

Online Safety News

MARCH 2026



Roblox removes parental controls at 13

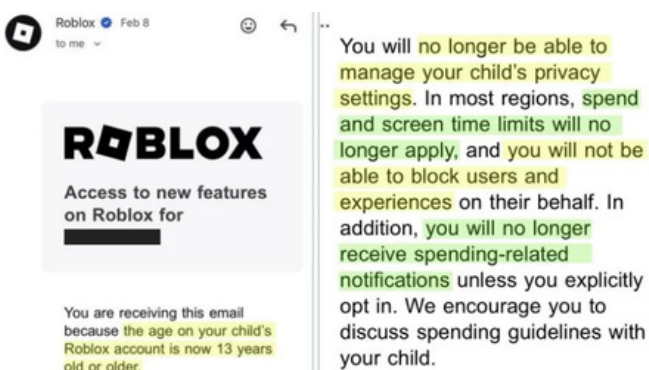
Roblox has updated its policy so that when a child turns 13, previously applied parental controls are automatically removed. Now, when a child turns 13, their account automatically moves to a less restricted experience. This means previously applied parental controls may no longer be as strict.

From age 13, children can:

- ✓ Change content restrictions
- ✓ Adjust chat and messaging settings
- ✓ Modify privacy and communication controls

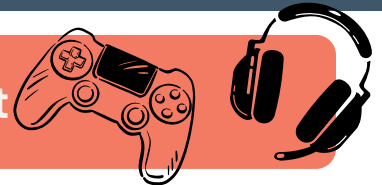
If your child is approaching 13, it's a good time to review their settings together and agree clear expectations around chatting, spending, and privacy. **It is also a good reminder of why it is important to always use your child's correct date of birth in any game, app or device.**

Copy of email a parent received:



Here's a link to their policy: [What happens as I get older on Roblox? – Roblox Support](#)

In Game Chat



In-game chat is a common feature in many online games that allows players to talk through voice or text while they play, making gaming more social and interactive. However, it also comes with risks parents should be aware of



- Children can be exposed to strangers without realising who they are speaking to
- Live chats are not always moderated, so inappropriate language and behaviour can occur
- Risk of cyberbullying, peer pressure or upsetting comments during gameplay
- Some users may try to move conversations to other apps or ask for personal information
- It can be used as a route for grooming

Practical ways you can reduce risks

- Turn off chat or limit it to "friends only" where possible
- Use parental controls and privacy settings within the game
- Teach children how to block and report players
- Keep consoles and devices in shared family spaces where possible
- Regularly check who they are playing and chatting with

Key conversations to have with your child

- Remind them never to share personal information (name, school, age, location)
- Encourage them to tell a trusted adult if anything feels uncomfortable
- Reassure them they won't get in trouble for speaking up



Netflix offers a wide range of content, and without the right settings, children can easily access shows that are not age-appropriate.

Using parental controls such as child profiles, maturity ratings and title restrictions helps ensure children only see suitable content. It is also worth reviewing autoplay settings, as these can encourage longer viewing and binge-watching if left on.

Steps You Can Take

- Go to “Manage Profiles” and select your child’s profile.
- Click on “Adjust Parental Controls.”

Devices in Bedrooms at Night – Why It Matters

There’s a big difference between children using devices in shared family spaces and using them alone, late at night, when:

- ✓ self-control is lower and emotions feel bigger
- ✓ tired brains are more likely to take risks or keep scrolling
- ✓ sleep is disrupted, affecting mood, focus and wellbeing
- ✓ exposure to upsetting, inappropriate or confusing content is more likely
- ✓ pressure to reply, stay online or keep up with peers increases

Smartphones are not just phones — they are gateways to the online world. Most children don’t buy their own first device; it’s given by an adult, which means it’s reasonable and responsible for adults to set boundaries around how and when it’s used.

- Enter your account password and select the appropriate maturity level:
 - U: Suitable for all ages.
 - U/A 7+: For children 7 and older, with parental guidance for younger viewers.
 - U/A 13+: For viewers aged 13 and older.
 - U/A 16+: Suitable for teens 16 and older.
 - A: For adults only.

See here for all Parental Controls [Parental controls on Netflix | Netflix Help Center](#)

Practical steps that can really help

🌙 **Keep phones out of bedrooms overnight** and charge them in a shared space

🕒 **Agree a wind-down time** when devices are switched off

🧠 **Explain the ‘why’** — sleep, wellbeing and balance

🛡️ **Use parental controls as support**, but keep conversations going

💬 **Reassure your child** they can talk to you about anything they see online

This isn’t about punishment — it’s about support. Even small changes, like where a phone stays at night, can make a big difference to a child’s sleep, mood and safety online.

