

Safety Settings for Popular Social Media Apps

a quick guide for parents and educators

Social media sites provide kids with a way to communicate, create, and connect with others, but also present risks, including contact by sexual predators, exposure to inappropriate content, cyberbullying, inappropriate sharing of personal information, and harm to mental health. Parents can take steps to help their children use social networks in a safe way, including talking to them about the risks, setting rules, enabling social network safety and privacy settings, and using parental controls. This guide lists the most important safety and privacy settings for the most popular social networks used by teens, along with links to support pages describing how to implement these settings. Note that new profiles can bypass most settings, so device-level parental controls offer stronger protection.

For detailed parental control information, visit <https://internetsafety101.org/parentalcontrols>.



Discord

Discord is a messaging platform popular with online gamers. Users can join virtual communities where they can engage in instant messaging, voice and video chat both inside virtual communities and in private. Discord includes adult content. Discord parental controls provide basic information about a child's activities.

Learn more: <https://discord.com/safety-family-center>



Facebook

Facebook is a social networking platform that lets users create profiles where they share information about themselves, and allows them to engage in text, voice, or video chat through Facebook Messenger. Facebook offers parental controls that allow parents to see some of their child's activities and limit access times.

Learn more: <https://www.facebook.com/fbgetdigital/parents>



Instagram

Instagram is a photo and video sharing service that allows users to create profiles and share content. Users can send direct messages to other people, as well as comment on their postings. Instagram offers parental controls that can enforce restrictions on content and communications, see some minor activities and limit access times.

Learn more: <https://about.instagram.com/community/parents>



Snapchat

Snapchat is a messaging platform that lets users exchange instant messages, pictures, and videos called "Snaps." Users can also publish collections of media and text called "Stories." Snapchat deletes both Snaps and Stories within 24 hours. Parental controls provide basic reporting on activities, but no enforceable settings.

Learn more: <https://parents.snapchat.com/parental-controls>



TikTok

TikTok is a popular social network that allows users to create and share videos. TikTok allows users to instant message, send photos and videos, and engage in video chat. TikTok parental controls allow parents to restrict or limit messaging and set time limits.

Learn more: <https://www.tiktok.com/safety>



WhatsApp

WhatsApp is a messaging platform that lets users send instant messages, share photos and videos, and engage in voice and video calls. Users can join topic-based groups called communities. WhatsApp allows the distribution of adult content and does not offer linked parental accounts or parental controls.

Learn more: <https://www.whatsapp.com/security>



X (Twitter)

X, formerly known as Twitter, is a microblogging social media platform where users post and interact with messages called "tweets." Users can engage in instant messaging, and voice and video calls. X allows the distribution of adult content and does not offer linked parental accounts or parental controls.

Learn more: <https://help.x.com/safety-and-security>



YouTube

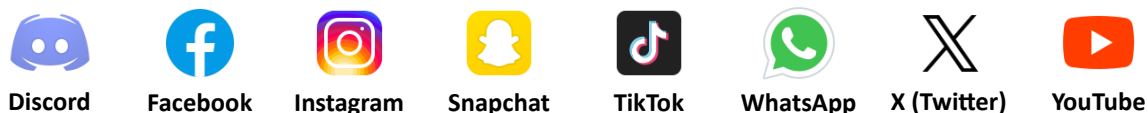
YouTube is a popular online video platform. Parents have two main options: a parent-managed account, and a "walled garden" YouTube Kids app. Families can enforce settings for content, screen time, search history, and sharing. Parents should keep in mind that minors can access YouTube without an account.

Learn more: <https://www.youtube.com/myfamily/>

Safety Settings for Popular Social Media Apps

a quick guide for parents and educators

This table lists important safety and privacy features for popular social media apps. The table is divided into three sections: policies enforced by the social media company, parental account options which a parent can enforce, and account settings, which the owner of the account must enforce. The minimum age for a social media account is 13, but companies do not verify the age. Where an option is available there is a “learn how” link to the appropriate documentation page providing instructions on how to use the safety setting. The information in the table is current as of January 2025. This document may not reflect subsequent changes or updates.



Social Network Policies

	Discord	Facebook	Instagram	Snapchat	TikTok	WhatsApp	X (Twitter)	YouTube
Policy prohibits sexually explicit content	✗	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✗	✗	✓ Learn how
Requires age verification at account creation in U.S.	✗	✗	✗	✗	✗	✗	✗	✗
Enforces stricter default settings for minors	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✗	✗	✓ Learn how
Parental Account Options								
Parent can set up a linked supervision account	✗	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✗	✗	✓ Learn how
Parent can view browsing and viewing history	✓ Learn how	✗	✓ Learn how	✗	✗	✗	✗	✓ Learn how
Parent can view content or messages by child	✗	✗	✗	✗	✗	✗	✗	✓ Learn how
Parent can see friends and messaging contacts	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✗	✗	✗	<i>Not applicable</i>
Parent can limit or disable messages and comments	✗	✗	✓ Learn how	✗	✓ Learn how	✗	✗	✓ Learn how
Parent can set daily or weekly time limits	✗	✓ Learn how	✓ Learn how	✗	✓ Learn how	✗	✗	✓ Learn how
Parent can block access during specific hours	✗	✓ Learn how	✓ Learn how	✗	✓ Learn how	✗	✗	✓ Learn how
Account Settings								
Can mute and/or block individuals	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how
Can disable direct messages	✓ Learn how	✓ Learn how	✓ Learn how	✗	✓ Learn how	✓ Learn how	✓ Learn how	<i>Not applicable</i>
Can limit followers and contacts to approved list	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	<i>Not applicable</i>
Can disable voice and video conversations	✓ Learn how	✗	✓ Learn how	✓ Learn how	✗	✗	✓ Learn how	<i>Not applicable</i>
Can report inappropriate communications	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how
Can enable content filtering options	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✗	✓ Learn how	✓ Learn how
Can shut off algorithmic content in feeds	✓ Learn how	✗	✗	✗	✗	✗	✗	✓ Learn how
Can make account and content private	✗	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how
Can block sharing location information	<i>Not applicable</i>	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how
Can access and delete activity data	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how	✓ Learn how

For more information, visit internetsafety101.org and enough.org.