Strong Teen Safety Protections

All users and developers must adhere to our usage policies.

	Adults	Teens
Age Prediction	Applies adult experience by default.	Applies teen experience by default.
Model Instructions	Balance safety, helpfulness, and user autonomy: Avoid behaviors that could contribute to risk, harm or illegal activity.	In addition to our standard protections, we apply developmentally appropriate safeguards for teens, including: Protections against exposure to or promotion of harmful topics and encouragement to seek real-world support.
Ads	Ads may be shown to adults using the Free tier or Go subscription.	Ads are not currently shown to teens in any tier.
Health	Adults can connect their Apple Health data and supported medical records in Health. Only available in the U.S. and requires users to connect and sign in to providers.	Eligible teens in the U.S. can connect Apple Health and supported medical records in Health. Health is on by default. If accounts are linked through parental controls, a parent or guardian can turn Health off. Connecting records requires signing in to a supported provider and granting permission. Some providers may not support teen access, or may require parental permission to set up a teen account.
ChatGPT Atlas Safe Search	Some adults can turn safe search on or off.	On by default to hide explicit links in search results for teens.
Sora	Adhere to the Sora distribution guidelines, usage policies and are not able to initiate direct messages with teens.	In addition, we apply developmentally appropriate safeguards for teens, including: Filtering additional content, teen accounts are not recommended to adults, and infinite scroll is off by default.

For more detail visit: chatgpt.com/parent-resources/safety-protections