

THE PARENTING DIGITAL GUIDE

Your platform-by-platform safety settings for every app your kids are on

TIKTOK • SNAPCHAT • INSTAGRAM • FACEBOOK • WHATSAPP • DISCORD • YOUTUBE • ROBLOX • ROUTER & FIRST PHONES

TT TIKTOK

Family Pairing

Profile > Menu > Settings & Privacy > Family Pairing. Link your account to control their settings remotely.

Screen time

Set a daily limit. Under-16s default to 60 mins — you can go lower. Use Time Away to block specific hours.

Restricted Mode

Filters mature content. Set from YOUR account via Family Pairing — they cannot override it.

Direct Messages

Under-16s have stricter messaging limits. Confirm in Privacy > Direct Messages.

SC SNAPCHAT

Family Centre

Settings > Privacy Controls > Family Centre > invite your child's account.

What you can see

Friends list, who they messaged recently, activity insights. Not message content — deliberate.

Sensitive content

Family Centre > Settings > restrict Stories and Spotlight.

My AI

Disable from Family Centre. Removes the chatbot from their contacts entirely.

IG INSTAGRAM

Teen Accounts

Under-16s automatically placed in restricted mode — private, limited DMs, 60-min nudge. Check it's active.

Supervision

Settings > Family Centre > send invite. Set time limits and schedule app breaks.

Sensitive content

Settings > Account > Sensitive Content > Less. Reduces mature algorithmic recommendations.

Note

You can see time spent and who they've messaged in 7 days. Not message content.

FB FACEBOOK & MESSENGER

Teen Accounts

April 2025: FB/Messenger Teen Accounts rolled out UK. Auto-placed, Friends-only by default.

Supervision

Settings & Privacy > Settings > Family Center > Create Invite. Link expires in 48 hours.

Sleep mode

Set 10pm–7am auto-off. Notifications muted, app shows a 'close' reminder.

Under 16s

Must ask parent permission to make any settings less protective. You approve or deny.

WA WHATSAPP

Groups

Settings > Privacy > Groups > My Contacts. Stops strangers adding your child automatically.

Profile privacy

Last Seen, Profile Photo, About and Status > My Contacts only. Never Everyone.

Media

Turn off automatic media downloads — images won't auto-save to their camera roll.

Live Location

Settings > Privacy > Live Location — confirm nothing is being shared.

DC DISCORD

Age 13+ only

Minimum age is 13. Under-13s should not have an account — full stop.

DM filter

User Settings > Privacy & Safety > Safe Direct Messaging > 'Keep Me Safe.'

Family Centre

Discord's opt-in tool — lets teens share activity with parents. Set it up together.

Check servers

Know which servers your child is in and what their community rules are.

YT YOUTUBE

UK setting!

New: UK parents can disable Shorts autoplay & continuous scrolling — go to Settings now.

On mobile

Profile > Settings > General > turn off 'Playback in feeds.' Use 'Not Interested.'

On desktop

Install free 'Unhook' extension (Chrome/Firefox) for full homepage control.

YouTube Kids

Safer for younger children — still check settings regularly as YouTube updates them.

RB ROBLOX

Link accounts

Roblox website (not app) > Settings > Parental Controls. Link YOUR account to child's.

Content & chat

Set maturity restrictions. Lock Privacy settings — control who can message them.

Screen time

Set daily limits in the Parental Controls dashboard. Check this monthly.

Delete account

Settings > Privacy > Deactivate first, then Support Form > 'Right to Be Forgotten'.

RT ROUTER & FIRST PHONES

ISP controls

BT, Sky & Virgin Media: parental controls in your online account. No app needed.

Cloudflare DNS

Set 1.1.1.3 as your router DNS — blocks adult content on every home device, free.

All devices

Covers consoles, smart TVs, tablets — everything on your home Wi-Fi.

First phone?

Pinwheel (UK) blocks social media by design + scheduled modes. pinwheel.com/en-gb

THIS WEEK — NINE THINGS TO DO

- Set up TikTok Family Pairing & enable Restricted Mode
- Open Snapchat Family Center and link to your child's account
- Check Instagram Teen Account — enable Supervision
- Connect Facebook/Messenger via Meta Family Center
- Update WhatsApp: groups, media, privacy & live location
- Discord: DM filter on, check server list
- YouTube: activate new UK Shorts settings
- Roblox: parental controls via website, not the app
- Router: activate ISP controls or set Cloudflare 1.1.1.3