

QUICK GUIDE

# VR COMFORT AND SAFETY

Whether you're thinking about getting a VR headset or you've had one for a while, you may be asking, how can I make sure my family has a positive experience in virtual reality? Today, we're sharing a list of tips and tools to help keep your teens safe and comfortable during their VR experience. All Meta Quest devices are designed for use only by people ages 13+ — that includes [Quest 2](#), the original Quest, and the Rift product line, so these guidelines are intended for teens between 13 and 17. To learn more, you can visit our online [Safety Center](#), [Health and Safety Warnings](#), and [blog post about keeping people safe in VR](#).

## 1. SUPERVISING YOUTH IN VR

Casting, Age-Appropriate Apps, Conduct in VR

## 2. PRIVACY TOOLS

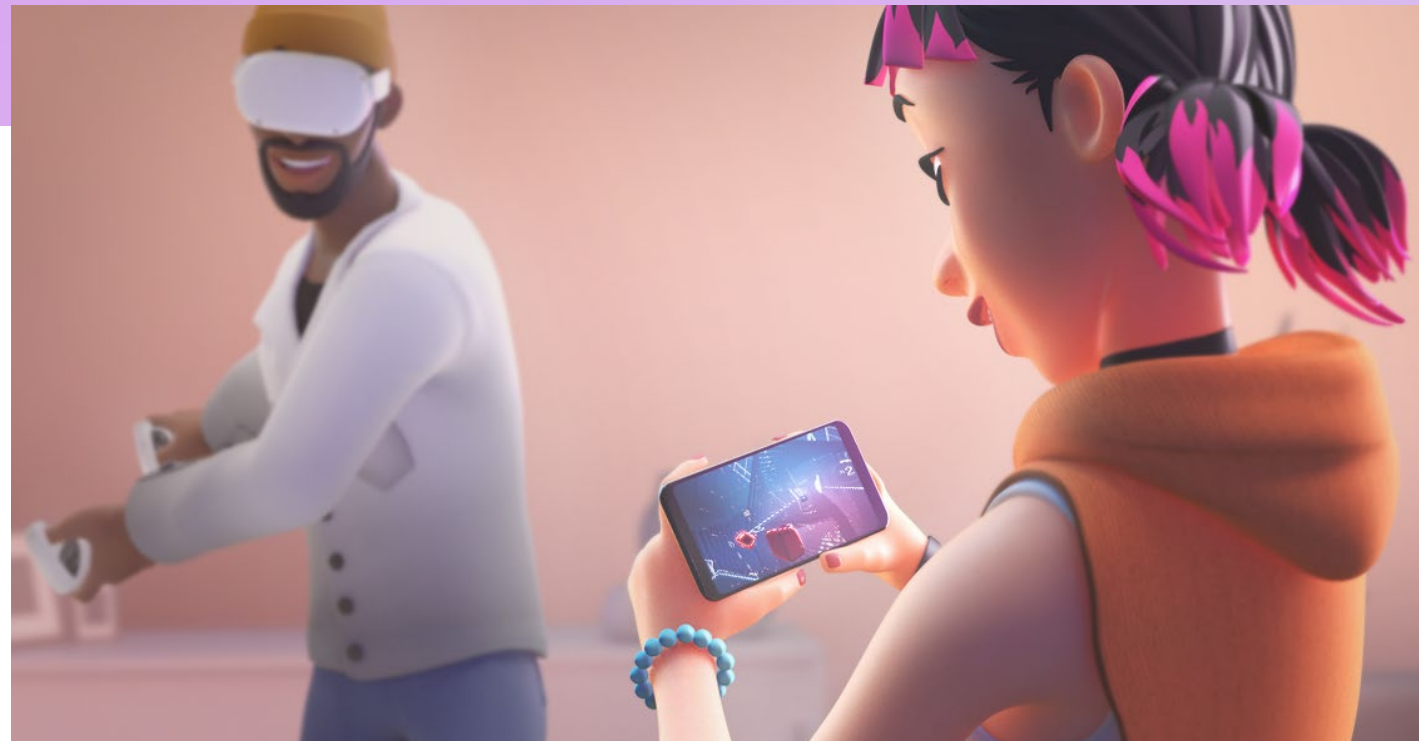
Account Privacy Settings, Multi-User Accounts & App Sharing

## 3. ENSURING A PHYSICALLY SAFE EXPERIENCE

Take Breaks, Guardian & Space Sense, Passthrough Shortcut, Comfort Ratings



# SUPERVISING YOUTH IN VR



## CASTING

Casting lets you stream what someone's seeing in a VR headset to a mobile phone, TV, or monitor. Casting can turn a solo gaming session into a social experience and also enable parents, guardians, and responsible adults to supervise their teens ages 13+ while in VR.

To start casting, you'll need your Meta Quest headset, a compatible casting device (like your TV, PC, or smartphone), and the Oculus app installed on your phone or PC. Casting is accessible through the headset's home menu, where you can select a compatible casting device on the same wireless network. Once linked, your TV, PC, or smartphone will display your headset's gameplay.

To learn more about casting, you can watch this [casting tutorial](#) or read more about [How to Cast with Quest](#).

## AGE-APPROPRIATE APPS

We're committed to helping everyone on our platform make well-informed purchasing decisions. That's why we use [International Age Rating Coalition \(IARC\)](#) ratings, a globally streamlined age classification process for digital games and mobile apps, on the Quest Store to give people trusted and familiar ratings for all our VR experiences.

All titles on the Quest Store must show [age and content ratings](#) assigned through the IARC rating process. This makes it easier for developers to get age and content ratings for their apps from multiple territories simultaneously. It also gives the people who use those apps a consistent set of familiar and trusted ratings that reflect their own cultural norms regarding content and age-appropriateness.



If you're in the US, Canada, or Mexico, for example, you should see ESRB ratings, like "E for EVERYONE," while in Europe or Israel, you should see PEGI ratings like PEGI 3, which is considered suitable for all age groups. This offers flexibility to parents to assess and tailor an individual experience for their teen on a case-by-case basis, using the IARC ratings as guidance.

For a full listing of IARC ratings definitions, please [click here](#).

You can find a game or app's IARC-assigned rating on its Quest Store listing page in VR, on the web, and in the Oculus mobile app.

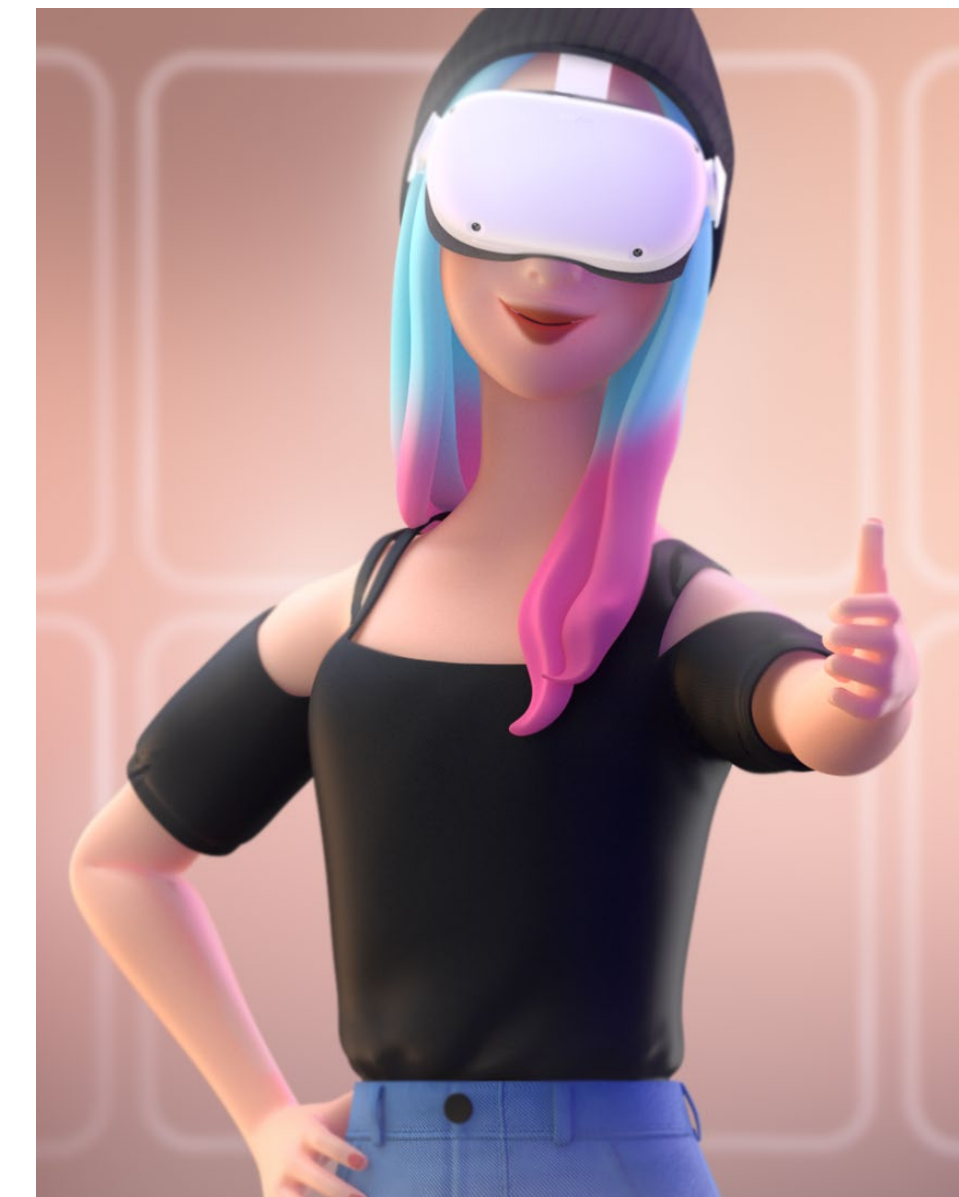
## CONDUCT IN VR

We give you the ability to report and block other people across all apps on Quest. Once you block someone, they won't be able to:

- Add you as a friend
- Invite you to a game or party
- Search for you

If we find that someone has violated the [Conduct in VR Policy](#) across Facebook or Meta Quest products, we may take action on their account, including temporarily restricting or suspending the account. For repeated or egregious offenses, we may permanently disable the account. If you or your teen notice someone is violating the Facebook Community Standards or the Conduct in VR Policy, you can report them in-headset or via an [online form](#).

[Click here](#) for more information.



# PRIVACY TOOLS

## ACCOUNT PRIVACY SETTINGS

Whether you're sharing a headset with your teen or they use their own, we encourage parents to talk to your teen about their privacy settings. Privacy settings can be viewed or changed in VR, in the Oculus mobile app, or online in the Profile section of [Privacy Center](#). They include:

- Who can see their real name in VR
- Who can see their Friend List
- Who can see their activity and active status in games and apps

For more information on Privacy Settings, please [click here](#).



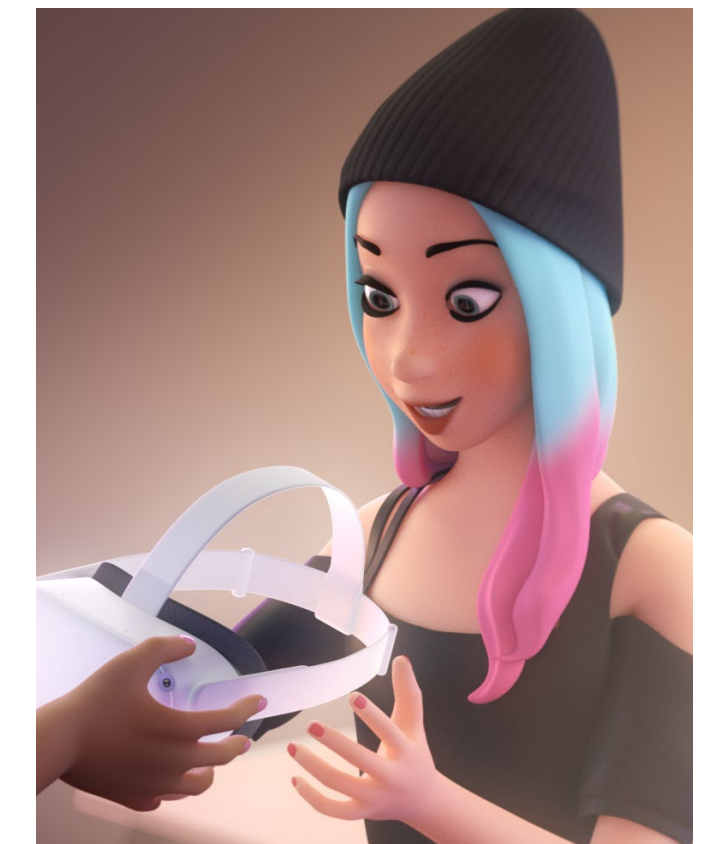
## MULTI-USER ACCOUNTS & APP SHARING

Last year, [we introduced Multi-User accounts and App Sharing](#) to make it easier to share your headset with friends and family. With Multi-User accounts and App Sharing, you're able to log into multiple accounts on a single headset and share Quest Store apps you've purchased between accounts. You can also maintain your own friend lists, browser history, privacy settings, PIN, and more—and even lock your account and saved passwords with an [unlock pattern](#) before handing your headset to friends or family. This gives you more privacy, including for your chats if you've logged into Messenger in VR. The PIN that you create for your account is also required for any purchases made in the Oculus App Store in VR, to ensure that you are the one making the purchase.

Using multiple accounts when sharing your headset with friends and family members helps to keep your account secure.

[Click here](#) for more details.

When Parental Supervision tools launch, you and your teen will also need to have separate accounts for the controls to be applied.



# ENSURING A PHYSICALLY SAFE EXPERIENCE

## TAKE BREAKS

We encourage you to ensure that your teen takes regular breaks while using VR, as advised in our [Health and Safety Warnings](#). When first starting out in VR, try using your headset for a few minutes at a time and increase the amount of time gradually as you get used to an experience. Take a break at least every 30 minutes when starting out, and always take a break if you feel any level of discomfort while in VR.

## PASSTHROUGH SHORTCUT

While you can always take off your headset for a break, Quest also offers a feature called Passthrough, which lets you see a real-time view of your real-world surroundings while still in-headset. With Passthrough Shortcut enabled in Settings, you can switch into Passthrough by simply tapping the side of your headset twice.

To learn more about Passthrough, [click here](#).

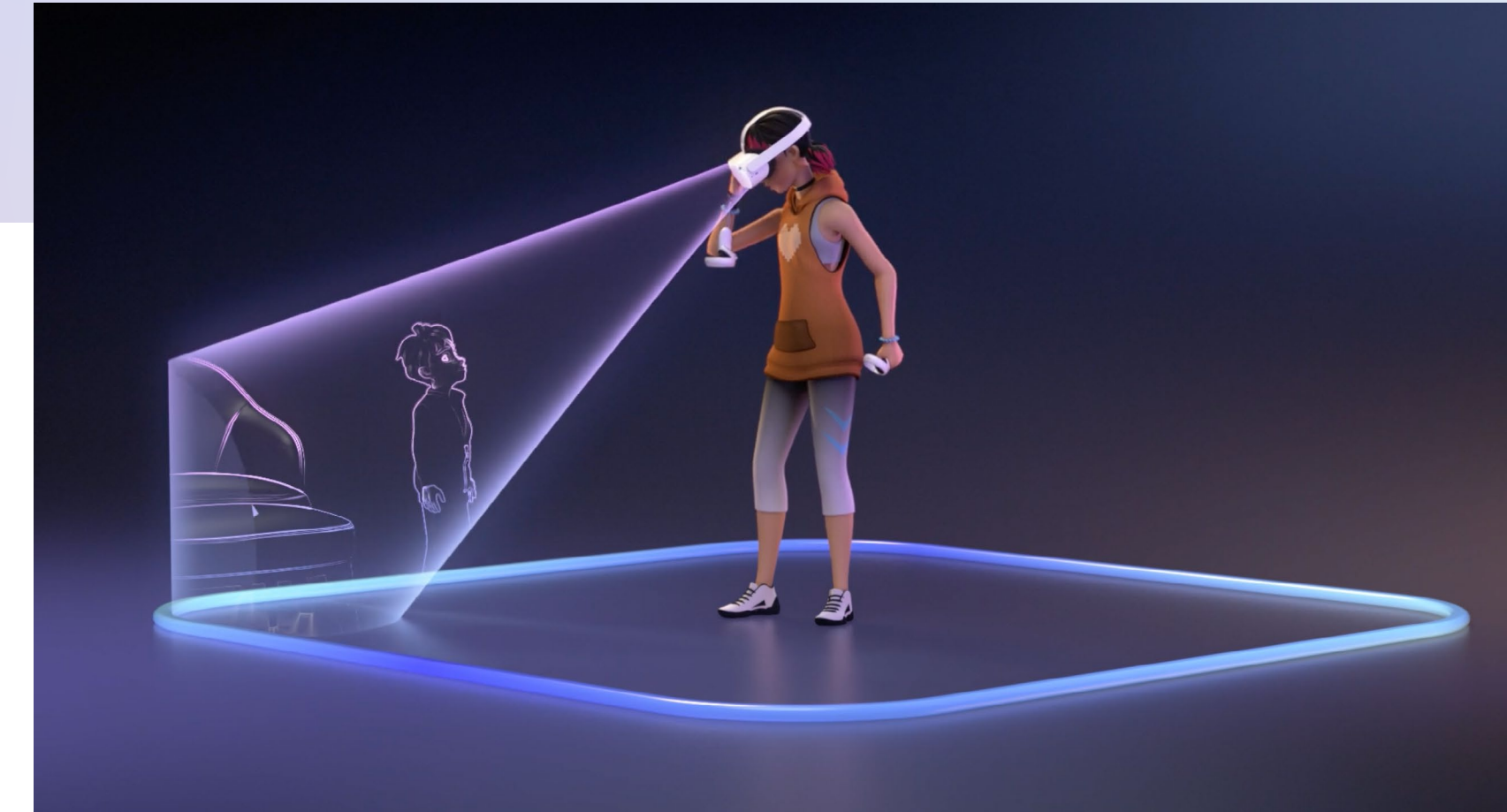
## GUARDIAN & SPACE SENSE

Talk to your teens and make sure they understand how to use our physical safety features like [Guardian and Space Sense](#).

Guardian is a built-in physical safety feature that lets you set up boundaries in VR that appear when you get too close to the edge of your play area. For optimum immersion and comfort, you can choose between

Stationary Mode (sitting or standing) and Roomscale, which is the use of a clear space to allow movement. Always choose an unobstructed space and clear your play area of objects that you won't be interacting with before putting on your headset. Make sure that you check for any obstructions you might hit with your arms outstretched, too.

Space Sense is an optional physical safety feature (which you can turn on through the Experimental Panel) that lets you see outlines of people, pets, and other large objects up to nine feet away that cross over the boundaries of your Roomscale Guardian and into your playspace.



## COMFORT RATINGS

All games and apps on the Quest Store come with Comfort Ratings ranging from Comfortable to Intense, which can help you identify the content that's best suited to your preferences and needs. People new to VR should generally start on the more Comfortable side of the scale as they learn what they like when moving and looking around in VR. You can find the Comfort Rating for a given game or app on its store listing page.

Comfortable experiences are appropriate for most people, as they generally avoid camera movement, player motion, or disorienting content and effects. Moderate experiences might incorporate some camera movement, player motion, or occasionally disorienting content and effects. Intense experiences are generally not advised for those who are new to VR. These experiences incorporate significant camera movement, player motion, or disorienting content and effects.