



Chatgpt Parental Controls

Controls & settings guide

Parents can link their ChatGPT account to their teen's account to adjust safety settings, restrict certain features, and apply additional protections to help create a more age-appropriate experience.

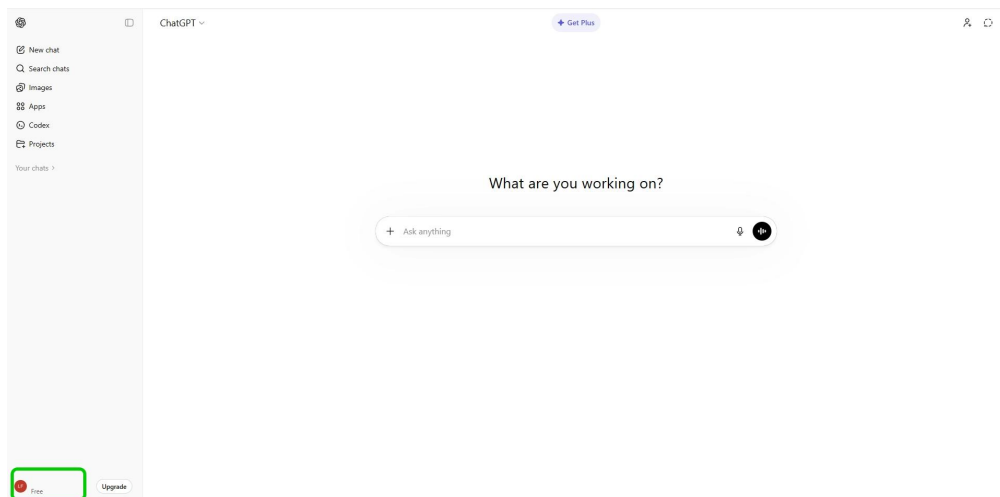
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How to link a parent account to a teen account

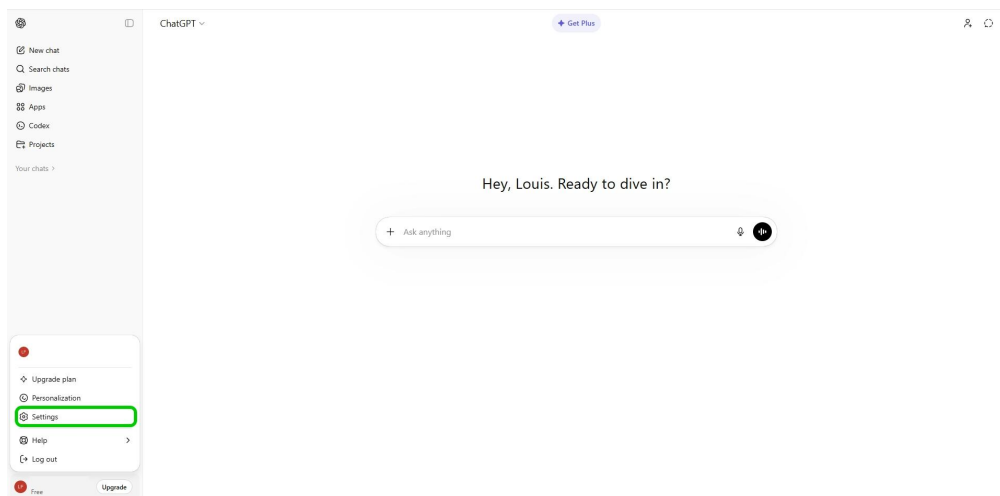
You must first link your ChatGPT account to your child's account before you can begin setting parental controls.

To link ChatGPT accounts:

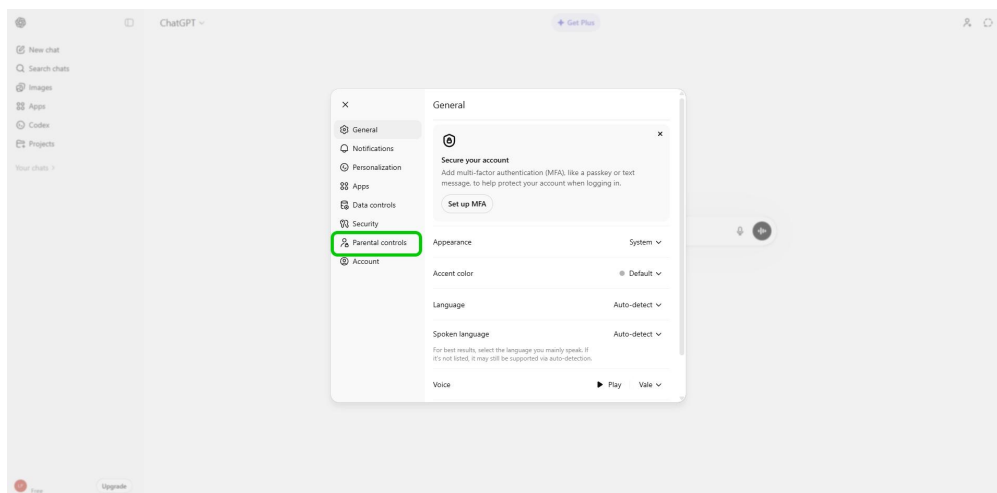
Step 1 – Open ChatGPT while logged into your account and click your **profile picture** in the bottom left corner.



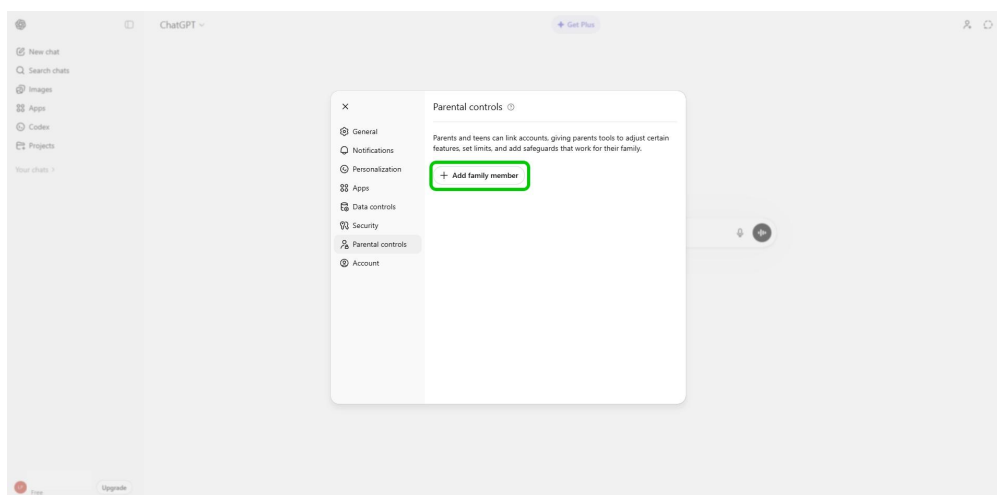
Step 2 – Select **Settings**.



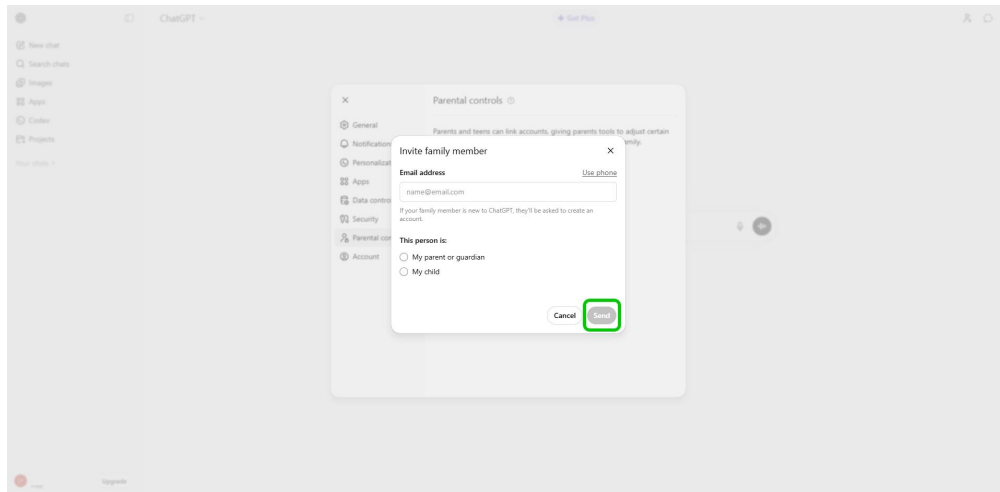
Step 3 – Select **Parental controls** from the side menu.



Step 4 – Inside the Parental controls menu, click **Add family member**.



Step 5 – Enter the email address linked to your child's ChatGPT account, then select **My child** and click **Send**.



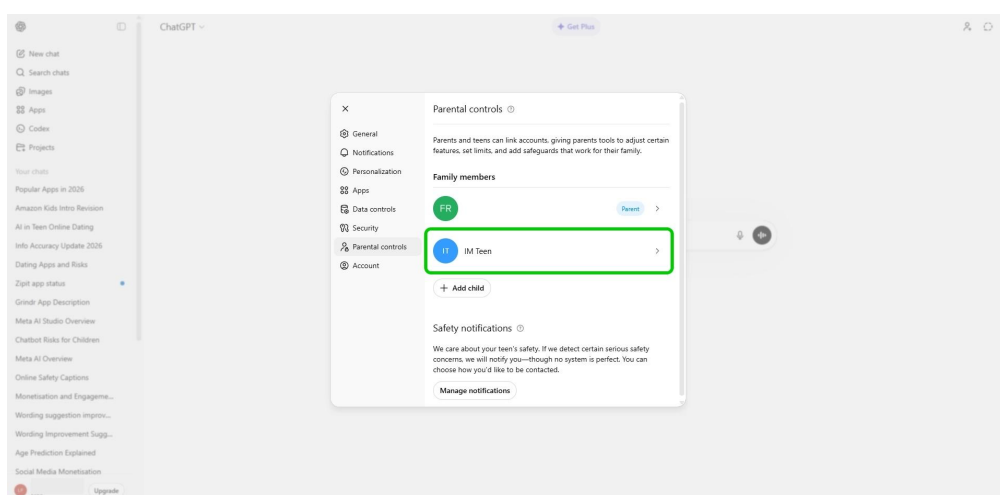
Once your child goes to their email inbox and accepts your invite, your accounts will be linked and you can begin managing parental controls.

2 Setting controls

Once your accounts are linked, you can begin setting controls on your child's account.

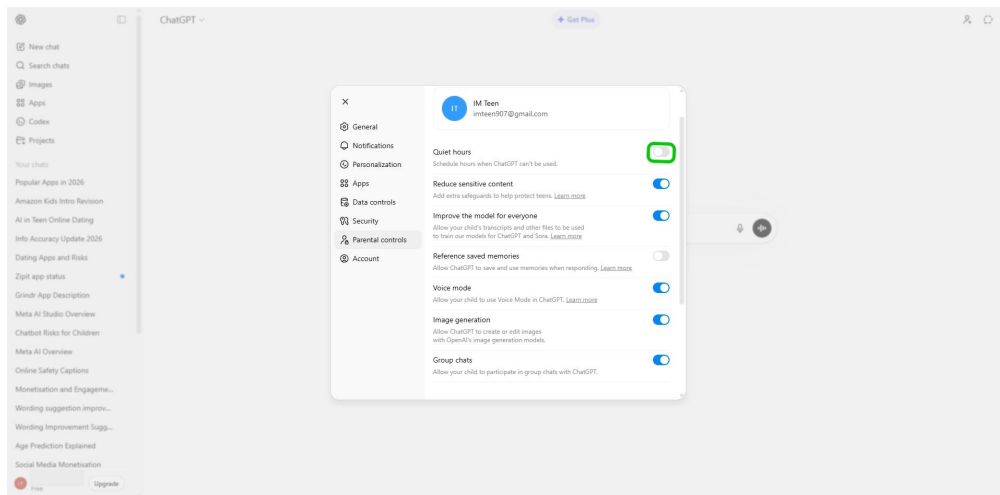
To set controls:

Step 1 – Inside the **Parental controls** menu, select your **child's account**.

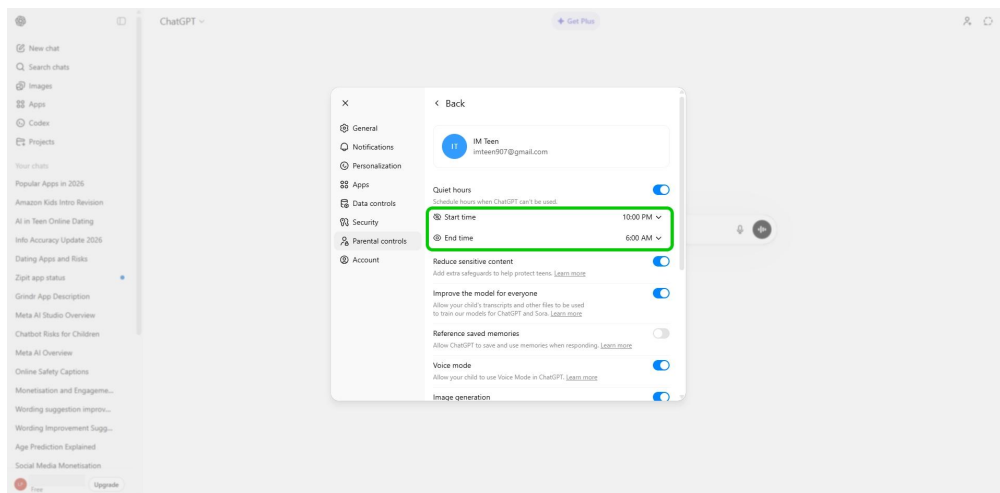


Step 2 – Inside the account setting you can enable or disable toggles to monitor your child's experience with ChatGPT.

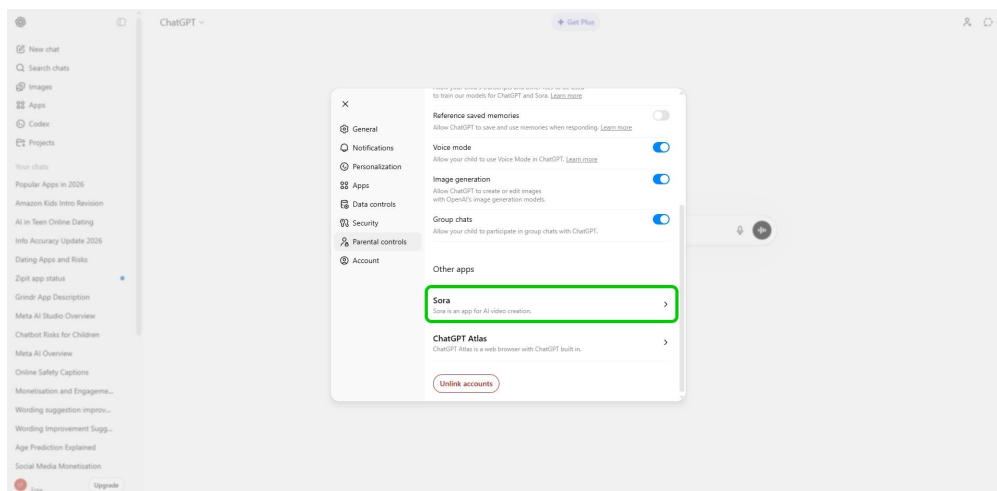
Step 3 – To schedule downtime when ChatGPT can't be used, **toggle on Quiet hours**.



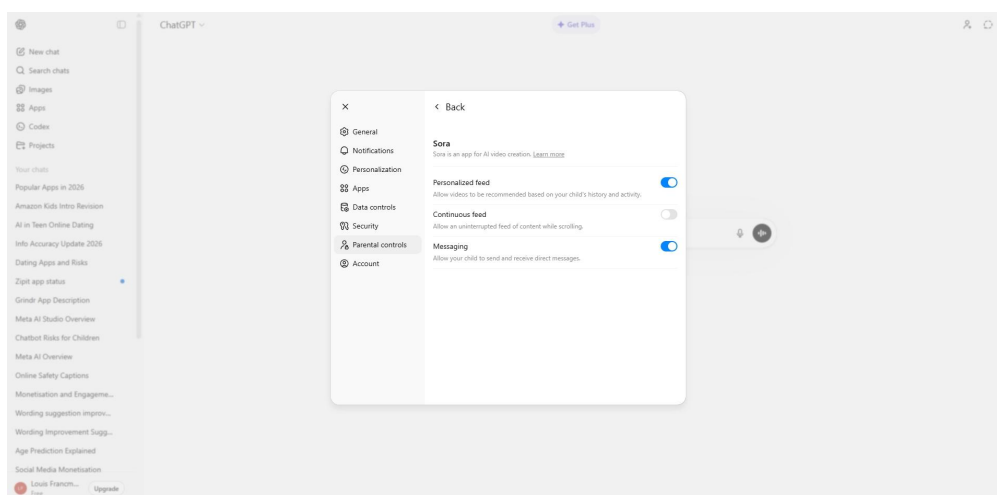
Step 4 – Edit the start time and downtime for Quiet hours to choose when your child can't use the chatbot.



Step 5 – You can also set controls on Sora, the text-to-video version of ChatGPT. To do this, scroll to the bottom of the parental controls menu and click **Sora**.



Step 6 – In the settings you can disable features such as continuous feed and messaging by **turning off the toggles**.



Step 7 – In the Parental control menu, you can also set controls on ChatGPT Atlas, the browser developed by OpenAI.

