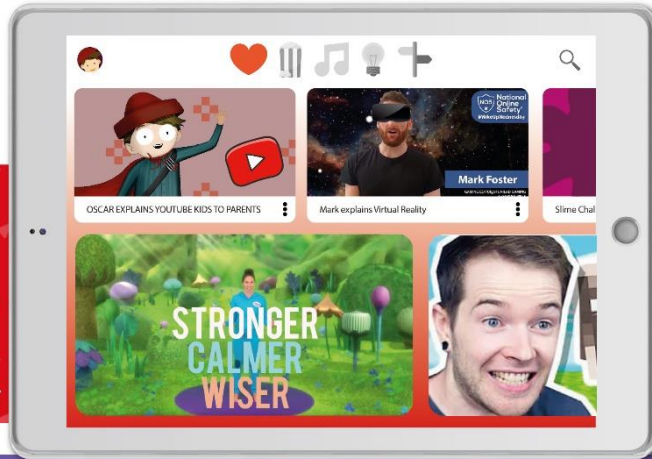




Although children of all ages often watch YouTube content directly via the website or main YouTube app, YouTube itself states that the only place children should be watching its videos is in the YouTube Kids app.



# 8 things parents need to know about YOUTUBE KIDS



## 1 SETTING UP

To set up the YouTube Kids app you need to do the following:

- 1- Download the YouTube Kids app and connect your YouTube account.
- 2- Specify your child's Name, Age and Birth Month.
- 3- Select the types of videos to include in the app based on their age or select them yourself.
- 4- If you choose to Approve Content yourself, you will be presented with some sample videos to accept or reject. You can select collections, shows, music or learning.
- 5- Once chosen you are ready to use the app.

## 2 USING THE APP

Based on how you have set it up your child can then use the app to explore a safe set of videos. It's worth noting that YouTube Kids uses algorithms to ensure safe videos rather than a personal check, so it's possible for videos to slip through. If an inappropriate video does appear you can select the menu in the top right to block and report it. This not only helps your child but also improves the YouTube Kids app as a whole.

## 3 ADVERTISEMENTS

It's worth remembering that even in YouTube Kids, children will still see adverts. These are marked as "Ad" and preceded by an ad intro. The types of advertisements and products are checked to follow YouTube's advertising policies which exclude things like food and beverages. However, there can be toys or other items included in videos directly by creators themselves to advertise them. You can remove adverts in YouTube Kids, like the main YouTube, by subscribing to YouTube Premium. This also has the added benefit that you can download videos for offline viewing, you can also watch videos in the background while using other apps. This can be really useful if you have a long journey to take children on.

As with television adverts or bus stop posters, it's a good idea to talk to children about how adverts work and help them to recognise them. In my family, I remember pointing out the grinning children, added sound and light effects and exciting narration in TV ads. It's important to do this for other forms of advertising as well. It's important to understand how YouTube Kids collects information about your child's viewing and how this relates to advertising and video content. When they watch a video, the device, language, which videos they watch and searches they make are recorded. This is used to help suggest personalized content. It can also be used to serve contextual advertising, although the app does not allow interest-based advertising or remarketing.

## 4 SELECTING GREAT CONTENT

One of the best features on YouTube Kids is the ability to select channels, videos or collections of videos for your child to enjoy. This is a great opportunity to sit with your child and better understand what they want to watch. Are there particular topics or themes that resonate? Then you can check through different options in this area, and together with them choose the best matching channels.

The YouTube Kids app also enables you to disable the Search feature to avoid young children stumbling upon content designed for older viewers. The app also avoids videos from inappropriate channels being suggested to watch next. If you have selected content for your child only those will come up. If you have set an age limit, only videos deemed appropriate for that age will be suggested.



## 5 VIEWING TIME

There are a number of ways you can administer how long a child can watch YouTube videos in a day. In the YouTube Kids app, you can set a timer before handing your child the smartphone or tablet. Once the time has run out the video will be paused.

You can also set limits on iPhones and iPads in the Screen Time section of the Settings. This not only enables you to see how long they play but specify how and when they can do this. You can apply similar limits on Android devices via the Family Link app settings. Other systems like the "Circle" system or features built into your Internet Router enable you to set limits across multiple devices which can be useful as children will often cruise to another smartphone, tablet or smart TV once their time has run out on their device.

As well as helping younger children not watch longer than is healthy, this is a good tool for discussion with older kids. Discuss together how long is appropriate to watch in a day and then agree on the limits. This ensures they see them as helpful rather than being policed.

## 6 RESTRICTIONS

As well as using the YouTube Kids app, you can also set up restrictions on other ways your family watches YouTube. Ensure you are logged in when using YouTube and turn on Restricted Mode in your User Profile. You can also set this at the bottom of the video page by clicking Restricted Mode: On. Ensure that you also click the Lock Restricted Mode on this browser to ensure so that other users can't turn it off.

## 7 WATCHING TOGETHER

Another good way to keep YouTube viewing positive is to spend time finding channels and content that your child will enjoy and benefit from. In my family, we each get together once a month and show each other our favourite videos from the last four weeks. This not only sparks conversations about what we've watched but enables us to share the things we've enjoyed watching.

## 8 RECOMMENDATIONS

For younger children, you can use the YouTube Kids app to keep tabs on what they have been watching. Tap on the Recommended icon on the top of the home screen and then swipe right. You will see videos with the play button on them and a red bar at the bottom. These are the videos your child has watched. Anywhere the bar at the bottom is mostly black is a video your child has skipped.



## Meet our expert

Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His Taming Gaming book helps parents guide children to healthy play.





# 12 Social Media Online Safety Tips FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

## 1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.

## 2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometime people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

## 3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE

This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.

## 4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.

## 5 CREATE A POSITIVE ONLINE REPUTATION

Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.

## 6 LIMIT YOUR SCREEN TIME

Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.

## 7 BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.

## 8 REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.

## 9 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.

## 10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.

## 11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.

## 12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.





Facebook is an online social media platform that has over 2 billion users across the globe. It was initially for university students but soon expanded out and since 2006, anyone over the age of 13 is able to join the platform. It is available on all devices from your desktop and laptop computer to smartphones and tablets. Users can add photos and videos, update their status, interact with others and catch up with the latest news. Despite requiring users to be over 13, there are no age verification measures and children can easily create an account. It's therefore important that parents familiarise themselves with the main features of the platform to ensure their young ones remain safe if and when they use it.



# What parents need to know about FACEBOOK



### ADDICTIVE NATURE

Facebook can be hugely addictive as it offers a physiological high and a quick reward cycle which comes from the likes and comments on shared posts. Communication is so instant now that teenagers are always checking, and it can sometimes feel like self-worth. This keeps children going back, encouraging them to post things and also increases the Fear Of Missing Out (FOMO) that is commonplace today. On the flip side, because of the way teenagers interact these days through Facebook and Facebook Messenger, they can seem addicted even when they're not.

### CYBERBULLYING

Around a quarter of children have experienced online abuse, according to Ofcom's 2019 Online Nation report. Figures show that 23% have been cyberbullied, 39% subjected to abusive language and a fifth have been trolled. On Facebook, teenagers can receive communication in a number of ways, from private messages in Messenger to public comments on profiles, pages and posts to pages or groups set up just to torment a victim. Exclusion from pages or groups to cause the victim to feel left out has also been seen.

### FUTURE IMPACT

Regardless of age, anything that's posted on Facebook, or other social media platforms, develops a personal brand and leaves a digital footprint that is there forever. It can be difficult to explain the consequences but many universities (and employers) look at Facebook before making a decision on accepting people. It is therefore wise to always think twice before posting anything online you wouldn't want people to hear or see offline.

### STRANGERS/FAKE PROFILES

Generally, people are who they say they are online. That said, much like the real world, Facebook isn't free of malicious users and children have received friend requests from people they don't know, including individuals who may look to take advantage of young and impressionable children.

**People you may know**

### OVERSHARING

Facebook encourages you to share "what's on your mind" but children need to be aware of what they're revealing about themselves online. Facebook allows users to share their location, create live videos and much more. Some photos can be traced using file data, too, so it's important to keep a tight group and share only with people you know.

### INAPPROPRIATE ADS

While Facebook is getting ever stricter on the content of ads and who they are targeted to, there is still the chance that children could be subject to ads during their experience on the platform. This could be innocuous but is worth bearing in mind when using the app.

### LIVE STREAMING

Facebook Live provides users with the ability to stream video live-time to their friends and followers or watch other people's broadcasts live. During the video, people can react and comment and it's difficult to moderate the content given everything happens in real-time. This could mean your child is exposed to inappropriate material or worse still, could be cajoled into doing something online by others which they wouldn't normally do.

**LIVE**

42 people watching

### PRIVATE MESSAGING

Facebook Messenger is closely linked to your Facebook profile and provides the ability to share private messages away from friends and family. It is therefore important that parents ask their children who they are communicating with and ensure that the only people they are exchanging messages with are people that they also know in real life.



## Safety Tips For Parents

### MAKE PROFILES PRIVATE

Within the settings of a Facebook account, you can choose whether a profile is public or private. Make sure that your child's setting is switched to private. This way they will only be able to interact with friends and people they know within the platform.

### LEAD BY EXAMPLE

Show your children how and why you use Facebook. This will help to demonstrate that it can be used safely when used in an appropriate manner and help to reduce the risk of them encountering harmful content.

### SHARE DEVICES

Depending on the age of your children, it's worth considering letting them use Facebook from a general family iPad or laptop. This allows them to use it without being constantly connected everywhere they go and may give you more reassurance around what they are doing on the app.

### REPORT VIOLATIONS

On Facebook you're able to hide people or groups and report things that are harmful. Make sure you spend some time to show your children how this works and why it's important to do so before they start spending serious time on the platform.

### RESPECT BOUNDARIES

As with anything, there are potential risks and dangers on Facebook but once you've talked about the ideas of safety on the platform, give children some space. Trust them to make smart choices but always be open to talking about social media.

### CHECK-IN

Once they've had some time to use the platform, don't be afraid to check in and see if there's anything on Facebook they'd like to discuss. This isn't always easy but being open with your children is the best way to deal with any issues heard on.

### Meet our expert

Alex Wright is a former Facebook employee and social media expert with over 15 years' experience working in digital media. He has worked with some of the biggest organisations in the world and has a wealth of knowledge in understanding how social media platforms work and how they engage their audience.



SOURCES: <https://facebook.com>, <https://www.independent.co.uk/life-style/social-media-addiction-young-children-under-five-youtube-instagram-89953411.html>, <https://www.independent.co.uk/life-style/health-and-families/cyberbullying-social-media-children-online-abuse-facebook-research-of-com-ico-8936366.html>, <https://hiveglobal.com/stories/how-social-media-affects-our-ability-to-communicate>, <https://www.care.com/ico/gh/stories/42755-dangers-of-social-media-to-discuss-with-you/>





# LIVE





### WHAT IS HOUSEPARTY?

Houseparty is a live streaming app described as a face-to-face social network where people 'drop in' on each other to video chat, leave messages and hang out in groups. The app is available for iOS, Android, macOS and Google Chrome and has tens of millions of users worldwide. It's important to note that children under the age of 13 must have a parent's permission to access the services, however, no proof of age is required to create an account.

### HOW DO YOUNG PEOPLE USE IT?

Each time the app is opened, your child will be instantly connected to other users who are also on the app. Users can create group conversations of up to eight people at one time. Each time a person joins, the screen splits to show everyone who is part of the conversation. Your child can add contacts via phone numbers, search for their usernames, and share a link to their profile. They can have as many rooms as they want and move from chat to chat by swiping across the screen. Along with this functionality comes a few associated risks to be aware of...



# What parents need to know about HOUSEPARTY



### "STRANGER DANGER"

Friends of friends can join conversations on the platform without the need to be connected or known to all the other users in the chat. Houseparty calls this feature 'Stranger Danger'. While it does alert users when individuals they may not know enter their chat room, it also suggests strangers might be a reason for 'party time'. There's also the danger of people attempting to deliberately mislead others by using false names or usernames.

### SEXUALISED MESSAGES

People may use live streaming apps such as Houseparty to engage in inappropriate or illegal activities. There have been concerning reports directly linked to Houseparty, including one incident where two Mancunian children aged 11 and 12 were reportedly targeted by men exposing themselves back in 2017. Outside of their close friendship group, it's also important to note that friends of friends can also connect with your child via the app, which may include people with this intention.

### CONTENT BEING SHARED

The 'facemall' feature lets users share moments from their Houseparty conversations by recording and sharing 15-second snippets of chats. They also have the option to save these moments to their gallery. For privacy purposes, every member of the group will see a notification if another member is recording - this could be a concern if your child shares something in the live chat they may later regret. Once recorded, they lose control over the video and how it is used. Screenshots of live streams and private messages can also be taken which could be shared widely and embarrass users.

### CYBERBULLYING


Cyberbullying is when people use technology to harass, threaten, embarrass, or target another person. Group chats can be used by bullies to make negative or hurtful comments which may cause offense or be harmful to others in the group. Exclusion from friendship groups within the platform may make your child feel sad and left out/socially excluded.

### OVERSHARING PERSONAL INFORMATION

Children often don't understand the risks involved in giving out too much personal information in a live stream or within their profile. They may also be less protective of personal details during online conversations. One example of this within a live chat could be their background revealing information about where they live or go to school without realising.


### IN-APP PURCHASES

By tapping on the dice icon your child can play a game called 'Heads Up!' where one person gives clues to describe someone or something and the other players guess. Three cards are included for free but additional decks cost real money. There's the potential for your child to get carried away playing the game while working up a small fortune.



# LIVE


## Top Tips for Parents



# LIVE

### TURN ON PRIVATE MODE

One additional tip is to use the app settings to turn on 'Private Mode' which automatically locks the room, instead of doing it manually. Parents with questions can always email us at [hello@houseparty.com](mailto:hello@houseparty.com)



### SAFER CONVERSATIONS

With live streaming being such a popular feature on apps, it is important that you are aware of the dangers associated with it in order to protect your child effectively. Have regular and honest conversations with your child about what apps they are using and how they are using them. It may be a good idea to have your child show you how they use Houseparty and how to navigate through the platform so you are aware of how it works.

### CHECK COMMUNICATIONS

Also, it's important to be aware of who is on their friends list and who they are communicating with. Remind your child to not communicate with people they do not know and trust. If they experience something on the app that makes them feel uncomfortable then they should tell a trusted adult immediately. Remind your child that if they get an invite to join a Houseparty room from someone they don't recognise, then they should ignore the request.

### "LOCK" ROOMS

In regards to communicating with users on the platform, we advise that your child uses the 'lock' feature to make their conversations private. This means that other users, especially strangers, can't join their conversations.

### PROTECT THEIR PRIVACY

Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or personal information. Check your child's privacy settings thoroughly. You have the option to opt out of certain uses and disclosures of personal information, such as turning off the app's location sharing option.

### PROTECTING YOUR CHILD'S DIGITAL FOOTPRINT

As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. All content shared on the app can be recorded or screenshoted and shared to a wider community. It is important that your child knows that what they do now may affect their future opportunities. In addition to this, the video chats can't be reviewed later which means unless a parent or carer is sitting nearby during a call, they won't know what has been said. It's worth bearing in mind that parents can see when their child has last communicated with someone and for how long for under the 'We Time' feature.

### REMOVE LINKS TO OTHER APPS

Users can link their account to both Facebook and Snapchat, or can simply share a link to their profile. We advise that you remove these links and remind your child not to publicly share access to their online profiles as there is the potential for strangers to get hold of your child's information or communicate with them.

### BE PRESENT

A study conducted by the Internet Watch Foundation (IWF) found that 96% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you a greater understanding of what your child is doing during their live streams and who they are streaming to.

### REPORTING AND BLOCKING

If your child faces a problem while using the app they can report direct to the platform by shaking their phone. A prompt will pop up allowing you to report issues immediately by clicking on the 'report now' button. They also have the option to report and block users directly on the user's profile.