

Video Chatting

Parent Guide — Advice and tips for what you need to know

What is video chatting?

There are plenty of apps and services that offer video calls – many of which became especially popular during the Covid 19 pandemic. Platforms like Zoom and Google Meet have been among the most downloaded apps of 2020.

For many children, **video chatting can be a great way to stay in touch with friends and family** as well as their education.

What risks are there?

Video-chatting is generally safe, but it's **not entirely without risk**. Some platforms can connect users with people they don't know, and there have been cases of meetings being disrupted (or 'Zoom-bombed').

While some video-chatting apps, like WhatsApp, are **designed for ages 13+**, others, like Zoom, are rated 4+. But if your child is younger, you might want to supervise their calls regardless – and make sure you know who they are talking to.

What settings can I use?

You should **look at the settings options** with your child before they use an app. Each has its own different features and **some won't all be suitable** for your child, so it's **worth doing a bit of research**.

What else should I do?

If your child is using a video-chatting app, **talk to them about what they're doing** – and explore ways to stay safer. If they're arranging the call, make sure they know to **only share the invite and meeting password with trusted friends** – and to **only admit people they know**.

Help them explore functions so they **know how to remove uninvited visitors** – and **how to report** them afterwards. And let them know that if anything does go wrong, they can always **end the call** and **talk to you about what happened**.