Apple Iphone And Ipad Parental Controls

Controls & settings guide

You can enable restrictions to stop your children from using specific features and social media or gaming applications on an iPhone or iPad. Explore all possible restrictions with the guide below.

1 How to activate parental controls

To activate parental controls on your child's phone, you must first set up Family Sharing, which you can learn how to do <u>here</u>.

To set up parental controls on your child's iPhone or iPad:

Step 1 – From **your** Apple device, go to your **Settings** and select **Family** under your name.

Note: If you don't see this option under your name, you might still need to set up Family Sharing.

Step 2 – Select **your child's name** to open the parental control options.

Step 3 – Here, you can manage screen time, communication, content, spending and more. See the below steps for more information.

2 How to set Screen Time limits

You can set Screen Time limits on your child's iPhone or iPad using Family Sharing or directly on their device.

To activate Screen Time:

Step 1 – On **your** Apple device, go to **Family** and select **your child's name**.

Step 2 – Select **Screen Time**.

Step 3 – Here, you can monitor your child's app and website activity. Or you can dive deeper into screen time settings for **Downtime**, **App Limits** and more, which you can learn about further in this guide.

3 How to turn on Downtime

Apple iPhones and iPads have a feature called Downtime. This lets you set times each day where they cannot use their device. Many parents choose overnight or school hours as the hours they will turn Downtime on.

During Downtime, children will not receive notifications and will not be able to access any apps unless you add them to the 'Always Allowed' list. This makes it easier for your child to focus on more important things.

To manage Downtime:

Step 1 – From your child's **Screen Time** page, select **Downtime** under 'Limit Usage'.

Step 2 – Tap the **toggle** next to **Scheduled** to turn on and customise the Downtime schedule.

Step 3a – Select the times (**From and To**) that you want Downtime active. For example, From 8 PM To 7 AM means Downtime is active during these hours.

Step 3b – You can set Downtime to **Every Day** or **Customize Days**.

You might wish to use **Customize Days** for different boundaries at the weekend. For example, if your child can stay up later on Fridays and Saturdays, you can customise Downtime to reflect this.

Step 4 – Next to **Block at Downtime**, tap the **toggle**. This will mean that when Downtime starts, your child's device will be blocked.

Depending on your child's age and ability to follow rules that are in place, you might wish to leave this off.

4   Where to limit access to apps

You can use Apple's parental controls to manage screen time for specific apps. This can be good if you want limits outside of Downtime. It means that your child's homework app or skill-building app won't have the same limits as games and social media apps.

To set app limits:

Step 1 – Using Family Sharing, access **your child's Screen Time settings** and select **App Limits**.

Step 2 – Tap **Add Limit**.

Step 3 – Choose either an **app category** or a **specific app**.

Note: *You can select a specific app by tapping 'All >' next to the relevant app category. For example, to find TikTok, you would tap All > next to Social.*

Step 4 – Set a **maximum limit** for each app or app category. You can do this for **Every Day** or select **Customize Days** and give different limits at the weekend, for example.

Step 5 – Tap the **toggle** next to **Block at End of Limit** to immediately stop access after the time limit is up.

Tip: *Talk with your child about limits and come to a decision together. If they're struggling to regulate their time, start with larger limits that you gradually reduce to help them get used to spending less time on the app.*

Step 6 – Tap **Add** in the top right corner.

If you ever want to remove this limit, tap the **toggle** next to **App Limits** on the main App Limits screen.

5 How to limit harmful contact

With Apple's parental controls, you can set limits which apply to their iPhone, FaceTime, iMessages and iCloud contacts.

To set communication limits:

Step 1 – From your Family, select **your child** > **Screen Time** > **Communication Limits**.

Step 2 – Tap **During Screen Time**.

Step 3 – Change the setting to **Contacts Only** or **Contacts & Groups with at Least One Contact**.

We recommend keeping this as Contacts Only until your child is at least 16 or 17.

Step 4 – Tap **< Back** and select **During Downtime**.

Step 5 – Select **Specific Contacts**.

These are people who you are happy for your child to communicate with during Downtime. This might include their parents, siblings or other family members.

Step 6 – Tap **< Back** and tap the toggle next to **Manage [Child's] Contacts**.

Your child will need to accept on their own device. This will let you manage contacts on their device.

Once your child is older, you can give them more freedom to manage their own contacts.

6 **How to limit harmful content**

You can limit the chances of your child seeing harmful content in messages and in online spaces with Apple Screen Time.

In this section, see how to:

Hide sensitive photos
Restrict access to apps
Set app store content restrictions
Restrict websites on Safari web browser
Customise language on Siri

To hide sensitive photos:

Step 1 – From your **Family**, select **your child** > **Screen Time** > **Communication Safety**.

Step 2 – Tap the **toggle** next to **Communication Safety** (if it's not already green).

This feature works to detect nude photos and videos that your child is sent or might view on their device. It will also provide guidance and advice on making safer choices.

To restrict access to apps:

Step 1 – Return to the **Screen Time** menu. Select **Content & Privacy Restrictions**.

Step 2 – Select **Allowed Apps** and review the list of apps on your child's device.

Tap the **toggle** next to any app that **you don't wish your child to access**.

Make sure you discuss why you're making this decision if your child is older. Offer alternatives where possible.

To set app store restrictions:

Step 1 – Return to the **Content & Privacy Restrictions** menu and select **Content Restrictions**.

Step 2 – Review settings under **Allowed Store Content**. Set limits based on your child's age and maturity for music, movies, books, apps and more.

To restrict websites on Safari:

Step 1 – Tap **Web Content** on the **Content Restrictions** screen to customise what your child can access via the Safari browser.

Step 2 – Choose **Limit Adult Websites** or **Allowed Websites**.

For Allowed Websites, you will also need to add the list of websites you're happy for your child to access. This setting might be very restrictive for older teens, so consider your child's age when making this decision.

To customise language on Siri:

Step 1 – From the **Content Restrictions** screen, select **Explicit Language** under Siri.

Step 2 – Change to **Don't Allow**.

Note: *If you want to turn off search functions for Siri, you can do that in this section as well.*

`7` How to restrict in-game communication

Step 1 – On your device, access your child's profile via **Family Sharing** and select **Content & Privacy Restrictions** > **Content Restrictions.**

Step 2 – Scroll down to **Game Center**. Go through all options and choose from **Don't Allow**, **Allow with Friends Only** and **Allow with Everyone**.

We recommend 'Allow with Friends Only' be enabled for teens and 'Don't Allow' for

younger children. As always, discuss your choice and the reasons behind it.

8 How to manage your child's privacy

From location-sharing to making account changes, you can use Apple Family Sharing to enhance your child's privacy while using their Apple device.

For older children, make sure you involve them in conversations around limits. Where necessary, work together to find a compromise. This will make pushback far less likely.

To manage your child's privacy:

Step 1 – On your device, tap **Family** > **your child's name** > **Screen Time** > **Content & Privacy Restrictions.**

Step 2 – Under **Privacy**, tap on **Share My Location**.

Step 3 – Select **Don't Allow**. If you use an additional monitoring app which requires location-sharing, you might need to keep this turned on.

Step 4 – Go back and under **Allow Changes**, review each of the listed settings. Decide which permissions you want to give to your child (Allow) and which ones you want to stay in charge of (Don't Allow).

9 Where to limit overspending

Ask to Buy means that your child cannot make purchases in the app store on their iPhone or iPad without permission. This is a great way to limit accidental overspending along with restricting purchases across Apple platforms.

To turn on Ask to Buy:

Step 1 – On your device, access the **Settings** > **Family** > **Your child's name** > **Ask to Buy**.

Step 2 – Tap the **toggle** next to **Require Purchase Approval** so it turns green.

To restrict purchases across Apple Platforms:

Step 1 – From the **Screen Time** menu, select **Content & Privacy Restrictions**.

Step 2 – Tap the **toggle** next to **Content & Privacy Restrictions**.

Step 3 – Tap on **iTunes & App Store Purchases**.

Step 4 – Go through **Installing Apps**, **Deleting Apps** and **In-app Purchases** and decide if you want to let your child do these things (Allow) or not (Don't allow).

Step 5 – Under **Require Password**, decide if you want to restrict in-app purchases with a parental password.

We recommend turning on **Always Require**, particularly for younger children.

10 How to turn on Focus Mode

Step 1 – Go to **Settings** > **Focus**.

Step 2 – Tap a provided Focus option – such as Do Not Disturb, Personal, Sleep or Work – then tap Customise Focus.

Step 3 – Set up your Focus. You can select allowed or silenced notifications from people and apps, connect your Lock Screen or Home Screen, have this Focus turn on automatically, and add Focus filters.