

A young woman with long dark hair is wearing a white Meta Quest VR headset and a white t-shirt. She is posing with her right arm raised and bent at the elbow, holding a colorful beaded bracelet. The background features a teal wall with string lights and a bookshelf filled with colorful binders. The overall scene is brightly lit and captures a moment of virtual reality use in a personal space.

Meta Quest Parent Guide



Introduction

Building on [Meta Quest 2](#), [Meta Quest 3](#) uses breakthrough mixed reality to provide new, immersive experiences. With a variety of engaging and educational experiences rated "E" for everyone or for ages 10+, families can explore the depths of the ocean, tour Machu Picchu, visit the International Space Station, orbit Jupiter or simply play their favourite games.¹

Helping create safe, positive experiences for everyone on the Meta Quest 2 and 3 is a top priority – especially for young people. Parents want to protect their children when using devices and playing games – and now, account and supervision tools are available on Meta Quest 2 and 3, as well as Meta Horizon Worlds, so parents can manage parental supervision controls, privacy settings and more. For parents and guardians, it can be hard to know where to start. If you are considering virtual reality (VR) or mixed reality (MR) for your family, this guide will help give you the support and information you need to design an age-appropriate experience for your preteen or teen on Meta Quest.

1. The majority of Meta Quest Store content is rated for ages 10 and up by both the Entertainment Software Ratings Board (ESRB) and the International Age Rating Coalition (IARC).

Parent-managed accounts and supervision for preteens aged 10-12

[Parent-managed accounts](#) are available on Meta Quest 2 and 3 for 10- to 12-year-olds (ages may vary by region). These accounts [require](#) parent setup and come with additional built-in protections and supervision tools, including:

Apps + content

Parents must approve which apps their preteen can use. If parents choose to allow their preteen access to the Meta Quest Browser, certain categories of content, including gambling, weapons and sexual content, are automatically filtered from view.

Social features

Meta [Horizon profiles](#) for children between 10 and 12 years old are set to private by default. This means that anyone who wants to follow a preteen must be approved by either the child or their parent.

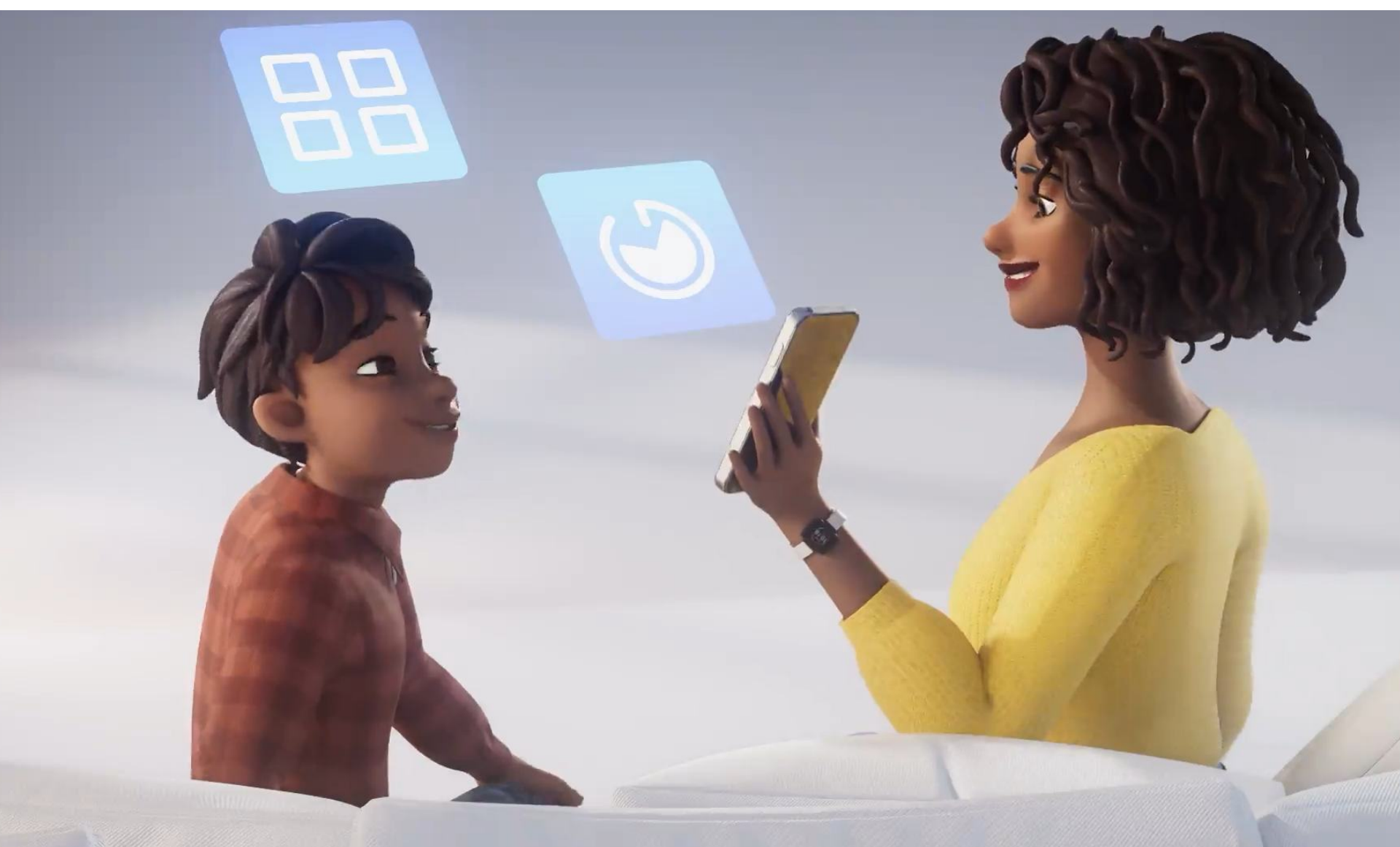
Screen time

Parents can view how much time their preteen is spending within Meta Quest 2 and 3, and set time limits and breaks.

Privacy

Ads are not served to this age group.

Information Meta technologies collects about preteens on the Meta Quest 2 and 3 is used to deliver age-appropriate experiences across our app store. For example, we'll only recommend age-appropriate apps.



Parental supervision for teens aged 13-17

Parents can collaborate with their teen to customise supervision [tools](#) for an age-appropriate experience:

Apps + content

Parents must approve teen access to apps that they aren't old enough to use based on the Meta Quest Store age ratings.

Parents can block specific apps.

Parents can set up content filters for the Meta Quest Browser (gambling, weapons, sexual content and more) or disable access to the Meta Quest Browser.

Social features

Parents can see who their teen follows and who follows them.

Parents can block built-in Meta Quest 2 and 3 social features such as parties, chats from VR, Messenger and posting on Facebook from VR.²

Screen time

Parents can view how much time their teen is spending within Meta Quest 2 and 3 and set time limits and breaks within Meta Quest 2 and 3.

Privacy

We use only the age and general location of a teen to determine which ads they see. Learn more [here](#).

Everyone using Meta Quest must follow our [Code of Conduct for Virtual Experiences](#).

2. Apps from third parties may have their own social features which are not managed by Meta Quest parental supervision. Parents can check individual app capabilities within the Meta Quest Store.



View your child's experience with casting

You can use a mobile phone, PC, TV or monitor to cast a player's Meta Quest 2 or 3 experience so that you and others can watch and listen in, in real time.

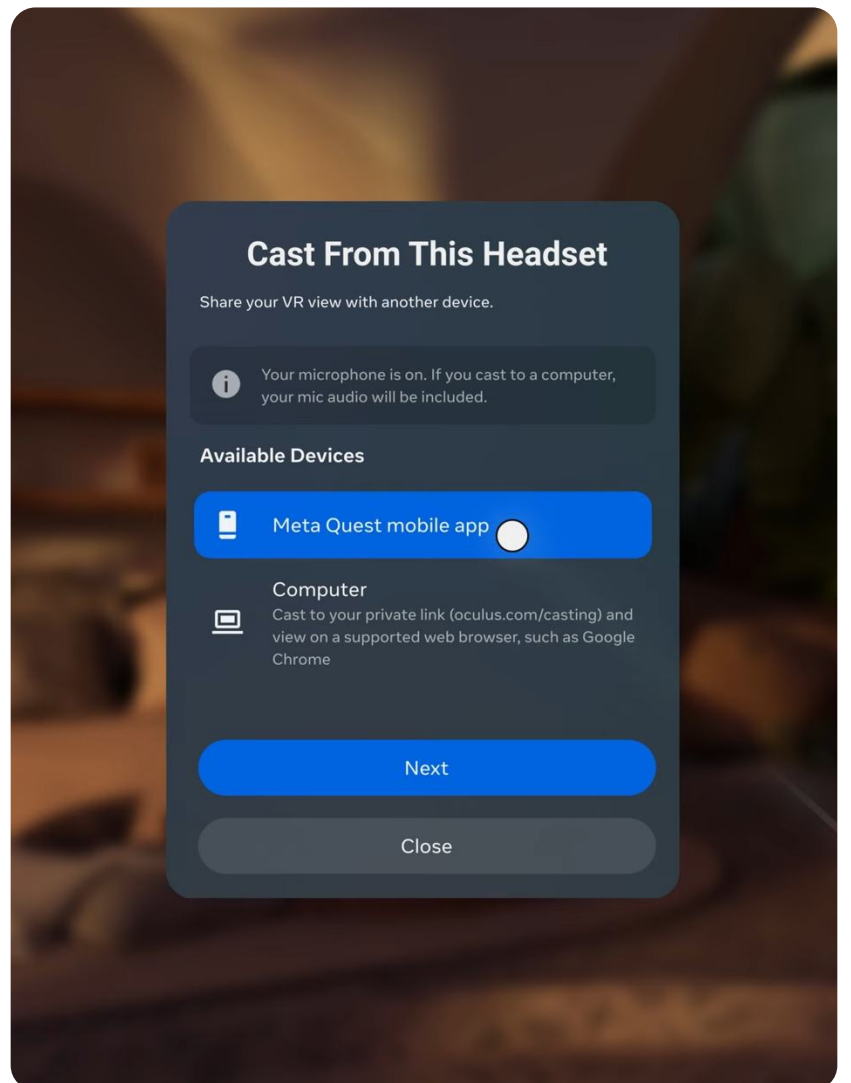
To cast, you will need:

1

A Meta Quest headset with logged-in user

2

The Meta Quest app ([iOS](#), [Android](#)) on a mobile phone or a PC with a browser installed or a connected smart TV



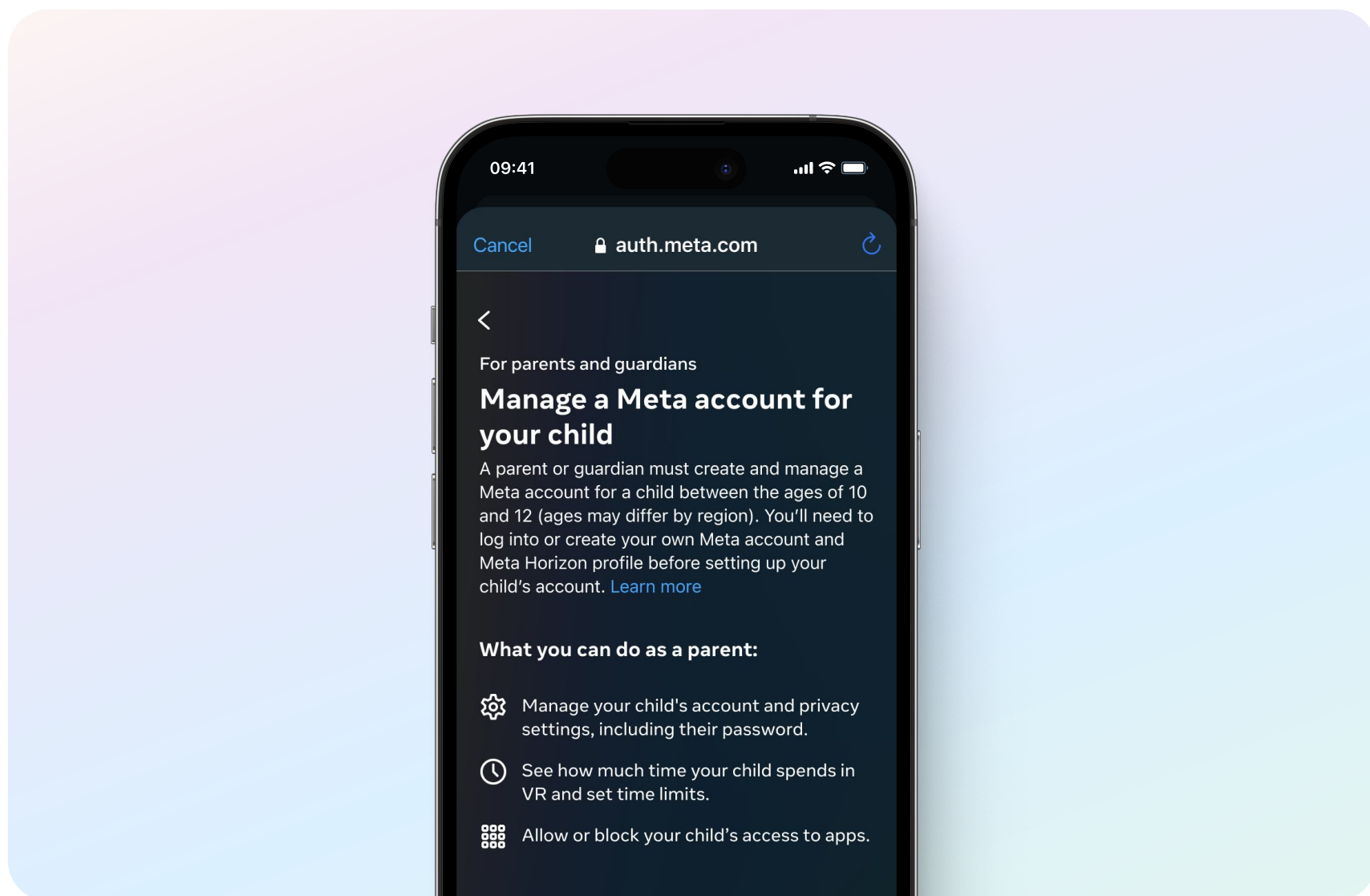
A Meta Quest 2 or 3's primary user can cast to a mobile phone. The primary user needs to be logged in playing the Meta Quest 2 or 3 and logged in to the Meta Quest mobile app on a mobile device. For more detailed information on casting, take a look at our [Help Centre guide](#).



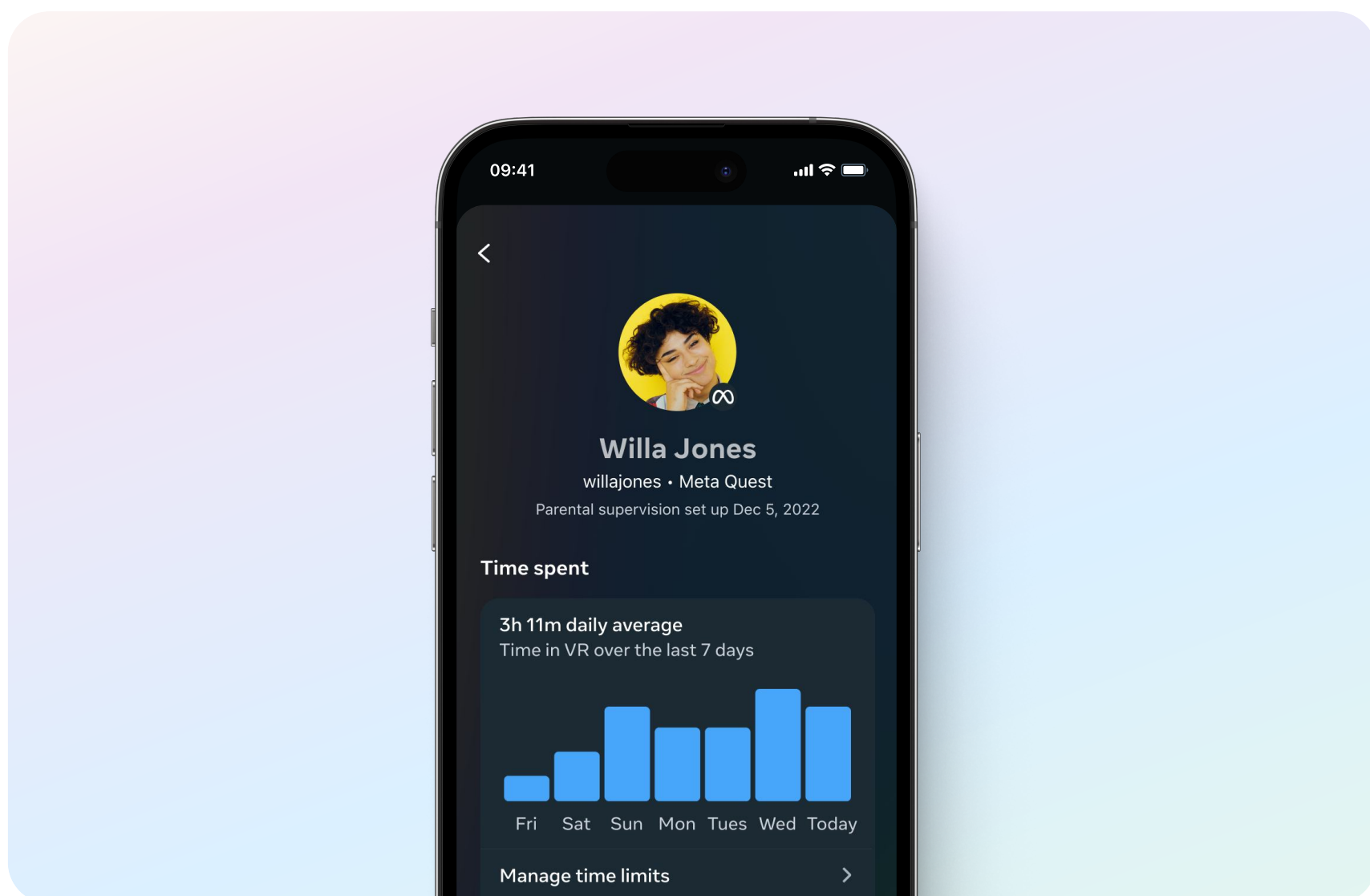
Getting started on setting up Meta Quest 2 and 3 for preteens aged 10-12

Parent-managed accounts for 10- to 12-year-olds

You can take a look at our [Help Centre](#) to learn how to set up a parent-managed account on [Family Centre](#) on the web or within the Meta Quest app.



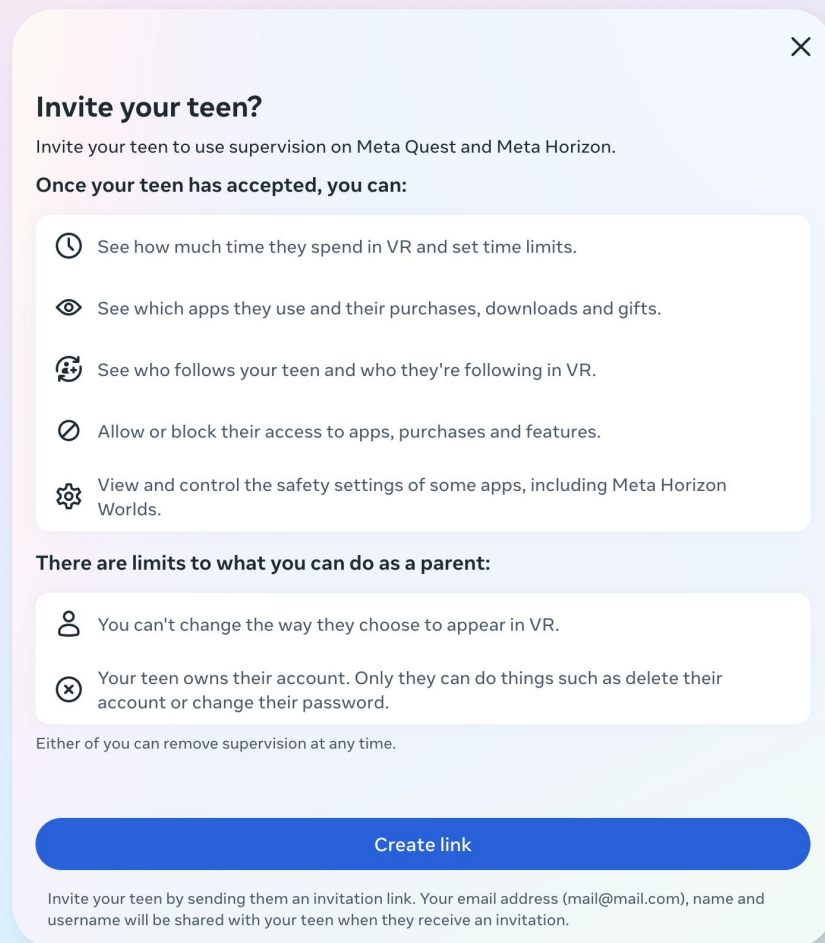
As parent-managed accounts require supervision, all supervision capabilities are automatically enabled upon account setup. These supervision tools are available on [Family Centre](#) on the web and through the Meta Quest app ([iOS](#), [Android](#)).



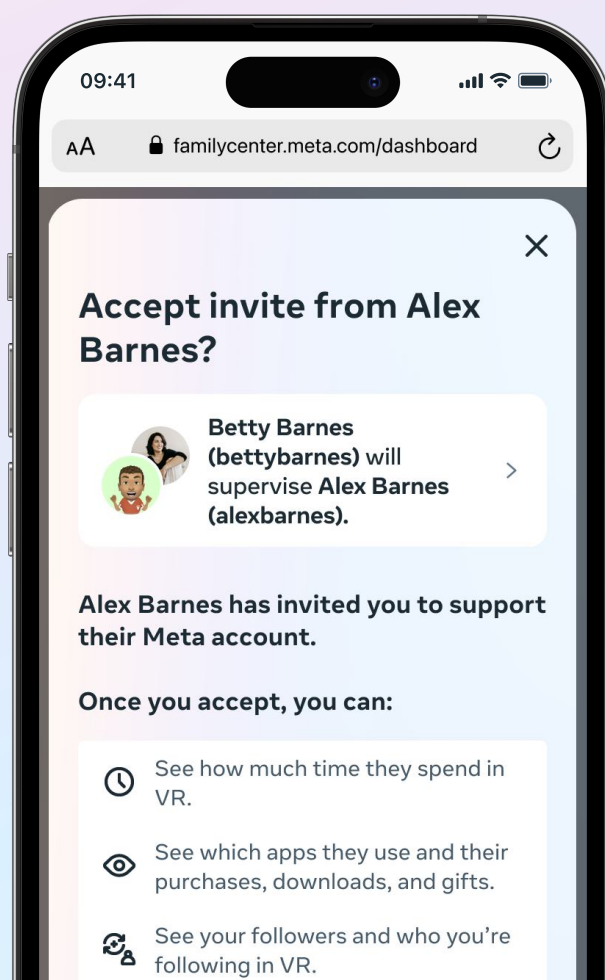
Getting started on setting up Meta Quest 2 or 3 for teens aged 13-17

Teens

As parental supervision is optional for 13- to 17-year-olds, you'll need to collaborate with your teen and either send them an invitation or have them send you an invitation to set up supervision.



When your teen invites you to supervise their experience, you will receive a link that takes you to Family Centre to accept the invitation and configure supervision settings. Take a look at our [Help Centre](#) for more information on how to get started.



Additional tools and default settings in Meta Horizon Worlds for teens aged 13-17

Parents can also set [supervision settings](#) for teens that have access to Meta Horizon Worlds. Meta Horizon Worlds is an immersive experience where people 13 and up can play games, enjoy concerts and live comedy events, connect with others from around the world and express themselves as they create their own virtual experiences on Meta Quest, mobile devices and the web. 13- to 17-year-olds on Horizon Worlds have additional built-in, default tools and settings:

Personal boundary

A personal boundary and voice mode are switched on by default. Personal boundary prevents others from getting too close to a teen's avatar and voice mode garbles the voices of those that don't follow them back, making them sound unintelligible.

Chat filters

In-world text chat has blurred chats and chat filters on by default. These tools obscure or hide messages from people your teen doesn't know or may find offensive.

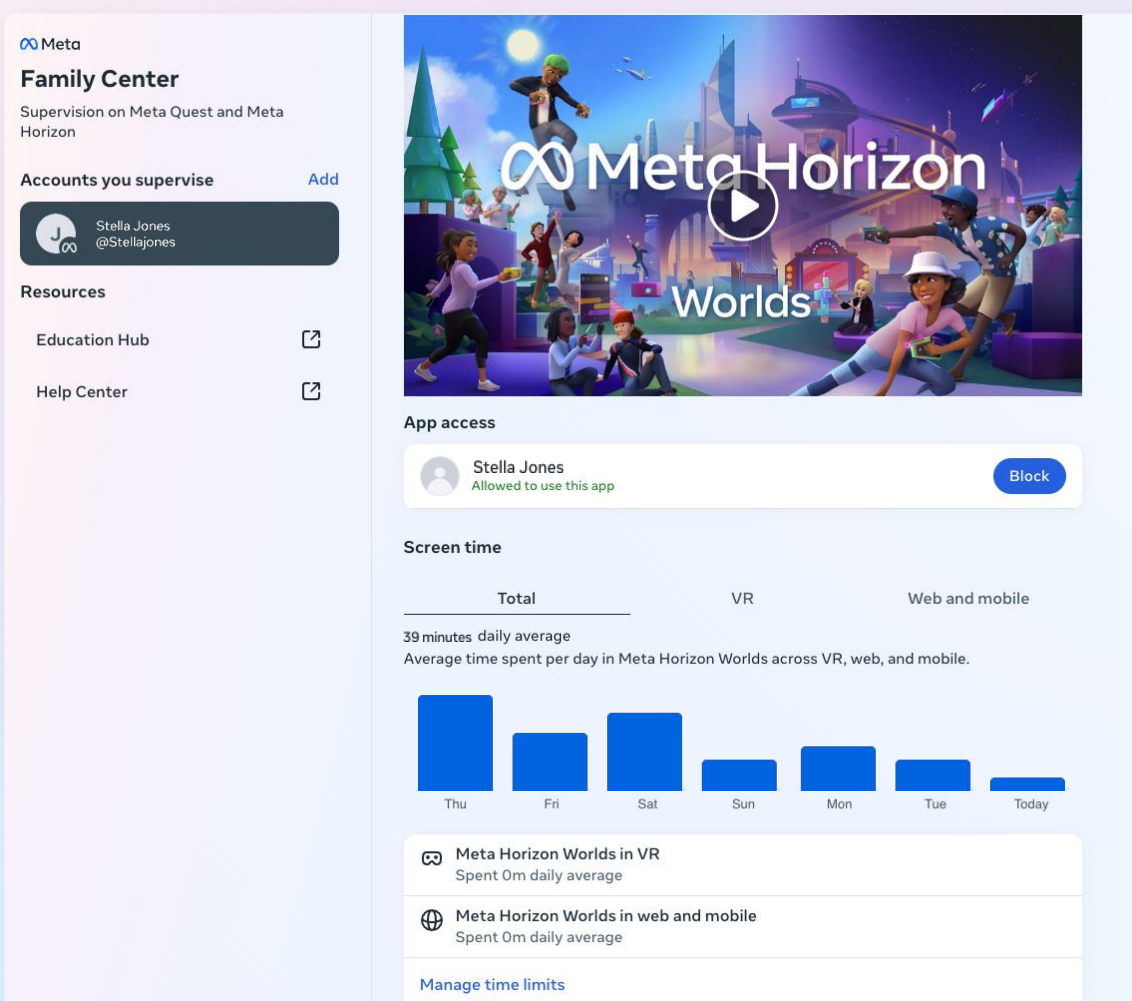
Age-appropriate

Mature world and event ratings prevent teens from finding, seeing or entering spaces that contain [mature content](#).

Daily limits

Supervision on Family Centre or the Meta Quest app allows parents to set daily time limits and schedule breaks for their teen, or choose to block access to Meta Horizon Worlds.

You can also [learn more](#) about the safety and privacy tools available to teens within Meta Horizon Worlds.



Conclusion

We hope that you find this guide useful and recommend taking a look at the [Parent Education Hub](#), [Family Centre](#) and our dedicated [safety page for parent-managed accounts](#) to learn more. Make sure that you check these resources often, as we're rolling out additional tools to help create an age-appropriate experience for preteens and teens on Meta Quest. Also, take a look at [Meta Quest on the Meta Store](#) to learn more about its features and experiences.

Additional resources

[Children and the use of virtual reality headsets](#)

[Meta Quest in the Meta Store](#)

[Responsible innovation page](#)

[Parent-managed account help articles](#)

[ConnectSafely Parent Guide](#)

