Strava Parental Controls
Controls & settings guide

Within your child's Strava profile, you can change the settings to protect their privacy, hide their location and prevent contact with strangers.
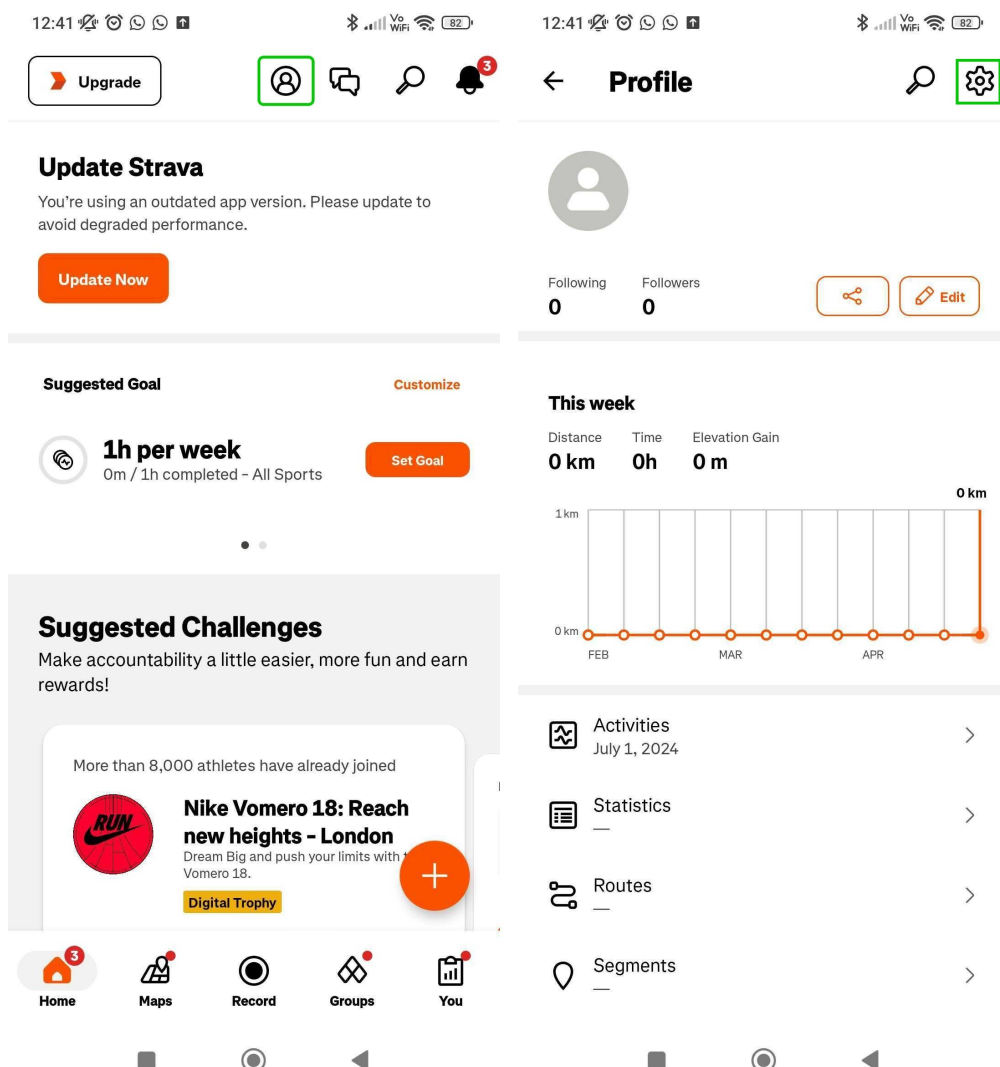
1 How to access Privacy Controls

To begin setting controls on your child's Strava profile, you must first access their Privacy Controls on the Strava app.

To access Privacy Controls on Strava:

Step 1 – Open the **Strava app** and click the **profile button** at the top of the screen.

Step 2 – On the profile page, click the **gear icon** in the top right corner.

Step 3 – Within **Settings**, scroll down and select **Privacy Controls**.

Step 4 – You are now in the **Privacy Controls** menu, where you can begin making changes to your child's privacy settings on Strava.
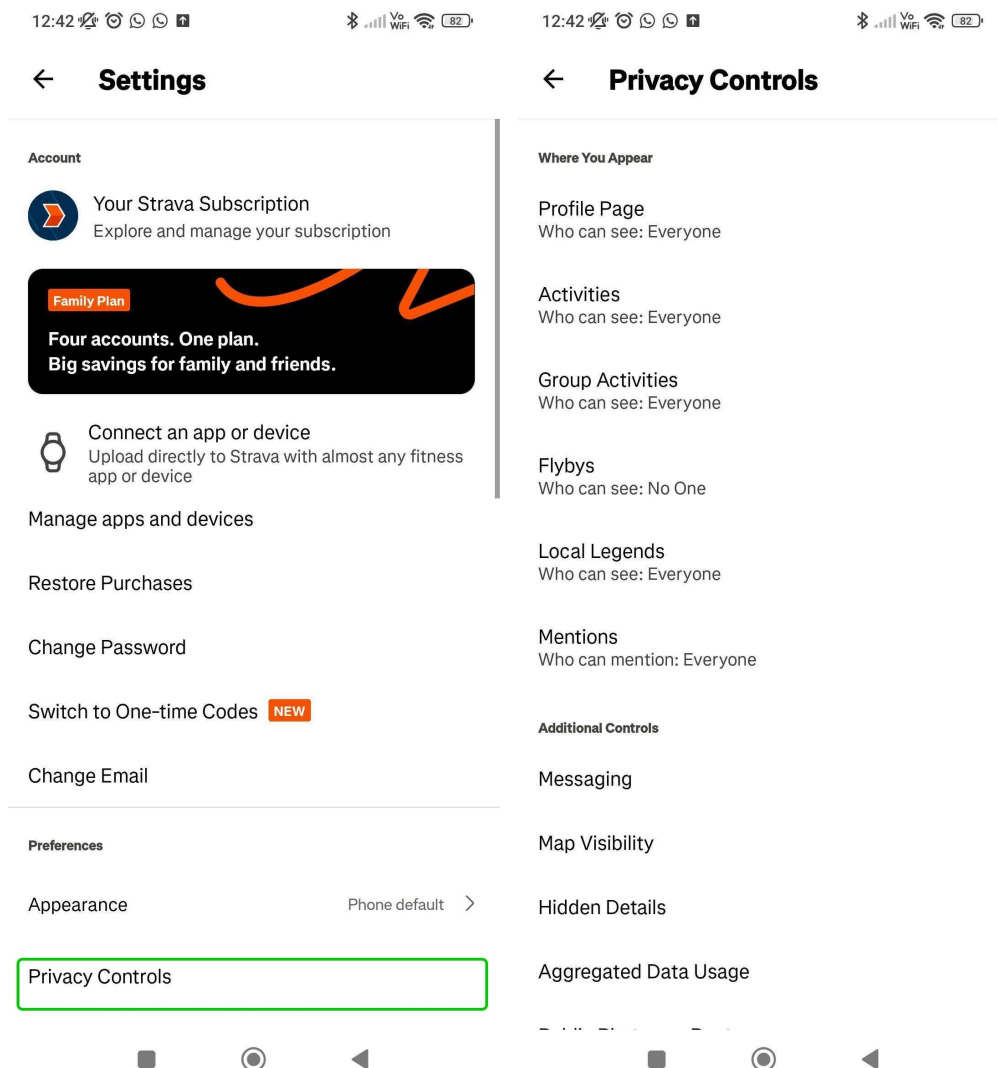

2 Changing Profile Page privacy

In **Privacy Controls** you can edit who can view your child's full Profile page. Using this settings, you can prevent strangers from seeing your child's activities, photos and stats.

To change Profile Page privacy:

Step 1 – From the **Privacy Controls** screen, select **Profile Page**.

Step 2 – Inside the **Profile Page** section, you can choose who can view your child's profile, with a choice of **Everyone** or **Followers**.

Step 3 – For maximum privacy, select the **Followers** option. This will mean only approved followers of your child's Strava profile will be able to view their information.
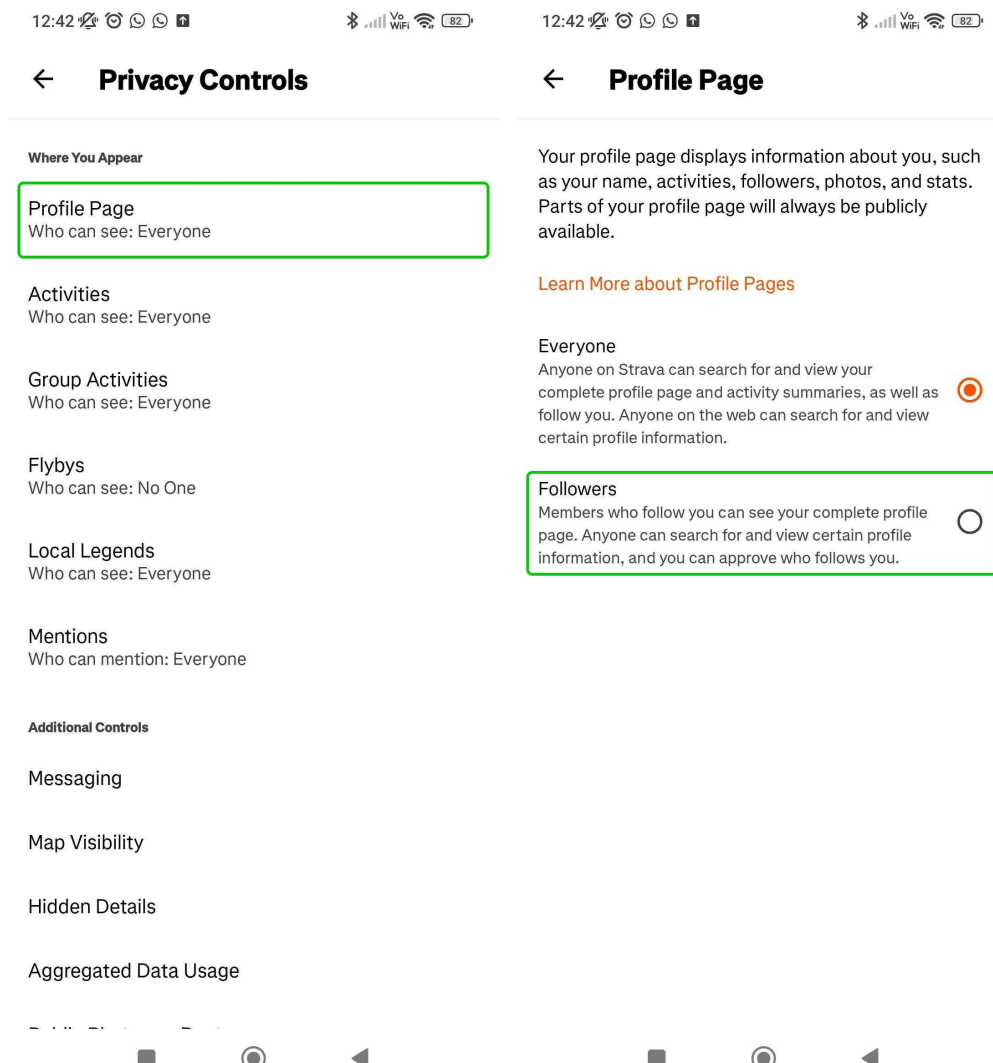

3 Managing who can see Activities

Strava records user's activities, such as runs and workouts, and gives user's the option to share the statistics of their activity.

To manage who can view Activities:

Step 1 – From the **Parental Controls** menu, click **Activities**.

Step 2 – On the **Activities** screen, you can choose who can view your child's activites, with the options of **Everyone**, **Followers** or **Only You**.

Step 3 – For maximum privacy, select **Only You**. This means that only your child can view their own activites. No other Strava users will be able to see what activities your child has done.
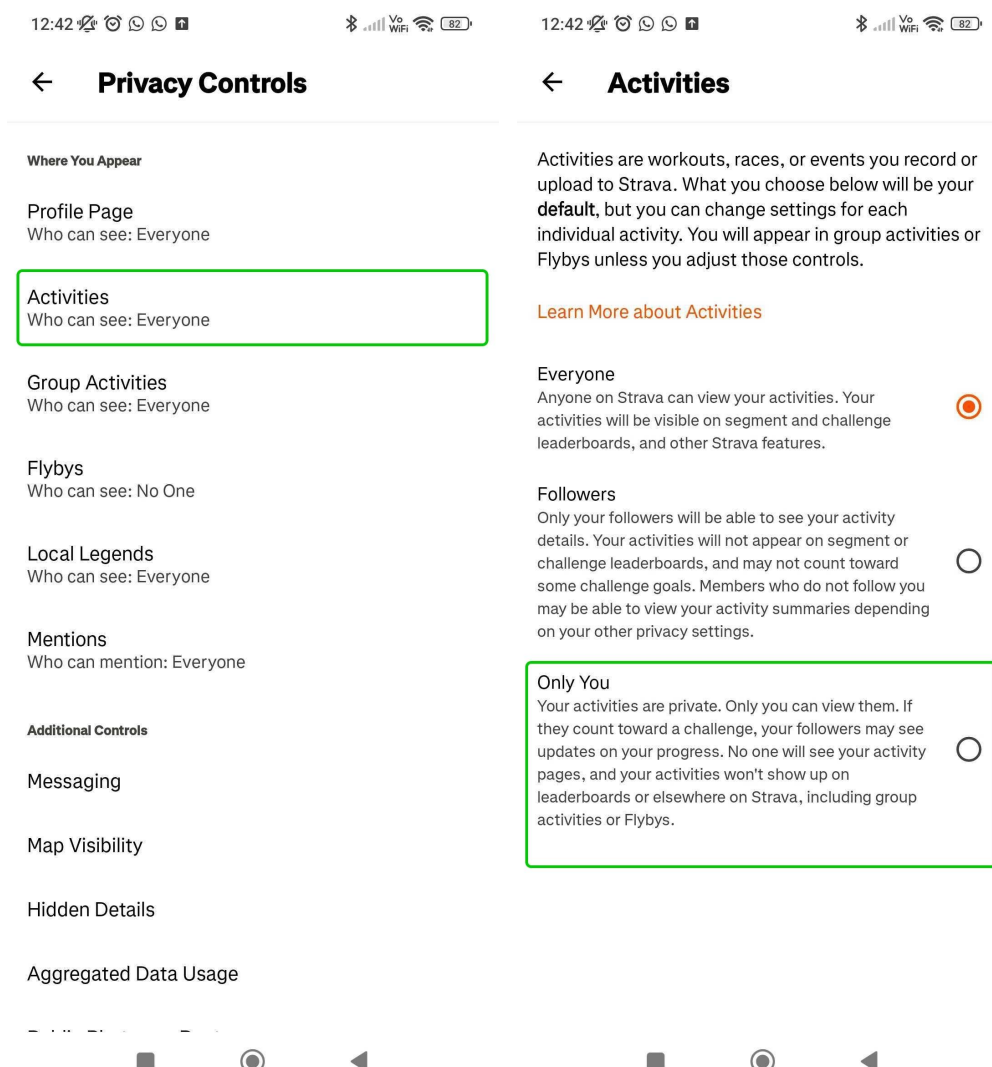
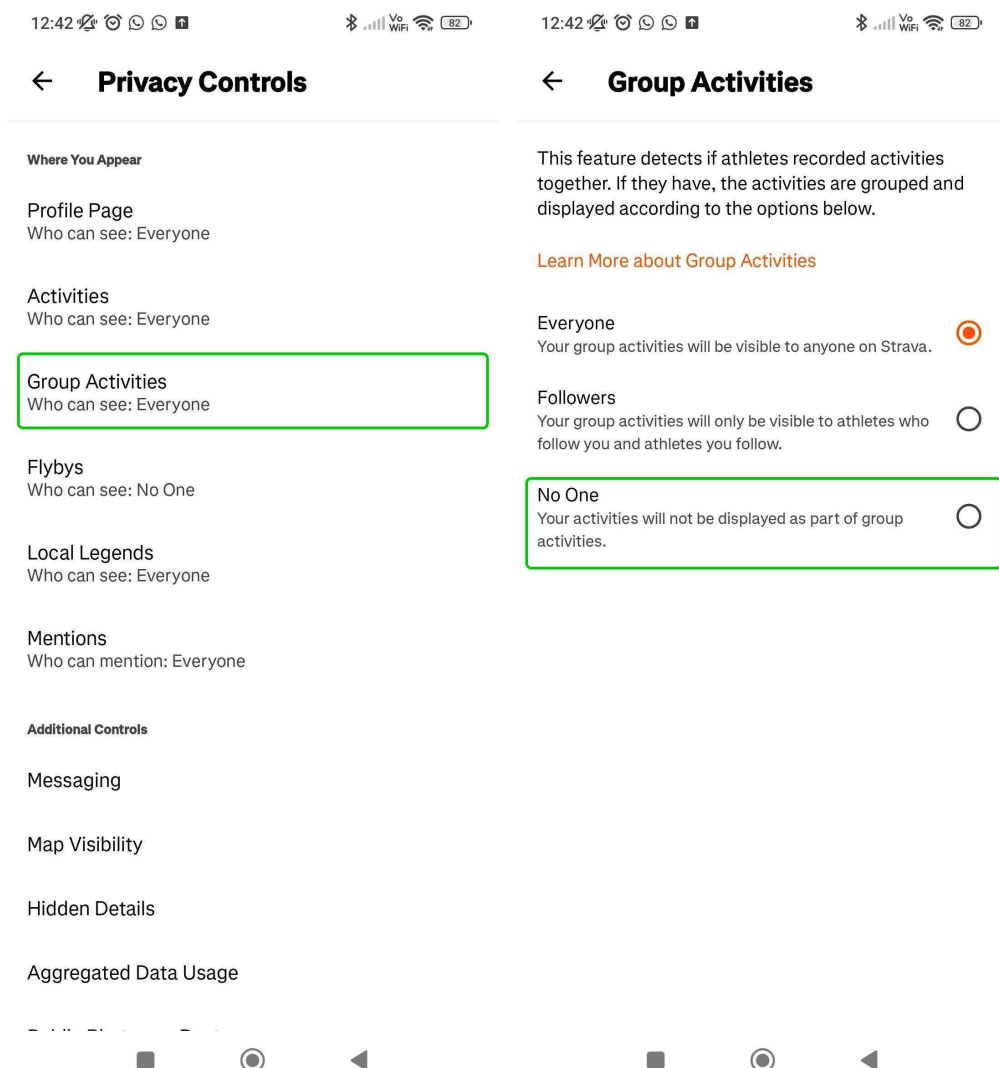**4** **How to change Group Activity settings**

In addition to solo activities, Strava can also identify if users recorded an activity together, and group these as group activities. If you do not want your child sharing group activities, you can turn them off in the Parental Controls settings.

To edit Group Activity settings:

Step 1 – From **Parental Controls** screen, navigate to **Group Activities**.

Step 2 – Inside **Group Activities** you can decide who can view group activities that your child is involved in. You can choose between **Everyone** being able to view them, only **Followers** being able to view your child's group activities, or **No One**.

Step 3 – For maximum privacy, select **No One**. This will stop your child's activities being viewed as Group Activities.

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← **Privacy Controls**

Where You Appear

Profile Page
Who can see: Everyone

Activities
Who can see: Everyone

Group Activities
Who can see: Everyone

Flybys
Who can see: No One

Local Legends
Who can see: Everyone

Mentions
Who can mention: Everyone

Additional Controls

Messaging

Map Visibility

Hidden Details

Aggregated Data Usage

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← **Group Activities**

This feature detects if athletes recorded activities together. If they have, the activities are grouped and displayed according to the options below.

Learn More about Group Activities

Everyone
Your group activities will be visible to anyone on Strava.   ⦿

Followers
Your group activities will only be visible to athletes who follow you and athletes you follow.   ○

No One
Your activities will not be displayed as part of group activities.   ○
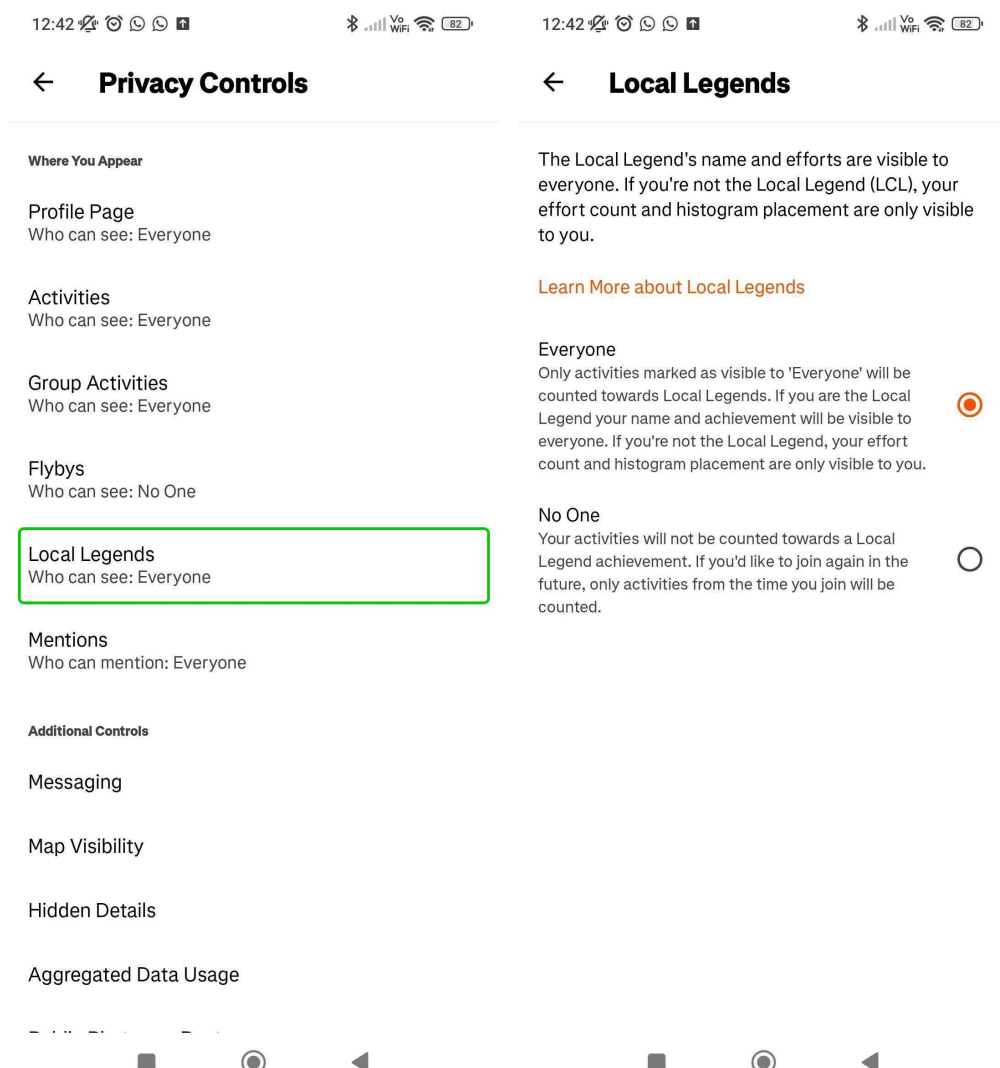
5 Manage Local Legend settings

On Strava, there is a feature called 'Local Legend' which recognises the user that has completed the most activities in a specific area over a 90-day period. Other users can see who the Local Legend is for each area. If you do not want your child's profile to be shown to everyone if they achieve Local Legend status, you can stop this using the Parental Control settings on the app.

To change Local Legend settings:

Step 1 – In the **Parental Controls** menu, click **Local Legend**.

Step 2 – Inside the **Local Legend** section, you can choose whether **Everyone** can view your child's name if they become Local Legend, or select **No One** so that your child is not included in the Local Legend leaderboard.

If you live in a populous area with lots of Strava users, it is unlikely that your child will be Local Legend. However, if they did become Local Legend, it could give strangers and idea of where you live, as most people run close to their homes. Because of this, it is advisable that you set Local Legend settings to **No One**.

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← **Privacy Controls**	← **Local Legends**

Where You Appear

Profile Page
Who can see: Everyone

Activities
Who can see: Everyone

Group Activities
Who can see: Everyone

Flybys
Who can see: No One

Local Legends
Who can see: Everyone

Mentions
Who can mention: Everyone

Additional Controls

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Hidden Details

Aggregated Data Usage

The Local Legend's name and efforts are visible to everyone. If you're not the Local Legend (LCL), your effort count and histogram placement are only visible to you.

Learn More about Local Legends

Everyone
Only activities marked as visible to 'Everyone' will be counted towards Local Legends. If you are the Local Legend your name and achievement will be visible to everyone. If you're not the Local Legend, your effort count and histogram placement are only visible to you.

No One
Your activities will not be counted towards a Local Legend achievement. If you'd like to join again in the future, only activities from the time you join will be counted.

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6   How to manage Mentions

You can use Strava settings to manage who can mention and tag your child's
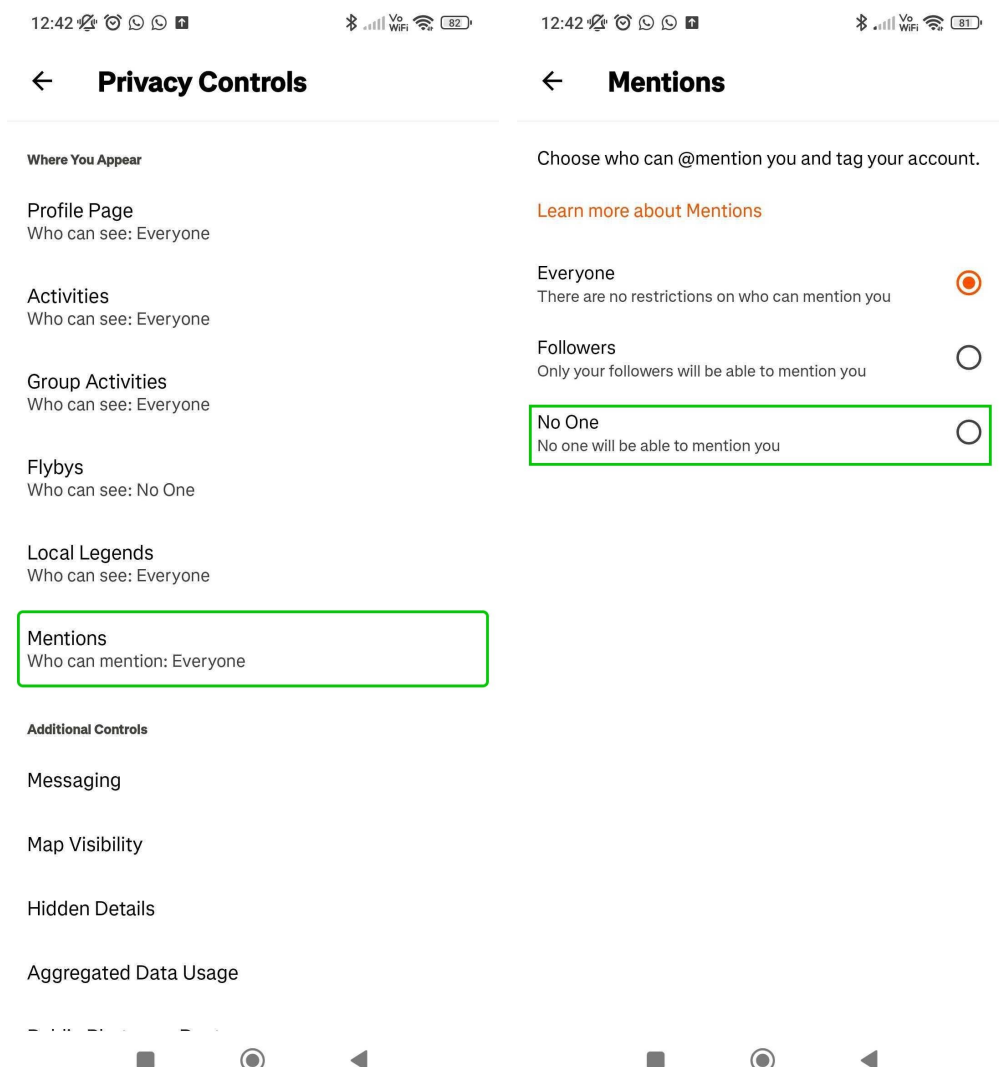
account.

To manage Mentions:

Step 1 – From the **Parental Controls** menu, select **Mentions**.

Step 2 – Inside **Mentions** you can choose who can tag or mention your child's account, with the options of **Everyone**, **Followers** and **No One**.

It's advisable that you set it so only your children's approved followers can mention them, or no one at all.
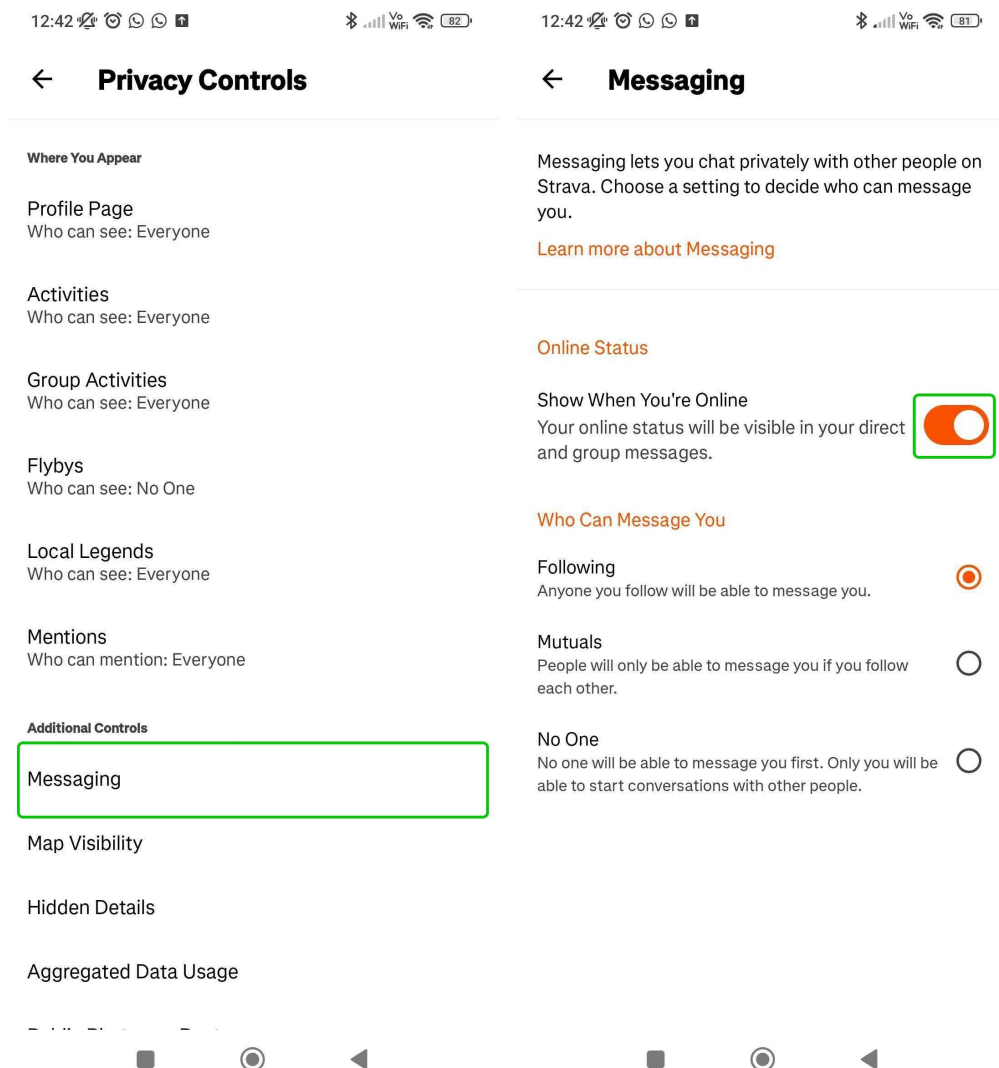
7 Editing Messaging settings

Strava has many social features, which includes the ability to message other users. Users can use the app's settings to hide their activity in group chats and set who can message them.

To edit messaging settings:

Step 1 – On the **Parental Controls** screen, scroll down to **Additional Controls** and click **Messaging**.

Step 2 – To hide online activity, click the **toggle** under the **Online Status** section.

Step 3 – You can edit who can message your child. You can choose if anyone your child is **Following** can message them, if **Mutuals** can message, or if **No One** can message them.

Setting messaging to **No One** is the safest option. Your child can still start conversations with others.
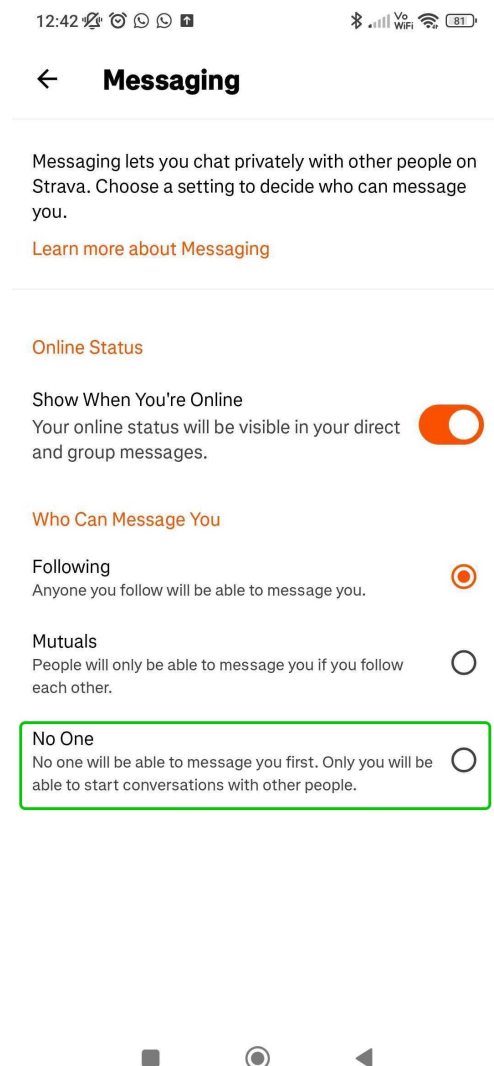

8   Managing Map Visibility

When users finish an activity, Strava automatically creates a map of the route taken. Strava gives you the option to hide where activities start and end, or hide your activity maps from others altogether.

To manage Map Visibility:

Step 1 – On the **Parental Controls** screen, select **Map Visibility**.

Step 2 – Within the **Map Visibility** menu you can hide your child's activity start and end points, or hide their activity maps from others.
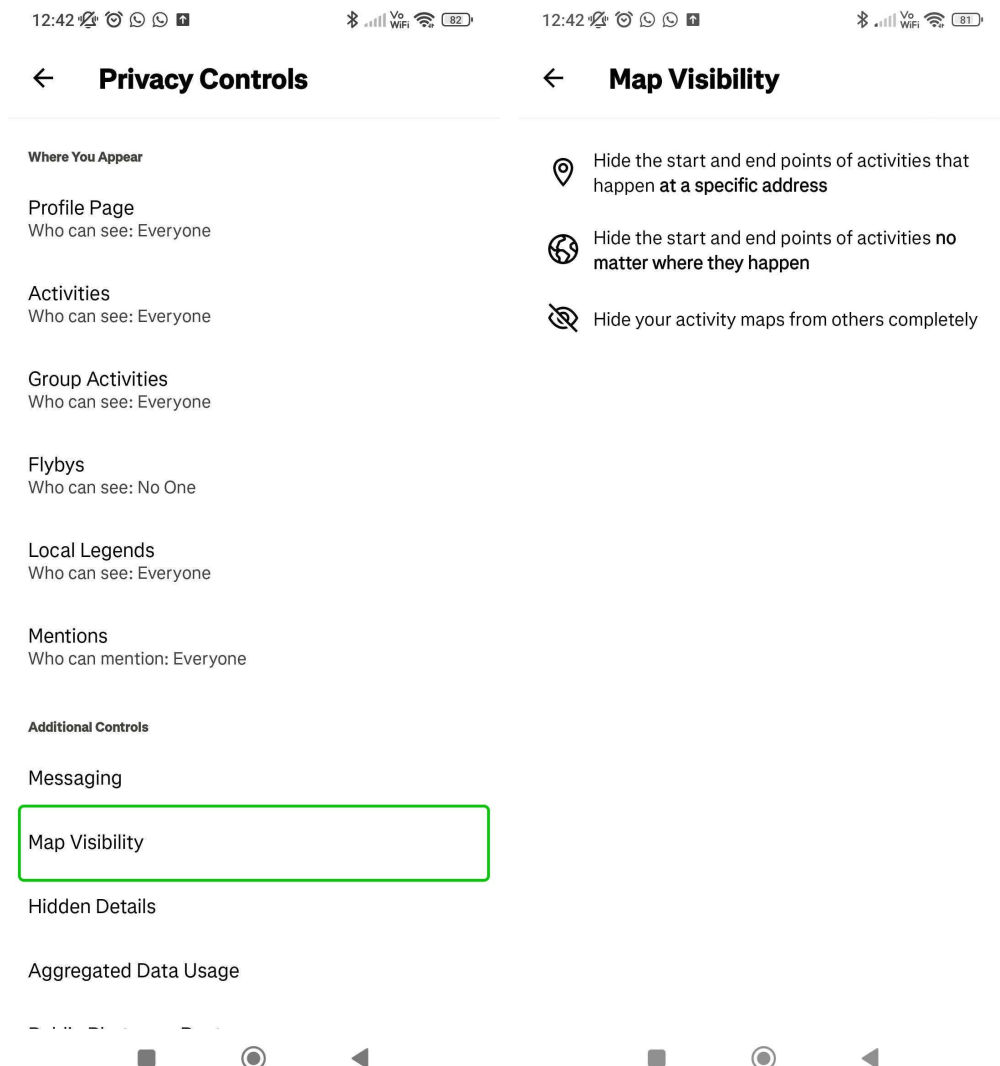

Step 3 – To hide your child's start and end points for a specific address, click the first option with the **pinpoint icon**.

Step 4 – In the **Hide a Specific Address** screen, you can hide a specific address by typing the address in the top **textbox**, and then using the **slider** to set how far a radius from this location should be hidden.
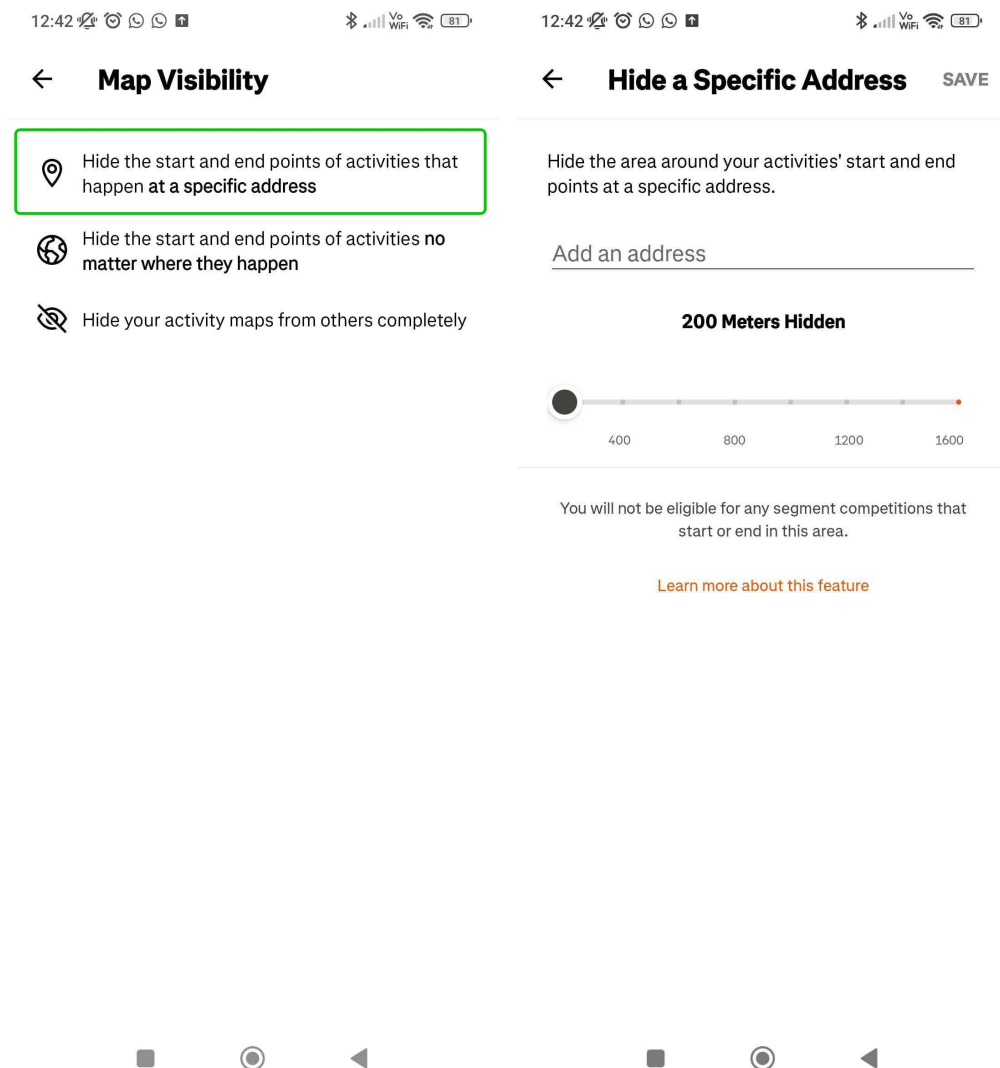
Step 5 – To hide the start and end points of activities in any location, click the second option in the Map Visibility menu, with the **globe icon**.

Step 6 – On the **Hide Start/End** screen, drag **the slider** for the desired range you would like to hide activity start and end points.
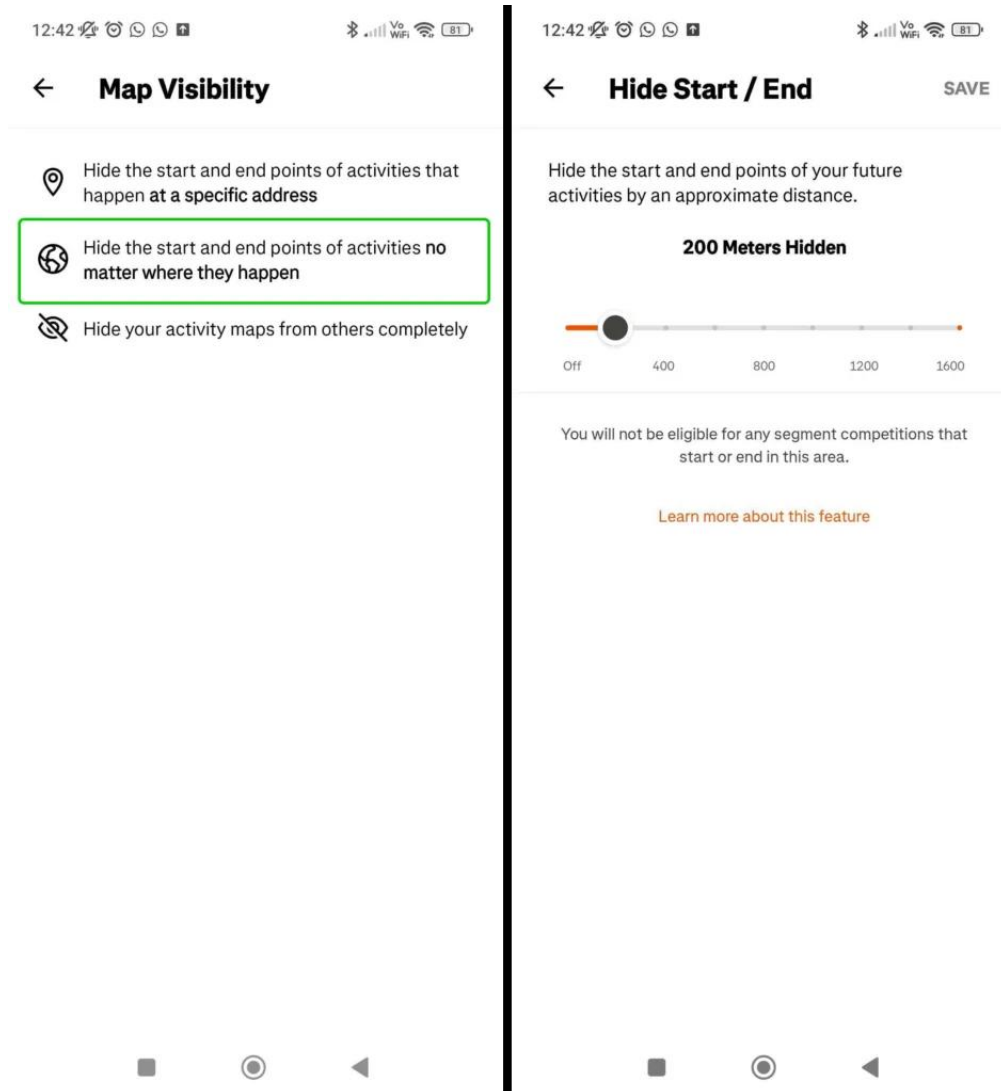
Step 7 – In the **Map Visibility** menu, click the bottom option with the **eye icon**.

Step 8 – To hide all map activity on your child's Strava, switch **the toggle** labeled **Hide All Maps**.
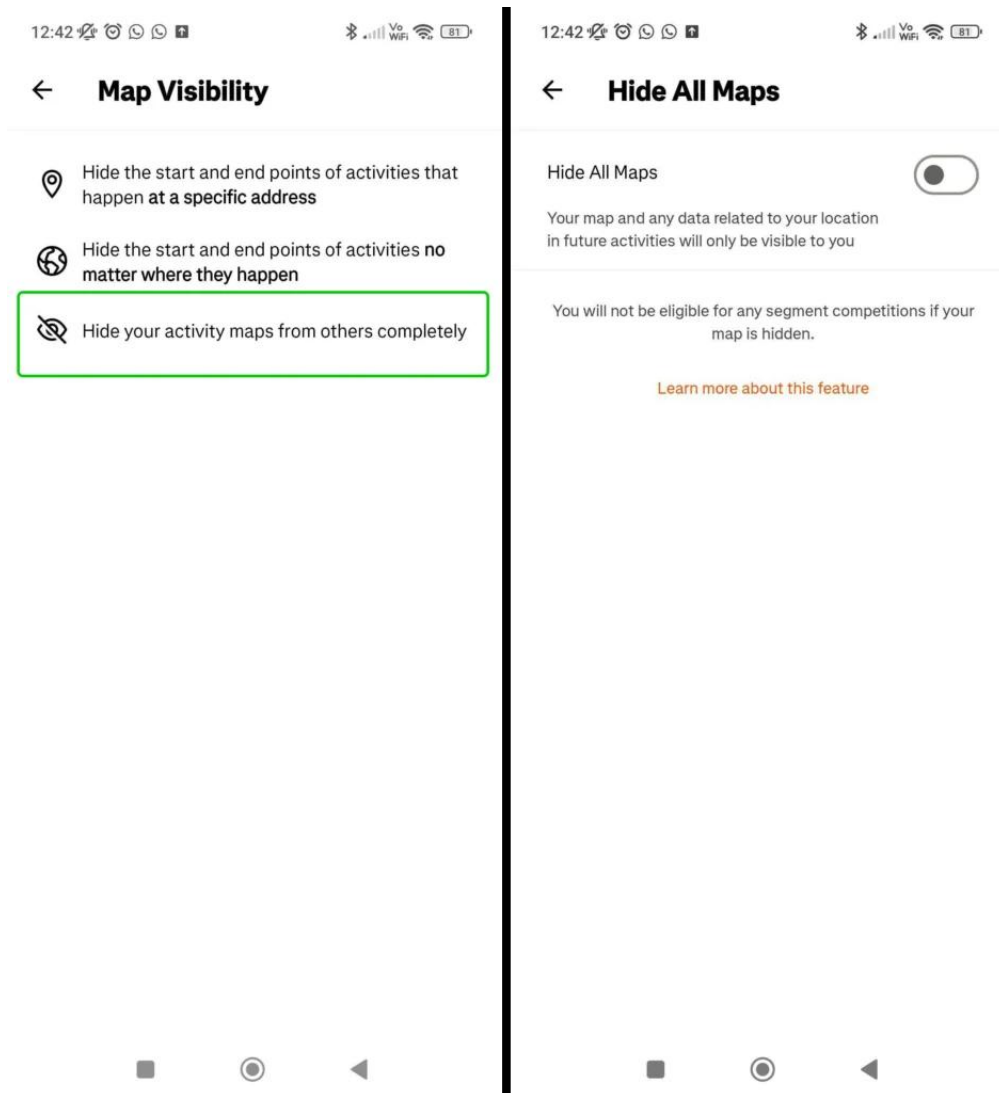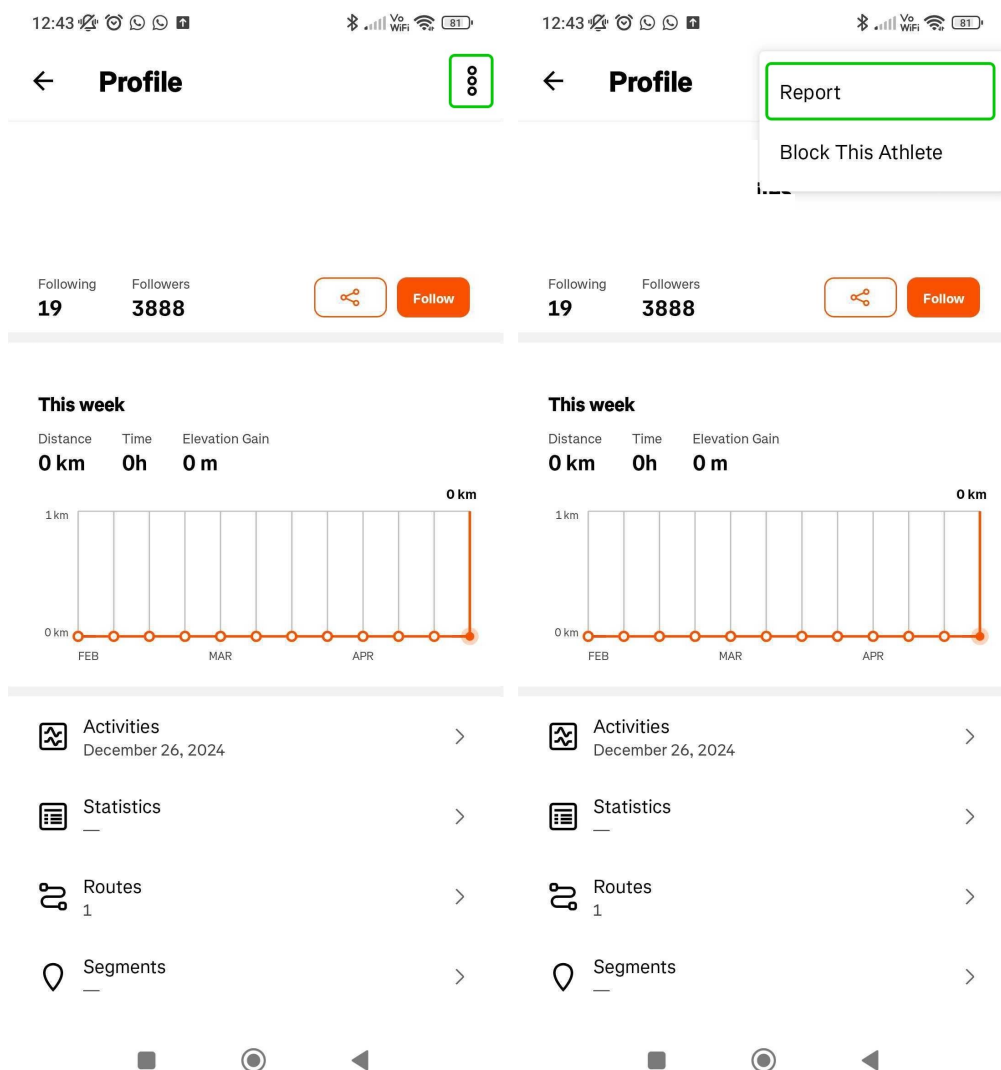
9 Reporting a Strava user

If a Strava user is posting content that you think is inappropriate of malicious, you can report them.
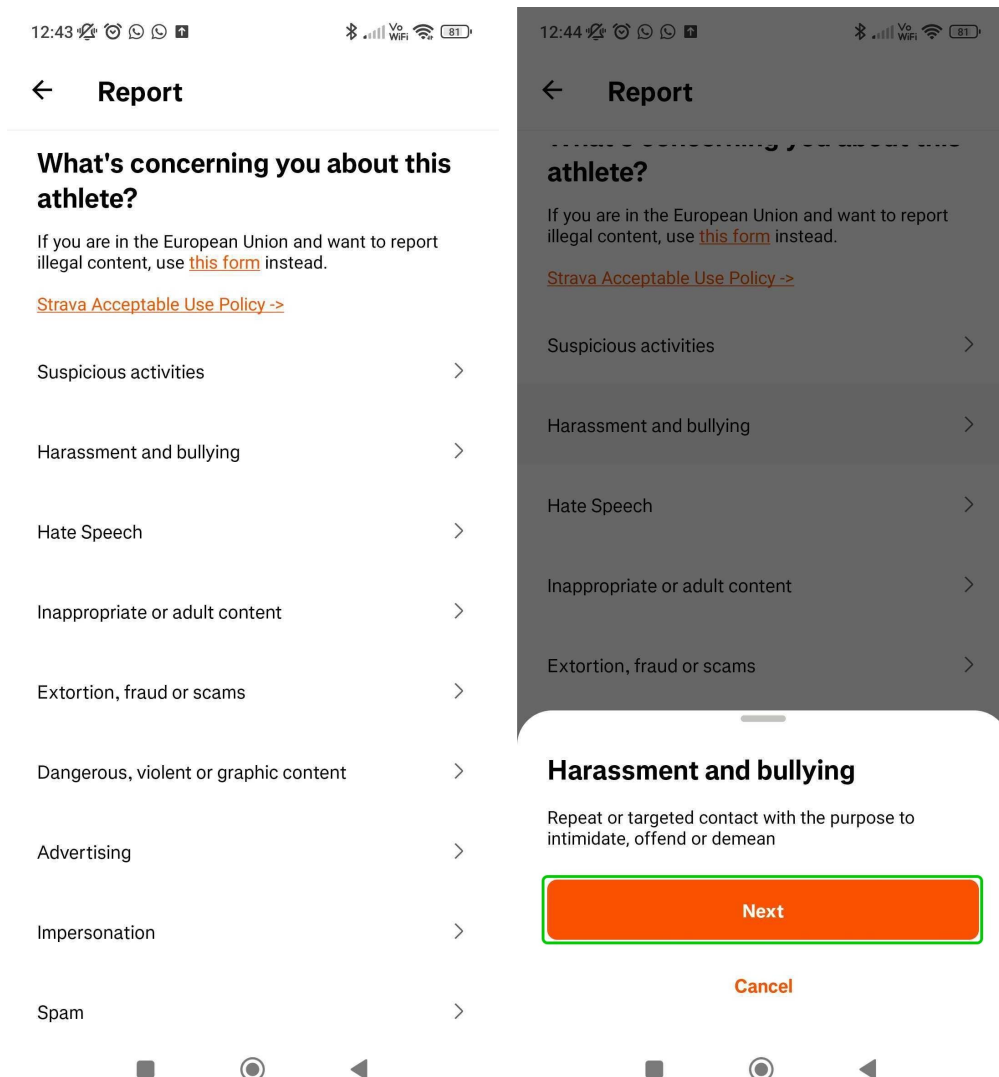
To report a user:

Step 1 – Go to the profile of the person you would like to report and click the **3 horizontal dots** in the top right of the screen.

Step 2 – When the drop down menu appears, select **Report**.

Step 3 – Select the issue that most closely matches the concern you have with the user.

Step 4 – When the pop up appears, click **next**.

Step 5 – Select where you came across the issue and click next.

Step 6 – On the next screen, check that the **summary** of the report is correct, then click **submit**.

Your report has now been submitted.

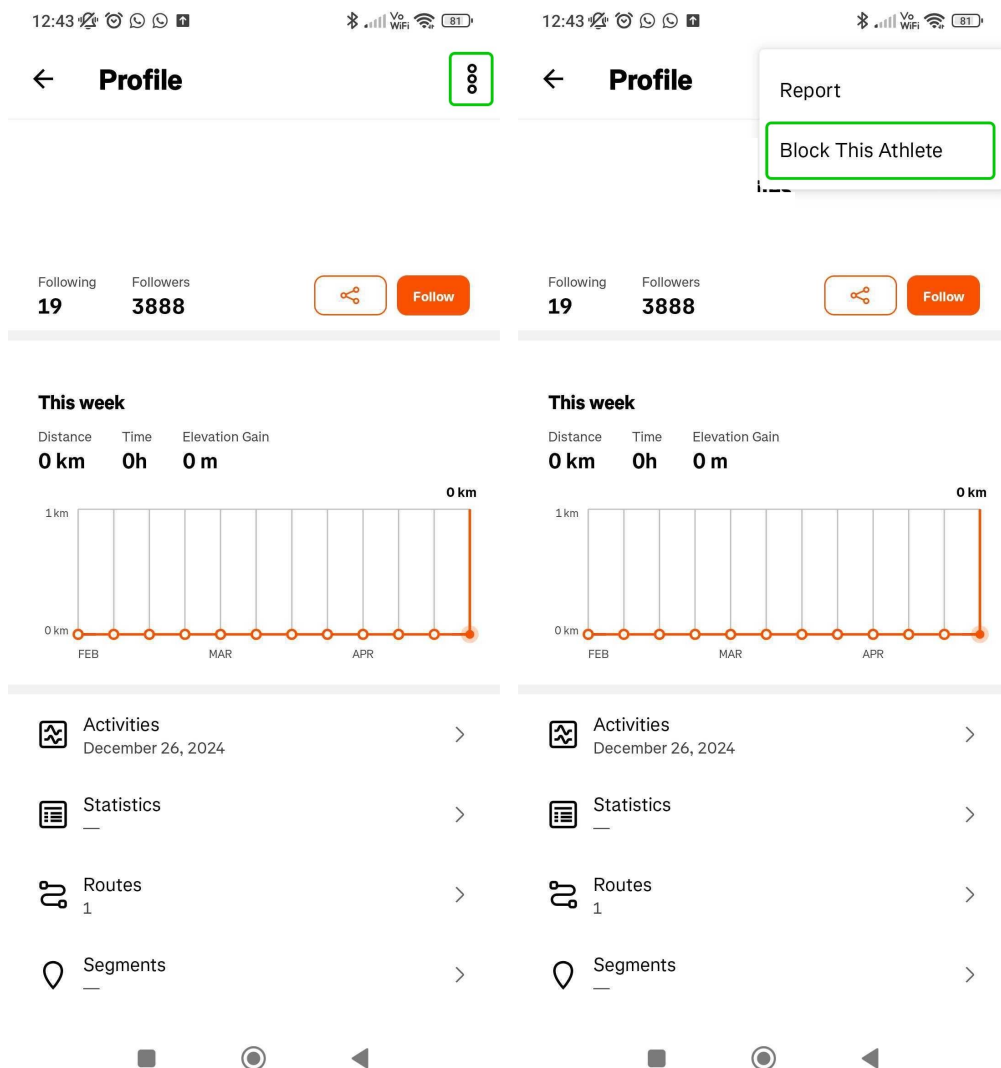# 10 Blocking a Strava user

If you do not want your child to receive messages or view posts from a specific user, you can block them.

To block a user:

Step 1 – Go to the profile of the person you would like to report and click the **3 horizontal dots** in the top right of the screen.

Step 2 – When the drop down menu appears, select **Block This Athlete**.

Step 3 – A pop-up will appear on your screen. If you are sure you would like to block the user, click **Block Athlete**.

The user is now blocked, and unable to contact your child through Strava.

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Profile

Following
19

Followers
3888

Follow

Blocking an Athlete will...

• Remove you from each other's activity feeds, club feeds, and lists of followers.

• Prevent them from following you and seeing your complete profile.

• Prevent them from visiting any of your complete activities via leaderboards or segment explore.

• Prevent them from viewing any of your complete activities.

Cancel   Block Athlete

December 26, 2024

Statistics
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Routes
1

Segments
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