

Parental Controls

Does your child have a game console? If yes, have you set up age-appropriate parental controls? The controls vary across the different consoles, but all will allow you to restrict spending and communication for example.

PlayStation

Set up your account as a family manager and create a separate child account so you can tailor their activities.

Find out more here:

<https://www.playstation.com/en-gb/parental-controls/>

Xbox

You can download an app to manage your child's gaming experience.

Find out more here: <https://www.xbox.com/en-GB/family-hub?msocid=2795468eab1468591fc053cbaa6d692b>

Nintendo Switch

Nintendo also offer a free app to monitor what and how your children are playing.

Find out more here:

<https://www.nintendo.co.uk/Nintendo-Switch-Family/NintendoSwitch-ParentalControls/Nintendo-SwitchParental-Controls-1183145.html>



YouTube

YouTube is intended for users over the age of 13, however the App store rates YouTube as 17+ due to the content that can be found on there.



You should be over 13 years of age to post videos on YouTube. Talk to your child about posting videos, so they understand what type of information they should keep private and what to do if they receive negative comments.

YouTube have produced these tips:

<https://support.google.com/youtube/answer/2802244>

How can I make YouTube safer?

- **Turn on Restricted mode** as this restricts the availability of mature content. You will need to set up a Google account to do this.
- **Explore YouTube together** and see what they like to watch. Make sure your child understands that they can talk to you if they see anything that makes them feel uncomfortable online.

Artificial Intelligence and online safety: Generative AI is one type of AI. It refers to technology that can be used to create new content based on large volumes of data that models have been trained on a variety of sources (DfE 2025).

Ofcom's 2025 research shows that half of all children have interacted with AI in some way

- This can lead to risks linked to misinformation, deep fakes or online safety.

More information about AI can be found here: [How to Help Children Use AI Safely | Internet Matters - YouTube](#)



Google Family Link

Does your child use an Android device? Then you may like to set up Google Family Link, which allows you to set digital ground rules for your child.

Once set up, you will be able to view your child's activity so you can see what they are accessing and how long they are spending on each app (including setting time limits and adding a bedtime), manage in app purchases and hide specific apps from them as well as being able to remotely lock their device.

If the device is connected to the internet, then you can also locate the device.

More information can be found here:

<https://families.google.com/familylink/>



Being Online

Some age-appropriate apps for under 7's:

Meet the Numberblocks



Teach your Monster to read

CBeebies Storytime



Pinkfong Baby shark



TeachMonster: Reading for fun



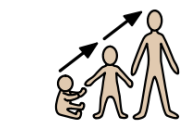
Hungry Caterpillar Playschool



Get Creative from CBeebies



LegoLife: Kidsafe community



age-appropriated



Conversation

There is some fantastic information online to guide you in having age-appropriate conversations with your children

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Cyberbullying / Chatting online

If it's unacceptable offline, then it's unacceptable online.

It's important to talk to your child about how they behave online, if they choose to use technology to call somebody names or spread hurtful rumours then they are involved in online bullying. Talk to your child, ask them how they would feel if the same was said or done to them?

What are your children saying online?

It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other. Talk to your children about how they are speaking to others online. Childnet have some great advice in response to two key questions your child might ask:

What makes a good friend online?

<https://www.childnet.com/young-people/primary/get-answers/what-makes-a-good-online-friend>

What should I do if someone online is mean to me?

<https://www.childnet.com/help-and-advice/what-should-i-do-if-someone-online-is-mean-to-me/>



Be Kind

Further information

There is a lot of information available online containing lots of advice and where to seek additional support.

- <https://www.nationalbullyinghelpline.co.uk/cyberbullying.html>
- <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/>

Parent Zone Guides

Parent Zone have produced free articles, videos and advice for everything that affects families.

<https://www.ceopeducation.co.uk/parents/articles/parents-guide-to-personal-information2/>