



## 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 Google Family Link

Google Family Link is Android's built-in parental control tool that helps you manage screen time, app downloads, location, and more.

1. Download the Family Link app on your own (parent) device from the Google Play Store or Apple App Store.
2. Create a Google Account for your child, or link their existing one.
3. Follow the in-app steps to connect your child's Android device to yours.
4. Once linked, you can manage settings remotely from the Family Link app.

Family Link works best on Android devices running Android 7.0 and above.

#### ✓ Step 2: Set Daily Screen Time Limits

1. Open the Family Link app on your phone.
2. Tap your child's profile.
3. Select "Daily limit" and set the amount of screen time they can use per day (e.g., 2 hours).
4. You can also customise limits by day (e.g., more time on weekends).

#### ✓ Step 3: Set a Bedtime (Downtime)

1. In the Family Link app, go to your child's profile.
2. Tap "Bedtime".
3. Set the start and end times when the device should be locked (e.g., 9:00 PM – 7:00 AM).

During bedtime, your child won't be able to use most apps unless you allow exceptions.

#### ✓ Step 4: Approve or Block App Downloads

1. In the Family Link app, enable "Ask to approve" for app installations.
2. When your child tries to download something from the Play Store, you'll receive a request on your device.
3. You can approve or deny the app based on age-appropriateness.

#### ✓ Step 5: Set App-Specific Time Limits

1. Tap your child's profile in Family Link.
2. Scroll to "App activity" and tap on any app.

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3. Set a daily limit for that specific app (e.g., 30 mins on YouTube).  
Great for managing social media, games, or video streaming time.

### ✓ Step 6: Filter Inappropriate Content

#### In Google Play Store:

1. Open the Play Store on your child's device.
2. Go to Settings > Family > Parental Controls.
3. Turn on Parental Controls and set a PIN.
4. Choose age-appropriate content limits for apps, games, movies, TV, and books.

#### In Chrome Browser:

1. In Family Link, go to your child's settings.
2. Tap "Filters on Google Chrome".
3. Choose one of the following:
  - Allow all sites
  - Try to block mature sites
  - Only allow approved sites

You can also manually add sites to the approved or blocked list.

### ✓ Step 7: Location & Device Safety

1. In Family Link, turn on "Location" tracking to see where your child's phone is.
2. Use "Device details" to see battery level and lock the device remotely if needed.

### ✓ Step 8: Monitor Usage Reports

1. In Family Link, check weekly or daily activity reports.
2. View how much time your child spends on each app.
3. Use this info to start conversations or adjust time limits.

#### 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.

