 Click on Profile from menu across the top 3 On your profile page click on Privacy settings 4 On this page you should see your name and Microsoft Gamertag of your child. Click on their name/picture 5 Click on Xbox one/Windows 10 Online Safety right below the players name/profiles 6 If you want them to be able to access Realms, you will also need to set the 'You can create and join clubs' setting right below it to 'Allow' 7 Scroll down to bottom of page and click Submit 	<ol style="list-style-type: none"> 1. Sign in to Account Management – Family Management 2. Select Child's account and select Edit to adjust each feature
How to Set a Spending Limit	
<ol style="list-style-type: none"> 1 Sign in Account Management – Family Management 2 Select child account select Edit to adjust Monthly Spending Limit – you can also set time limits 	



PARENTAL CONTROLS ON NINTENDO SWITCH

Nintendo Switch parental controls mobile app – (orange/white colour)

From this free app you can set gaming guidelines for the family from your smart device

Allows you to set limits on how long or how late Nintendo Switch console can be used each day. When limit has been reached, an alarm will pop up on screen. Also tells you if console stays on past this time limit. Can also set system to automatically interrupt game when time's up. Parents can do this using their PIN. Can choose pre-set age categories.

Can see daily play times for each person and get a monthly report of most played games

Can get push notifications when new games are downloaded

Can limit sharing of in-game text or images per game

Restrict ability to post screenshots to social media



HOUSEPARTY – can play games with strangers. Now discontinued by Epic Games but those who downloaded before September 2021 may still have access

How to lock rooms in the app to prevent strangers entering conversations

Once you have logged in to the app, tap lock icon at bottom of screen to lock room

How to set location settings – tap face on left hand side of screen and tap cog at top of menu. On settings menu, tap permissions and then Disable Location sharing

How to enable Private Mode – this allows you to go into every room where it will be locked by default. Tap face on left hand side of screen and then tap cog at top of menu, tap Privacy mode in Settings Menu to enable private mode

You can ghost a friend so they don't know when you are on the app. You can mute a friend to not receive any notification that they are on the app

Go to friends list, tap on 3 dots next to friend you want to manage, tap on Ghosting, In the House, to turn activate or deactivate the option. You can also unfriend or report or block a friend on this menu.

To disconnect social apps linked to app – Settings – tap permissions and then disable location sharing. Tap on Connect Facebook to disable this permission

How to restrict data use on app – you can e mail hello@houseparty.com to opt out and restrict ways your personal data can be used on the app.

OMEGLE

Free online chat website - Users must be OVER 18, can socialise with each other without need to register. Service randomly pairs users in one-to-one chat sessions where they can chat anonymously using the names 'You', 'Stranger' – hunting ground for online child predators, flashing is common occurrence on this platform, there are thousands of adult videos of Omegle users, baring themselves to random strangers.

Also big issue with cyberbullying as users can remain anonymous.

13 with parental permission – no registration required or age verification – they do not check/verify information provided

Chat room facility, can video or text chat (Adult chat – explicit content/sexual acts, moderated chat – still can find explicit content, unmoderated chat – warning must be 18+ but underage users can click ok and are allowed in.

Kids use this to grow their number of followers

Used and posted by lots of social media influencers

Has a button on this for meeting strangers

Predators have been known to use it

Children may be asked to share name, age and location

Anonymous text chat – has SPY function, can spy or log on as hidden 3rd party in text chat between 2 persons



SNAPCHAT – group setting on this are ideal for bullying and has location settings which are very accurate, almost to the room in the house which the child is in. The settings should be turned off and put them on Ghost mode.

Kids believe that what they say is gone but these can be recorded.

How to set up parental controls on Snapchat:

- 1 Change Contact Settings to 'My Friends'
- 2 Disable 'Show me in Quick Add.... This allows Snapchat to suggest your child as a friend to other users, to turn off go to child's profile page, tap gear icon, SEE ME IN QUICK ADD and uncheck that option
- 3 Enable Ghost mode to prevent location sharing – go to child's profile page, tap on gear icon, tap See My Location and tick Ghost Mode
- 4 Prevent users from searching by phone number – open child's profile page, tap on gear icon, tap on Mobile Number and unclick Let Others Find Me Using my Mobile Number
- 5 Teach child to report Inappropriate Behaviour – tap and hold on a Snapchat post, you will see a flag icon appear, tap on that and you will see option for reporting that post



To change contacts to "my friends" only

Open profile page, tap on gear icon, tap on Contact Me and ensure My Friends is selected.

Then go to WHO CAN section, tap on View my Story, select My Friends, so only friends can see your child's Snaps

FACEBOOK – more now for older generations. However children may go into the parent's account just to have a nosey. Must be 13 years or above to create facebook account

You can set up Parental controls in **SETTINGS – PRIVACY SETTINGS AND TOOLS**

Allows you to control who sees child's future or past posts

Who can send you friend requests – there are 2 options, **Everyone/Friends of Friends**

How people find your child on Facebook – hit **How People Find and Contact you** – SELECT FRIENDS OR FRIENDS OF FRIENDS – you can also turn off setting that lets search engines link to your child's profile in their search results

Block someone on Facebook – add name or e mail address to block list.

In Public Posts section there is filter for Follow your Child, Comment on public posts published by your child, Like or Comment on your child's public profile picture,

Control what your child sees in News feed – click three dot icon in top right hand corner of post and choose action to take

YUBO(5)/DISCORD(11)/TWITCH(19) – like a facebook account but where you can meet people with a similar interest as you. People can come onto these to talk about certain topics, you can pick the subject you are interested in eg a pop group. Danger is that children do not know who they are talking to.



YUBO – Manage Location Sharing – tap three dot icon at top of profile screen – Settings from drop down menu – Hide My City and tick this

Discover preferences – tap ‘Where’ – this manages how much of their location they share to find others around the world, options are ‘My country first’, ‘All around the world’, ‘My country only’

Report and Flag Content – tap on three dot icon and you will see a menu where you can select why it is inappropriate. You can also report a Live Stream by tapping on same icon.

Yubo Safety Centre – safety.yubo.live

Change Age on Settings: Allows you to amend your date of birth. Also option to delete account in menu which will remove all content from app.

Safety Prompts – these come up every time your child live streams which highlights Yubo’s community features





DISCORD – go to Privacy & Safety Settings and User Settings

Safe Direct Messages you can hit **Keep Me Safe** – scans all direct messages and explicit content

You can toggle off **Allow direct messages from server members** setting to block DMs from users who are not on your friends list

Friend request settings – go to User Settings – you can select Everyone, Friends of Friends, Server Members, Server members is that anyone who shares a server with you can send a friend request

Block someone – right click the users @Username to bring up a menu, select Block – on desktop

On mobile – tap user's @Username to bring up user's profile, tap three dots in upper right hand corner to bring up menu, select BLOCK in menu



TWITCH – live streaming service where users can upload live footage of themselves, mostly playing games. There is chat function where players can talk to each other. Your children might go on Twitch as its popular focus is on gaming and meeting other people who are passionate about gaming. It also includes other content such as music, food or general chat. Does reviews of upcoming or popular games. Age limit is 13 but no requirement to verify user's age.

Dangers of Twitch is that many thousands of people can view a streamer's channel. Can be exposed to lots of gaming violence, foul language and has a lot of advertising. You can text-chat with thousands of people and topics of conversation are unmoderated.

SAFETY FEATURES - in the chat you can apply filters to remove any mentions that are of a certain nature ie sexual, insulting or profanities. Scroll down to bottom of chat when live-streaming then click on Settings Icon in bottom right hand next to Chat button. Click Chat Filters and Toggle it to show a tick and turns purple. Anyone can view streams on Twitch without an account but to interact with other users and streamers, a free account will be needed. However you can toggle on/off certain privacy and communication features. Twitch was bought by Amazon in 2014 and it is now integrated with Amazon Prime – streamers can make money by offering in-stream links through which users can buy games.

Report a streamer – go to bottom of live stream video and click three dots, click Report user, follow prompts on screen

Report/Block a user – Click on user you want to block or report, click three dots. Click either Block or Report then follow on-screen instructions

Change Chat Settings: from Settings page, click 'Channel and videos', click 'Stream Manager' then click settings icon in bottom right corner of chat screen. You can then enable/disable your preferences.

INSTAGRAM/TIKTOK – share videos and pictures – can produce very negative comments, allows people to make rude/nasty comments

INSTAGRAM –

INSTAGRAM TIPS AND ADVICE:

As teens form their own identity its normal for them to rely on more interactions with their peers (both online and offline). It is a vital stage of development for teenage minds and helps prepare them for the adult world – hence this can be concerning for parents

Knowledge is power – we aim to give you the knowledge and give you the tools to stay safe online and make informed decisions online

1. Have honest/open discussions
2. Ask them what do they like to do online and tell them what you like
3. Ask what makes them feel good online and what makes them uncomfortable

TIPS FOR PARENTS:

- 1 ACTIVE LISTENING – do not interrupt them when they are talking
- 2 ESTABLISH RULES – do this in early stages ie digital sunset – when they come offline and negotiate with them and review regularly
- 3 DON'T ASSUME THE WORST – stay calm – educate yourself
- 4 SIDE BY SIDE CONVERSATIONS – be curious about how screen time affects your child and if there are any changes in them, in their behaviour, side by side as in out for walks, in car and not facing them across a table which can be seen as confrontational

HELP YOUR TEEN CURATE A POSITIVE PRESENCE ONLINE – encourage them to find accounts that make them feel better about themselves or is useful to them, balance their time online with time outside also



TIPS ON TALKING TO YOUR TEEN

1. Take time to talk to them.
2. Use open ended questions, what kind of things do you use internet for, describe, tell me etc
3. Ask them what they dislike about being online or what they like
4. What do you think about when you post online
5. Have you seen anything online which makes you feel uncomfortable.
6. Choose right moment to talk
7. Share your own experiences
8. Be open with your teenager, make sure they can speak to you or another trusted adult.





TIK TOK – not a child focused app and therefore not age appropriate, what you see on TikTok your children will see also.

FAMILY PAIRING – allows parents and teens to customise their safety settings based on their needs. Need to firstly link parent and teen accounts. Go to your Profile and tap on 3 horizontal lines in top right hand corner. Tap Settings and Privacy. Tap Family Pairing, choose your role (or your teens on their device) to get access to a QR code. Once you pair the account select account you want to manage and update the available controls

SCREENTIME –

Go to your profile, tap 3 horizontal lines in top right hand corner

Tap on Settings and Privacy, then Digital Well-being, tap Daily Screen Time and follow instructions. Set a passcode that only you know. Can set limits of up to 120 minutes a day, can tap Screen Time Breaks and choose amount of uninterrupted screen time. Can also toggle weekly screen time updates

RESTRICTED MODE –

Helps limit appearance of content that may not be suitable for underage users.

- 1 Go to your profile, tap 3 horizontal lines in top right hand corner
- 2 Tap Settings and Privacy
- 3 Go to Digital Well-being, turn Restricted Mode on. You must have screen time pass code to change this setting

MAKE AN ACCOUNT PRIVATE

Even with private on your child's profile photo, username and bio will be visible to all TikTok users

- 1 From profile page, tap 3 horizontal lines in top right hand corner
- 2 Tap Settings and Privacy
- 3 Go to Privacy, tap the toggle until it turns green

MANAGE VIDEO COMMENTS

You can apply different privacy settings to each video you share, even if your account is set to Public

To change this go to the video, tap three dots in right at bottom, Scroll right to Privacy settings, tap toggle to allow comments until it turns grey to turn off comments.

PARENTS CAN MONITOR COMMENTS

Allows parents to approve comments first and they will remain hidden until parent approves it.

Go to your Profile, tap 3 horizontal lines in top right corner. Tap Settings and Privacy. Select Privacy then Comments. Turn off Filter All Comments, Filter Selected comment types or choose specific keywords to filter. Will automatically filter offensive comments and you can also enter specific words to filter.

CHOOSE WHO CAN DM YOUR CHILD

Go to your profile, tap 3 horizontal lines in top right hand corner, Tap Settings and Privacy, go to Privacy then scroll down to Direct Messages under Safety. Choose who can send messages

REPORT A LIVE VIDEO, COMMENT, VIDEO, DM, USER, SOUND, HASHTAG ETC

Go to video you wish to report and tap share arrow. Tap Report and select a reason then follow prompts until you can tap Submit.

To report an account, go to profile of the user, tap 3 dots in top right corner. Tap Report. Follow prompts until you can Submit. Can also block a user this way.

To delete a video you have posted, from the video tap on 3 dots above your profile picture and tap delete.



YOUTUBE —

content is user generated. It is easy to click on other options. There is a kids “uTube Kids”. However this is created with the assumption the kids are 13+

CREATE A SUPERVISED ACCOUNT:

Create and Manage a google account for your child with Family Link.

Sign into YouTube with google account you use as a parent manager of child’s account

Go to your profile picture

Select Settings then select Parent Settings

Content settings and choose setting for your child and choose select to save



REVIEW CHILD’S WATCH HISTORY WITH A SUPERVISED ACCOUNT

Visit My Activity page on your child’s device

Select YouTube history

Select Manage Activity

Scroll to go to all past activity





GRINDER/TINDER – dating websites – kids are curious and influenced by what they hear/see online, they start account purely out of interest. App called Zipit from Childline is designed to help teens on how to respond to someone if they are sending inappropriate messages such as asking them to send nudes. Get them to do a reverse image search, the pictures using a search engine to see if the person is who they say they are.

Sexual Communication with someone under 16 is criminal offence ie sending/receiving photos or videos. Making sexual comments or advances. If concerned tell your child about CEOP at

www.ceop.police.uk/safety-centre/



SPOTIFY – harmless enough but does have an audio pornographic section – you can go into Settings and turn off Explicit Language. Go to Settings and hit Explicit Content and you have option to turn off Explicit comments



BEREAL – age 13+, social media app, has become very popular in last six months, you get a notification and have 2 minutes to take a picture, front and back camera – with speed of upload what personal information is disclosed. Picture features whatever the user focused on and an image of user in their current state in top corner. Before submitting photo they must choose an audience, Friends only or Everyone. Users can also add their location and save the image to their device. You cannot see someone else's photo if you have not yet posted on your own for the day. It can be a facility for bullying "Why are you always just watching TV". Be Real can be shared on Instagram and collages of your activities can be made. Means kids are constantly checking phones and not concentrating and it is used by so many teens to gain as many followers as possible.

When a user downloads BeReal they must add phone number, name and age. They then create a user name and password to use app. At this point they are asked to create their first BeReal post to start seeing others' photos too.

You can make BeReal private, there is option for them to be shared in the 'Discovery' timeline when posting. When setting up the app make sure your child does not turn this off.

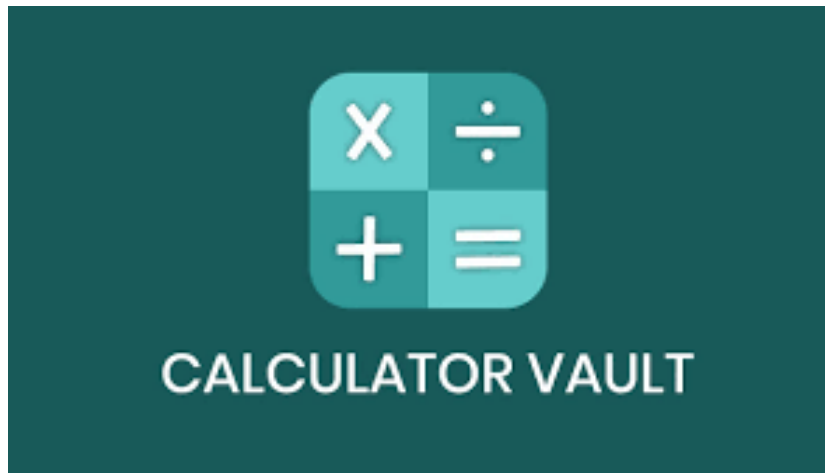
When posting a picture BeReal gives you option to share your location. Turn this off and toggle to second option.

To delete a post, click three dots that appear below the posted picture tap Options, Delete my BeReal.

To block a user on BeReal – go to user's profile – click three dots in top corner – select block option

Remind children that whatever they post online is a reflection on who they are



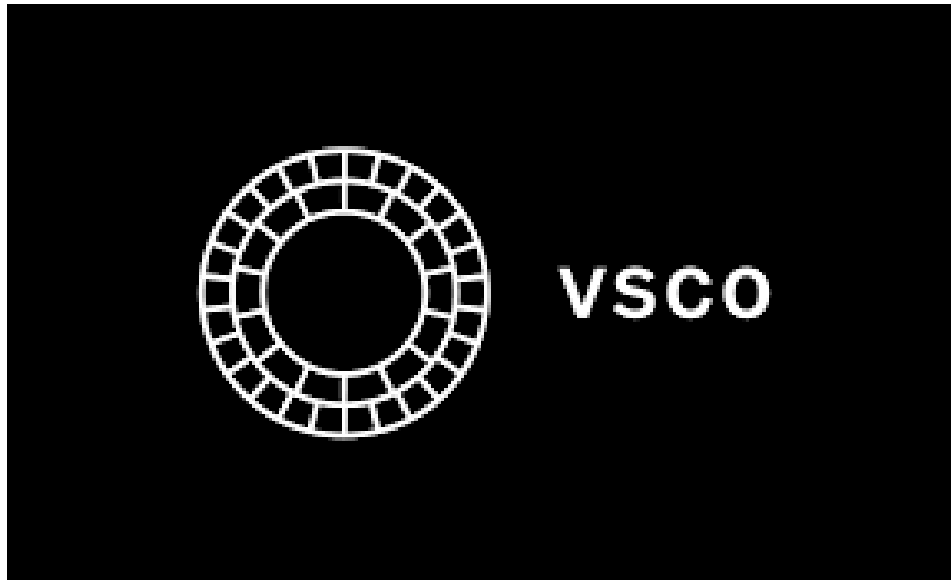


CALCULATOR VAULT – app that stores secret information behind the façade of another application, also one which looks like a photo album, child puts in a code and presses = sign and that accesses their other apps.

Many families have family sharing plans and this requires them to 'Ask Permission' to download any app, even free apps.

COIN MASTER – game but there is in-game purchases. Kids can be encouraged to buy coins and also facility to talk to strangers also. “Join your Facebook friends and millions of players around the world, in attacks, spins and raids, to build your Viking village to the top”. You can trade cards online, you can win coins to upgrade items in order to build up villages. It uses gambling mechanics, in order to build their own game villages or attack the villages of other players users must spin to win coins. Can lead to gambling habits. 30 spins will typically cost £1.99 so they can end up costing the parents a lot of money if card is linked to it.





Parents need to know that VSCO is a photo and video app that offers editing tools to create new content, allows users to explore tips and tutorials, and promotes communication through the sharing of images and direct messaging with members of the creative community. The free version of the app gives users access to standard photo editing tools and some of VSCO's presets, but membership is required in order to access tips, tutorials, video editing tools, and all other photo editing tools and presets. Similar to [Instagram](#), users can browse and like images that appear on their feed. They can also share their own images, follow other users, and communicate directly with other members who follow them back through messaging. However, there are no public likes, public comments, or public follower counts. The Community Guidelines state that material posted should be appropriate for all audiences; however, that is subjective and some images portray suggestive, sexy material and other material that may be considered too explicit for kids. Searches can also turn up images for marijuana and alcohol. There's a feature that allows users to flag inappropriate images for removal. Location data appears on shared images and when exporting unless turned off in the privacy settings. The sharing feature allows users to share/export directly to platforms other than VSCO, such as Facebook, Snapchat, or WhatsApp. After registering, the app asks permission to send notifications and access contacts, the camera, and photos. Read the developer's [privacy policy](#) for details on how your (or your kids') information is collected, used, and shared and any choices you may have in the matter, and note that privacy policies and terms of service frequently change.

TWITTER - create an account to follow someone who interests them they admire – not suitable for children

Can do two factor authentication by going to More – Settings and Privacy – Account – Security

Tweet privately – Settings and Privacy – Privacy and Safety – click Protect your Tweets – your tweets will not be visible to non-followers, won't show up in searches and cannot be re-tweeted. A lock will also appear next to your name, and new followers will need to be approved by you.

Deactivate Tweet Location – on desktop navigate to Settings and Privacy, Privacy and Safety, Location Information and uncheck. On mobile go to Settings and Privacy – Privacy and Safety – Precise Location and turn it off.

Control Photo Tagging – Settings and Privacy – Privacy and Safety – Photo Tagging, you can turn this off completely or choose who can tag you – Anyone can tag you or Only People you Follow can tag you

Discoverability – Twitter uses phone and e mail contacts to find people you may know on twitter and suggest them as people you follow. To stop Twitter using your phone no or e mail go to Settings and Privacy – Privacy and Safety – Discoverability – you can deactivate both or just one

You can control how Twitter collects and shares data. Go to Settings and Privacy – Privacy and Safety – Personalisation and data, you can turn off personalised ads, and personalisation based on identity, location and device. You can also prevent Twitter from sharing collected data with advertisers. You can turn all these features off at once

Shut down DM's – Check status of your DMs under Privacy and Safety – Direct Messages to control who messages you and whether they can see you read their message. Uncheck Receive Messages from anyone. Turn off Show Read Receipts. You can activate a quality filter to weed out lower quality messages.

Hide Sensitive Content – Settings and Privacy – Privacy and safety – Uncheck box next to Mark Media you Tweet as containing material that may be sensitive. You can also go to Settings and Privacy – content preferences – search settings and check Hide Sensitive Content.

