

Smartwatches / Fitness trackers



Check what the smartwatch allows your child to do and if available, set appropriate restrictions. Talk to your child about the different settings and if you have, why you have set up the restrictions.

What are the risks?

- Some smartwatches allow you to take photos. It is important to talk to your child about appropriate behaviour when taking and sharing photos. Once a photo is shared, they lose control of it.
- Some smartwatches have internet access with the ability to download apps. You need to be aware of the potential of in app purchases and viewing upsetting content.

Depending on the brand of smartwatch, you may be able to set up parental controls for example to restrict content and prevent purchases. More information about Apple Watch parental controls can be found here: <https://support.apple.com/en-gb/guide/watch/apd54d0a51fb/watchos>

As always, ensure your child knows to talk to you or another trusted adult should they see anything inappropriate or that worries them whilst using their device.

Many schools discourage or do not allow the use of smartwatches – check your child’s school Acceptable Use Policy as this will tell you if they are allowed in school.

Further information

- [Smart watches and fitness trackers | Parent Zone | At the heart of digital family life](#)
- [Smart toys and wearable gadgets for children | Internet Matters](#)