

# Quick guide to viewing videos online



Children and young people love watching videos online. Videos can be entertaining, funny, creative or educational. There are many different types of videos available online – which means your child may see something inappropriate.

## What is inappropriate video content?

An inappropriate video is anything that worries, scares or upsets your child.

It could be aimed at adults and include sexual images or show violent behaviour. Or it might encourage crime, terrorism, eating disorders or suicide and self harm.

## How could your child see inappropriate content??

If your child is watching videos online, whether it's on a streaming service, YouTube or through another platform, they may, accidentally, see something not intended for them.

Sometimes, children can be exposed to unsuitable videos through a link they've found or been sent, or an app they've downloaded.

Sometimes children are curious and they may go looking for content.

## Keeping your child safe

### 1. Talk to your child

Talk about the videos they like to watch and watch some together, as this will help you to identify if they are suitable for them. Talk about what might make a video inappropriate and make sure they know what to do if they see anything they shouldn't. Encourage your child to talk to you or another adult they trust if they see anything whilst watching videos that makes them feel worried, scared or sad.

### 2. Look up the age ratings

Younger children are more likely to come across inappropriate content if they are using apps, websites or services before reaching the minimum age requirements. Check the age ratings or requirements before your child uses them for a guide as to whether it's appropriate.

### 3. Set up parental controls and filters

Most apps, sites, games and services have parental controls and filters to help you manage the content your child may see. Some services also let you set up child accounts, so content can be automatically filtered, or you can choose what content your child can view and block any obvious adult content.

For more information visit

[www.thinkuknow.co.uk/parents/articles/parents-guide-to-watching-videos-online](http://www.thinkuknow.co.uk/parents/articles/parents-guide-to-watching-videos-online)