













# Social Media Age Restrictions

## Age Restrictions FOR SOCIAL MEDIA PLATFORMS

What is the minimum age for account holders on these social media sites and apps?

Age  
13

-  **Ask.fm**
-  **Facebook**
-  **Google+**  
*US and all countries not mentioned under 14 and 15*
-  **Instagram**
-  **ooVoo**
-  **Pinterest**
-  **Reddit**
-  **Snapchat**
-  **Tumblr**
-  **Twitter**
-  **LinkedIn**  
*all countries not mentioned under age 14, 16 and 18*
-  **Swarm by Foursquare**


### DATING / CHATTING APPS

-  **Meet Me**
-  **Tinder**
-  **Omegle**
-  **Skout**  
*communities for 13-17 and 18+*

Age  
14

-  **LinkedIn**  
*United States, Canada, Germany, Spain, Australia and South Korea*
-  **Google+**  
*Spain, South Korea*




Age  
15

-  **Burn note**  
*Common Sense Media rating*






Age  
16

-  **WhatsApp**
-  **LinkedIn**  
*Netherlands*
-  **Google+**  
*Netherlands*

Age  
17

-  **Periscope**  
*Common Sense Media rating*
-  **Vine**
-  **Whisper**

Age  
18

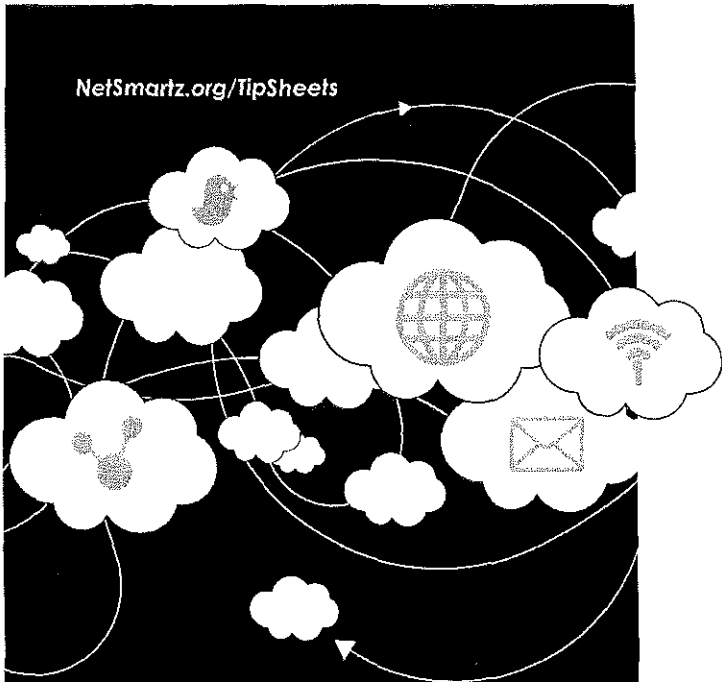
-  **LinkedIn**  
*China*
-  **Yik Yak**
-  **Kik**
-  **Flickr**  
*But kids 13-17 can sign-up with parental permission*
-  **YouTube**  
*But kids 13-17 can sign-up with parental permission*

As of June 2016

**Disclaimer** For the safety of your child, check the terms of service regularly.

**digitalparenting**  
COACH

www.digitalparentingcoach.com



# Protecting your KIDS on social media

Online social media services aren't new, but many of us are still learning how to use them without getting into trouble – especially children and teens. Use these tips to help your kids safely use any social media service from networking to image posting sites.

**NetSmartz® Workshop**

For more resources visit [NetSmartz.org](http://NetSmartz.org)

A program of the



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## Do you know...



### What they're posting?

Check comments and images for personal information, like phone numbers and addresses, as well as inappropriate and illegal content such as hateful or threatening speech and nudity. Delete anything you think is too much information.



### How they access social media?

Mobile devices, like cell phones and tablets, let children access social media apps away from adult supervision. Children may post content and even share their locations. Review app settings to help them keep information – like their location – private.



### Who they're talking to?

Your child's online contact lists and followers may include people you don't know, or even people your child only knows online. Even if you don't know the contact, make sure you know what images, messages, and other content they're sharing.



### What account settings they're using?

This is where you can control who has access to your child's information. Each social media service has a different setup, so take a look at each one your child uses. Always ask yourself – what is on the profile and who can see it?



### Who has access to their information?

Most social media services have ads and applications from 3rd parties, like games and fan pages. If children click on these or add them to their profiles, they are allowing access to their personal information. Have a discussion about what's OK to add and what's not.



### Where to report?

If anyone talks to your child about sex, shares or asks them to share sexual images, or is a victim of sexual exploitation, make a report to the National Center for Missing & Exploited Children® at [www.CyberTipline.com](http://www.CyberTipline.com) or **1-800-THE-LOST®**.

# SEXTING

## Questions and Answers from NetSmartz® Workshop

Many teens believe that anything they want to do with their bodies and their phones is their business. Young people enjoy the privacy and freedom that cell phones give them from their parents or guardians, and sometimes they use that freedom to explore their budding sexuality. Amanda Lenhart of the Pew Internet & American Life Project calls the combination of cell phones and sexual exploration "a 'perfect storm' for sexting."<sup>1</sup> Youths who engage in sexting, the sending or posting of nude or partially nude images, expose themselves to a variety of social, emotional, and even legal risks. The good news is that most teens do not sext—only 4% of cell-owning teens (12-17) say they have sent these kinds of images<sup>2</sup>—but those who do often face unexpected and unwanted consequences.

Help your children avoid these potentially life-changing consequences by learning more about the issue and talking to your children before they put themselves in a compromising position.

### Q: Why do teens sext?

**A:** Teens sext for many reasons. They may be trying to impress a crush or trying to be funny. Some are responding to a sexual text message they've received and others willingly send nude photos of themselves to a boyfriend or girlfriend. Occasionally teens are pressured into sending sexual pictures, and in extreme cases, they may be blackmailed by someone threatening to distribute an earlier sexting image if they do not send more. Teens make these decisions without thinking about how their futures may be affected. It's important for parents and guardians to understand that as technically savvy as their children are, they often don't think about the implications of how quickly and widely digital information can spread via cell phone and the Internet.

### Q: What are the consequences of sexting?

**A:** Sexting may profoundly affect the emotional and psychological development of a child. Trust is broken when an image is forwarded without the creator's consent, such as when a boyfriend takes revenge on an ex-girlfriend by forwarding images intended to be private. Once an image is spread via cell phone or posted online, it is impossible to get back and can potentially circulate to hundreds of people. Teens who engage in sexting risk reoccurring embarrassment, exploitation, and victimization, which could be psychologically devastating.

Teens who sext may also face social repercussions, such as being judged or excluded by their peers, communities, and families. They may become targets of mean comments, rumors, and harassment. Unfortunately, the image may follow them for a long time, damaging academic, social, and employment opportunities. For example, some teens caught sexting have lost their place on school sports teams, potentially impacting their college prospects.

In cases involving blackmail, bullying, or images being passed around without consent, law-enforcement officers may become involved, often at the request of anxious parents or school administrators. Although it is unlikely that teens will be charged with a serious crime for sexting, police investigations can be stressful for everyone, especially if there is media attention. Many teens have been ordered to attend an educational program or complete community service as a result of these investigations.

### Q: What can I do to help prevent my child from sexting?

**A:** Make sure to set house rules for Internet and cell phone use with your children and review them often. You should also discuss the consequences for breaking those rules. For example, you might consider disabling picture messaging. If children ignore the rules, consider removing cell phones altogether; however, this should be your last resort. Technology is not going anywhere, and it's important that children learn how to use it appropriately.

Talk to them early and often about how digital information and images may travel very far, very quickly. Make it absolutely clear to your children that the moment they send a digital image of themselves from their cell phone, they lose complete control of what happens to it next.

<sup>1</sup> Lenhart, Amanda. *Teens and Sexting*. Pew Internet & American Life Project, 2009.  
<sup>2</sup> *Ibid*.

**Q: How do I know if my child is sexting?**

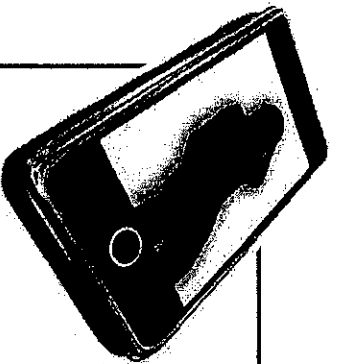
**A:** No parent or guardian wants to be the last one to know that their child is sexting. Try to maintain open lines of communication with your children so that they are not afraid to talk to you if they receive inappropriate photos or are being pressured to send them.

**Here are some discussion starters to help you have the "sexting talk" with your child:**

- Have you ever received a naked picture on your cell phone?
- Has anyone ever asked or pressured you to send a nude or sexual picture?
- Do you think it's OK to send "sexy" messages or images? Why?
- What could happen to you if you send or forward a naked picture with your cell phone?
- How likely is it that images and messages intended for one person will be seen by others?

For more resources visit [NetSmartz.org](http://NetSmartz.org)

fold here



**Tips to Prevent  
 SEXTING  
 for Teens**



**THINK ABOUT THE CONSEQUENCES**

of taking, sending, or forwarding a sexual picture of someone else, even if it's of you. You could get kicked off of sports teams, face humiliation, lose educational opportunities, and even face a police investigation.

**NEVER TAKE**

images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employer—to see.

**BEFORE HITTING SEND**

remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends' friends, and so on...

**IF YOU FORWARD**

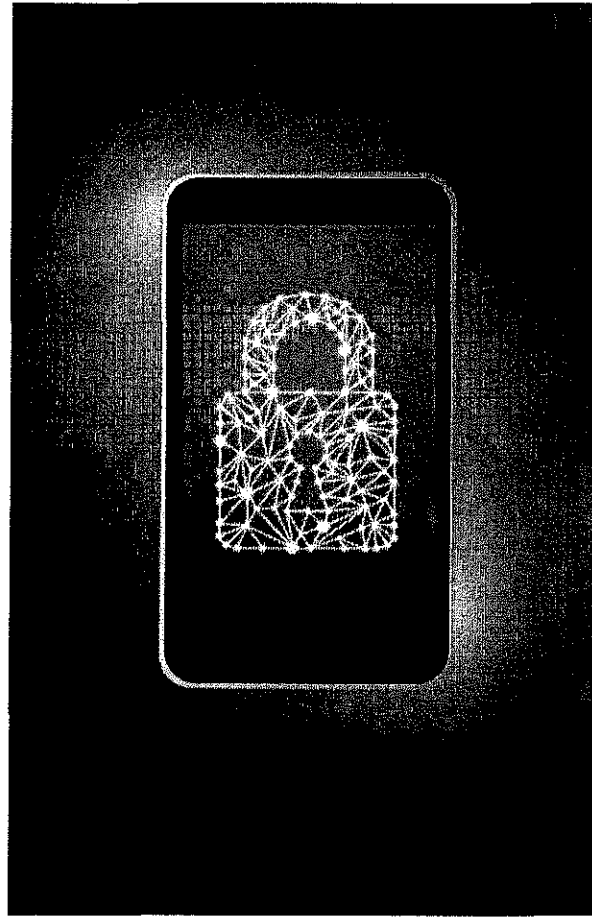
a sexual picture of someone without their consent, you are violating their trust and exposing them to potential ridicule. It's not up to you to decide who should see their body, so don't forward the image to anyone.

**IF ANYONE PRESSURES**

you to send a sexual picture, don't give in and talk to an adult you trust. Remember that anyone who tries to get you to do something you are uncomfortable with is probably not trustworthy.

# Using iPhone Content Restrictions

## How to Set Age-Appropriate Restrictions on Your Child's iPhone



*image credit TongRo/TongRo Images/Getty Images*

by **Sam Costello**

Updated October 09, 2016

Parents who are concerned about what their kids see or do while using an iPhone or iPod touch can use tools included in iOS to control the content, apps and other features their children can access. These tools cover a comprehensive list of Apple services and apps, and they offer concerned parents a way to set up parental controls they can modify as the child grows. The controls are found in the Restrictions section of the Settings app.

## Enabling Content Restrictions

To enable these restrictions:

1. Tap the **Settings** app on the iPhone to which you want to replace restrictions.
2. Tap **General**.
3. Tap **Restrictions**.
4. Tap **Enable Restrictions**.
5. You'll be prompted to create a four-digit passcode that gives you—not your child—access to the restriction settings on the iPhone. Each time you need to access or change the restrictions screen you have to enter this code, so select a number you can easily remember. Don't use the same passcode that unlocks the iPhone, or your child will be able to change any of the content restriction settings if he can unlock the phone.

## Navigating the Restrictions Screen

The Restrictions screen displays a lengthy list of apps and features that you can enable or block on the phone. Go through each section and make a decision based on your child's age and your preferences. Next to each item is a slider. Move the slider to the "On" position to allow your child to access the app or feature.

Move the slider to the "Off" position to block access. In iOS 7 and up, the "On" position is indicated by a green bar on the slider and the "Off" position is indicated by a white bar. In iOS 6 and earlier, move the slider to "On" or "Off."

- The first section, entitled "Allow" includes a series of apps and tools that include **Safari**, **Camera**, **Siri** and **FaceTime**, among others. Any app you turn off is completely hidden from your child—it won't display on the iPhone Home screen. Moving the slider back to the "On" position restores the app to the iPhone.

The next section gives you control over access to Apple's online content stores.

- Included in this section are the **iTunes Store**, the **iBooks Store**, **Apple Music**, the **Podcasts** library, and access to the **App Store**. If you disable these, your child won't be able to buy or download content from Apple.
- There are two other useful controls here: **Deleting Apps** and **In-App Purchases**. You might disable **Deleting Apps** if you want to make sure that certain apps stay installed on the device no matter what. Turn off **In-App Purchases** to prevent your kids from running up a big bill from iTunes without your permission or by mistake. If you only make one selection in the Restrictions settings, make this one to prevent unpleasant financial surprises.

The third section of the Restrictions Screen is labeled "Allowed Content." It controls the type and maturity level of content your child can view on the iPhone.

- **Ratings For:** Choose the country whose rating system you want to apply to content. It makes sense to choose the country you live in, but many are available.

- **Music & Podcasts & News:** Use this to determine whether explicit content can be played or viewed on the iPhone. In the case of music, this setting only works with content from the [iTunes Store](#). If the iPhone contains music downloaded from other locations or ripped from CDs, the phone won't know whether the content is explicit, and it will play it. This is also true of movies and TV episodes obtained from other sources than iTunes.
- **Movies:** Choose the highest rating level you want to allow by tapping it, from G to NC-17. The **TV Shows**, **Books** and **Apps** selections work similarly.
- **Siri:** Control whether Siri can speak or search for explicit language.
- **Websites:** Restrict your kids from visiting adult websites (as determined by Apple) or for even greater control create a list of websites they can visit and block them from all others.

The section labeled "Privacy" gives you a lot of control over the privacy and security settings on your child's iPhone. These settings are too extensive to cover in detail here. To learn more about them, read [Using iPhone Privacy Settings](#).

The section contains privacy settings for Location Services, Contacts, Calendars, Reminders, Photos and other apps and features.

Note: if you leave Safari available, Apple does not provide a way to turn off [Private Browsing in Safari](#).

The next section, labeled "Allow Changes," prevents your child from making changes to certain features in the iPhone.

- **Accounts:** If you disable this feature, your child won't be able to add or delete accounts in the built-in Mail, Contacts, and Calendars apps.
- **Cellular Data Use:** Use this to allow or block your child from turning on or off cellular data.
- **Background App Refresh:** This feature is a slight drain on battery life, so you might decide to turn it off.
- **Volume Limit:** To prevent hearing damage in your child, you may have [set a volume limit for audio playback](#). This setting prevents the child from changing that limit.

If you use iOS 9 or earlier on your iPhone, you may see a Game Center section. Apple discontinued Game Center in 2016 with the release of iOS 10.

## Disabling Content Restrictions

When the day comes that your child's phone is used by an adult again, disable all the content restrictions to return the iPhone to its out-of-the-box settings. Removing restrictions is much faster than setting them up. To disable all content restrictions, go to the Restrictions screen and tap the **Disable Restrictions** button at the top of the screen. Re-enter your passcode. You're done.

[https://www.lifewire.com/using-iphone-content-restrictions-2000102?utm\\_source=emailshare&utm\\_medium=social&utm\\_campaign=shareurlbuttons](https://www.lifewire.com/using-iphone-content-restrictions-2000102?utm_source=emailshare&utm_medium=social&utm_campaign=shareurlbuttons)