

Parents Online Safety Hub (POSH)

One Standard. Same Boundaries. Safer Families.

Meta Quest VR Safety Checklist (V3)

- Open account or device settings.
- Set account to Private where possible.
- Restrict messaging to Friends Only.
- Disable public chat or comments.
- Turn off location sharing.
- Enable two-factor authentication (2FA).
- Review contacts/followers monthly.
- Report suspicious behaviour immediately.

Emergency: If a child is in immediate danger call 000.

Built in Victoria • Designed for Australia • 2026-02-18 • VERSION 3