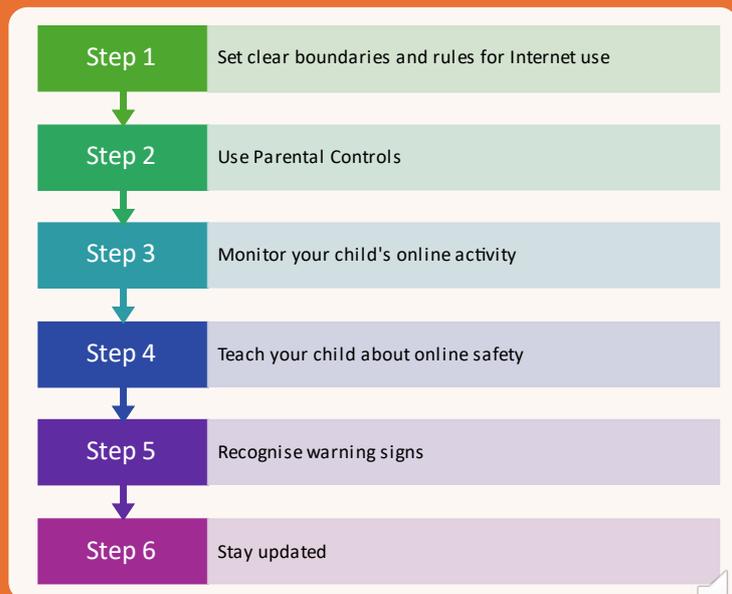


Practical Steps for Parents to Keep Kids Safe Online



How to Set Parental Controls on iOS (iPhone/iPad)

Apple provides a feature called **Screen Time**, which allows you to manage how your kids use their devices, including setting limits on apps, content, and privacy. Here's how you can set it up:

1. Set Up Screen Time

- **Open Settings** on the device.
- Scroll down and tap **Screen Time**.
- Tap **Turn On Screen Time**.
- You'll see an overview of what Screen Time can do. Tap **Continue**.
- Select **This is My Child's iPhone/iPad** to set up restrictions for your child.

2. Set a Screen Time Passcode

- To prevent your child from changing the settings, you can set a **Screen Time Passcode**.
- Tap **Use Screen Time Passcode** and create a 4-digit code. Make sure it's something your child can't easily guess.

3. Set App Limits

App Limits let you set daily limits for specific apps or app categories (e.g., Social Media, Games).

- In **Screen Time**, tap **App Limits**.
- Tap **Add Limit**.
- Select the category or individual apps you want to limit.
- Tap **Next**, then set the time limit (you can customize this for each app).
- Once the limit is reached, the app will be grayed out, and a notification will appear to inform your child they've reached their daily limit.

4. Set Downtime

Downtime is a feature that allows you to schedule periods when only specific apps (like Phone or Messages) are available.

- In **Screen Time**, tap **Downtime**.
- Toggle **Downtime** to turn it on.
- Set the start and end times for when the device should be limited.
- During Downtime, only apps you allow (under "Always Allowed") will be accessible.

5. Set Content and Privacy Restrictions

Content and Privacy Restrictions allow you to control access to apps, media, purchases, and more.

- Tap **Content & Privacy Restrictions** and toggle it **On**.
- You'll be prompted to enter your Screen Time Passcode.
- From here, you can control settings like:
 - **iTunes & App Store Purchases**: Disable purchases, downloads, or app deletion.
 - **Content Restrictions**: Set ratings for movies, TV shows, books, music, and apps to make sure your child only accesses age-appropriate content.
 - **Allowed Apps**: Choose which apps your child can use, like Safari, Camera, and FaceTime.
 - **Privacy**: Control access to location services, contacts, photos, and other personal data.

6. Enable Communication Limits

You can restrict who your child can communicate with during allowed screen time and downtime.

- In **Screen Time**, tap **Communication Limits**.
- Set limits for who your child can contact in both **Screen Time** and **Downtime** (e.g., Only contacts, specific groups, or anyone).

7. Set Up Family Sharing (Optional but Recommended)

Family Sharing lets you manage multiple devices under one account, which is great for monitoring all devices your child may use.

- Go to **Settings**, then tap your **Apple ID** at the top.
- Tap **Family Sharing** and follow the instructions to add family members.
- You can now track your child's screen time, approve purchases, and share content with them.

8. Monitor Activity

Once Screen Time is enabled, you can track your child's usage over time.

- In **Screen Time**, tap **See All Activity**.
- You'll see daily and weekly reports of your child's screen time, including which apps are used the most.

How to Set Parental Controls on Android

Android offers several ways to set parental controls, including using **Google Family Link**, built-in **Digital Wellbeing** features, and individual app settings. Here's how you can manage these options:

1. Set Up Google Family Link

Google Family Link is an app that allows you to manage your child's Android device remotely. It helps you set screen time limits, manage apps, and monitor activity.

Setting Up Family Link:

- **Download Google Family Link:**
 - On your device (the parent's device), download and install the **Google Family Link for parents** app from the Google Play Store.
 - On your child's device, download and install the **Google Family Link for children & teens** app.
- **Set Up the Family Group:**
 - Open the Family Link app on your phone and follow the instructions to create a family group.
 - You'll need to sign in with your Google account and create a Google account for your child (if they don't have one).
 - Follow the prompts to link your child's account to your Family Link app.

Managing Settings with Family Link:

- **Set Screen Time Limits:**
 - Open **Family Link** on your device.
 - Tap your child's name and then tap **Screen time**.
 - Set daily time limits or curfews for when the device can be used.

- **App Management:**
 - Tap **Manage settings** > **Controls on Google Play** to restrict which apps can be downloaded.
 - You can also approve or block app downloads and set age-appropriate content ratings.
 - **Location Tracking:**
 - Enable location tracking to know where your child's device is.
 - Open **Family Link**, tap your child's name, and you'll see their device's location.
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2. Set Up Digital Wellbeing (Android Device Settings)

Digital Wellbeing is a built-in feature on Android devices that helps you monitor and limit screen time. It includes options for app timers, Do Not Disturb, and more.

Setting Up Digital Wellbeing:

- **Open Settings** on the child's device.
- Scroll down and tap **Digital Wellbeing & Parental Controls**.
- Tap **Dashboard** to see a breakdown of screen time for each app.

Set App Timers:

- Tap the **clock icon** next to any app to set a daily usage limit. Once the limit is reached, the app icon will be grayed out and no longer accessible.

Enable Focus Mode (Optional):

- Tap **Focus Mode** to temporarily pause distracting apps.
- Select the apps to pause and tap **Turn on**. This can help limit distractions during study or bedtime.

Set Bedtime Mode (Optional):

- Tap **Wind Down** to schedule a time for the device to enter "Do Not Disturb" mode and switch the screen to grayscale to help your child focus on winding down at night.
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3. Set Content Restrictions in Google Play Store

To limit the types of apps, games, movies, and shows your child can access, use content restrictions in the Google Play Store.

Set Content Restrictions:

- Open the **Google Play Store** on your child's device.
- Tap the **menu icon** (three horizontal lines) in the top-left corner and select **Settings**.

- Tap **Parental controls** and toggle it **on**.
 - Set a **PIN** to prevent your child from changing settings.
 - From here, you can:
 - **Set app & game ratings**: Choose an appropriate age limit for apps and games.
 - **Set movie & TV ratings**: Choose which types of movies and TV shows are available.
 - **Set music & book restrictions**: Control the content available in the Google Play Store.
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Set Up Google SafeSearch for Web Browsing

To ensure your child is browsing safely, you can enable **SafeSearch**, which filters out explicit content from search results.

Enable SafeSearch:

- Open the **Google Chrome** app on your child's device.
 - Go to **Google Search Settings** by typing "SafeSearch" in the search bar.
 - Toggle **Filter explicit results** on.
 - This will prevent adult content from appearing in search results.
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Monitor Activity & Adjust Settings

Regularly monitor your child's activity and adjust settings as needed.

- **View Activity**: In **Google Family Link**, you can see how much time your child spends on each app.
 - **Adjust Limits**: Change screen time limits or app restrictions based on your child's usage.
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6. Additional Tips

- **Regularly Check App Permissions**: Go to **Settings > Apps > [App Name] > Permissions** to review which data or features each app can access.
- **Set a Lock Screen**: Consider requiring a passcode, fingerprint, or face recognition for added security.
- **Use a Device for Specific Purposes**: For younger kids, consider setting up a device just for educational apps, games, or family-friendly media.
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Age Ratings of the popular apps children might use and the reasons for the age ratings:

1. TikTok

- **Age Rating:** 12+
- **Reason:** TikTok includes user-generated content, which may not be suitable for younger children. The app also has in-app purchases and social features that require parental supervision.

2. YouTube

- **Age Rating:** 13+ (YouTube), 4+ (YouTube Kids)
- **Reason:** YouTube allows user-generated content, and there is a potential for exposure to inappropriate videos or comments. **YouTube Kids** is a child-friendly version with content filtered for younger audiences.

3. Roblox

- **Age Rating:** 7+
- **Reason:** Roblox allows kids to play user-generated games, but some of its content may not always be appropriate for all age groups. It's recommended to use parental controls and chat filters.

4. Minecraft

- **Age Rating:** 10+
- **Reason:** Minecraft is a creative sandbox game that promotes exploration and building. While it's generally safe for kids, there is online multiplayer with potential exposure to unfiltered communication.

5. Instagram

- **Age Rating:** 12+
- **Reason:** Instagram is a social media app where users share photos, videos, and stories. It includes ads, comments, and potentially inappropriate content. There are privacy settings, but parental guidance is advised.

6. Snapchat

- **Age Rating:** 13+
- **Reason:** Snapchat includes features like temporary messages, photos, and stories. It has a high potential for privacy risks, so it's recommended for older children with parental supervision.

7. WhatsApp

- **Age Rating:** 16+ (in most countries)

- **Reason:** WhatsApp is a messaging app with text, voice, and video call features. It's recommended for older children, as it requires phone numbers and offers no content moderation.

8. Facebook Messenger Kids

- **Age Rating:** 4+
- **Reason:** Messenger Kids is designed for younger children with a controlled environment for messaging, calling, and video chatting with approved contacts.

9. Clash Royale

- **Age Rating:** 9+
- **Reason:** Clash Royale is a strategy-based mobile game with multiplayer elements. It includes in-app purchases, so parental controls are recommended to manage spending.

10. Pokémon GO

- **Age Rating:** 9+
- **Reason:** Pokémon GO encourages outdoor play with augmented reality. While generally safe, it does include location-based features, which may need monitoring for safety.

11. Pinterest

- **Age Rating:** 12+
- **Reason:** Pinterest is a social platform for discovering ideas through images, but it can include mature content that is not appropriate for younger users.

12. TikTok for Kids (TikTok Junior)

- **Age Rating:** 8+
- **Reason:** A child-friendly version of TikTok, it limits content and interactions to be more age-appropriate.

13. Fortnite

- **Age Rating:** 12+
- **Reason:** Fortnite is an online multiplayer battle royale game with animated violence. It includes in-game purchases, voice chat, and potentially mature content in user-generated gameplay, making it suitable for older children. Parental controls and supervision are highly recommended.

14. Grand Theft Auto (GTA)

- **Age Rating:** 17+

- **Reason:** Grand Theft Auto (GTA) is a violent, action-packed game with mature themes, including explicit language, drug references, and graphic violence. It is **not appropriate for children**, and it's recommended only for adults or mature teens.

15. FIFA (FIFA Mobile or FIFA Console Games)

- **Age Rating:** 3+ (FIFA Mobile), 3+ (FIFA Console)
- **Reason:** FIFA Mobile and the console versions of FIFA are rated 3+ due to their sports-based, non-violent nature. However, the level of competition and in-app purchases in FIFA Mobile could lead to challenges for younger children. FIFA on consoles is often played by older teens due to its online multiplayer elements, but it is still rated suitable for children.

Summary of Age Ratings:

- **4+:** YouTube Kids, Facebook Messenger Kids
- **7+: Roblox**
- **9+:** Pokémon GO, Clash Royale
- **10+: Minecraft**
- **12+:** Instagram, TikTok, Fortnite
- **13+:** Snapchat
- **16+:** WhatsApp (in most countries)
- **17+:** Grand Theft Auto (GTA)

Important Considerations for Parents:

- **Use Parental Controls:** Many of these apps offer in-app parental controls that help restrict content or features.
- **Monitor Communication:** Apps with social networking or messaging features should be used under supervision, as they may expose children to inappropriate content or interactions.
- **Understand In-App Purchases:** Apps like Fortnite, Clash Royale, Roblox, and Minecraft may include in-app purchases that can lead to unexpected spending if not monitored.

By adjusting the settings and discussing online safety with your child, you can help ensure a safe and enjoyable experience while using these apps.

Additional Resources and Tools

Government and trusted organisations

UK Safer Internet Centre  UK Safer Internet Centre

Child Exploitation and Online Protection (CEOP)  Education from the National Crime Agency

Internet Matters 

The National College– Sign up for #WakeUpWednesdaynewsletter 

Access to up-to-date information allows for an informed ongoing conversation with your children



Links for the above websites mentioned in video:

[Homepage - UK Safer Internet Centre
saferinternet.org.uk](https://saferinternet.org.uk)

[CEOP Education
ceopeducation.co.uk](https://ceopeducation.co.uk)

[Thinkuknow: Parents and Carers
ceopeducation.co.uk](https://ceopeducation.co.uk)

[Homepage
internetmatters.org](https://internetmatters.org)

https://nationalcollege.com/pages/wake-up-wednesday?gl=1*rp1opt*_gcl_au*MTUyMTA4NTU5Mi4xNzM3ODE5MDkw*_ga*MTE4OTg1OTE4OC4xNzM3ODE5MDkx*_ga_6LGB6NDMBY*MTczNzkwNjA2My4yLjEuMTczNzkwNjEzMi41Ny4wLjE3MTY0Mjg4NTc

[Library
nationalcollege.com](https://nationalcollege.com)