INTERNET SAFETY CONCEPTS
— EDUCATE. EMPOWER. PROTECT. —

Empowering Smart Online Choices

# A Parent and Educator Guide to YouTube



**Explore. Learn. Be Aware.**

Understand the benefits.
Recognize the risks.
Support safe and responsible use.

## What is YouTube?

YouTube is a video-sharing platform where people can watch, create, and share videos on a wide range of topics, including entertainment, music, education, news, hobbies, and more. It is popular with children, teens, and adults and can be a valuable tool for learning, creativity, and connection when used in a safe and responsible way.

## Minimum Age 13 years old

Users must be at least 13 years old to create a YouTube account (per Google's Terms of Service).

Features and age requirements may vary by country.

## Positive Aspects

Access to educational and how-to content.

- Opportunities to learn new skills and explore interests.
- A platform for creativity and self-expression.
- Can help users stay informed about current events and the world.
- Provides positive role models and diverse perspectives.

## Potential Risks

Exposure to inappropriate or harmful content.

- Misinformation and false information.
- Content that encourages dangerous challenges.
- Inappropriate comments and online predators.
- Excessive screen time.
- Exposure to content not suitable for a child's age.
- Targeted advertising.

## Important to Know

- Even with safety settings, inappropriate content may still appear.
- YouTube Kids is a separate app for younger children with additional protections.
- Parental controls and supervised experiences can help create a safer environment.
- Comments can be turned off to reduce negative interactions.

## What Parents and Caregivers Can Do

### Have Open Conversations

Talk regularly about what they watch, including both the positive and negative.

### Set Clear Expectations

Discuss appropriate content, screen time limits, and who they can interact with.

### Use Parental Controls

Set up YouTube Kids or supervised experiences and adjust privacy and content settings.

### Encourage Healthy Habits

Balance screen time with school, activities, sleep, and face-to-face relationships.

### Stay Informed

Learn about new trends, features, and changes so you can have meaningful conversations.

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## Privacy Settings
### Control Who Can See Your Content

- Set your account to Private (for younger users or personal channels).
- Limit who can comment on your videos.
- Use YouTube's privacy settings to manage playlists, subscriptions, and liked videos.
- Review and adjust your settings regularly.
- Use supervised experiences for younger users.

## Account Security
### Keeps Your Account Safe

- Use a strong, unique password.
- Turn on two-factor authentication when available.
- Keep your recovery information up to date.
- Be cautious of suspicious links, messages, and account takeovers.
- Log out from shared devices.
- Review your account security settings regularly.

## Good to Know

- YouTube Kids offers additional protections for younger children.
- Supervised accounts allow parents to manage settings for children and teens.
- Restricted Mode can help filter mature content, but it is not perfect.
- Safety tools and features may change over time, so check current settings regularly.

## Practical Tips for Using YouTube Safely



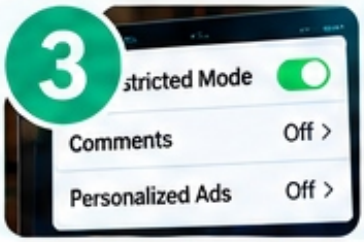
### 1 Use the Right Experience

- Use YouTube Kids for younger children.
- Consider a supervised account for children and teens.
- Choose age-appropriate content.




### 2 Be Mindful of What They Watch

- Use specific searches.
- Subscribe to trusted channels.
- Preview content together.
- Encourage critical thinking and fact-checking.




### 3 Use Safety Settings

- Enable Restricted Mode.
  Manage comment settings.
- Limit or turn off personalized ads.
  Review content preferences regularly.



### 4 Watch for Misinformation

- Not everything on YouTube is accurate.
- Talk about how to evaluate information and be skeptical of clickbait or misleading titles.



### 5 Be Cautious with Trends and Challenges

- Some trends can be dangerous or lead to unhealthy behavior.
- Talk about what they see and encourage safe choices.



### 6 Manage Screen Time

- Set reasonable time limits.
- Encourage a balance with school, activities, sleep, and face-to-face relationships.
- Use supervised experiences to help manage time.

## Official YouTube Resources

**YouTube Safety Center**
Tools and resources for a safer YouTube experience.
https://safety.youtube/

**YouTube Kids**
A separate app with age-appropriate content and parental controls.
https://www.youtubekids.com/

**Supervised Experiences for Children and Teens**
Learn about supervised accounts, settings, and features.
https://support.google.com/youtube/answer/15253498

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