



## Online Safety Newsletter

April 2026

### BBC iPlayer for Kids

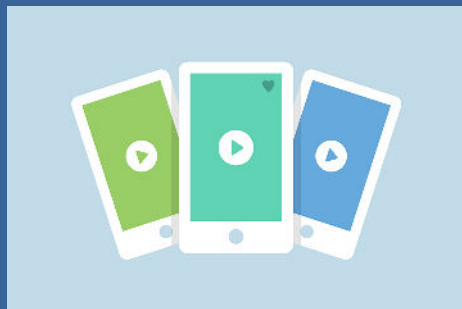
Children under the age of 13 can have their own iPlayer profile, which includes content from CBBC, CBeebies and other suitable BBC programmes.

You can download the iPlayer app and then find out how to create a profile here:

<https://www.bbc.co.uk/iplayer/help/questions/about-the-childrens-experience/iplayer-child-experience>

Going on a long journey? The BBC have also compiled a list of shows and films as well as games and quizzes to make the journey go quicker:

<https://www.bbc.co.uk/cbbc/watch/best-films-games-and-quizzes-to-keep-kids-entertained-on-long-journeys>



### How to set up parental controls on ChatGPT

Internet Matters have published an article detailing how you can link your own account to your child's account (they must be logged in) to set parental controls on ChatGPT.

You can read the article here:

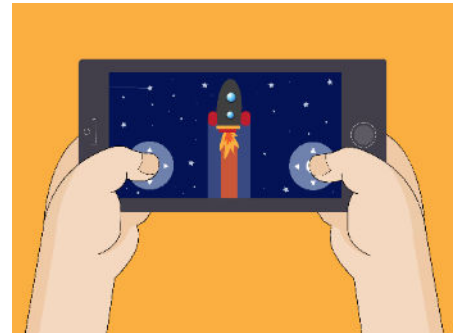
<https://www.internetmatters.org/parental-controls/entertainment-search-engines/chatgpt-parental-controls/>

### Age ratings in games

**Age ratings exist to help protect your child as they show whether content is suitable for your child's age.** Make sure you check the age rating of any game your child is playing.

#### Why should I check?

Not all games will be appropriate for your child. Some may appear child friendly due to fun or cartoon style graphics but still include unsuitable content. Age ratings consider factors such as violence, frightening content, bad language and/or in app purchases.



#### How can I check?

Most games are rated by PEGI (Pan European Game Information), who not only state the age you should be to play the game but also provide further content descriptors to give you an indication of the type of content that your child might encounter. Apps are rated by the App store/Google Play.

#### How can I stop my child from accessing a game they are not old enough to play?

You can set up **parental controls** to restrict access to games or apps that your child is not old enough to play and set restrictions so any downloads/purchases must be approved by you. For example:

- Nintendo – restrict software by age so if you restrict to 10+, games with that rating or above cannot be played by your child.
- Xbox / PlayStation – set an age limit so anything that exceeds that age rating must be approved.
- Apple / Google (Family Link) – restrict your child from installing apps, allowing you to review before approving all purchases.

#### What else do I need to do?

- Review any additional content descriptors, read reviews and check if the game includes any form of communication or in app purchases. This will help inform your decision as to whether the game is suitable for your child.
- For any game your child plays, set up appropriate parental controls.
- If you decide a game is not appropriate, explain to your child why. I know your child might feel peer pressure to play certain games, but explaining your reasoning will help them understand your decision.

#### Further information

- <https://www.ceopeducation.co.uk/parents/articles/gaming/>

# What Parents & Educators Need to Know about YOUTUBE

## WHAT ARE THE RISKS?

Almost anyone with an internet connection knows about YouTube. The Google-owned platform allows users to upload and share videos globally, making it a readily accessible resource with free content on almost any topic. However, with over 20 million videos uploaded each day, not all material is suitable for younger audiences.

### INAPPROPRIATE CONTENT



YouTube is free and can be accessed across multiple device types, even without an account. While some videos are marked as 'age restricted', this relies on uploader honesty and automated moderation, meaning children and young people may still encounter unsuitable content if these measures aren't taken.

### TRENDS AND CHALLENGES



Popular trends and challenges can be entertaining and widely shared. While many are harmless, some can be risky or harmful if copied. For example, the 'salt and ice challenge' has caused injuries when imitated.

### EXPOSURE TO EXTREME CONTENT



The platform's algorithm often promotes content that attracts high engagement, which can sometimes include videos containing extreme viewpoints, misinformation, or risky behaviour. As children and young people watch more of this content, similar videos are likely to be recommended by YouTube's algorithm, therefore reinforcing the exposure.

### CONNECTING WITH STRANGERS



YouTube includes social features such as comments and direct messaging. This means young users can interact with people they don't know, potentially exposing them to inappropriate language, cyberbullying, or unwanted contact. Young content creators may be especially vulnerable.

### SUGGESTED CONTENT



YouTube recommends videos based on what a user has previously watched. While this can enhance the experience, it may also encourage binge-watching and excessive screen time, particularly when Autoplay is enabled. Without an account, users are shown trending videos, which are not always age appropriate.

### SHORT-FORM CONTENT IMPACT



YouTube Shorts – short, fast-paced videos – are designed for continuous viewing. This style of content can be highly engaging but may also contribute to increased screen time and difficulties with maintaining focus over longer periods.

## Advice for Parents & Educators

### CONSIDER YOUTUBE KIDS



YouTube Kids can help reduce young users' exposure to unsuitable content by filtering videos into age groups, such as preschool, younger, and older children. However, as moderation is automated, it should be used alongside active supervision.

### USE PARENTAL CONTROLS



Google Family Link allows adults to filter content, monitor usage, and manage younger users' screen time. Supervised Accounts offer a gradual step up from YouTube Kids, enabling children to explore the platform with appropriate safeguards.

### CHECK PRIVACY SETTINGS



If a child in your care uploads content, consider setting videos to Private or Unlisted so they are only shared with trusted viewers. Disabling comments can also help reduce unwanted interaction from strangers.

### WATCH TOGETHER



Spending time watching YouTube with the children and young people in your care can help you understand what they enjoy and guide your conversations about content. Tools like Downtime in Family Link can also help limit unsupervised viewing.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for publications including Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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