

A man with dark hair, wearing a purple hoodie and light blue jeans, is shown from the waist up. He is wearing a white and black Meta Quest VR headset and holding a white VR controller in his right hand, which is raised. He has a wide, joyful smile on his face. The background is a warm, indoor setting with wooden furniture and a doorway.

# Meta Horizon and Meta Quest parent guide



# Introduction

Meta Horizon on [Meta Quest](#) provides new, immersive and mixed reality experiences. With a variety of engaging and educational apps rated E for everyone and worlds rated ages 10+, your family can explore the depths of the ocean, tour Machu Picchu, visit the International Space Station, orbit Jupiter or simply play your favourite games such as Kaiju City Showdown or Citadel.<sup>1</sup>

Helping create safe, positive experiences for everyone on Meta Horizon – on Meta Quest, the Meta Horizon mobile app or [horizon.meta.com](https://horizon.meta.com) – is a top priority. [Parent-managed Meta accounts](#) are available for Meta Quest 2, Meta Quest 3, Meta Quest 3S, on the Meta Horizon mobile app and on the [web](#). Teen supervision tools are also available across Meta Horizon and all compatible devices. As a parent, you can manage access to the Meta Horizon app, worlds and browser content. You can also limit access to social features, control privacy settings and more. This guide will help give you the support and information you need to design an age-appropriate experience for your 10- to 12-year-old child or teen using Meta Horizon.

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



# Understanding Meta Horizon and Meta Quest

## Meta Horizon

Meta Horizon is an immersive social platform where your family can meet, play and move through apps and worlds with friends. Family members aged 10 and up can connect with friends and move through immersive apps and worlds that are appropriate for their age. Meta Horizon offers many kinds of experiences such as games, sports, music and live events.

Meta Horizon is available on compatible devices including mobile and web. It enables you to use Meta Quest to blend digital and real worlds, so you can stay connected and feel like you're together, even when you're apart.

## Mixed reality

Mixed reality blends the physical and digital worlds, allowing you and your family to interact with virtual objects in a physical environment. To fully experience mixed reality, you'll need a headset, such as Meta Quest.

## Meta Quest

Meta Quest is a line of headsets that lets your family experience mixed reality. These headsets help you interact with virtual objects and environments in innovative ways such as watching films, playing games, working out and socialising with friends. With a variety of age-appropriate apps and experiences, Meta Quest opens up new possibilities for entertainment, education and social connection by connecting virtual and physical realities.

Meta Quest offers exciting opportunities for mixed reality experiences for children aged 10 and up. You should help your child understand the difference between digital and real experiences. It's also important that you ensure your child gets the proper headset fit and proper guidance choosing age-appropriate content, setting up boundaries and following safety instructions.



# Parent-managed Meta accounts and supervision for children aged 10-12

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

## Apps and content

You must approve which apps from Meta Horizon Store your child can use on Meta Quest.

If you choose to allow your child access to the Browser app on Meta Quest, certain categories including gambling, weapons and sexual content are automatically blocked and not visible.

You will also be able to approve access to Meta Horizon Worlds, which automatically limits access to starter worlds (a small selection of ages 10+ rated worlds).

You will also have the option to approve additional access to all ages 10+ rated worlds or all ages 13+ rated worlds, or limit access to these worlds by requiring your child to request access to each additional world.

## 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 your child must be approved by either your child or you, their parent. People who follow each other can join each other in worlds.

You can approve a follower, or someone your child is following, to become an approved contact, which enables your child and the approved contact to use text chat, make calls, invite and join each other in mixed reality apps outside Horizon Worlds.

If two children want to chat, call, invite and join each other in a parent-approved experience, you and the other child's parent must add them as approved contacts.



## Screen time

You can view how much total time your child is spending using Meta Quest 2, Meta Quest 3, Meta Quest 3S and on mobile and browser and [set time limits and breaks](#).

You can also set time limits and breaks for access to content on worlds that apply across Meta Quest, the [Meta Horizon mobile app](#), the [web](#) and [mobile](#).

## Artificial intelligence and purchases

Your child won't be able to access Meta AI (our intelligent assistant) on Meta Quest.

When you approve your child's use of an app, you also authorise its purchase, if required. This purchase will be charged to the credit card provided during account setup.

You can approve the purchase of Meta Credits for your child to use to buy age-appropriate items and more in Horizon Worlds.

## Privacy

Before [approving an app download request on Meta Horizon](#), you can review data types that may be collected and used by the app.

Information collected about children on Meta Quest 2, Meta Quest 3 and Meta Quest 3S is used to deliver age-appropriate experiences. For example, we'll only recommend age-appropriate apps.

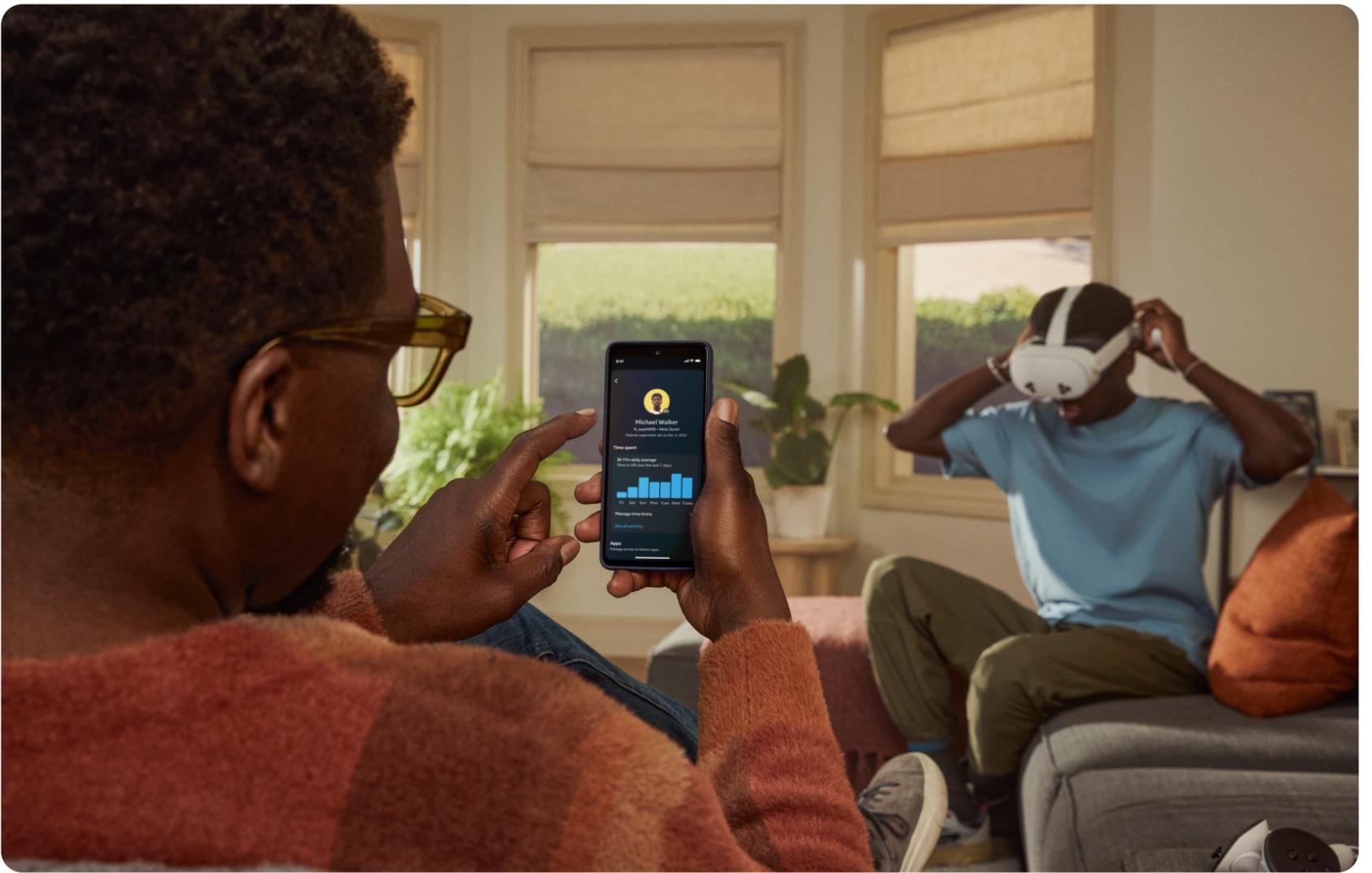
You are also able to choose whether your child's data is used to improve the experience, and can delete your child's account, including all of the data associated with it.

## When a child turns 13

(age may vary by country)

You and your child will receive emails and notifications on the Meta Horizon app starting one month before your child turns 13 explaining upcoming changes.

On your child's 13th birthday, they will start managing their own Meta account. They will be enrolled in supervision for teens. Parent-specified access restrictions for worlds rated ages 10+ and ages 13+ will no longer apply. Worlds rated ages 18+ will remain hidden and inaccessible.



## Parental supervision for teens aged 13-17

Parents can collaborate with their teens to customise supervision [tools](#) for age-appropriate experiences, including:

### Apps and content

You must approve teen access to apps that they aren't old enough to use based on [age ratings](#) in Meta Horizon Store.

You can approve or block app access requests.

Visibility and access to worlds rated ages 18+ is automatically blocked.

You can set up content filters for the Browser app on Meta Horizon to block categories such as gambling, weapons, sexual content and more, or disable access completely.

### Social features

You can see who your teen follows and who follows them.

You can block social features built into Meta Horizon such as calls, chats, Messenger and posting on Facebook.<sup>2</sup>

### Screen time

You can view how much total time your teen is spending within Meta Quest 2, Meta Quest 3, Meta Quest 3S and on mobile and browser and set time limits and breaks.

You can also set separate time limits and breaks for content on worlds which apply across Meta Quest, the Meta Horizon mobile app, web and mobile.

### Privacy

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

Meta sets clear standards for acceptable behaviour through our [Code of Conduct for Virtual Experiences](#), which prohibits people from impersonating others and engaging in conduct or sharing content that may lead them to physical harm.

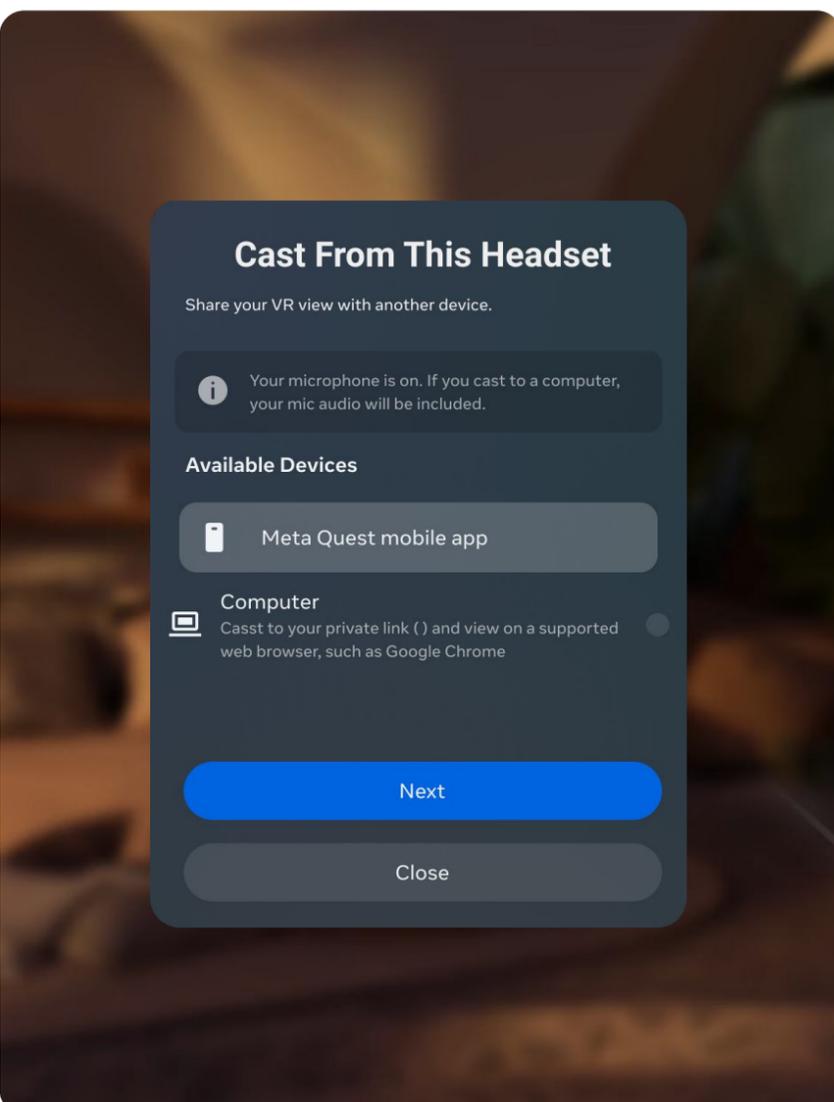
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2. Apps from third parties may have their own social features that are not managed by the parental supervision tools in the Meta Horizon app. Parents can check individual app capabilities within Meta Horizon Store.



## View your family's experience with casting

Compatible screens can be used to cast a player's experience on Meta Horizon from Meta Quest so that everyone can watch and listen in real time.

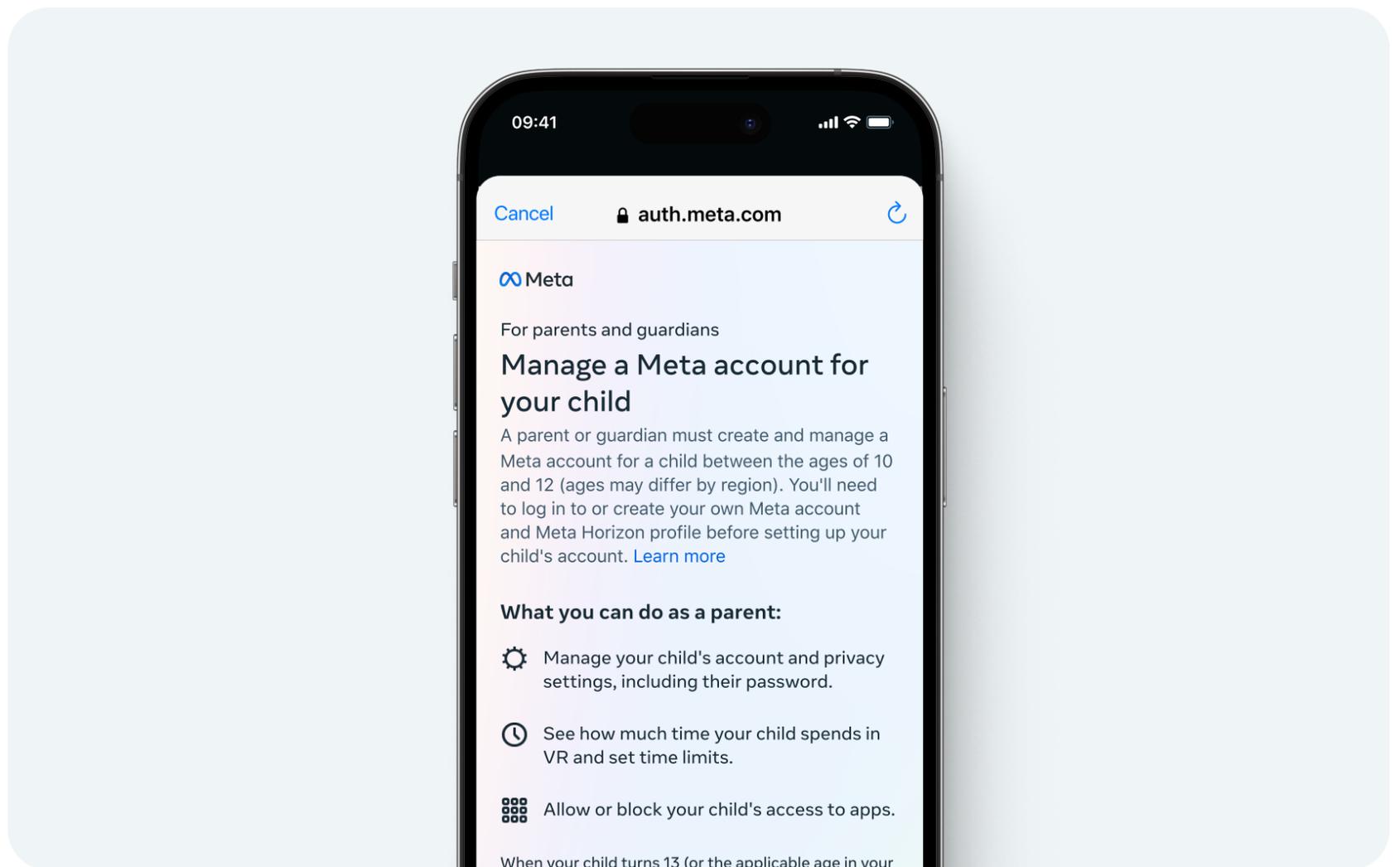


### To cast, you will need:

- 1 To be logged in on a Meta Quest 2, Meta Quest 3 or Meta Quest 3S headset.
- 2 The Meta Horizon app ([iOS](#), [Android](#)) on a mobile phone or a PC with a browser installed or a connected smart TV.

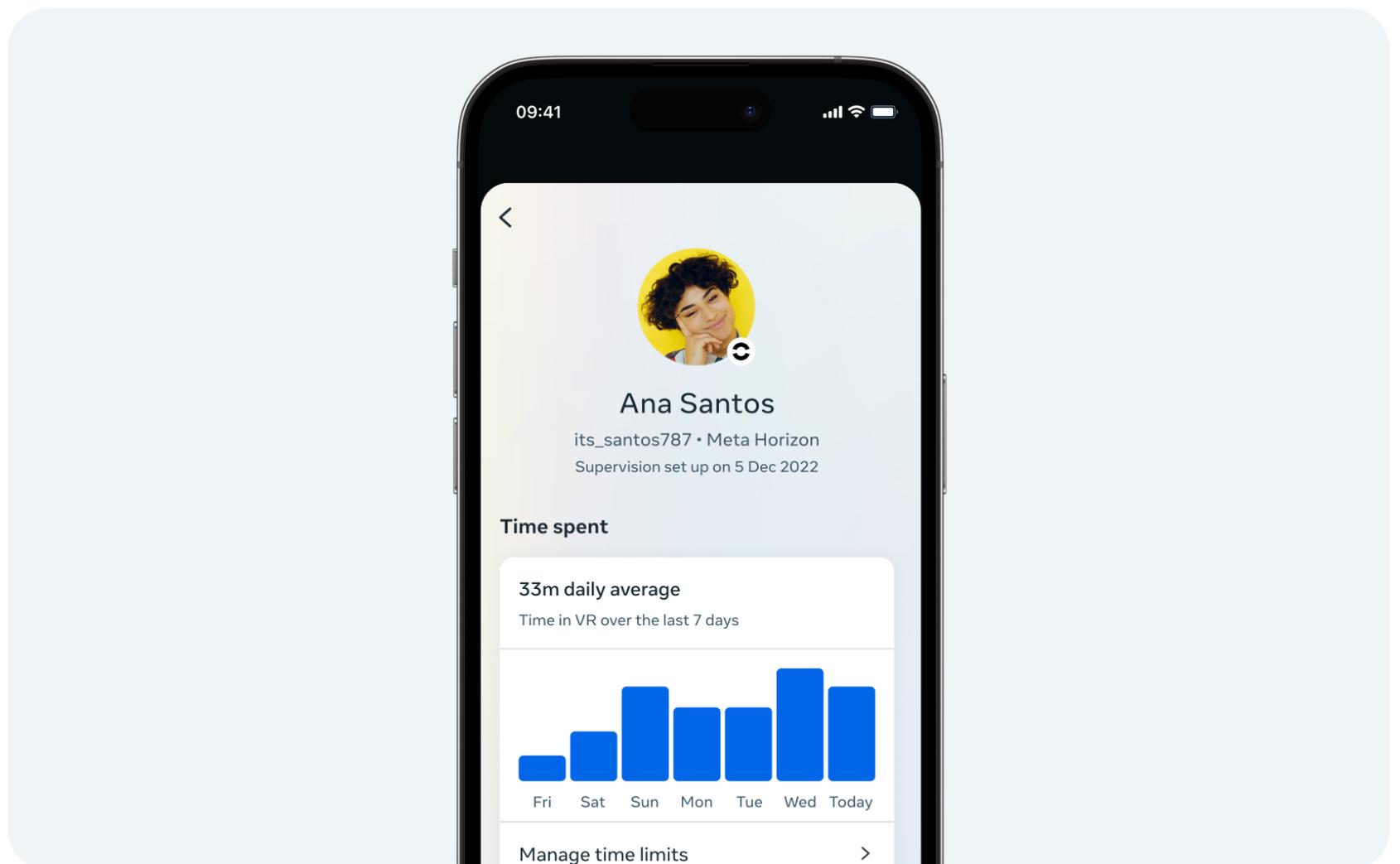
Special note: Only a primary account on Meta Quest can cast to a mobile device. The primary account needs to be logged in to both Meta Quest and the Meta Horizon app on a mobile device. Take a look at our [guide on Meta Help Centre](#) to learn more.

# Setting up Meta Quest 2, Meta Quest 3 and Meta Quest 3S for children aged 10-12



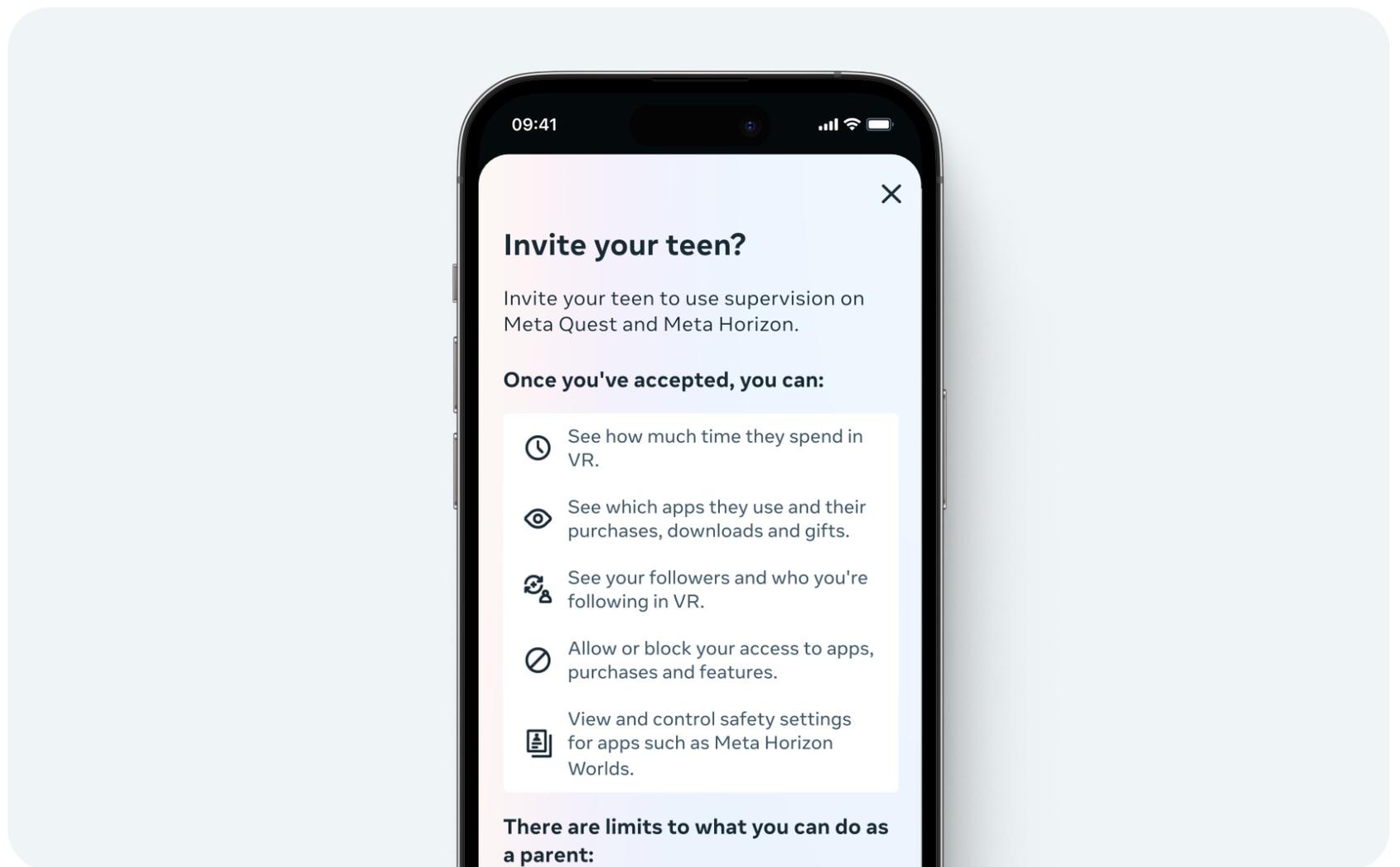
## Parent-managed Meta accounts for 10- to 12-year-olds

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



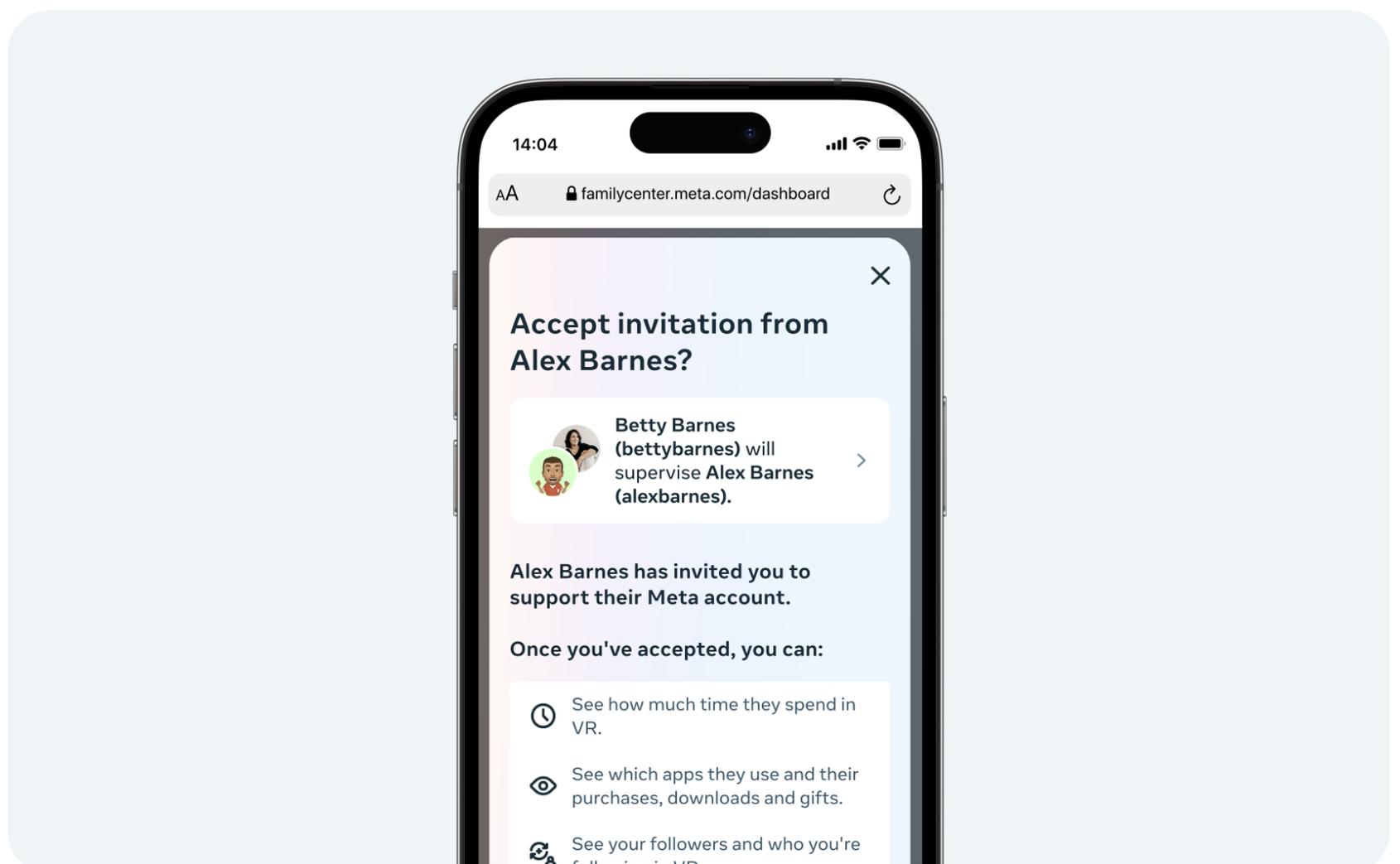
As parent-managed Meta accounts require supervision, all supervision capabilities are automatically enabled upon account setup. These supervision tools are available on [Family Centre](#), on the web and through the Meta Horizon app ([iOS](#), [Android](#)).

# Setting up Meta Quest 2, Meta Quest 3 and Meta Quest 3S for teens aged 13-17

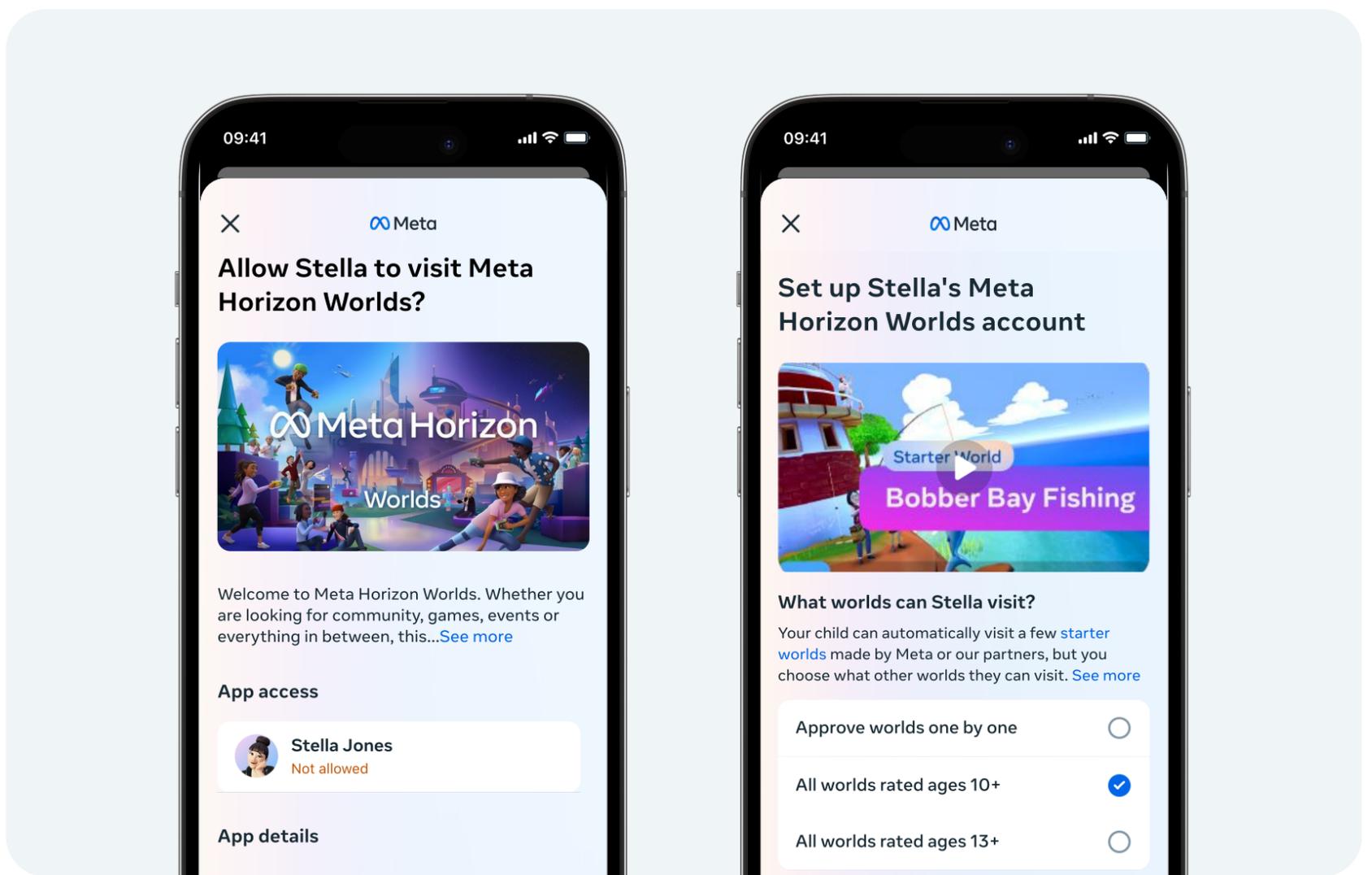


## Teens

Parental supervision is optional for 13- to 17-year-olds, so it's important to coordinate with them. You can either send them an invitation or have them send you one to set up supervision.



When invited to supervise your teen's experience, you'll receive a link that directs to Family Centre, prompting you to accept the invitation and configure supervision settings. Take a look at our [Help Centre](#) for more information on how to get started.



# Deep dive: Tools and protection in Meta Horizon Worlds for 10- to 12-year-olds and teens

Meta Horizon Worlds offers children aged 10-12 and teens access to a variety of fun, engaging and age-appropriate places to hang out with friends and family, both in-headset and on mobile. We recently announced expansion of worlds to children aged 10-12 via their parent-managed Meta account. After a child has requested access, you must approve their use of worlds and also determine the age rating of content they can have access to.

All worlds are rated ages 10+, ages 13+ or ages 18+. Anyone under 18 will not have access to any worlds rated ages 18+. In addition, world detail pages contain descriptions of the type of content a person can expect, which helps you make informed decisions on which world experiences are appropriate for children and teens. Worlds also has additional built-in, always-on default settings designed to protect both groups, such as:

## Social features

We try to limit interactions between children, teens and people they don't know by completely disabling the People you may know recommendations for children. We also block teens and unconnected adults from appearing in the People you may know feature.

Voice chat only works between children who are parent-approved contacts. Teens have voice channel set to change strangers' voices to indistinguishable, quiet, friendly sounds. Child voice settings can't be changed, but you can modify or lock a teen's voice channel setting via supervision.

Visibility settings will be set to offline by default and can only be modified by you or your teen. When set to offline, no one can directly join a child or teen in a world.



**Safety tools:**

Personal boundary is switched on by default for both children and teens and prevents others from getting too close to their avatars. For children, the boundary is active for interactions with everyone they come in contact with and can't be modified. For teens, it is active only for people they don't know and can be managed by the teen, or by you via supervision.

Children and teens can use all of the safety tools available including pause, report, mute, block and poll to remove.

If your child is reported or if they report someone else, we'll notify the parent that manages the account and confirm the outcome of the report, in line with our privacy standards.

**Family Centre:**

View your child's followers, add or remove approved contact status for followers, or remove access to individual worlds or overall access to Meta Horizon Worlds at any time. You can also view your teen's followers if they have supervision enabled.

View a summary of the worlds your child has created or collaborated on and unpublish any worlds they have created.

View a full list of world collaborators and have the ability to remove your child as a collaborator on others' worlds.



## Co-play with children or teens

We've heard from parents across the globe that using co-play with their children is one of the easiest ways to engage with their child or teen to understand their use of immersive experiences. With the Meta Horizon mobile app ([iOS](#), [Android](#)), you can join your child's Meta Horizon Worlds session on Meta Quest.

### Follow these steps to try it out with [Kaiju City Showdown](#):

- Make sure that you and your child are following each other, and if your child is 10 to 12 years old (ages may vary by country), you'll want to make sure that you and your child are also [approved contacts](#). You'll need to approve your child's follow and contact request.
- Open the Meta Horizon mobile app to ensure that you are logged in with your account.
- Make sure that your child is in Kaiju City Showdown on their headset.
- Find your child in your social list within the mobile app and tap on them to join them inside the experiences.

# Conclusion

We hope that this guide is helpful and encourages you to explore our [Family Centre](#) and our dedicated [safety page for parent-managed Meta accounts](#) to learn more. Make sure that you check these resources often, as we often introduce additional tools to help create age-appropriate experiences on Meta Horizon. Also, take a look at [Meta Quest on the Meta Store](#) to learn more about its features and available experiences.



## Additional resources

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

[Meta Quest in the Meta Store](#)

[Responsible innovation at Meta](#)

[Parent-managed Meta account help articles](#)

[ConnectSafely Parent Guide](#)

 Meta