# WEBSITE QUIZ: PARENTS

*1      What is the recommended minimum age for VR headsets?*

A) 6+
B) 8+
C) 13+
D) 15+

Answer: C

Apple's Vision Pro and Meta's older headsets are designed to be used by children 13+. Meta's Quest 2 and 3 are the only headsets designed to be used by children 10+.

*2      What is biometric data?*

A) Credit card information
B) Facial expressions and eye movements
C) Names
D) Ages

Biometrics are a person's body measurements and characteristics; essentially, it is a person's personal information that makes them identifiable. Traditionally, they are used in government IDs, but their uses with technology have grown over the past few years. A good example of this is facial recognition technology.

*3      Why is biometric data more sensitive than other types of data?*

A) Because it can be used to reveal intimate information about the person
B) Because it can be combined with other data to deanonymize a person's identity
C) Because it is unique to every individual
D) All of the above

Answer: D

Biometrics data carry incredibly personal information about a person. In a recent study by the University of California, Berkeley, researchers analyzing just 200 seconds of data could identify a single person out of more than 50,000 VR users with more than 94% accuracy. In another study, researchers determined that they could determine personal information such as marital status, employment status, and ethnicity with more than 70% accuracy.

*4      What are the major privacy concerns associated with XR technologies?*

A) They collect extensive biometric data on the user
B) They collect data on a user's surroundings
C) Data captured by XR technologies can be shared to third-parties

D) All of the above

Answer: D

XR technologies require extensive user data to function on a basic level. This includes a user's biometrics and surroundings.

**5      How can XR technologies inadvertently collect data from non-users?**

A) By intercepting phone calls
B) Through the "bystander effect"
C) By hacking into personal email accounts
D) With satellite surveillance

Answer: B

XR technologies, especially those with cameras and sensors, can inadvertently collect data about individuals who are nearby but not directly using the device. These individuals are not alerted to the fact that their data is being collected. This is especially an issue for children whose parents or siblings use XR devices nearby.

**6      What does "informed consent" require in technology?**

A) Adequate information
B) Voluntariness
C) Competence
D) All of the above

Answer: D

Informed consent requires all three of these factors to be valid. This is especially important for XR devices because of the sensitive nature of the information collected.

**7      Why can XR technologies affect children differently than adults?**

A) Children are less likely to use XR products
B) Children's data is less valuable
C) Children prefer traditional games over XR games
D) Children may not fully understand the privacy implications of XR technologies

Answer: D

Children might not grasp the full extent of privacy risks associated with XR technologies and are unlikely able to provide informed consent to their data collection.

**8      Should parents activate parental controls on their children's XR devices?**

A) Yes
B) No

Answer: A

Both Apple and Meta allow parents to block certain games and apps that they believe to be inappropriate for their children to play, and this option is crucial for children's safety in the metaverse. Certain games, such as Meta's Horizon Worlds, has X-rated spaces that are unsafe for children to be in. By turning on parental controls, parents can ensure children are not being exposed to such content.

**9      Which XR technology overlays digital information on the real world?**

A) Virtual Reality—VR
B) Augmented Reality—AR
C) Mixed Reality—MR
D) Digital Reality—DR

Answer: B

AR technology overlays digital information, such as images, text, and animations, onto the real world, enhancing but not replacing the user's reality. Popular examples include Pokémon Go and Snapchat Filters.

**10      How are XR technologies used today?**

A) Gaming
B) Health
C) Shopping
D) All of the above

Answer: D

XR technologies are famously used in gaming: Minecraft and Roblox recently developed Meta Quest-compatible VR games. However, they can also be used to virtually treat patients and try on clothes.

**11      Why do VR experiences feel so life-like?**

A) The devices provide haptic feedback
B) The image quality is better than TVs
C) They produce 3D videos
D) Developers spend a lot of time rendering perfect images

Answer: A

When in a VR experience, your body receives "haptic feedback" that feels life-like. For example, if you get shoved in VR, your body will respond the same way it would in real life.

**12      Worldwide, how many people use VR regularly?**

A) 10 million
B) 17 million
C) 120 million
D) 171 million

Answer: D

With so many users worldwide, it is more important than ever to ensure your child interacts with this new medium safely with their privacy in mind.

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**1–4 Correct Answers: Not Great**

As a recommendation to parents, if your score was four or less on our quiz, we suggest familiarizing yourself further with XR technology before letting your children engage with it. This is important for safeguarding both their privacy and yours. Given the heightened privacy concerns associated with this technology, it's important to be aware of what your child might be exposed to, particularly regarding the collection of biometric data. To help you understand the potential risks and to make informed decisions about your children's use of XR, we've compiled a list of helpful resources below:

- CIPPIC's Guide for Parents in Virtual Reality [insert link to one-pager]
- Common Sense's Privacy of Virtual Reality
- ConnectSafely's Metaverse and Virtual Reality Safety Tips for Parents

Generally, you should follow the following steps before allowing your children to use such devices:

1. Make sure your child is the minimum age required by the device
2. Inform your child of the various privacy risks that are involved with using XR technology
3. Turn on parental controls

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**5–8 Correct: Pretty Good!**

If your score was between five and eight, you've made a good start in understanding the risks linked to XR technology. Nonetheless, it's always beneficial to refresh your knowledge on privacy concerns, especially regarding biometric data collection. XR companies gather extensive data on both you and your children. CIPPIC's Guide for Parents in Virtual Reality [insert link to one-pager] offers a comprehensive overview of what you should be aware of. This guide can serve as a valuable resource in further educating yourself and ensuring the safety and privacy of your family in the virtual realm.

Here are some recommendations to follow before allowing your children to use such devices:

1. Make sure your child is the minimum age required by the device
2. Inform your child of the various privacy risks that are involved with using XR technology
3. Turn on parental controls

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**9–12 Correct: XR Expert**

Congratulations! If you scored over eight on our quiz, you have good knowledge of the risks associated with XR technologies. You understand that XR technologies capture a breadth of data on your child's activities and that it is important to take certain steps to mitigate as many privacy risks as possible. If you need a refresher, check out CIPPIC's Guide for parents in Virtual Reality [insert link to one-pager]. Otherwise, ensure you keep up with the following tasks:

1. Make sure your child is the minimum age required by the device
2. Inform your child of the various privacy risks that are involved with using XR technology
3. Turn on parental controls

# WEBSITE QUIZ: KIDS and TEENS

**1. What kind of Extended Reality (XR) technology completely immerses you inside a video game's world?**

A) Mixed Reality (MR)
B) Augmented Reality (AR)
C) Virtual Reality (VR)
D) Extended Reality (XR)

Answer: C.

VR devices make it feel like you are inside a virtual world. AR devices are different in that they capture the real world and overlay it virtual images to create a unique experience. Mixed Reality (MR) mixes both VR and AR, adding interactive elements from the digital world to augment the real-world elements present.

**2. True or False: Extended Reality technologies are only used in video games.**

True
False

Answer: FALSE

Extended Reality technologies have many every-day applications beyond video games. As the technology improves, XR technologies are increasingly used in education, healthcare, and retail.

**3. How old do you have to be to use Apple's Vision Pro headset?**

A) 8+
B) 12+
C) 13+
D) 15+

Answer: C

The minimum age to use Apple's Vision Pro is 13.

**4. VR headsets and other types of Extended Reality (XR) technology need to collect information about you and your surroundings to function properly. Some things they analyze can include:**

A) What you say
B) What's around you
C) Where you're looking
D) All of the above

Answer: D

Let's take the Vision Pro as an example. It acts like a pair of glasses that sees your surroundings and lets you visually adjust them by simply looking at them, moving your hands, or speaking. To open an app, all you need to do is look at it; to scroll through your apps you just need to wave your hand. The headset keeps track of what you do and how you do it and uses that information to respond accordingly, allowing you to access a virtual world no one else can see.

### 5. What is biometric data?

A) information about the biodiversity of a person's region
B) information about people's physical or behavioural characteristics
C) financial information (credit card numbers, bank account numbers, etc.)
D) personal information, like someone's name or age

Answer: B

Biometric data is a term for details that make you unique, like your fingerprints, the way your face looks, the patterns in your eyes, or even the way you walk. Extended reality devices are getting better at understanding which elements of biometric data make people unique, and can describe you very accurately.

### 6. What makes biometric data different than other types of personal data or information?

A) It can be used to reveal information that someone may want to keep private
B) It is unique to every individual
C) It can be combined with other types of personal data to reveal a person's identity
D) All of the above

Answer: D

Biometric data can tell us lots about a person. Scientists can use AI to look at how someone moves for 200 seconds and can pick out one person from a group of over 50,000 people 94% of the time. And that's not all; by studying this kind of information, researchers can guess things like where someone comes from, if they're married, what kind of job they have. Their guess is right 70% of the time.

### 7. What privacy issues should you watch out for when using Extended Reality (XR) gadgets?

A) They might share your secret info with others.
B) They learn a LOT about you, even where you are and what's around you.
C) They notice and remember how you look and move.
D) All of these are true.

Correct Answer: D

All these answers explain why it is important to be careful when sharing personal information with Extended Reality apps. XR devices need to know a lot of personal information about users in order to work properly, which is why you should be aware of what they learn about you and how they can use that information before you use them. For example, Apple's Vision Pro does not let anyone see your data without your express permission. On the other hand, because not all XR devices are as careful about safeguarding your information, it is important that you understand the impact sharing your information with these devices can have.

**8. What is the term for when your Extended Reality device captures information about the people around you?**

A) Trick question! They cannot collect someone's data if they are not using the device
B) The creepy effect
C) The bystander effect
D) The spy effect

Answer: C

When you're using an Extended Reality device, it's not only paying attention to you. It can collect information about anyone who's around you, including your friends and family. This is called the bystander effect.

**9. True or False: You should let your parents should turn on the 'parental control' option on all Extended Reality devices.**

True
False

Answer: TRUE

Often, these technologies ask for permission to collect information about us, the users. Deciding which information is safe to share can be hard for everyone. That's why it's a good idea to talk to a trusted adult about your concerns before you share any personal information with your new XR device.

**10. True or False: Kids can understand all the risks of using XR technologies all alone.**

True
False

Answer: FALSE

Although you might think you understand all the risks and consequences of letting technologies collect information about you, there might be things that you haven't considered. This is why it is important to talk to a trusted adult to understand the terms and conditions before you agree let your device collect information about you.

*11. True or False: When you become an adult, all the information collected about you as a child or that you posted online is automatically deleted.*

True
<mark>False</mark>

Answer: FALSE

As we get older, we all learn and change a lot. Information from our childhood days doesn't automatically disappear when we turn 18. This is equally true for information you post online and for information your XR devices collect about you while you game.

*12. What is the best way to protect your private information when using Extended Reality headsets?*

A) Just say "yes" to all the privacy stuff without reading it or asking an adult.
B) Try to figure out all the privacy rules on your own and then agree to them without chatting with an adult.
<mark>C) Work with a trusted adult to read through the privacy policy and settings and learn about them before accepting the terms and conditions.</mark>
D) None of the above.

Answer: C

Talking openly and honestly with adults you trust is the best way to keep your privacy safe while using Extended Reality (XR) technologies. You might not always understand the risks associated with sharing your personal information with extended reality devices. If you don't completely understand the risks of sharing your data, it is impossible for you to consent to it. This is why it is important to talk to a trusted adult before sharing your personal information with your devices: not only is an opportunity for you both to learn from each other, it can help you better protect yourself as you explore virtual reality.

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**1-4 Correct: Keep Learning!**

If your quiz score was under four, it's a sign to dive deeper into understanding Extended Reality (XR) technology before jumping in. Checking out the CIPPIC Guide For Children in Virtual Reality [insert link here]can be a great start. Also, having a chat with a trusted adult about your privacy before you accept the terms and conditions is an important step.

Here are a few things to keep in mind that will help you protect your personal information online:

1. **Check the Age Guidelines:** Make sure your app's virtual world is meant for you.
2. **Chat about it:** Talk to a trusted adult about privacy risks before diving into your XR device's apps.
3. **Activate Parental Controls:** You may think you won't like this step, but parental controls can help protect you from things you don't want to see online and can help you stay focused on your game. You should turn them on every time you enter XR.

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**5-8 Correct Answers: You're Doing Pretty Good!**

If you scored between five and eight on our quiz, you have done an okay job informing yourself on the risks associated with XR technology. CIPPIC's Guide for Children in Virtual Reality [insert link here] is a great starting place to learn all about your privacy in extended reality.

Here are a few things to keep in mind that will help you protect your personal information online:

1. **Check the Age Guidelines:** Make sure your app's virtual world is meant for you.
2. **Chat about it:** Talk to a trusted adult about privacy risks before diving into your XR device's apps.
3. **Activate Parental Controls:** You may think you won't like this step, but parental controls can help protect you from things you don't want to see online and can help you stay focused on your game. You should turn them on every time you enter XR.

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**9-12 Correct: You're an XR Expert!**

If your quiz score was above 8, you're on the right track with understanding the risks linked to XR technology. To boost your knowledge even further, check out CIPPIC's Guide for Children in Virtual Reality [insert link here].

Here are a few things to keep in mind that will help you protect your personal information online:

1. **Check the Age Guidelines:** Make sure your app's virtual world is meant for you.
2. **Chat about it:** Talk to a trusted adult about privacy risks before diving into your XR device's apps.
3. **Activate Parental Controls:** You may think you won't like this step, but parental controls can help protect you from things you don't want to see online and can help you stay focused on your game. You should turn them on every time you enter XR.