

Safety on social media

Supervision tools for parents & carers

For users aged 13-17, popular social media platforms now have a range of safety features available, including supervision tools for parents.



See how you can keep teens safe with this guide to those supervision tools.

Platform	Supervision tool	Screen time management	Content restrictions	Contact restrictions	Step-by-step guide	Platform's guide for parents
TikTok	Family Pairing (TikTok app)	• Daily limits • Time away • Screen time updates	• Keywords filter • Restricted Mode • STEM feed	• Private accounts • Who can interact with your teen • Who can view your teen's content Review teens' settings		
Instagram	Family Centre (Instagram)	• Daily limits • Sleep mode • Screen time updates	• Keywords filter (Hidden words) • Set and approve teens' content sensitivity setting	• Private accounts • Who can interact with your teen • Who can tag/mention teen or use their content		
Snapchat	Family Centre (Snapchat)	N/A	• Limit content in Stories & Spotlight	• Overview of teens' friends, Groups and chats.		
YouTube	Supervised Accounts (Google Family Link)	• Disable auto-play	• Block content • Set content levels • Review and turn off watch history	• Block channels		

Note: While not all platforms give parents the power to customise all settings, teens can often customise these settings themselves. With Instagram Family Centre, for example, parents cannot customise content while teens can.

Remember that your child must use their real age to benefit from these safety features.