

# Online Safety News

MARCH 2026



## Roblox removes parental controls at 13

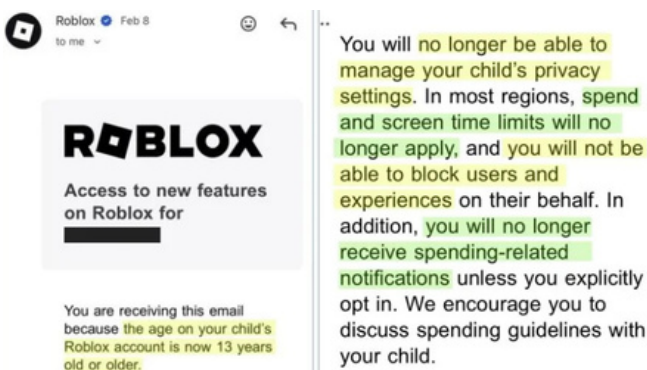
Roblox has updated its policy so that when a child turns 13, previously applied parental controls are automatically removed. Now, when a child turns 13, their account automatically moves to a less restricted experience. This means previously applied parental controls may no longer be as strict.

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](#)

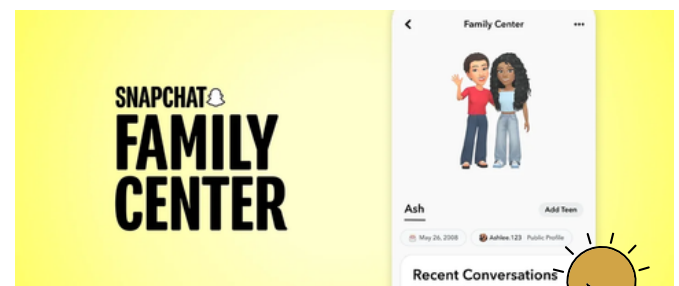


## Snapchat Family Centre Updates (Parental Controls)

Snapchat can feel like one of the hardest platforms to monitor due to many of its features from disappearing messages through to a hidden photo vault called For My Eyes Only.

In January some new updates came in which can help you have better conversations with your teens.

### January 2026 – Expanded Insights & Activity Visibility (Latest Update)



#### New features include:

- Greater insight into how teens spend time on the app
- Breakdown of time spent on different features (chat, stories, map, etc.)
- New “trust signals” to give parents more context about who teens interact with

These features only work if both the parent and teen agree to link accounts, and open conversations and regular check-ins remain just as important as the settings themselves.

For full details on how to set this up [Parents – Homepage](#)



**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.