



# THE XBOX GAMING SAFETY TOOLKIT

Empowering caregivers to support kids and teens to game safely

# TABLE OF CONTENTS

## 04 **INTRODUCTION**

06 How to use this toolkit

## 07 **GENERAL GAMING SAFETY GUIDANCE FOR ALL AGES**

08 Parental controls

10 Setting up Xbox accounts for success

11 How we keep our platform safe with technology

12 Guidance for all ages

14 Common safety risks

15 Harmful and age-inappropriate content

16 Bullying and harassment

17 Grooming and unwanted contact

18 Screen time

19 In-game purchases

## 21 **AGE-SPECIFIC ADVICE AND CASE STUDIES**

22 5-8yr olds - cultivating positive behaviours

26 9-12yr olds - fostering independence

30 13-15yr olds - empowering rangatahi to be confident gamers

34 >16yr olds - championing a new generation of gamers

# INTRODUCTION





# INTRODUCTION

Foreword by Dave McCarthy, CVP Xbox Player Services

**At Xbox, our mission is to bring the joy and community of gaming to everyone on the planet. We've seen the positive impact that gaming can have to people of all ages – helping to develop new problem-solving skills, forging new friendships, being a shared activity for families and helping people gain confidence using technology.**

But like any online activity, these positive experiences are had when communities are safe, accessible and everyone can play within the boundaries they set, free from fear and intimidation. We recognise that navigating these safety challenges can be hard work for busy parents and caregivers.

We take our responsibility to society and the gaming community very seriously. We understand that putting players at the centre of everything we do means creating experiences and communities that welcome all to play. We all play a role in creating the Xbox community – whether a player is new to gaming or has been playing for decades, each person acts as a steward of the community, protecting others and reinforcing the [Xbox Community Standards](#) that detail what is and is not acceptable.



# INTRODUCTION

## Continued

We provide tools and resources that empower players with choice and control to support balanced gaming. And that is why we set about to create a comprehensive resource to support parents and caregivers to better understand gaming safety.

We designed this toolkit with the advice and support of trusted bodies including **Netsafe** and **Te Mana Whakaatu Classification Office**. You will find many safety resources and links provided by these organisations throughout this toolkit. **IGEA**, the association representing the gaming industry in Australia and New Zealand, was also a key partner.

This toolkit is part of our multifaceted approach to safety, as outlined in our [Xbox Transparency Report](#) which shares more information about how we protect our community. Our approach includes a range of proactive and reactive tools and measures, such as our [parental controls](#) so tamariki can engage in safe and age-appropriate experiences; and privacy tools to keep players informed about what data is collected and how it is used. The [Microsoft privacy dashboard](#) and the [Xbox Data Collection for Kids website](#) explain data privacy and collection in simple language for tamariki and rangatahi.

Just like any technology or online activity, children benefit from parents and caregivers being actively involved. We encourage whānau to learn, play and discuss their gaming activities together, and this toolkit is designed to support this.



# HOW TO USE THIS TOOLKIT

This toolkit is divided into two parts. **Part 1** sets out general tips to support tamariki and rangatahi to game safely and responsibly. **Part 2** is organised by age group to help you get familiar with common safety risks and tools to respond with three steps:

**1**

## Learn

Understand which parental and user controls are appropriate for this age group.

**2**

## Explore

Work with your child to guide them towards resilient habits.

**3**

## Support

Behaviour patterns to look out for and where to go for additional help.

We provide links to trusted online safety organisations in New Zealand, such as **Netsafe** and **Te Mana Whakaatu Classification Office**.

# **PART 1: GENERAL GAMING SAFETY GUIDANCE FOR ALL AGES**



Open discussions, building mutual trust, and supervision are all crucial aspects of keeping tamariki safe online. However, it is also important to be aware of the tools you can use on our services.



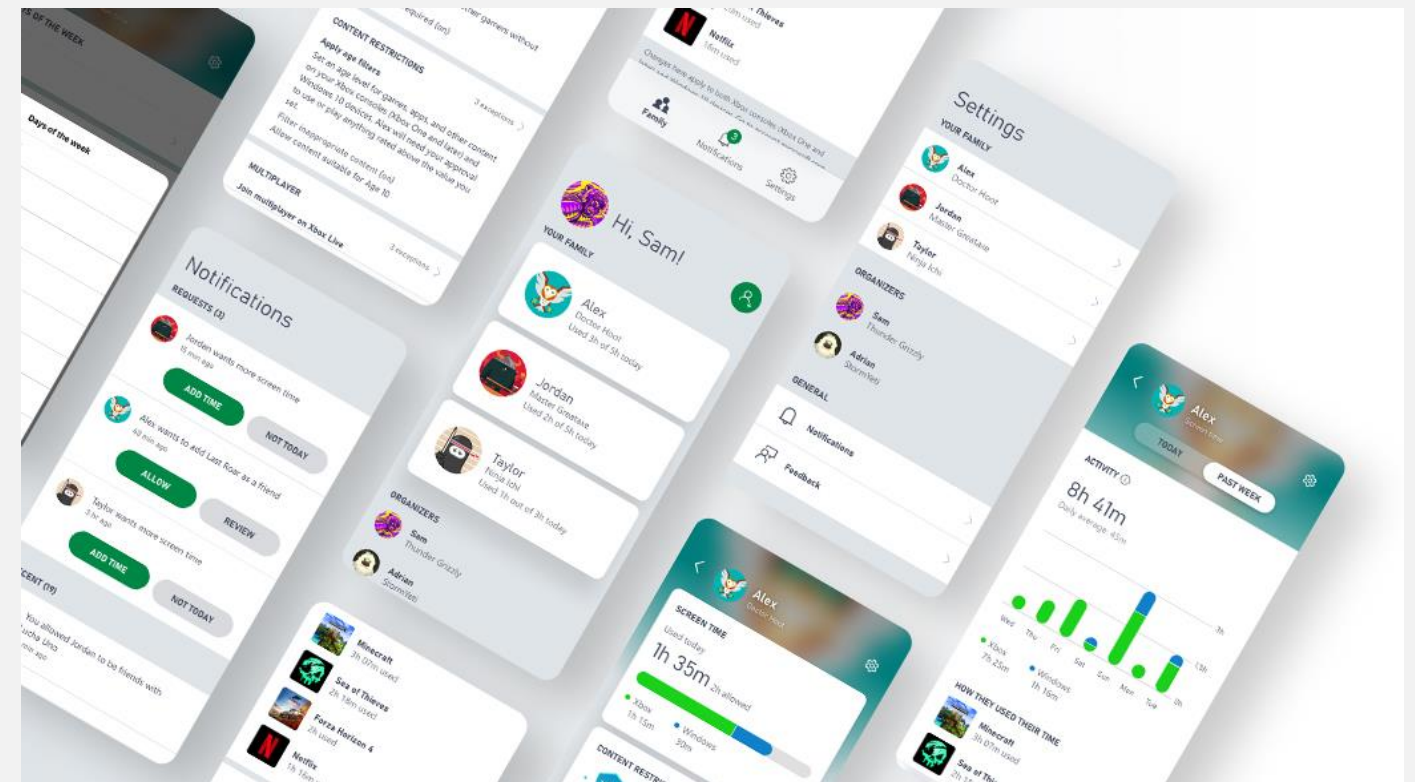
# WHAT ARE PARENTAL CONTROLS?

Parental controls are features within a platform, such as Xbox consoles and apps, that enable parents and caregivers to set limits on content, activity, and interactions on a platform. The player and the parent will usually have separate accounts which allow the adult to set up features on the child account. Parental controls are different to user controls which allow a player to control their own experience.

**Parental controls should not just be set and forget.** Instead, they are most effective when integrated into a family-wide approach to safety. Appropriate use of parental controls depends on your whānau's situation and values.

**We encourage open conversations with tamariki about the use of parental controls.** Being transparent about these tools is important for building trust and showing young people that you respect their privacy. We also recommend talking to them about the user controls they can implement on their own account, and why these are important for keeping them safe and creating a happy gaming experience.

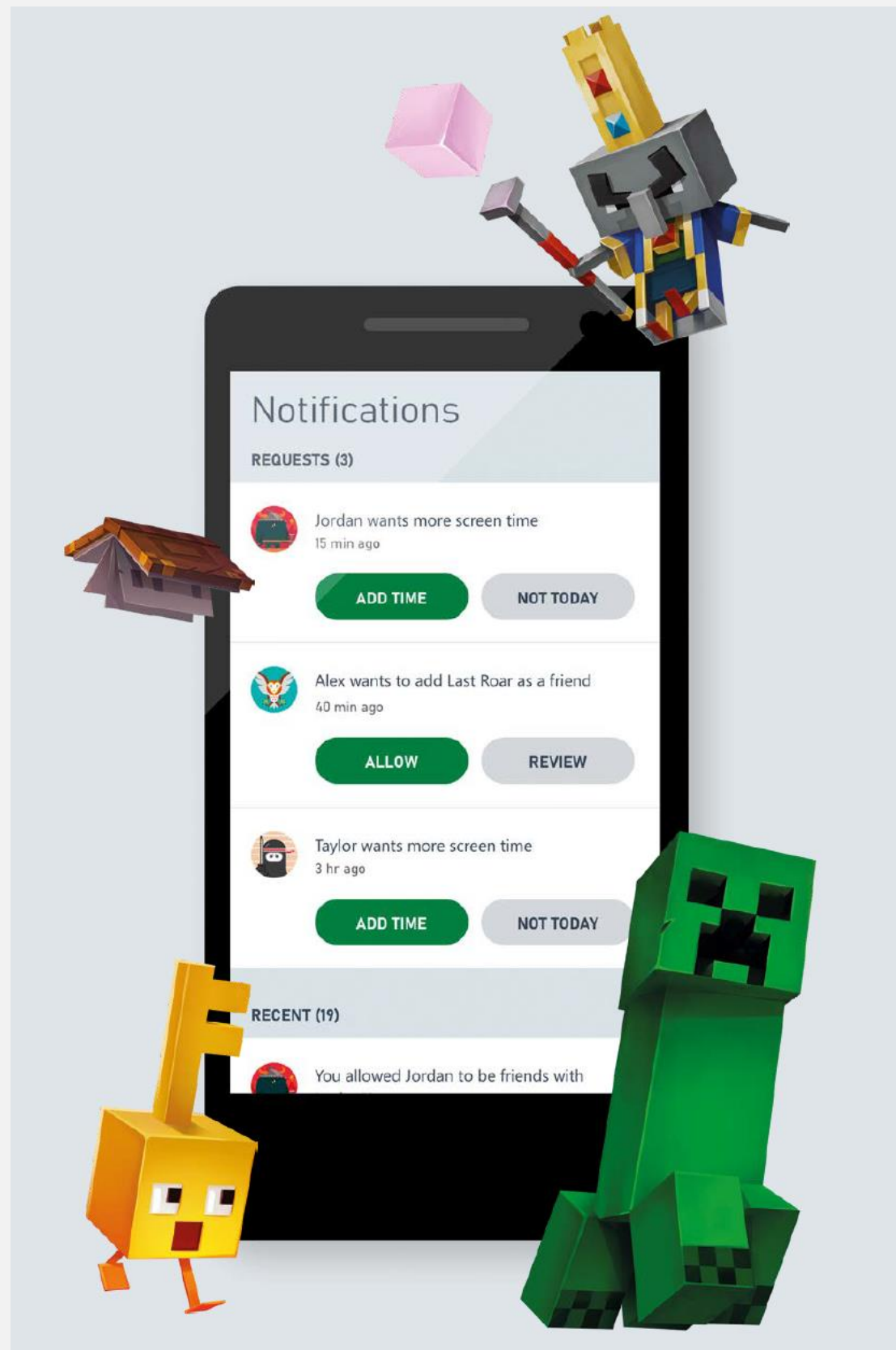
These days, being a gamer often includes more than playing on a console. Games can be played on secondary devices like phones, laptops, and desktop computers and using other apps including gaming-adjacent platforms for communicating. It's important to think about safety settings across all the devices and platforms that tamariki and rangatahi use to participate in the gaming community and to connect with others.





## WITH PARENTAL CONTROLS YOU CAN...

- Support the rules and boundaries you set for tamariki
- Leverage technology to create additional barriers between tamariki and harmful content and activities
- Use content filters to set age-appropriate limits for games and content
- Through activity reports, confirm tamariki are only doing what you expect
- Manage interactions with other players for younger users to ensure they only connect with real-world/trusted friends
- Set up screen time limits to enforce boundaries that match your whānau values
- Manage spending so all purchases require your approval or only allocating small \$\$ amounts



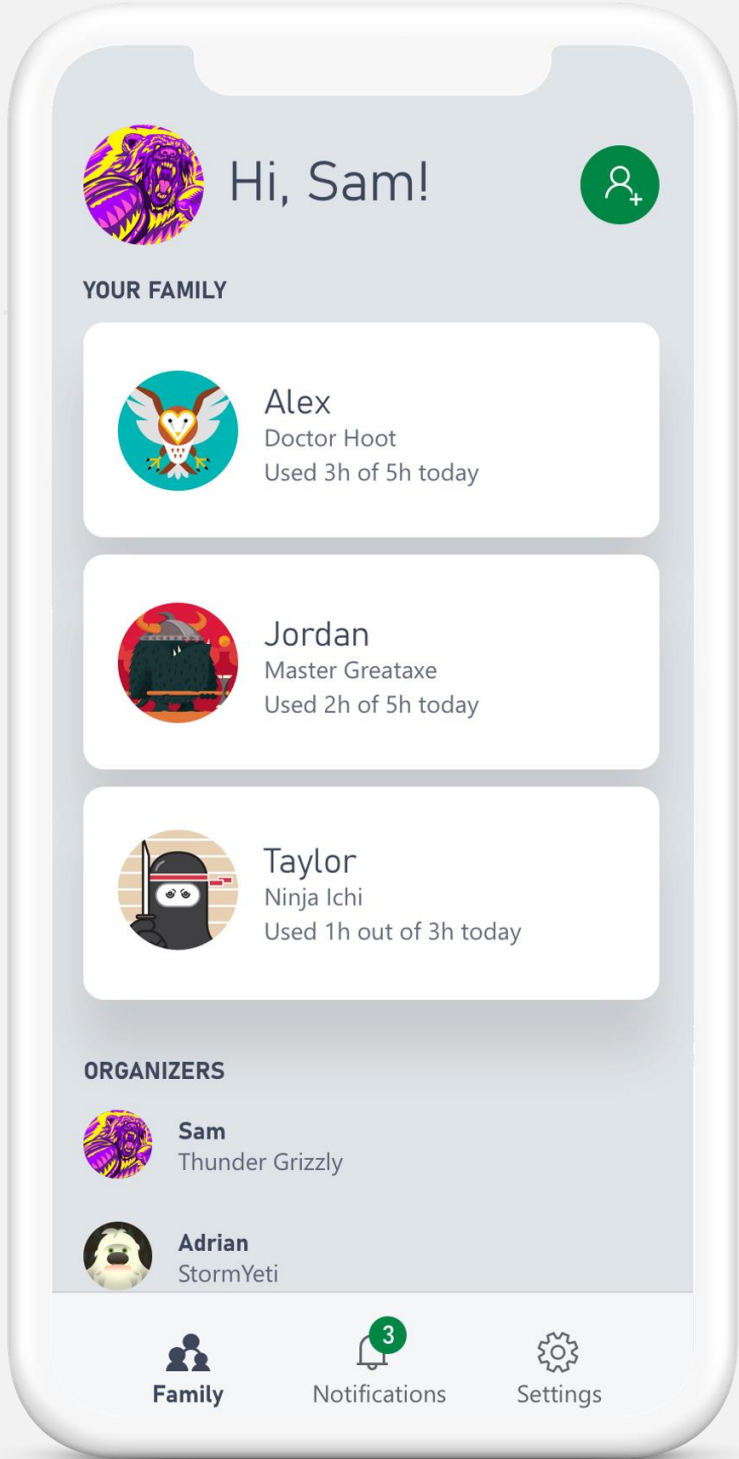
# SETTING XBOX ACCOUNTS UP FOR SUCCESS

Across the Xbox gaming ecosystem, the [Xbox Family Settings](#) tools allow you to manage a variety of settings in your child's gaming. The [Xbox Family Settings](#) app is the easiest way to manage everything in one place, and access useful reports.

Tamariki should be set up with child accounts, with you as the family "organiser." As an organiser, you can set screen time limits; establish website, search and game filters; view activity reports and more.

There are multiple ways to set up and use family settings across our gaming ecosystem, including on a browser, using an Xbox console and in our apps. With these options you can manage your child's gaming, without needing to use the Xbox controller.

In addition to providing parental controls, as a platform we also have a responsibility to create a safe environment for our players. For years, for years, we've been using a set of content moderation tools to proactively help us deal with policy-violating text, images, and video shared by players on Xbox. Our proactive moderation allows us to catch negative content and conduct before it reaches players. We continue to invest and improve our tech so players can have safe, positive, and inviting experiences.



Xbox Family Settings app

# GENERAL GAMING SAFETY GUIDANCE FOR CHILDREN OF ALL AGES

## 1 **Be involved and co-create boundaries with your child**

Take an interest in young people's digital lives. Discuss and agree upon new rules together so they feel empowered and part of the decision-making process. Explore gaming activities together and make sure you have an idea of the games they're playing and players they're interacting with.

See if you can listen-in on voice channels with your child so you can experience the discussion and understand who they interact with and how they communicate.

## 2 **Champion the importance of privacy and good cyber habits**

Talk about and model good cyber hygiene including using strong passwords, thinking twice about what is posted online, keeping accounts private or friends-only, ensuring devices are up-to-date and using multi-factor authentication.

Check out Minecraft's [Home Sweet Hmm](#) and [Privacy Prodigy](#) games for fun ways to learn about privacy and safety. Encourage young people to learn about how their data is used, starting with this [Xbox Data Collection for Kids resource](#).

## GENERAL GAMING SAFETY GUIDANCE FOR KIDS OF ALL AGES

3

### Encourage respectful and empathetic communication

Remind young people that if it is not OK to say or do something face to face, it is not OK online. Recognise that everyone has different backgrounds and perspectives. The [Xbox Community Standards](#) outline what is tolerated on the platform and our [Digital Civility Challenge](#) describes four online civility ideals.

4

### Stay calm and open and talk about how the online world makes them feel

Try to avoid judgment when talking to tamariki and rangatahi so they feel comfortable coming to you when they need support. Get them in the habit of discussing how they feel when they go online and engage in gaming. This can help them develop the skills to express when something doesn't feel right.

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### For young children

While gaming can begin below the age of 5, we recommend caregivers always play with young tamariki, with parental controls set at the highest safety levels. Be sure to check the age ratings on all games to ensure they are appropriate.

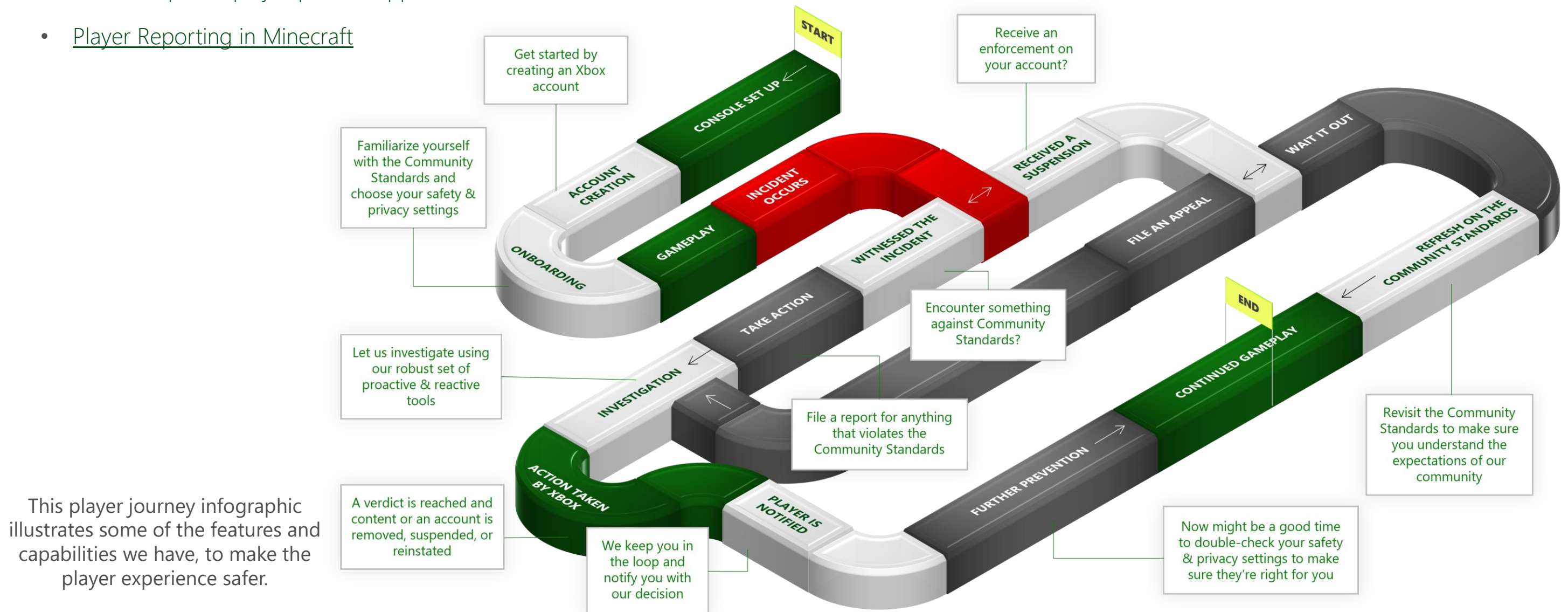


# COMMON GAMING SAFETY RISKS

The first step to safety is understanding and recognising risk. This section provides a high-level overview of common gaming risks and provides links to expert advice from Netsafe and Te Mana Whakaatu Classification Office.

Reporting harmful content or behaviour is important for helping to keep platforms safe, and prevent other users from experiencing the same thing:

- [How to report a player | Xbox Support](#)
- [Player Reporting in Minecraft](#)



# 1. HARMFUL AND AGE-INAPPROPRIATE CONTENT

In any online or connected space there is a risk that young people may be exposed to content that they're not ready for. In a gaming scenario this could be content that is within the game or that is shared by other players via in-game chat functions, voice channels, clubs or in other people's activity feeds. Images, videos, text or even audio can contain content that young people may find upsetting.

We recognise that everyone has a different tolerance for content, however, on our gaming services we have strict rules about the type of content that can be shared. We encourage you to read our [Xbox Community Standards](#) and [Minecraft Community Standards](#), and to get familiar with what is and isn't acceptable.



These standards build on the Code of Conduct Section in the [Microsoft Services Agreement](#) which is also helpful to read. If you or your child see inappropriate content or behaviour on our services (even if it is not directed at them), please report it so we can take suitable action and protect users.

For families using [Xbox Game Pass](#), age-limits for content still apply to titles offered as part of the subscription service. Tamariki will need to request parental consent to download a game rated above the relevant age-limit.

## Learn more

- [Helping young people exposed to upsetting content | Netsafe](#)
- [Talking with young people about what they're watching | Classification Office](#)

## 2. BULLYING AND HARASSMENT

Multi-player games, communications functions, and the ability for users to upload content on some games means that these can be forums where bullying and harassment occurs. Harassment can take many forms and may be perpetrated by someone they know. Hate speech is a severe form of harassment which may include attacks on personal characteristics, especially things like race, gender identity, sexual orientation, and religion.

People of any age can be harassed through taunting messages, name-calling, threats, vicious comments or the sharing of personal information such as a home address. Bullying might be perpetrated by an individual or multiple players.

If you can't find a resolution to the issue on a platform, then you can contact Netsafe's free helpline (0508 NETSAFE / 0508 638 723) for advice. This service is also available for schools to access in New Zealand if the issue is between two school students.

If you are concerned your tamariki may be bullying others, then try to talk about this with them to understand why they are doing this in a non-judgemental way. It is important to normalise that people make mistakes and focus on connecting with your child to understand what might be contributing to this behaviour, as well as co-developing strategies to prevent it happening again. We recommend reviewing this [Netsafe resource](#) with your child.

We have made clear what we think constitutes bullying behaviour in our [Xbox Community Standards](#). If someone is breaching those standards, you can report them, as well as blocking and muting them. Player settings, including message filters, can also be customised to the level a player feels comfortable.

### Learn more

- [How to stop bullying online | Netsafe](#)

### 3. GROOMING AND UNWANTED CONTACT

Unwanted contact can be any online communication that a young person finds uncomfortable and could lead them into a situation where they feel unsafe. It can come from strangers, online friends or even someone they know in real life.

Grooming is when predators target individuals for exploitation, which may be sexual in nature. The grooming process typically involves an older person befriending a young person and winning trust by giving them personal attention. This may involve being highly responsive and flattering or offering material or virtual gifts.

If someone threatens to share a nude image or video of someone, that is a type of image-based sexual abuse, and it is illegal. If they are trying to blackmail that person (sometimes referred to as sextortion), that is also illegal.

A similar process may also be used by violent extremist recruiters to enlist young people to hate-based causes. Recruiters look for vulnerable people, including individuals who appear isolated, express loneliness or have low self-esteem.

Extremist recruiters look for people searching for meaning or purpose to their life, and appeal to their need for community. A common strategy is to suggest a conversation is taken off the gaming platform to a different space such as an encrypted messaging app.

Microsoft and Xbox have a zero-tolerance approach to grooming behaviours across all our services and any discovered behaviour should be reported to the platform. If you think a young person's safety is at risk, call the police and for less-immediate harm you can seek advice by calling **0508 Netsafe (0508 638 723)**.

#### Learn more

- [Advice for parents about online grooming | Netsafe](#)
- [The Bare Facts: The reality of sharing online intimate images | Netsafe](#)



# 4. SCREENTIME

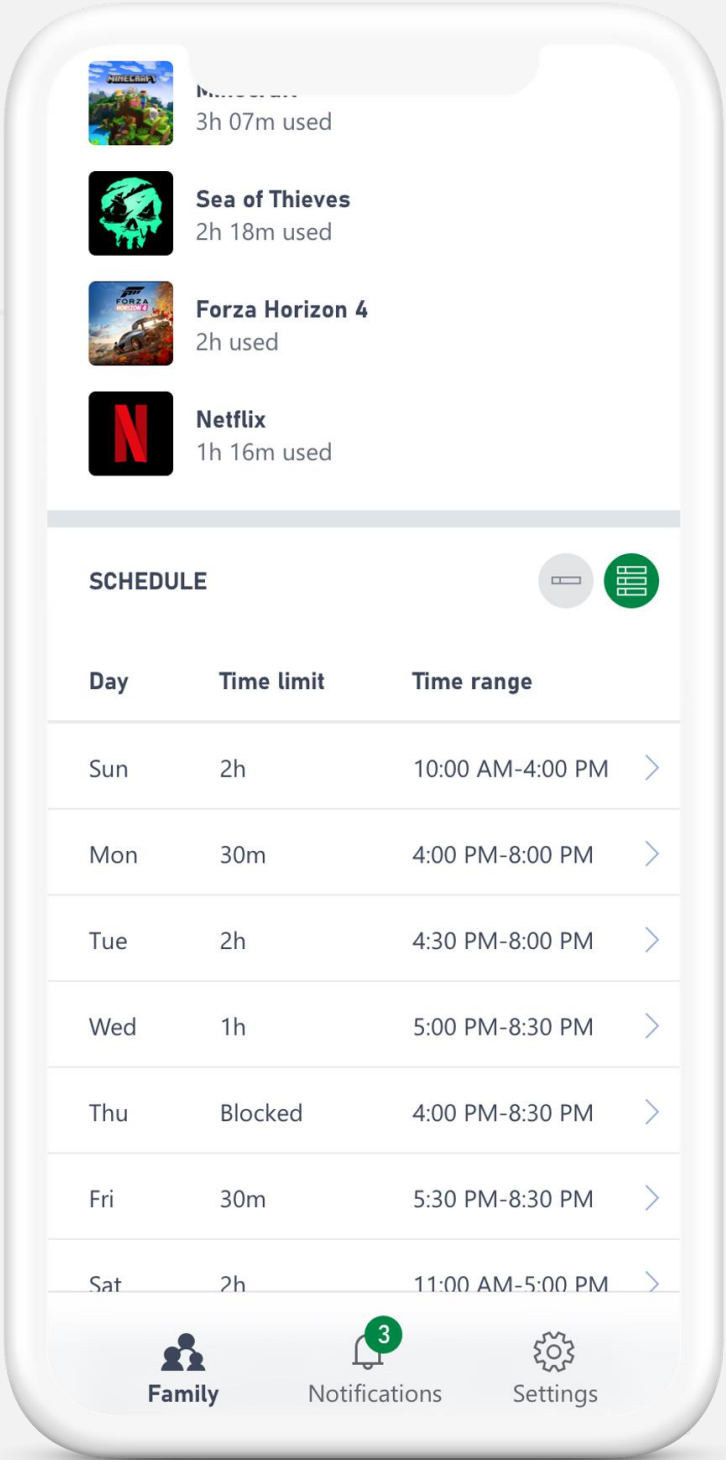
There is no magic number of hours in front of screens or gaming. What is appropriate for tamariki depends on your whānau context and other activities, and these factors may change over time. When balanced with enough sleep and other activities, including physical activity, spending time gaming with screens is often not a problem.

Games can be educational, encourage teamwork, and help develop problem solving and critical thinking skills. However, if tamariki or rangatahi’s gaming starts to have a negative impact on them or their relationships, it may be time to consider ways to manage this.

Screentime can be managed through the [Xbox Family Settings](#) tools.

## Learn more

- [Screen time advice for parents | Netsafe](#)



Xbox Family Settings app

## 5. IN-GAME PURCHASES

Some games are free to download but require payment for other things like additional content. Young people may not be aware of the real cost and could incur costs.

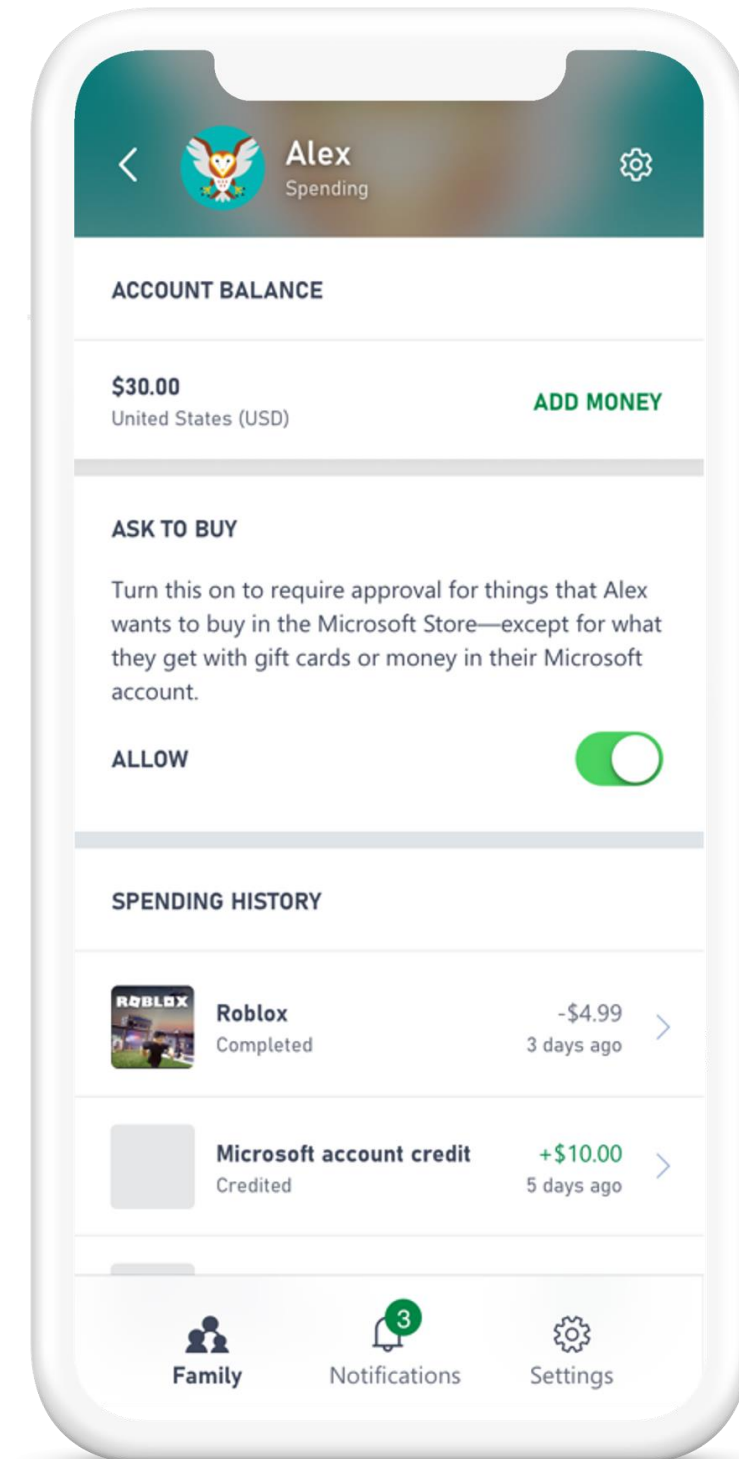
Spending limits can be added to your child's account through the [Xbox Family Settings](#) tools. You can also add settings to [require approval for all purchases](#) on the account.

We recognise concerns around gambling-type behaviours on some games. Loot boxes are one of the many items that games offer for sale as many players like the element of chance. We provide a [clear policy](#) around how Xbox Game Studios offers loot boxes in our games, including always offering fair value, content probability disclosure and no pay to play in premium games.

Encouraging tamariki and rangatahi to be wary of scam activity relating to their accounts is also important across their digital lives.

### Learn more

- [Understanding loot boxes: a guide for parents and whānau | Classification Office](#)



Xbox Family Settings app

# Further advice on gaming

- [Online Gaming Whānau Toolkit | Netsafe](#)
- [What to do if something upsets you | Netsafe](#)
- [Guide to understanding international gaming classifications | Classification Office](#)

## To make a report and seek help from Netsafe

- [Contact Netsafe | Netsafe](#)

## PART 2: AGE-SPECIFIC ADVICE



This section sets out guidance for different age groups who are likely to be at different stages of online exploration. As all children develop differently, these age-specific recommendations may not be equally relevant and can be used as a guide.

For tamariki under the age of 5 we recommend focusing on modelling good behaviours, particularly around screens and setting clear rules. Building safety awareness from a young age helps establish good patterns for life.



## 5-8 year olds: cultivating positive behaviours



For tamariki in this age group, we recommend taking a close interest in all aspects of their digital lives, including gaming. At this age you can model and encourage positive online habits by exploring things together.

It makes sense to set more boundaries and use the highest level of parental controls to curate your child's experience. This includes strict limits on who children can interact with (if anyone), restrictions on content types and spending limits.

# 5-8 YEAR OLDS

## Learn

At this age, we encourage accounts to be set up and managed by parents. It is critical that you set up their account as a child account so you can use the parental controls correctly. Once set up, add their account to yours through the [Xbox Family Settings App](#) or [Microsoft Family Safety portal](#).

When you set up tamariki accounts with the correct date of birth, the settings will default to blocking almost all interaction. We also recommend you manually check all settings to make sure they work for your family.

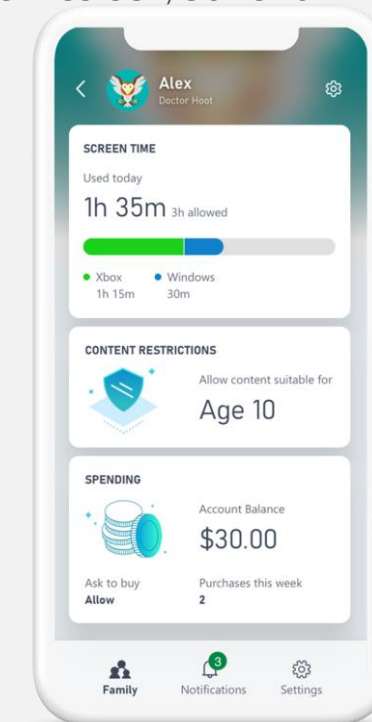
For families using Xbox Game Pass, age-limits for content still apply to titles offered as part of the subscription service. Tamariki will need to request parental consent to download a game rated above the relevant age-limit.

On the Xbox Family Settings app navigate to your child and press the settings icon. Set controls to the highest level to ensure:

- You manage who they can communicate with on Xbox Live (we suggest “friends only” or “no one”) and only allow them to add friends with your approval
- [Content limits](#) are set to the most age-appropriate, including for [web searches](#)

- Set message filtering to be “child default” for content they can receive in messages
- [Set screentime limits](#) appropriate to your family
- Manage Minecraft settings including access to multiplayer games and clubs
- Ensure “ask to buy” is on so they can only make purchases with your approval

Read community/user guidelines so you’re familiar with what is allowed on our gaming services.



# 5-8 YEAR OLDS

## Explore

- Choose appropriate games to play with tamariki, making sure they are suitable for their age and stage of development. You can find helpful information on game classifications here.
  - [Game Rating Information | Xbox](#)
  - [Guide to understanding international gaming classifications | Classification Office](#)
- Play games with your child to see what they're exposed to and demonstrate good gaming habits. If there is a voice chat option, listen to the conversations in the chat.
- Set rules about where tamariki can use their devices to play games – it is recommended that this include using devices only in shared areas and not in their bedroom.
- Start practicing good habits around privacy, screentime and online behaviour with children and talk about why they are important.
- Initiate conversations about online activities, gaming, and how it makes them feel.

## Support

- Pay attention to how gaming makes tamariki behave - are they happy, sad, anxious, confused?
- Be on the lookout for changes in mood or behaviour, including a shorter temper or becoming withdrawn.

Review [Netsafe's advice on gaming](#)





## CASE STUDY – Alex, parent of daughter aged 7

Alex is an avid gamer who frequently plays Xbox. Since becoming a parent, he has been eager to introduce his hobby to his 7-year-old daughter and has identified Minecraft as a suitable entry point.

Alex starts by creating a child account for his daughter inside the [Xbox Family Settings app](#). He creates a new Outlook account for his daughter using her birthdate to establish the correct default settings. The child account is automatically linked to his family group with him as the organiser.

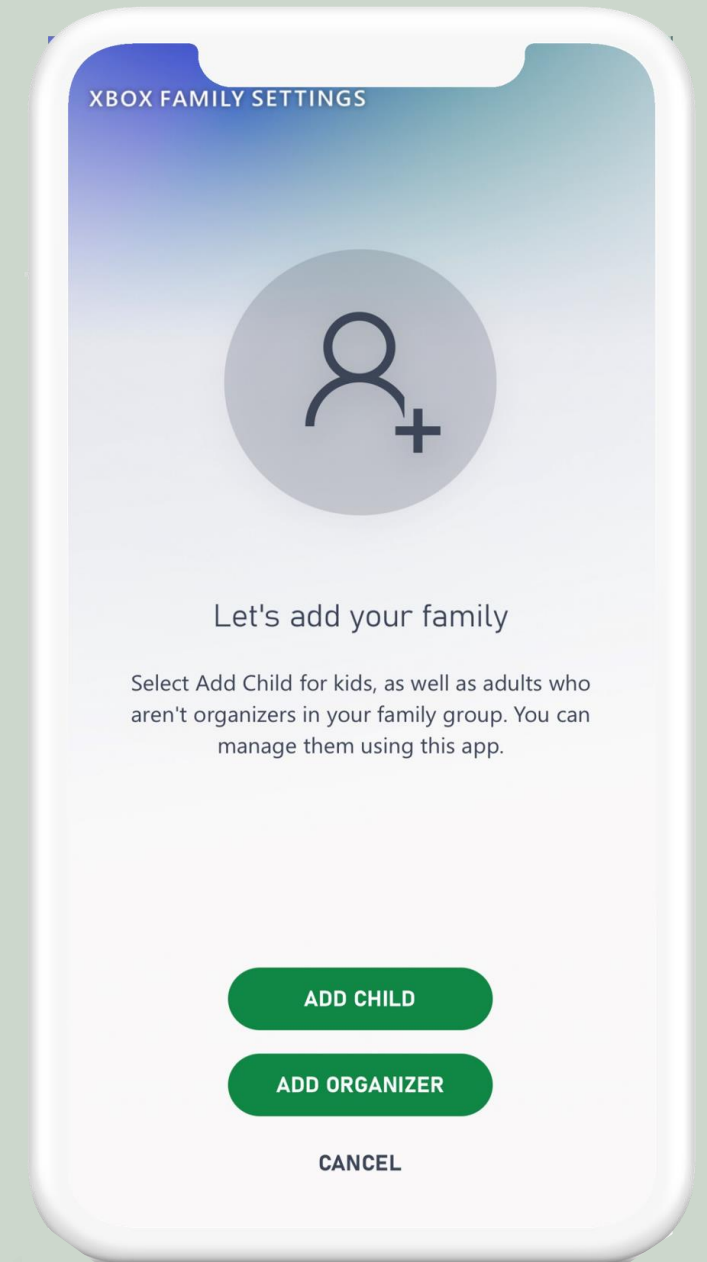
As he indicated that his daughter is 7 years old, the settings on her account default to the highest level of privacy and content filtering.

Alex also uses the app to double check and adjust the content and messaging filters, interaction with other players, spending and activity reporting.

Alex creates a Minecraft account for his daughter so they can play on Windows or Xbox. Alex plays with his daughter most of the time. Occasionally he will leave her playing alone but is generally in the same room so he can keep an eye on things. Because he is conscious of setting up good screentime-habits they only play for a maximum one hour per day. Alex uses the screentime settings on the Xbox Family Settings app to enforce this.

Alex regularly checks in with his daughter to see how she is feeling when she is gaming and discuss anything difficult that may have happened.

As his daughter gets older, Alex adjusts some of the settings to allow more gameplay and interaction on Minecraft. Alex uses the app to do all of this in one place.



Xbox Family Settings app



## 9-12 year olds: fostering independence



Between 9-12 years is a great time for tamariki to start learning to game independently while still under a carer's supervision. We encourage open conversations with your child on appropriate limits about the types of games they play and interactions with others online.

Age-appropriate games and the default settings for tamariki under 13 are recommended for this age group. We recommend being transparent about the use of parental controls and explaining why you are using them and common online risks.

# 9-12 YEAR OLDS

## Learn

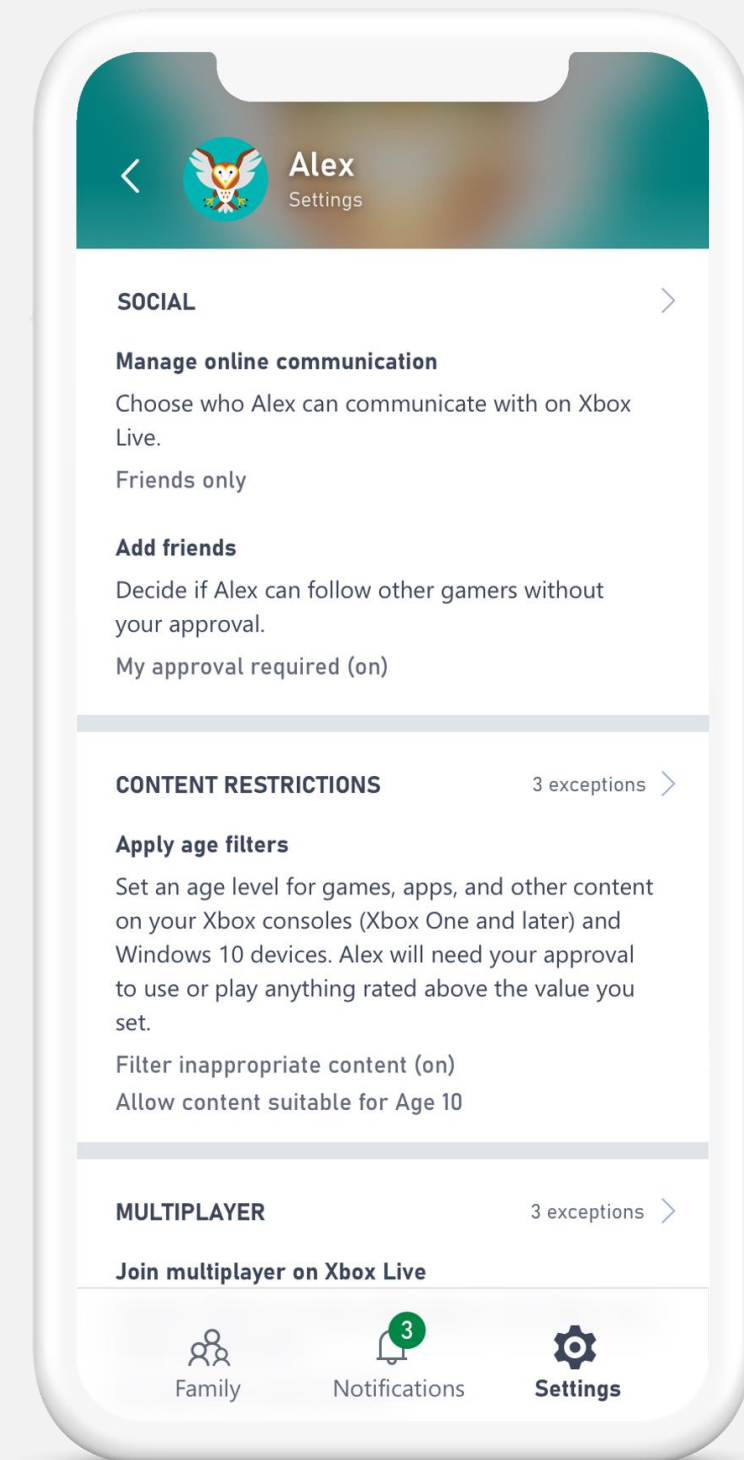
A mix of parental and user controls can be used, and we recommend setting up both with your child. Parental controls can be set up using the [Xbox Family Settings app](#) by navigating to your child's profile and pressing the settings icon.

- Limit online interactions to those you approve, discussing who each person is with your child before you do so
- Set message filtering to be "child default" for content they can receive in messages
- Set appropriate content restrictions or age limits on the types of games played
- Set agreed screentime limits
- Explain how in-app purchases work and set appropriate spending limits

Together you can set up these user controls on the child's account to:

- [Mute or block](#) a person they no longer wish to interact with
- [Set up messaging filters](#) to filter text, media, and web links to only allow "friendly" content – these apply to content shared by users not on friends lists. [Watch this demo](#) on how it works

It can be helpful to role play scenarios where your child might want to block or restrict someone, so they feel more confident to do so.



## 9-12 YEAR OLDS

### Explore

- Begin to give some independence to tamariki by talking together to curate a list of age-appropriate games that they can play, considering their preferences and recommendations.
- Review community and user guidelines with tamariki so they know what is acceptable on the gaming platform.
- Continue to model good digital habits at home while slowly transitioning from gaming being a supervised group activity to include some solo gaming time.
- Co-create rules and agree on game time limits, types of games, where to access devices – which might now include at school, with friends.
- Introduce them to the concept of privacy and teach the basic rules of protecting their privacy as respecting others' privacy. [Minecraft's Privacy Prodigy](#) is a fun resource for families.
- Check in regularly with your child about how gaming affects their feelings and relationships and encourage your child to share with you their experiences and encounters while gaming.

### Support

- While allowing some independence, closely monitor behavioural changes including:
  - Quickly changing screens, switching off devices or muting audio when someone else enters the room
  - Playing more often when unsupervised or using portable devices in private areas such as bathrooms
  - Withdrawn behaviour including being more defensive or less reactive to events and people
  - Becoming stressed or upset when online or using emotionally-charged or hateful language
- Look out for sexually explicit content, or violent content on their devices, evidence of visits to inappropriate websites, encrypted apps or platforms or live-streaming apps.
- You can also view [device and app use histories](#) and [gaming activity reports](#).
- Review [Netsafe's advice on gaming](#)

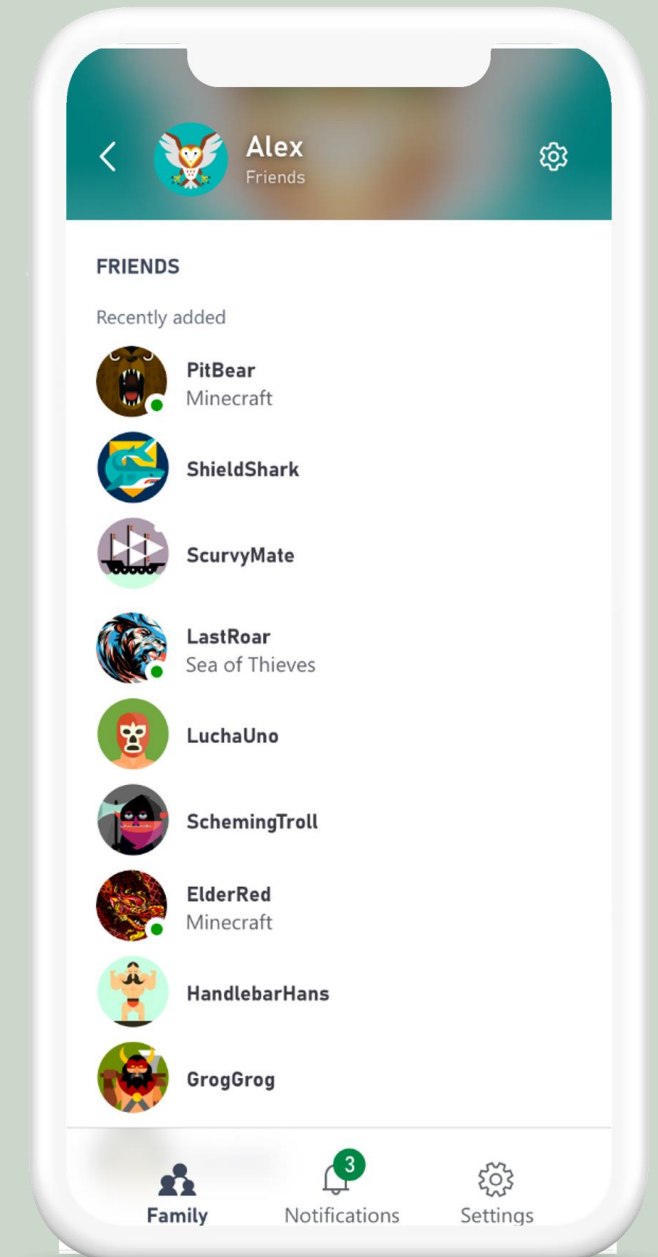
## CASE STUDY – Mohammed, 10 years old

Mohammed is a tech savvy 10-year-old who was given an Xbox for his birthday. His mother, Fatima, takes a close interest in his use of screens and games because she has friends whose children had a bad experience on social media. Rather than just leaving Mohammed to set up the Xbox alone, she goes through the process with him.


Fatima downloads the [Xbox Family Settings app](#) and together with Mohammed creates a new account for Mohammed, starting with an email address. Talking about privacy, they agree not to use his real name in the email and come up with a fun alias. Fatima then shows Mohammed that she is adding his account to their family group, explaining why this is important to protect him from strangers and content online. Because they've been reading resources from Netsafe and [Keep It Real Online](#), Mohammed understands the importance of having an age-appropriate account.

When setting up Mohammed's account, Fatima inputs his date of birth which means the settings default to those suitable for under 13 year olds. Fatima is then able to check that content restrictions on Mohammed's account are set to the correct age.

Over the next few weeks Fatima receives a few notifications that new friends want to connect with Mohammed on his account. Each time she talks to Mohammed about who each person is, ensuring that they are friends he knows from school, and of a similar age. Mohammed does receive one friend request that he doesn't know, and he and Fatima agree to block the request.



# 13-15 year olds: empowering rangatahi to be confident gamers



For children between 13-15, we recommend continuing to develop an open and trust-based relationship that supports greater independence and may include some unsupervised play. It is important to find an appropriate balance for your whānau between maintaining supervision and allowing more freedom and privacy for rangatahi.

At this age it is often effective to discuss and negotiate rules rather dictate them.



# 13-15 YEAR OLDS

## Learn

The balance between parental controls and trusting rangatahi to game safely will likely change again during this time. We recommend rangatahi start to build their knowledge of safety tools, so they have some control over the content and interactions they are exposed to when gaming.

Together, you can set the controls on the young person's account to:

- [Manage who sees their profile](#) information and who can contact them
- [Mute or block](#) a person they no longer wish to interact with
- [Report interactions](#) or content that breach the community and user guidelines
- [Set messaging filters to manage](#) the type of media, text and weblinks they receive from players not on their friends lists

It is important to keep an open dialogue and check in regularly with your child to agree on appropriate screentime and spending limits.



# 13-15 YEAR OLDS

## Explore

- Have a trust-based and non-judgmental relationship and understand that this age group values independence and freedom more. Talk about rangatahi's online activity and the types of games and content they enjoy.
- Transition from reviewing good online habits to trusting rangatahi to know how to behave.
- Discuss privacy as well as consent and together review [Privacy for young people – Microsoft](#).

## Support

- Keep a close eye on any sudden behavioural changes such as:
  - tiredness, sleep disturbance, headaches, eye strain, changes in eating, sleeping or personal hygiene
  - not doing as well at school, obsession with certain websites or games or popular trends,
  - extreme anger when being asked to take a break from online activity, appearing anxious or irritable when away from the computer,
  - becoming withdrawn from friends and family, excessive in-app spending
- Occasionally review online histories together and keep track of topics/websites/types of games your child likes
- Be aware of harmful online influences including hate-based groups which may use messaging or gaming services to target vulnerable young people. Different language, signs and symbols may also be reflective of hate-based ideologies. There are helpful resources available such as [this database](#), which contains a detailed list of common hate symbols.
- Review [Netsafe's advice on gaming](#)

## CASE STUDY – Jane, 15 years old

Jane is a 15 year old girl whose mothers are not very tech savvy. Jane has an Xbox but never had a child account set up so she manages her own settings. She's never really paid them much attention or switched on settings like message filtering or limiting receiving messages to 'friends lists', which means anyone can send her messages.

Jane receives a message containing a nude photo of someone she doesn't know and asking her to send a photo of herself in the same position. This makes her feel nervous and scared, and her mothers start to notice she's becoming withdrawn. One of Jane's mums asks her what is going on, reminding Jane that she can tell them anything and that they only want to support her, without judgement.

Jane shares her experience. Jane's mum talks to her about the importance of reporting this, so other people don't have to feel the same way Jane did.

Jane and her mum [make a report to Xbox](#) together using Jane's console. They then read about the settings Jane can switch on to prevent this from happening again. She starts by [blocking the player](#) that sent the message, then updating her settings so only people on her friends list can [see her profile and send messages](#). Finally she [turns on message filtering settings](#) to "medium" so that she won't receive inappropriate content from other players on Xbox.

This incident prompts Jane to dial up her privacy settings across all her online and gaming accounts.



# 16+ year olds: championing a new generation of gamers



From age 16 rangatahi will likely start to feel more confident to manage their gaming and online lives independently, and will naturally want parents and caregivers to be less involved. At the same time, it is important to make sure they still feel comfortable coming to you if they need help.

# 16+ YEAR OLDS

## Learn

Depending on your family, and rangatahi's level of independence, parental controls may no longer be appropriate. To respect young people's privacy and independence it is a good idea to discuss any ongoing use of parental controls with them.

Work with rangatahi to set up their user controls in a protective way for them.

- [Manage privacy settings](#), including who can see their profile and contact them
- [Mute or block](#) players that they don't want to be contacted by
- [Report players](#) that have made them uncomfortable or breached our Community Standards
- [Turn on messaging filters](#) to control the type of content that comes from players not on friends lists
- [Get familiar with how](#) data is used
- For spending limits, you can do this via parental controls or encourage young people to use their own money





# 16+ YEAR OLDS

## Explore

- Encourage discussions around online risks and how these relate to gaming. Be interested in what rangatahi are learning at school about the online world.
- Make sure young people know they can come to you if things make them feel uncomfortable online.
- Rangatahi in this age group can be extremely tech-savvy. Be open to the fact they might know more about the latest technology - try to listen and learn.
- Have frequent conversations about who young people are speaking to online and encourage them to be curious if new friends try to add or contact them on any kind of platform.
- If you set spending limits for games, talk to young people about the value of money and why you're doing this.

## Support

- Young people of this age naturally go through many changes, so it can be hard to notice behavioural changes that are influenced by gaming. Speak to teachers about what they're noticing and be on the lookout for certain things like:
  - Spending excess time alone, on their device or in their room
  - Becoming withdrawn or isolated
  - Asking for money
  - Quickly closing their screen when you enter the room
- Be aware of harmful online influences including hate-based groups which may use messaging or gaming services to target vulnerable young people. Watch out for noticeable shifts in their worldview or intolerances for certain groups of people. Different language, signs and symbols may also be reflective of hate-based ideologies. There are helpful resources available such as [this database](#), which contains a detailed list of common hate symbols.
- Review [Netsafe's advice on gaming](#)

## CASE STUDY – Sam, 16 years old

Sam is a 16-year-old, whose parents are both busy professionals. Sam spends a lot of time on Xbox playing first person games and is also active on a gaming-adjacent platform where he chats with others whilst gaming. Recently Sam has been expressing intolerant views about certain communities in Australia.

One day Sam's mum, Rose notices a 1488 sticker on Sam's laptop. She asks him what that number means, and Sam quickly grabs his device and leaves. Rose does a quick search for 1488 online and discovers this number is associated with far-right extremist ideology. She finds [information](#) about this symbol online and realises that a lot of the language Sam has been using recently is reflected here.

Rose talks to Sam, telling him she isn't angry and just wants to understand. He eventually tells her about his new online friend who has been sharing material on the gaming adjacent platform.

Microsoft has explicitly prohibited the posting of terrorist and violent extremist content across our services, so the content shared with Sam would be in breach of our policies. We also use a range of proactive detection technologies to identify terrorist and violent extremist content to prevent it from being seen by players. Players that try to share this content could be subject to a range of enforcement actions including lifetime bans.

However, it is important to be aware that often recruiters encourage moving conversations to another platform such as an encrypted chat or a gaming-adjacent communications service.

Rose and Sam have long conversations about what has been going on, and Rose helps him to understand he has been led down a dangerous path. Following advice from the [Know the Signs](#) guide, they report the player that had contacted Sam to the [NZSIS](#).



