

In-App Sensory Settings

Social media can be harmful to children in many ways. Neurodivergent kids, even more. This one-page guide shows how to protect your child's sensory peace—in less than five minutes.



YouTube

Turn off Autoplay

Profile Picture → Settings → Autoplay → Toggle OFF.

Muted Feed Previews

Profile Picture → Settings → General → Playback in feeds → Set to OFF



Instagram

Less Sensitive Content

Profile → Menu → Content preferences → Sensitive content → Select Less

Quiet Mode

Profile → Menu → Notifications → Quiet mode → Toggle ON and set hours



TikTok

Restricted Mode

Profile → Menu → Settings and privacy → Content preferences → Restricted Mode → Turn ON.

Sound Filters

Profile → Menu → Settings and privacy → Content preferences → Filter video keywords → Add words/hashtags

Congratulations!

You've taken a wonderful first step toward a calmer digital space. While these quick app tweaks soften daily triggers, they work best when paired with system-wide protections. To build a complete sensory safety net on your child's device, explore our free Sensory-Safe toolkit..