

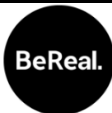
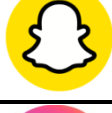
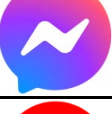


Bedford Inclusive Learning
and Training Trust
Achieving • Believing • Collaborating

Helping you to support your child online

Apps Age Restrictions

Many pupils across the BILTT Trust use social media applications and gaming sites, and we would like to help you keep them safe when online. One way is to ensure that you know the recommended age ratings/restrictions for individual apps. Below is a table with some of the most popular apps.

App	Minimum Age Restrictions	App	Minimum Age Restrictions
TikTok	 13+ (Some features 18+)	BeReal	 13+
Instagram	 13+	Twitch	 13+
X (formerly Twitter)	 13+	Discord	 13+
Facebook	 13+	WhatsApp	 16+
Snapchat	 13+	Nintendo Online Account	 16+
Messenger	 13+	Xbox Live	 18+
YouTube	 13+ (Enable restricted mode to prevent access to inappropriate content)	PlayStation Network	 18+

If you would like additional guidance on this topic and any other online safety concerns, please get in touch with the Designated Safeguarding Lead for your school or contact Claudine Rowley.

Further reading on this topic – and others - is available on the school website. Below is a link to the Childline website, with further information and advice.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

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