

A Family Guide to Online Safety in 2026

Exploring, learning, and staying protected together.

We're here to help. The digital world is moving fast, and as AI becomes part of daily life, keeping up can feel like a bit of a challenge. At Google and YouTube, we're working with partners to help bridge that gap. Everything we build for families is designed to **protect** safety, **respect** privacy, and **empower** to explore with confidence.

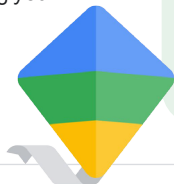


Finding a Healthy Online Balance Together

Family Link and YouTube put you in the driver's seat.

What is Family Link?

Think of Family Link as a digital toolbox that helps you set boundaries that work for your unique family. It's not about being over protective; it's about helping your kids find a healthy balance.



Set Your Ground Rules:

Set screen time limits, schedule downtime for sleep, and manage which apps your kids can download. For peace of mind, SafeSearch is always on for users under 18 to filter out explicit content.

YouTube Your Way:

YouTube is rolling out a new sign up process making it simpler to sign up to a **supervised kid account** for the little ones, or a **supervised teen account** for your teens, so you can tailor what they see in YouTube controls or Family link - helping ensure age appropriate experiences.

Parents can easily set specific time limits for scrolling on YouTube Shorts (soon this will include setting the timer to zero) or use Take a Break and Bedtime reminders to help them stay mindful of their time.

Focus at School:

Our **School Time** feature helps kids stay focused by limiting app access during class hours, supporting distraction-free learning and wellbeing.



Quick-Start Guide: Setting Up Family Link & YouTube Controls

Learn more:

families.google/familylink

youtube.com/myfamily

Get Connected:

Download the **Family Link app** (Android or iOS) on your phone. From there, you can create a Google Account for your child or link to their existing one.

Talk it Through:

These tools work best when they start a conversation. Moving from policing to parenting builds trust, talk to your kids about why these boundaries help them grow.

Choose the Right Fit:

Pick the experience that matches their age, YouTube Kids for younger explorers or a Supervised Experience for tweens and teens.

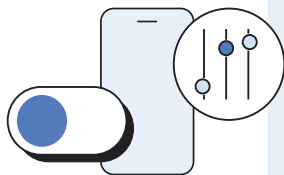
YouTube is also making it simpler to ensure the right experience for the right age. An updated sign-up experience will soon let parents create kid accounts and switch between accounts in the mobile app with just a few taps.

Set Your Boundaries:

Use the app to approve new apps, set daily screen limits, and manage content filters.

Parents can also help teens be even more intentional about how they watch, with a control to set the amount of time spent scrolling Shorts. And soon, parents will see the option to set the timer to zero—an industry first.

To help you and your child navigate the "grey areas" of the internet together, here are helpful resources to talk to your child about what they see online: <https://kidsonlinesafety.campaign.gov.uk/online-content/>



Growing into Digital Citizens

Be Internet Legends is a fun, free of charge programme created to help kids become confident online explorers.

The fundamentals include:

Be Internet Sharp:

Understand how and when to share information with others smartly

Be Internet Alert:

Check it's real and learn how to spot scams.

Be Internet Secure:

Make strong passwords and protect your personal information

Be Internet Kind:

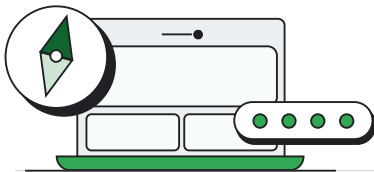
Be a force for good. Use the power of the internet to be nice, not nasty.

Be Internet Brave:

When in doubt, discuss with a trusted adult.

Being informed is also crucial. Knowing where to go for help, or worried about what your children are sharing online? Get help to talk about it with guidance from the Internet Watch Foundation.

Google partners extensively with Parent Zone to run and deliver online safety and digital citizenship programmes for children and young people. They provide free resources and training for educators and professionals – including Be Internet Legends for primary schools, Be Internet Citizens for secondary schools and the Everyday Digital programme. Find more – including parent info and advice – at parentzone.org.uk



Learning Hand-in-Hand with AI

AI can be an amazing partner for curiosity and homework. We've designed specific guardrails with experts to help students use it safely.

Gemini for Teens:

A creative space built with safety experts to help teens learn and create responsibly.

Smart Homework Help:

Teens can use **Guided Learning** to break down tough questions step-by-step or build custom study guides.

The Double Check Rule:

We provide tools like the Double Check button in Gemini so students can learn how to fact-check AI responses and think critically.

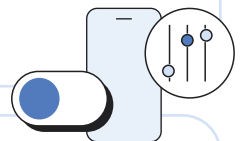
Resources for You

AI Literacy Hub:

One central spot for podcasts, videos, and guides for parents and teachers. ai.google/literacy/

Meet Leo & Lea:

We offer 30-minute online workshops for beginners, Meet LEO for parents and Meet LEA for educators, to help you get comfortable with these new tools.



Our Commitment

Google supports Safer Internet Day (SID) together with partners worldwide to promote a safer, more positive internet. Visit the Safety Centre for the latest safety resources.



Find Your Local Support:

Access the network of Safer Internet Centres via this UK Safer Internet Centre to get support at a national level.

Stay Informed:

Visit the AI Literacy Hub for the latest resources on navigating generative AI safely.

Our Commitment:

We aren't just giving you the tools; we're ensuring the platforms we build make digital safety easier to navigate.