

Apps to help manage screen-time and content at home:

Net Nanny: Net Nanny uses Artificial Intelligence to block content before your child sees it. The app enables you to monitor your family’s digital habits, limit screen time, and block specific apps and websites.

Mobile Guardian for Home: Similar to Net Nanny, you can block apps, websites, and YouTube content. It also enables device tracking and digital curfews for bedtime.

QTIME: QTIME is not an app. It is a HDMI attachment for PS4 and XBOX. It plugs in to set up an allowance and a time window each day of the week using your phone app. Once the time is up, QTIME turns the TV screen off automatically.

App Age Limits:

Facebook: 13

Instagram: 13

Twitter: 13

Tik Tok: 13

Messenger: 13

Snapchat: 13

Reddit: 13

Pinterest: 13

WhatsApp: 16

YouTube: 18

Telegram: no limit

Online Risks:

Anonymity:

Sarahah, AskFM, KIK messenger

Strangers:

Musical.ly, Tik Tok, Yubo, Fortnite, Instagram, messenger

Unreliable News:

InfoWars, The Rebel, Breitbart,

Spreading Extremist Ideas:

YouTube, BitChute, Gab, 4chan, Reddit, Telegram, Twitter

Accessing Inappropriate Material:

VPN, Internet Archive, Snapchat

Password Safety:

- Never share your password
- Make your password difficult to guess – include numbers, capitals, and special characters
- Use a Mnemonic!

Your password should have:

8-16 characters,

contain a mix of UPPER and lower case letters,

At least one special character, and

At least one number



Apps and Gaming:

- Games like Fortnite and Apex Legends, as well as streaming platforms like Twitch are fantastic for connection and communication.
- However, all of them facilitate connections to online strangers, In-App purchases, and exposure to inappropriate language and gameplay.
- Make sure you know how to report inappropriate behaviour or language, and that your privacy controls are tight.
- If appropriate, have these conversations with your young person so they feel involved.
- Use time management and alternative sources of entertainment to break up gameplay.

Supporting links:

Reporting online extremist or terrorist material:

<https://www.gov.uk/report-terrorism>

If you believe there is an immediate risk, call 999

Educate Against Hate for Parents:

<https://educateagainsthate.com/what-should-i-do-if-i-think-my-child-has-been-exposed-to-extremism-or-radicalisation/>

<https://educateagainsthate.com/online-radicalisation/>

NSPCC Resources for Parents:

<https://www.nspcc.org.uk/>

Childline resources on Racism, Bullying, and Extremism:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>

Call Childline: 0800 1111

UK Safer Internet Centre, Parentzone, Internet matters (all good for general online information):

<https://www.saferinternet.org.uk/>

<https://parentzone.org.uk/home>

<https://www.internetmatters.org/resources/apps-guide/>

BBC Newsround online safety:

<https://www.bbc.co.uk/newsround/44074704>