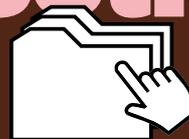


HOW TO?



**Guidance for Parental Guidance
settings for popular apps and games**

Terre des Hommes and Online Protection



HOW CAN THIS LIST HELP YOU AS A PARENT, CAREGIVER, GRANDPA OR GRANDMA?

This list provides a practical overview of the most popular apps and games among children. We have listed the settings for Parental Guidance Controls for each app or game. Some apps do not have any settings available at the moment but are popular among children. We have also included these apps in the overview. Are you missing an app that your child uses a lot? Let us know via ouders@tdh.nl, if we receive multiple reports about an app we can add it to the list.

This is **not a promotional document** for the use of specific apps. This list was created by Terre des Hommes to help parents make these apps and games safer for their child(ren).

Are you a parent or caregiver? There are special apps available in the app store to help with parental control for your children's online activities. Different apps offer different options. Depending on your needs, you can decide which one works best for you. Among others Google Family Link, Norton, Qusodio and Mobicip are currently available for this.

Tip:

Discuss with your child which apps they use and make sure your child fills in their real age when asked in an app. Based on that, many apps automatically adjust certain settings that fit a child's age.

Content:

SOCIAL MEDIA APPS

- Whatsapp
- Telegram
- Signal
- TikTok
- Facebook
- Instagram
- X (formerly Twitter)
- YouTube (Kids)

ONLINE GAMES & PLATFORMS

- Roblox
- Fortnite
- PUBG
- Discord

SOCIAL MEDIA APPS





WHATSAPP

WhatsApp does not currently offer any concrete parental control features. However, there are general privacy settings you can set to make the app as safe as possible for your child.

MANAGE PRIVACY SETTINGS

1. Tap **Settings** (three dots on the top screen, or in the menu at the bottom) and then **Privacy**.
2. On this screen, you can adjust who can see information about your child.

Here you have multiple options:

- Last seen online
- Profile photo
- About
- Status
- Read Receipts
- Blocking unknown callers

In all these functions, you have a choice of: **Everyone, My contacts, My contacts except... and No one.** We recommend always setting these functions to **My contacts** or **My contacts except...** for your child's account.

CHAT GROUP PRIVACY SETTINGS

1. Tap **Settings** (three dots on the top screen, or in the menu at the bottom), then click **Settings**
2. Click **Privacy** and scroll down to **Groups**
3. Here you get to choose between **My contacts** or **My contacts except...**

On WhatsApp, **Automatic downloads** are automatically turned on. This means that every photo or video your child receives via WhatsApp is automatically saved in the gallery on their phone. You can turn this off.

DISABLE AUTOMATIC DOWNLOADS

1. Tap **Settings** (three dots on the top screen, or in the menu at the bottom) and then click **Chats**
2. Under the **Chat settings** heading is **Media Visibility**. Turn it off.

BLOCK OR REPORT CONTACTS

WhatsApp also offers the option to block or report contacts.

Block

1. Tap the chat with the person you want to block
2. In chat, tap **their name** or **the three dots** in the right corner above
3. Scroll down and click on **Block (person's name)**
4. Confirm blocking by clicking **Block**

We also recommend setting **Block unknown account messages** in the settings. This way, no messages from unknown people will reach your child.

Making a report

1. Tap the chat of the person you want to report on
2. In chat, tap **their name** or **the three dots** in the right corner above
3. Scroll down and click on **Report (name of person)**
4. In a serious case when you and/or your child want to report to the police and preserve evidence, do not check the **Block contact and Delete chat** option. If this is not the case, keep the option ticked and click **Report**.

If your child is part of chat groups, there is also the option to strengthen the privacy settings there. You have the option to control who can add your child to a chat group.





TELEGRAM

Telegram is very similar to WhatsApp in formatting and usage. Telegram does not currently offer any concrete parental control features. However, there are general privacy settings you can set to make the app as safe as possible for your child.

MANAGE PRIVACY SETTINGS

1. On the main screen, click **Settings** at the bottom on the right
2. Then click on **Privacy and security**
3. Here you get a long list of privacy features:

- Phone number
- Last seen & online status
- Profile photos
- Bio
- Gifts
- Date of birth
- Forwarded messages
- Calls
- Voice messages
- Messages
- Invitations

In all these functions, you have a choice of: **Everyone**, **My contacts** and **Nobody**. We recommend always setting these functions to **My contacts** for your child's account.

You also have a heading **Exceptions**. Here you have the options:

- Never share with
- Always share with

In the exceptions, you can specifically specify for each contact whether you always or never want to share. This then applies to all the functions listed above.

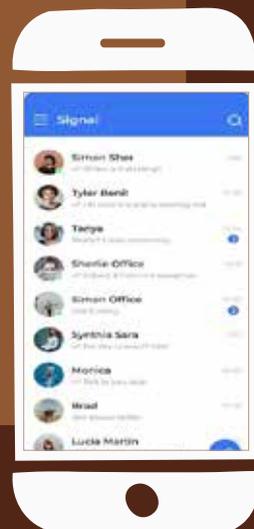


SIGNAL

SIGNAL

Signal is an app that is very similar to WhatsApp in its operation and design. This app has been very popular among young people lately, due to its much stricter privacy regulations than WhatsApp. However, it is important to mention that Signal **does not** offer Parental Control options. So this means that as a parent, it is very difficult for you to supervise what your child does in the app.

Those using Signal, like other chat apps such as Telegram and WhatsApp, can send messages, voice messages, photos, videos, GIFs, locations and files. With Signal, it is also possible to make video calls.





TikTok offers a Restricted Mode. This means that TikTok content that may not be appropriate for everyone, such as containing complex themes or adult themes, will be removed from your child's feed. Also, the function to view your Follow feed is disabled and your child cannot go "Live" or give "Live gifts".

HOW DO I ACTIVATE RESTRICTED MODE ON MY CHILD'S ACCOUNT?

1. In the TikTok app, click on the **profile icon** at the bottom right
2. Click on **Menu** and then **Settings and Privacy**
3. Click **Content preferences**
4. Click on **Restricted mode**
5. Follow the steps to set a password and enable **Restricted mode**

TikTok also offers keyword filters. This means you can filter out specific words expressed as hashtags from your child's feed (max 100 words).

HOW DO I ACTIVATE KEYWORD FILTERS?

1. In the TikTok app, click on the **profile icon** at the bottom right
2. Click on **Menu** and then **Settings and Privacy**
3. Click **Content preferences**, then click **Filter keywords**
4. Click **Filter keywords** and then enter the words you want to filter out of your child's feed.

Finally, TikTok offers **Family Linking**. This means that parents, guardians and teenagers can customise their security settings based on individual needs. This allows you as a parent to link your account to that of their teenager.

You can then enable a **Daily Screen Time**, view their **Screen Time dashboard** and mute their notifications outside the app.

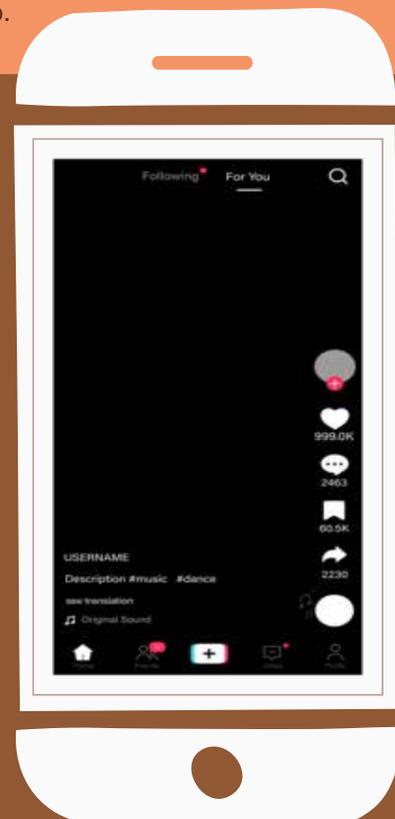
PRIVATE ACCOUNT

We recommend setting your child's account to private by default

If you choose a private account, you will need to approve the people you allow to:

- Follow you
- View your videos, LIVE videos, bios, and likes
- View your followers and watchlists

When your account is private, people will not be able to create Duets, Stitch, stickers, or download your posts. They will also not be able to add your posts to their Stories.





As a parent, you can set up monitoring on your child's account on Facebook. Setting up parental controls requires both the teenager and the parent to accept an invitation to start monitoring.

Only one parent can supervise their child's account at a time. As a parent, you must also own a Facebook account to supervise your teenager.

How do I send an invitation to my teenager?

OVER THE PHONE:

1. Click on the **Menu** button at the bottom right
2. Click **Settings and Privacy** and then **Settings**
3. Under tools, tap the **Supervision** button
4. Click on **Create invitation**
5. Check the details are correct and then click **Create invitation**
6. Click on the invitation link to copy it to your clipboard and now you can send it to your teen via Whatsapp, for example.

VIA LAPTOP:

1. Go to familycenter.facebook.com/dashboard
2. Click on **Create invitation**
3. Check the details are correct and then click **Create invitation**
4. Click on the invitation link to copy it to your clipboard and now you can send it to your teenager

Note: In this case, the invitation must be created from the parent's account

How does my teenager accept my invitation?

1. Tap the invitation link and follow the on-screen instructions to accept the invitation.
2. Once the invitation is accepted, you as a parent will receive a notification that it was successful.

Note: A teenager can also **refuse** the invitation. Have a conversation with your child about their online safety **before** you send them a request, to avoid the chance that they will refuse the invitation.

What exactly does it mean if I have supervision over my child's Facebook account?

WITH PARENTAL CONTROLS, YOU AS A PARENT HAVE ACCESS TO THE FOLLOWING FEATURES:

- You can see how much time your teen spends per day in the Facebook app on a weekly basis. You can also see what their average time spent per day is for that week.
- You can schedule breaks for your child
- You can view your child's Facebook friends
- You can view certain privacy settings and content preferences of your child
- You have visibility into the people and pages your child has blocked





INSTAGRAM

Instagram has been offering Instagram Teens accounts since September 2024. This means that every child between the ages of 13 and 17 will automatically get an Instagram Teens account. This affects a number of different features.

PRIVATE ACCOUNT

First of all, the profile is automatically set to private. This can only be changed with the help of a parent or guardian.

MESSAGES BLOCKED

All messages from accounts your child does not follow are automatically blocked. This means that your child will not receive the message and will therefore not be able to view it.

SENSITIVE CONTENT

All sensitive content is automatically filtered out of their feed. This means that potentially harmful images posted by accounts your child does not follow will not appear on their feed.

REPORT AND MENTION

With a teen account, your child can only be mentioned or named in a post or story by people they follow themselves.

SLEEP MODE

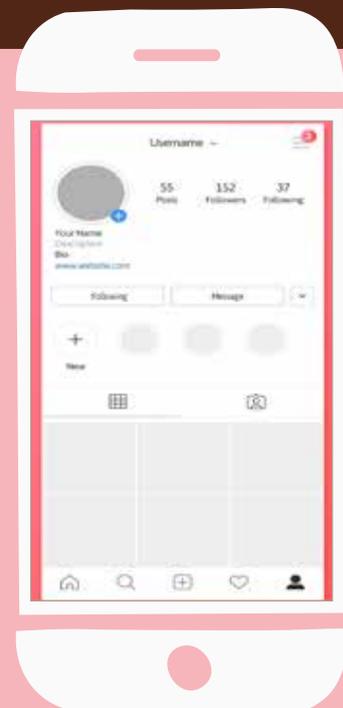
Instagram teen accounts automatically have a sleep mode feature on. This feature is on from 22:00 to 07:00 and ensures that your child (1) Does not get any notifications from Instagram during that time (2) An automated message is automatically sent when they receive a message (3) And that your teen gets a notification that they should close Instagram.

DAILY TIME LIMIT

You can choose to turn on a daily time limit. This means that after a chosen amount of time, your teen gets a notification from Instagram that their limit is over and a reminder to close the app. With teen accounts, this feature is automatically on and the limit is set to 60 minutes.

NOTE: Your child will only receive a **notification** that they should close the app, however, they can click away and ignore the notification.

NOTE: Important to know. Both child and parent must have an Instagram account to use parental controls.





X (FORMERLY KNOWN AS TWITTER)

Although X has no parental control specific settings, the application does offer other parental control options:

1. Private account

With a private account, you and your child can decide together who can watch their posts and activities.

2. Plotting location sharing

You can display your location on X in a profile or per separate post. You can turn this off so that people cannot see your child's location.

3. Content filtering

You can filter on X content such as posts containing potentially sensitive content to protect your child from potentially harmful images or words.

4. Block inappropriate language

You can block posts containing inappropriate language on X to maintain a safe online environment for your child



YOUTUBE (KIDS)

YouTube has created an app specifically for children.

You can create profiles within the app for several children at the same time, with personal settings for each profile.

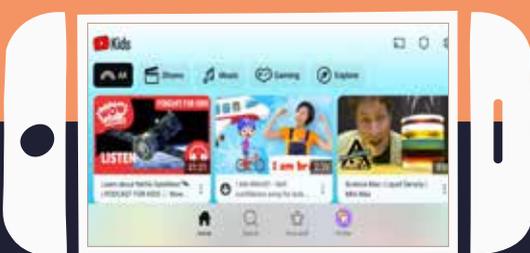
Per profile, you can choose from different age categories which then match their content to their age category (4 years and under, 5 to 8, 9 to 12 or self-approved content). With the **Self-approved content** option, your child can only watch videos, channels or collections that you yourself have approved. With these settings, your child cannot search for videos themselves.

You can also limit your child's screen time.

1. Click on **Settings**
2. Solve the sum that appears on screen or enter your applied access code
3. Click on **Set timer**
4. Set a time limit using the slider
5. Click on **Start timer**

Once the time limit has expired, your child will receive a notification saying "Your time is up!".

Note: This is not a **daily limit**, but a **time limit**. This means that once the time you have set expires, you will have to turn on the time limit again in the settings to start a new timer.



GAMES



ROBLOX

FORTNITE

PUBG
MOBILE





Roblox has been offering new parental control settings for a few years now. You can maintain the type of content your child can access within your child's Roblox account.

NOTE:

You can only access the Parental Control settings once you have created a Roblox account yourself, which you then need to link to your child's account.

CONTENT SETTINGS

1. Go to **Settings**
2. Click on **Parental Controls**
3. Click on **Settings You Manage**
4. Scroll down and select **Content Maturity**
5. Here you can use a slider to select your child's content maturity.

CHAT SETTINGS

Roblox also offers privacy settings for chatting:

1. Go to **Settings**
2. Go to **Parental Controls**
3. Click on **Settings You Manage**
4. Click on **Communication**
5. Select **Experience Chat**

Here you get two options:

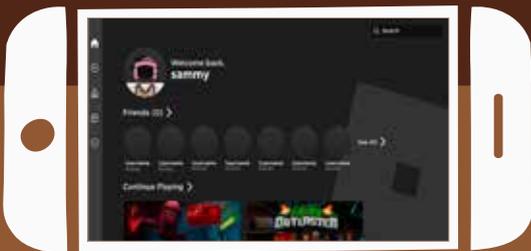
1. **Experience chat:** Here you get the option to choose who can chat directly with your child. You can choose between **Everyone** or **Nobody**.
2. **Experience direct chat:** Here you can decide who can chat directly with your child. Here again, you get the choice between **Everyone** or **Nobody**.

* For users under 13 years old, chat settings are set to **Nobody** by default

SCREEN TIME SETTINGS

As a parent, you can set a screen time limit for your child on Roblox. This means you can decide per day how long your child can play on Roblox.

1. Go to **Settings**
2. Click on **Parental Controls**
3. Click on **Manage** where you can see your child's average screen time for the last 7 days at the top of the screen.
4. From here, you can set a new screen time limit.





Although Fortnite does not offer explicit Parental Control features, a number of other security settings are available

Social consents

Among social permissions, there are four ways to keep your child safe

1. VOICE CHAT PERMISSION

You can limit who can talk to your child via the voice chat feature in the settings.

Here, you have a choice between:

- Everyone
- Friends and Teammates (set automatically if your child is 13 or older)
- Friends only (set automatically if your child is 10 years old or younger)
- Nobody

2. CHAT PERMISSION

You can limit who can chat with your child via the chat function in the settings.

Here you again have the choice between:

- Everyone
- Friends and teammates
- Friends only
- Nobody

With this option, your child can still chat using a few phrases created by default (e.g. "Well done!").

3. ADULT LANGUAGE FILTERING

You also have the option to filter out inappropriate language from your child's play.

Here you have a choice between:

- Filter on
- Filter off

P.S. If your child is under 13, the filter is turned on by default.

4. REQUIRE PIN TO ADD FRIENDS

There is also the option to set a required PIN code, which is mandatory to be entered as soon as your child wants to add a new friend in the game.

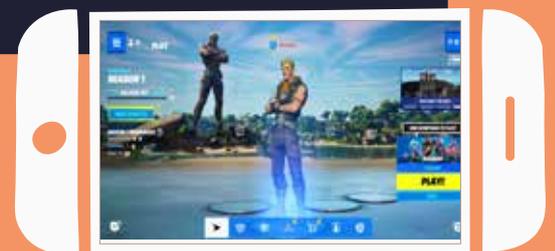
Mandatory PIN for purchases

There is an option to set a mandatory PIN code for purchases within the game. Once that is enabled and you as a parent set a secret PIN, the PIN will have to be entered every time your child wants to make a purchase in the game.

P.S. If your child is under 13 years old, there's a default daily spending limit of \$100. But **please** note that this only applies to direct purchases through Epic Games. So third-party purchases on the Playstation, Steam, Xbox and Nintendo Switch are **not** covered.

TIME LIMIT

Finally, Fortnite also offers a **Time Limit**. This feature allows you to limit your child's total play time per day. Here, you also have the option to choose specific **time windows**. You can then set a time limit within those time windows.





Player's Unknown Battleground (PUBG) is a popular shooting game among kids and teens. It is comparable to Fortnite in terms of gaming experience. PUBG does **not currently offer any parental controls or privacy settings. The game does have voice chat and chat functions that are also comparable to games such as Fortnite. This is important to know if you are aware that your child is playing PUBG.**



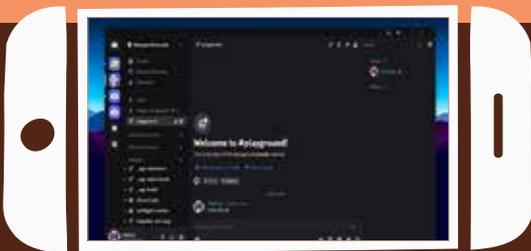
DISCORD

Discord is a website and app that is used in particular by gamers, to be able to easily communicate with other gamers during a game. Although you can also chat via Discord, the app is mainly used to (video)call others.

FAMILY CENTER

Family Center is a feature that gives parents insight into how their child is using Discord. This includes information about who they're talking to and what servers they're visiting. This feature requires both parent and child to enable supervision, and either can disable it at any time. Once the child turns 18, supervision automatically stops.

To enable Family Center, you'll need to **create** a Discord account as a parent. If you already have a Discord account, you can enable Family Center in User Settings.



LAPTOP

1. Click on the gear icon to open User Settings. Parents and guardians can check the Enable Family Center tab under the Family Center heading to access this feature.
2. Once Family Center is enabled, we need an account for both the parent/guardian and the teen to connect to each other. The steps to connect the accounts must be completed on the mobile version of Discord.

MOBILE

Parents/guardians who want to connect to their teen in Family Center via phone should open the **User Settings** of the mobile app by tapping on their avatar in the bottom right.

1. Click on your avatar in the bottom right.
Open **User Settings** and go to **Family Center**
2. Tap **Connect with Teen** under the My Family heading and scan your teen's QR code. Your teen will get this code by going to the Family Center themselves and tapping **Connect with Parent**.

Once your teen accepts your request, you can use Family Center together.

DIRECT MESSAGES

You can block direct messages from being sent to your child. If your child is in a server, anyone on that server can DM your child. You can turn this off by:

1. Click on your child's avatar in the bottom right corner. Then click on **Privacy and Security Settings**.
2. Then scroll down to the Server Privacy Defaults heading. Then uncheck **Allow Direct Messages from Server Members**.

If you turn this setting off, you will be asked if you want to apply this change to all of your teen's existing servers. If you click **No**, this change will only affect new servers that your teen joins. The DB settings of previous servers must be adjusted separately (via Privacy Settings in the server dropdown). You can also adjust these settings per server.

BLOCKING

If someone is harassing your teen, you can block that user. The user will be removed from your teen's friends list and will no longer be able to send you direct messages. The user's messages on shared servers will also be hidden.

- Right-click on the user's @username and select **Block** to block the user.

FRIEND REQUEST SETTINGS

You can control who can send your teen friend requests on Discord. You can find this setting under **User Settings** and then **Friend Requests**.

You can choose from the following options when controlling who your teen can send a friend request to.

- **Anyone:** If you select this, anyone who knows your teen's Discord Tag or is on a shared server can send your teen a friend request. This is useful if your teen is not on the same server as the person who introduced them to Discord and wants to befriend their Discord Tag.
- **Friends of Friends:** If you select this option only, anyone who wants to send your teen a friend request must have at least one mutual friend. You can see this by clicking the Mutual Friends tab next to the Mutual Servers tab in their user profile.
- **Server Members:** If you select this, anyone who is on the same server as your teen can send your teen a friend request. If you turn this off while 'Friends of Friends' is selected, your teen will only be able to receive a friend request from someone they have a mutual friend with.

If you don't want your teen to receive any friend requests at all, you can turn off all three options. Your teen will still be able to send friend requests to other people.



CHILDREN ARE THE FUTURE

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