

Free Online Safety Guide

What Parents Need to Know About Oculus Quest

The Oculus Quest is an all-in-one gaming system for virtual reality. It requires no wires and no PC. Users can get going straightaway with just a headset and controllers, allowing them to play almost anywhere at any time. Despite being relatively new, it has become hugely popular and provides an immersive experience with realistic like gaming and entertainment features. That's why we've created this guide to help parents and carers understand exactly what the Oculus Quest is all about.

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What parents need to know about OCULUS QUEST

ONLINE VIRTUAL CHAT
When the online gaming platform, that means that children playing together can chat with a person whose identity may not be known to them, parents should be aware of the risks of online chat. There are a number of ways to protect your child from online chat, including using parental controls, setting up a safe chat environment, and ensuring that your child is not sharing personal information.

PHYSICAL INJURIES
Wearing a virtual reality headset can lead to physical injuries. Parents should be aware of the risks of physical injuries, such as neck pain, dizziness, and motion sickness. It is important to ensure that the headset is worn correctly and that the child is not using it for too long.

MOTION SICKNESS & SEIZURES
The health and safety warning that comes with the Oculus Quest headset states that the headset is not recommended for use by people who are prone to motion sickness or seizures. Parents should be aware of these risks and ensure that their child is not using the headset if they are prone to these conditions.

INTENSITY RISK
The Oculus Quest headset is rated as a '13+' game. This means that it is not suitable for children under the age of 13. Parents should be aware of the intensity of the game and ensure that their child is not using it if they are under the age of 13.

OVERUSE CONCERNS
Overuse of the Oculus Quest headset can lead to a number of concerns, including eye strain, neck pain, and dizziness. Parents should be aware of these risks and ensure that their child is not using the headset for too long.

Safety tips for parents

- TAKE REGULAR BREAKS**
It is important to take regular breaks when using the Oculus Quest headset. Parents should ensure that their child is not using the headset for more than 15-20 minutes at a time.
- TRY IT YOURSELF**
Parents should try the headset themselves to ensure that it is worn correctly and that they are aware of the risks of physical injuries.
- ENSURE CORRECT SETUP**
The Oculus Quest headset should be worn correctly to ensure that it is comfortable and that the child is not using it for too long.
- USE GAME COMFORT RATINGS**
Parents should be aware of the game comfort ratings and ensure that their child is not using a game that is not suitable for them.
- LIMIT EXPOSURE TIME**
Parents should limit the amount of time that their child spends using the Oculus Quest headset to 15-20 minutes at a time.

Meet our expert: Mark Foster, gaming expert, provides advice on how to use the Oculus Quest headset safely.

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The Oculus Quest is the first 'all-in-one' gaming headset released by Oculus. It can offer hours of entertainment for children who can soon find themselves exploring the latest virtual world. But how does it work? What features does it offer? And should parents have any safety concerns? Find out with this guide.

Created by gaming expert, Mark Foster, this guide will aim to provide parents and carers with an understanding of how the Oculus Quest works and what it offers beyond just gaming. As always, the guide also provides a number of useful tips for parents and carers to consider around safe use of the headset. Click the button below to access your free guide now.

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