



## A Parent's Guide to Keeping Children Safe and Well Online

### Why this matters: your child's safety, health & wellbeing

In today's digital world, children are spending more time online than ever before. While the internet offers incredible opportunities for learning and creativity, it also comes with risks - such as exposure to inappropriate content, screen time addiction, cyberbullying, and online predators.

By setting up parental controls on your child's iPhone, you're helping them develop healthy digital habits, protecting their emotional wellbeing, and ensuring they explore the internet in a safe and age-appropriate way. It's a key part of safeguarding their mental health, physical safety, and personal development in the modern world.

✔ **Step 1: Set Up Family Sharing** - This will help you monitor and control your child's device more easily across all Apple devices.

1. Go to **Settings** on your iPhone.
2. Tap your name at the top.
3. Select **Family Sharing**, then tap **Set Up Your Family**.
4. Follow the steps to add your child's Apple ID or create one if they don't have it.

✔ **Step 2: Turn On Screen Time** - This unlocks all the parental controls.

1. On your child's iPhone, go to **Settings**.
2. Tap **Screen Time**.
3. Tap **Turn On Screen Time**, then **Continue**.
4. Choose **This is My Child's iPhone**.

✔ **Step 3: Set a Screen Time Passcode** - This keeps your settings safe from being changed by your child.

1. Still under **Screen Time**, scroll down and tap **Use Screen Time Passcode**.
2. Choose a 4-digit passcode (**don't share it with your child!**).
3. Re-enter the passcode to confirm.

✔ **Step 4: Set Downtime (Limit Use at Certain Times)**

1. Go to **Settings > Screen Time > Downtime**.
2. Turn on **Scheduled**.
3. Set the start and end times (e.g., 9:00 PM to 7:00 AM).

✔ **Step 5: Set App Limits** - This helps manage how long your child spends on apps.

1. Go to **Settings > Screen Time > App Limits**.
2. Tap **Add Limit**.

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3. Choose categories like **Games, Social Networking, or Entertainment**.
4. Set the time limit (e.g., 1 hour per day), then tap **Add**.

### ✔ Step 6: Content & Privacy Restrictions

1. Go to **Settings > Screen Time > Content & Privacy Restrictions**.
2. Turn on **Content & Privacy Restrictions** at the top.
3. Set the following:

#### ✔ iTunes & App Store Purchases

- Prevent installing or deleting apps without your permission.

#### ✔ Allowed Apps

- Hide apps like Safari, Camera, Siri, etc., if needed.

#### ✔ Content Restrictions

- Set age-appropriate limits for:
  - Movies/TV Shows/Apps/Web Content (choose "Limit Adult Websites")

### ✔ Step 7: Restrict Communication (Optional)

1. Go to **Settings > Screen Time > Communication Limits**.
2. Set who your child can communicate with during allowed screen time and downtime.

### ✔ Step 8: Use "Ask to Buy" (If You Set Up Family Sharing)

- Whenever your child wants to buy or download something, you'll get a request first.
- Approve or deny it from your own device.

### Final tips for parents

- **Review usage reports weekly** (Settings > Screen Time > See All Activity).
- **Keep talking:** Parental controls are a tool, not a substitute for conversations about online risks and responsibility.
- **Be flexible:** As your child grows, gradually adjust settings to give them more independence.
- **Model good habits:** Children learn digital behavior by watching yours - try to follow healthy screen time rules yourself.

