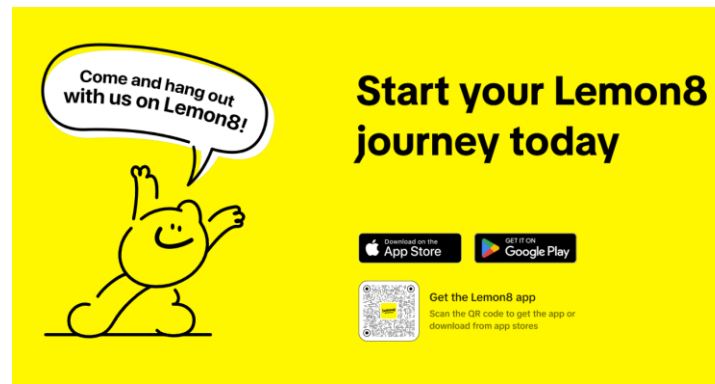




E-Safety Guide Update Autumn Term 2026

Important Social Media Platform Update



A heads-up about a new social media platform called **Lemon8**. It is a sister app to TikTok - owned by the same people as TikTok. Given it is so similar, it also opens up doors of online harm to our young people such as;

- **No Parental Controls:** The app has no built-in tools for parents to set screen time limits, filter content, or monitor activity.
- **Aesthetic Pressure:** Feeds focus heavily on dieting, beauty routines, and curated perfection, which can negatively impact young adolescent mental health and self-image.
- **Easy Bypass of Age Rules:** Age verification relies entirely on a self-reported birthdate, meaning a child can easily create an account.
- **Stranger Interaction:** While direct messaging is limited, public comment sections allow strangers to interact with posts

Please encourage your young people not to use the app if you see them using it, and explain the dangers of using it.

TV and Streaming Services – Can you control content?



Apple TV offers a host of features to restrict usage, such as restricting purchases, restrict opening apps based on age, restrict content identified as explicit and prevent access to Multiplayer Games.

Find out more here:

[https:// support.apple.com/en-gb/guide/tv/atvbba126df/tvos#4th](https://support.apple.com/en-gb/guide/tv/atvbba126df/tvos#4th)



Sky TV can use PIN protected parental controls to restrict the programmes and channels that can be viewed.

Family Setting removes adult channels and requires a PIN to be entered for purchases.

You can also apply restrictions based on age certification or restrict access to specific channels.

Find out more here:

<https://www.sky.com/help/articles/set-up-parental-controls-on-your-tv>



Virgin TV can set up a PIN code to restrict the programmes and channels that can be viewed as well as hide adult channels. Also set a pin required for purchases.

Find out more here:

<https://www.virginmedia.com/help/tv/set-up-virgin-tv-pin>



YouTube is one of the most popular platforms, available across many different devices - phones, tablets and Smart TVs etc.

YouTube is intended for users over the age of 13, however, younger children can still access YouTube with consent from a parent/ guardian.

There are different options available to access YouTube, depending on your child's age:

1. *YouTube Kids* – a separate app that includes a smaller selection of videos based on the age category you select: Preschool (ages 4 and under), Younger (ages 5–8) or Older (ages 9–12).

2. *Supervised accounts* – a parent-managed version of YouTube that allows you to control the content your child can access. You can select one of the following options:

- ☐ Explore - Generally for viewers aged 9+.
- ☐ Explore more - Generally for viewers aged 13+
- ☐ Most of YouTube - This setting includes almost everything except for videos marked as 18+.

Find out more: <https://support.google.com/youtube/answer/10315420>

NETFLIX

Netflix can add a PIN to your account so a 4- digit PIN must be entered to either play any TV show or movie above a selected maturity level (on all profiles) or to play a specific TV series or movie (on all profiles).

Alternatively, you can create up to 5 personalised profiles in your Netflix account for each member of the household. You can then choose a maturity level for each profile to control the TV shows and movies they can view.

For younger children, you could create a 'kids experience' profile, which only includes content appropriate for children.

Find out more here:

<https://help.netflix.com/en/node/264>



Amazon Prime Video can add a PIN to your account so a PIN must be entered to purchase or view restricted content.

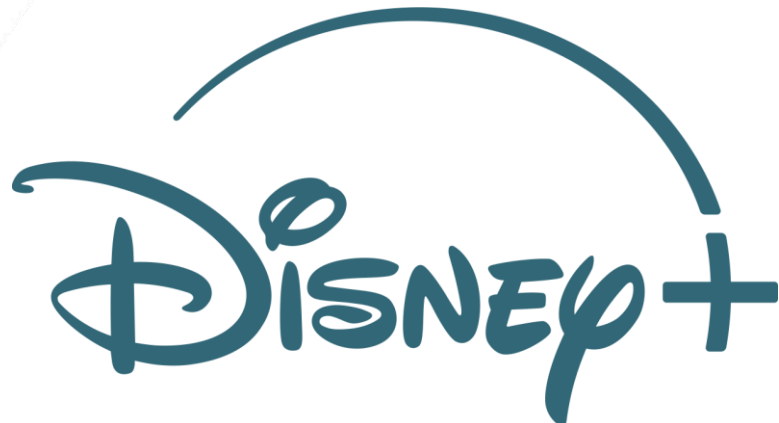
You can restrict viewing of videos from certain ratings categories by selecting which ratings categories you'd like to restrict.

Find out more here:

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GYBCCNGWAJFEUVG3>

Amazon Fire TV devices have their own parental control settings, find out more here:

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=202104970>



Disney+ offers parental control features such as creating different profiles and setting a content rating for that profile.

Alternatively, you can enable *Junior Mode*, which includes content selected for a broad range of viewers. Junior Mode content does not contain ads and autoplay is disabled. Find out more here:

<https://help.disneyplus.com/en-GB/article/disneyplus-parental-controls>



Now TV can set up a parental PIN to restrict access to content.

You can restrict shows by age rating, so a parental PIN would then be required to watch all shows and movies at that age rating and above.

Find out more here:

<https://www.nowtv.com/gb/help/article/parental-controls-on-now>



BBC iPlayer can set up a Parental Guidance lock (PIN) to control what your children have access to when using the BBC iPlayer.

Once it is turned on, to watch anything with a BBC Guidance label, the user will have to enter the PIN. You will have to turn this Parental Guidance Lock on separately on every device you have.

Find out more here:

<https://www.bbc.co.uk/iplayer/help/questions/parental-controls>

You can also set up a child's profile (under 13s) so only age appropriate programmes can be viewed.

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



itvX can set up a parental controls PIN to restrict access to programmes that display a Guidance symbol.

itvX also offer a kids profile on certain devices, which creates a kid-safe homepage with shows just for kids.

Find out more here:

<https://help.itv.com/support/solutions/folders/204000127805>



Channel 4/4OD can set a PIN to restrict access to content based on age, either 16+ or just for 18-rated content (18+).

The PIN must be set up separately on any browsers used and will only restrict programme content, not advertising content.

Find out more here:

<https://childrenofthedigitalage.org/resources-for-parents/all-4-safety-settings/>



Twitch is a live streaming platform. You should be over 13 years of age to use Twitch.

Settings can be changed to hide unwanted messages by setting Chat Filters and hide content based on content classification labels e.g. gambling.

You can find out more here:

https://safety.twitch.tv/s/article/Guide-Parents-Educators?language=en_US

Additional Information

There are guides for parents, carers and young people for almost every type of online activity, including social media, websites, shopping and games console use.

Have a look around, use Google to look for guides and information, and never be afraid to ask. It could be a friend or family member

If you are still unsure, you can even drop us a message at school - Ian or Charlie will be able to send you some information to help you.

