

The logo for Internet Matters, featuring the text "internet matters.org" in white lowercase letters on a bright green rectangular background.

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Macos Parental Controls

Controls & settings guide

Setting up Family Sharing on your child's Mac laptop or desktop can help them browse safely, balance their screen time and more. See how to set up your child's Mac up for safety below.

1 Setting up parental controls on macOS

Apple uses Family Sharing to help keep your child safe on their Apple devices. [See the full Family Pairing guide here.](#)

To set up parental controls:

Step 1 – On your or your child's Mac laptop/desktop, click the **gear icon** in the menu at the bottom of the screen to open System Settings.



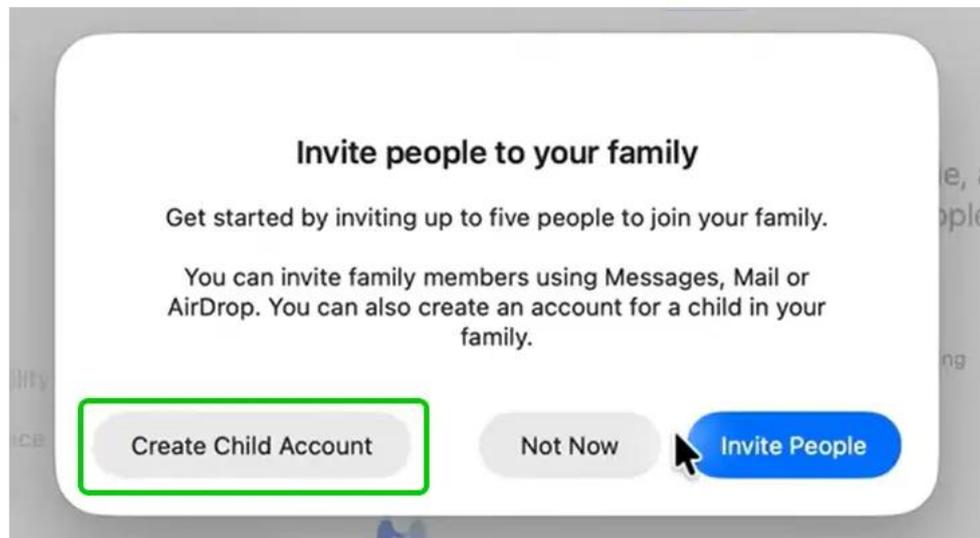
Step 2 – Click on your **Apple account name** and click **Family**.



Step 3 – Click **Set Up Family**.



Step 4 – If your child already has an Apple account, click Invite People and add your child's information. If your child doesn't have an account yet, click **Create Child Account** instead and follow the prompts.



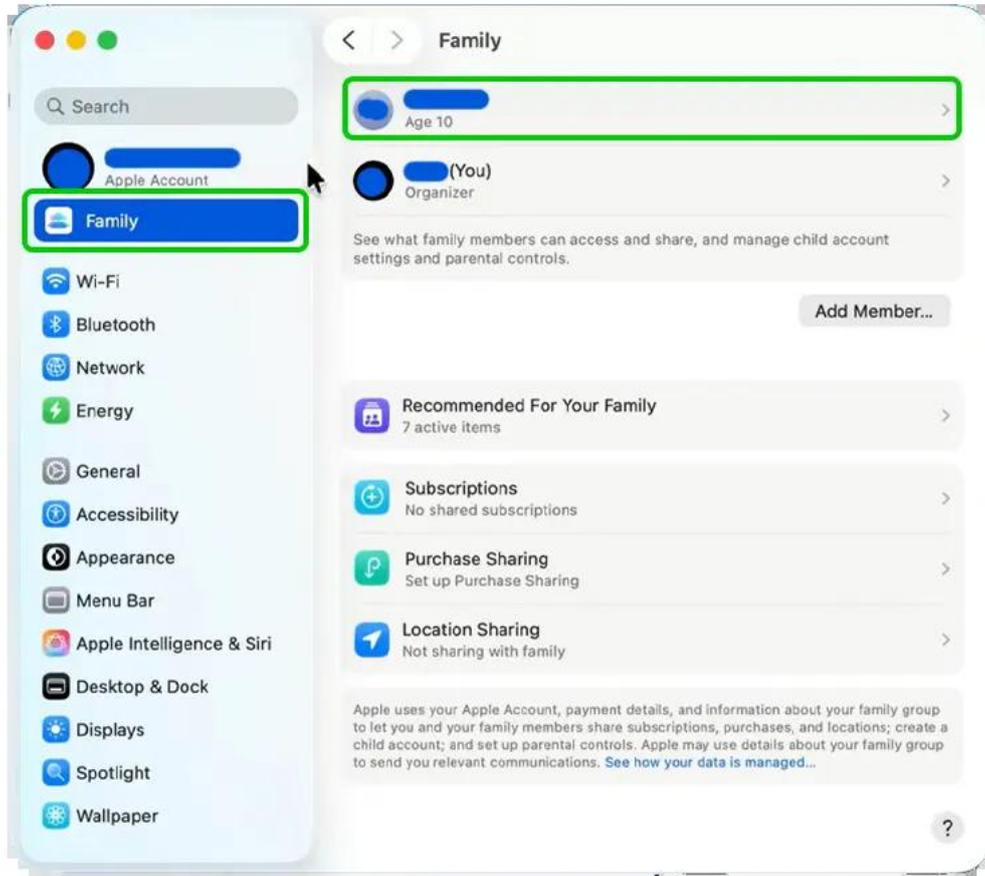
You'll be taken through options to set up safety features now. However, you can instead select 'Set Up Later' to come back to it later.

2 How to set content restrictions

You can set restrictions on which apps they use, the maturity of the apps they can see, and which websites they can visit.

To set content restrictions:

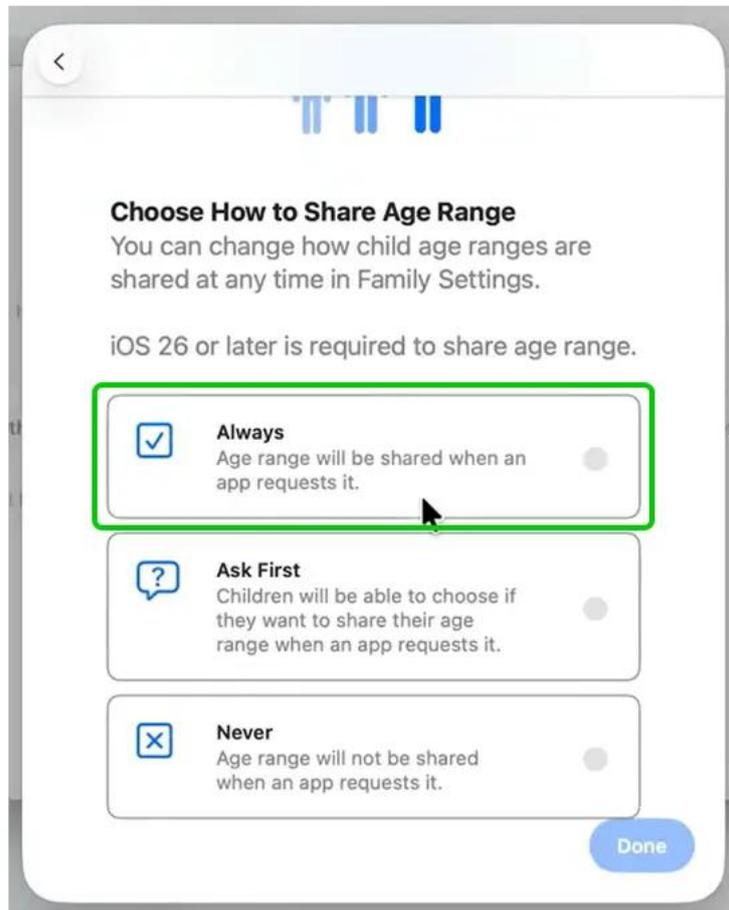
Step 1 – From **System Settings** > **Family**, select **your child's** name/account.



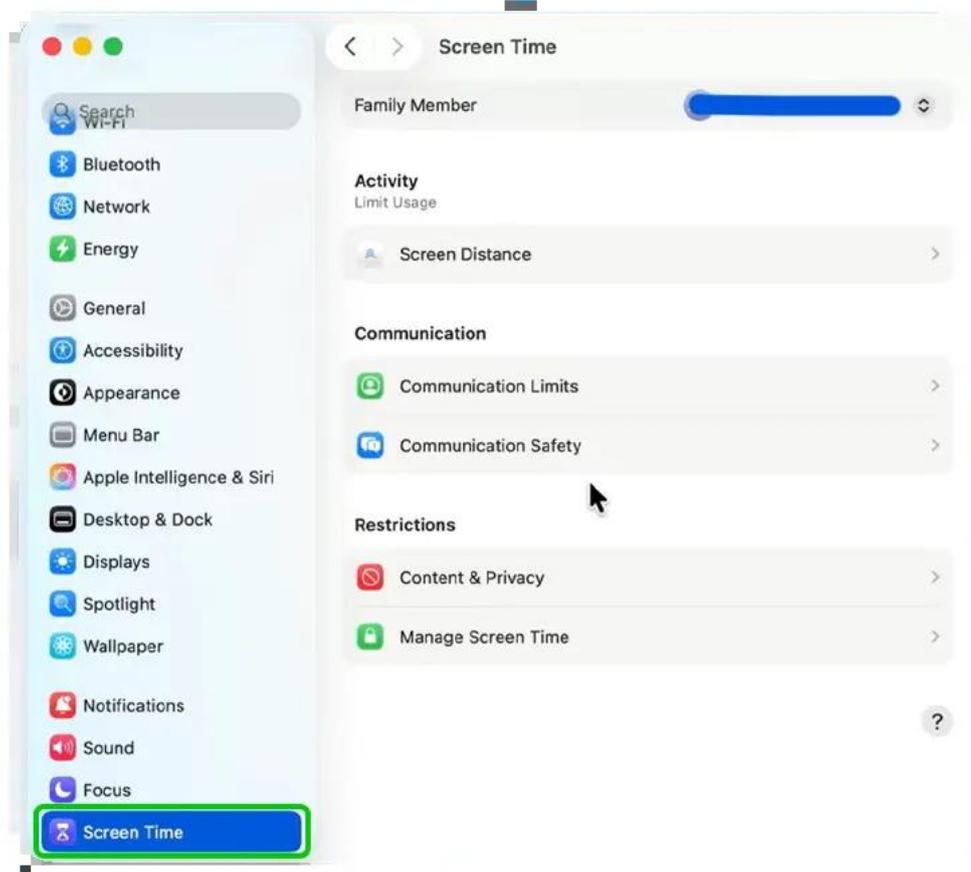
Step 2 – Under **Apple Account**, click **Age Range for Apps**.



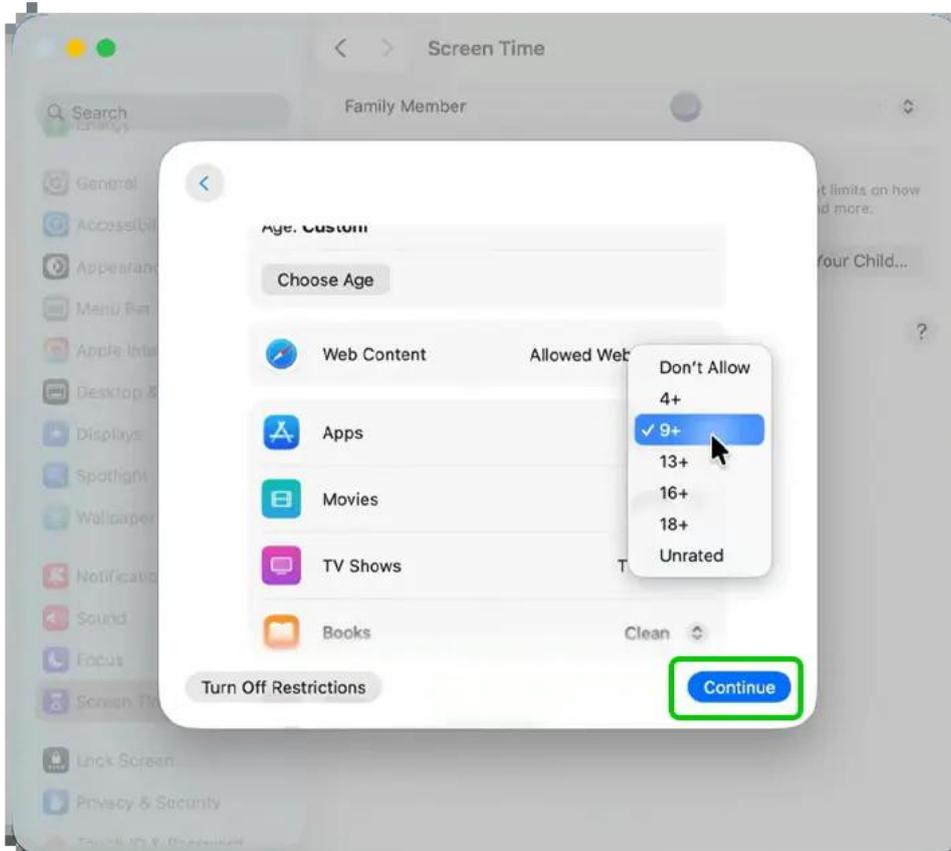
Step 3 – Select **Always** so that apps with age restrictions can ensure your child meets age requirements. You can also select Ask First or Never. Click **Done**. Click **Done** again.



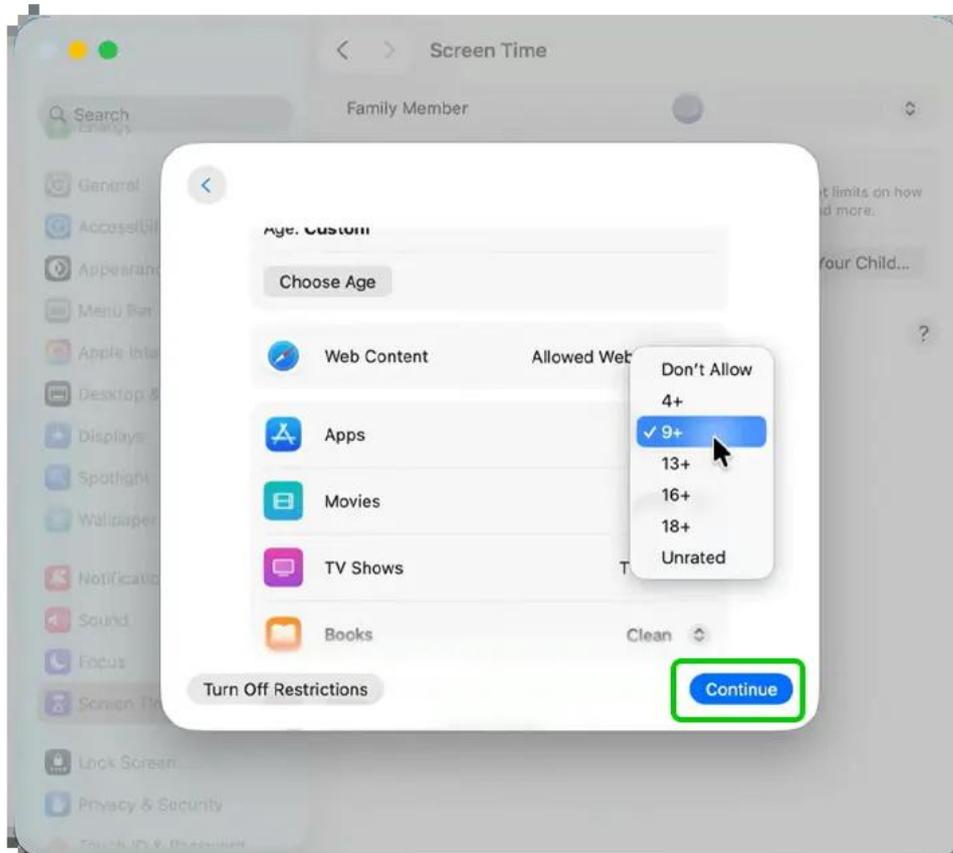
Step 4 – Click **Screen Time** in the lefthand menu.



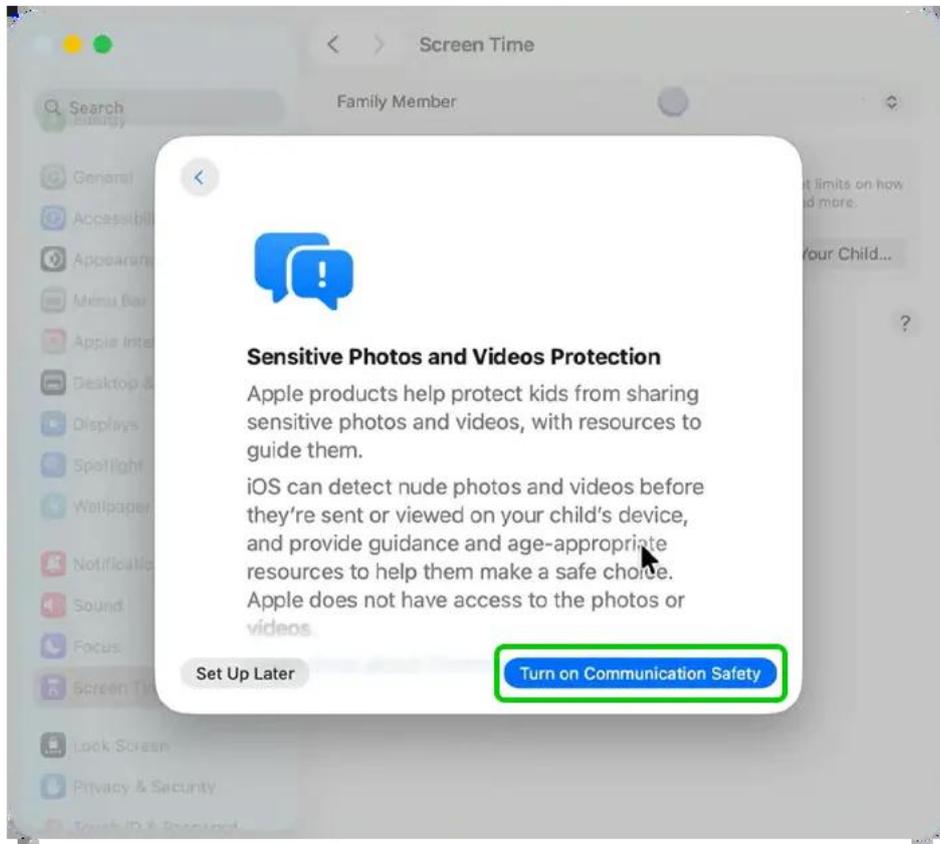
Step 5 – Select **your child's name** and then **Set Up Screen Time for Your Child...**



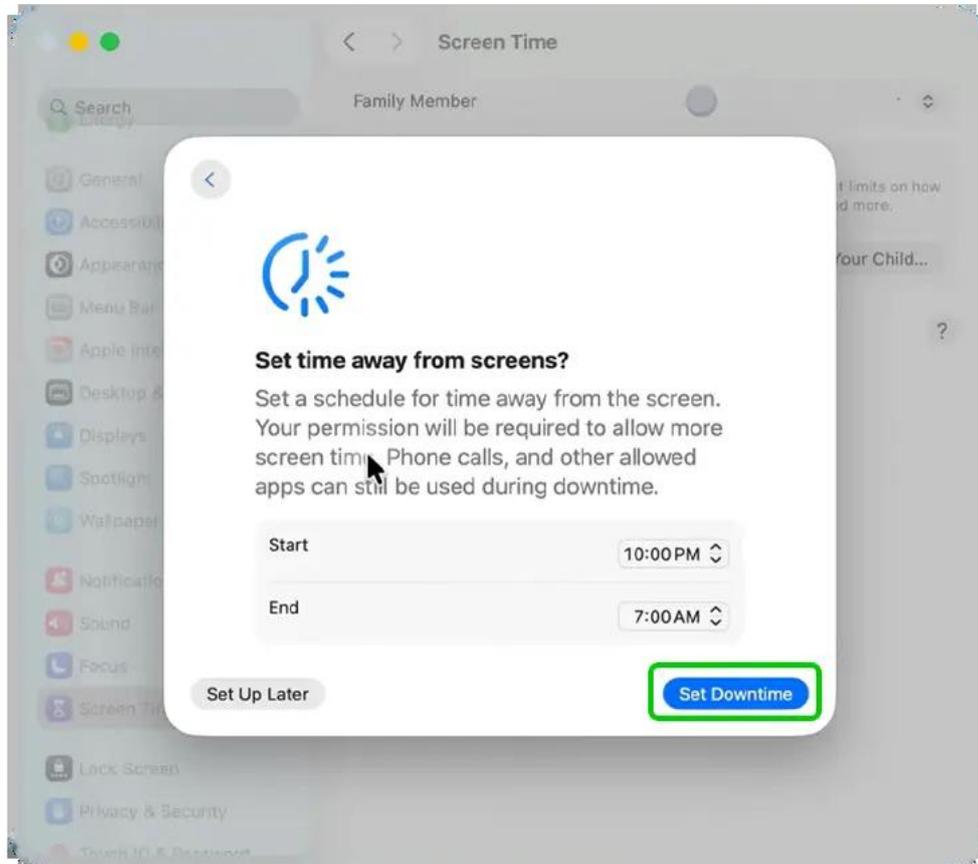
Step 6 – Follow the **prompts** to set age restrictions, and restrictions across web content, apps and more. Click **Continue**.



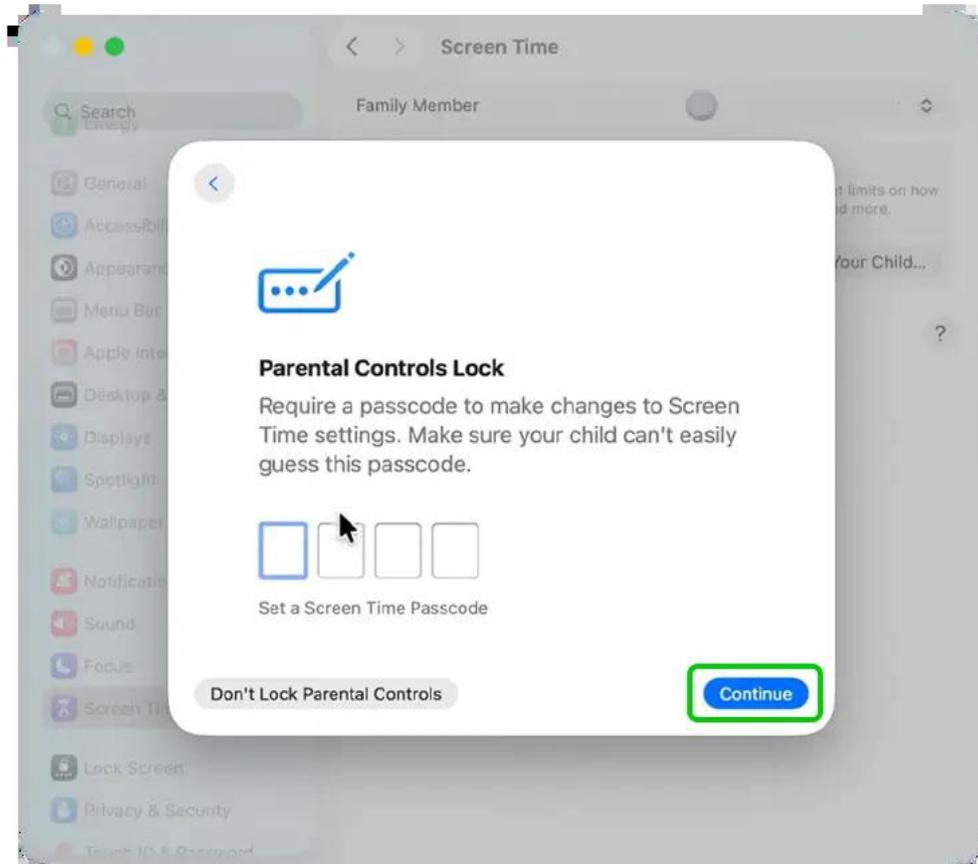
Step 7 – Click **Turn on Communication Safety**, then **Continue**. You can also choose **Set Up Later** for each of these screens instead.



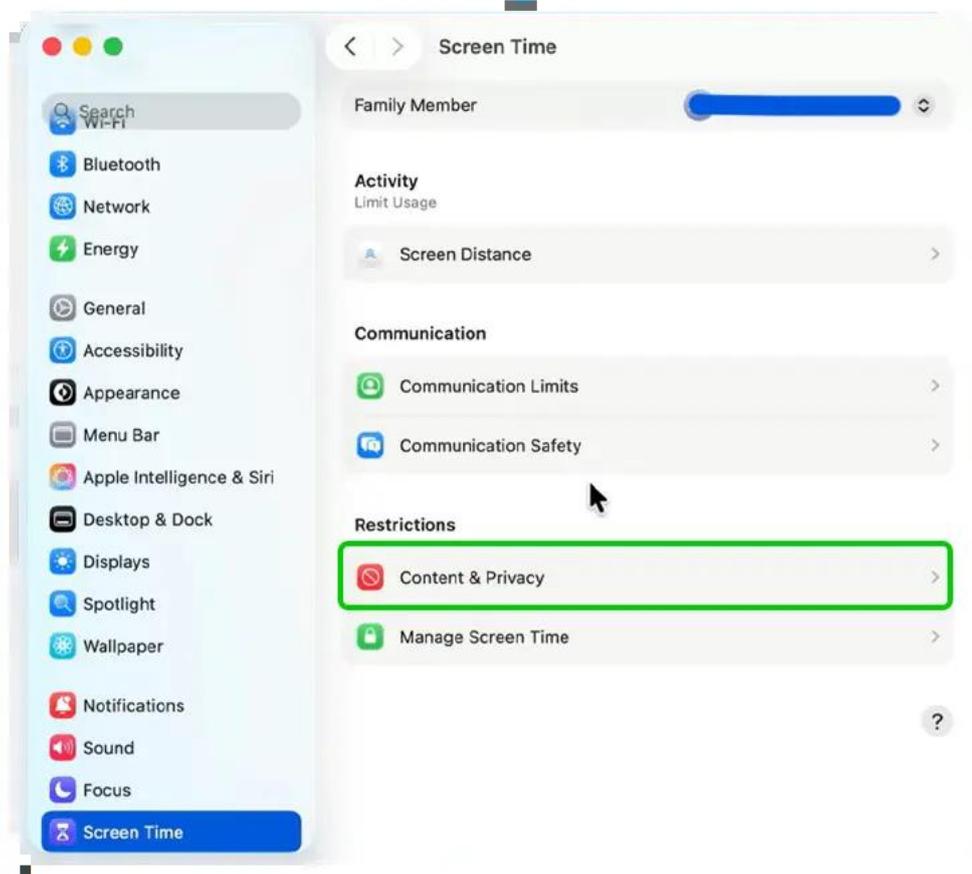
Step 8 – Choose a **Start** and **End** time for your child's account downtime. Most commonly, these are the times your child is sleeping or getting ready for bed. Click **Set Downtime**.



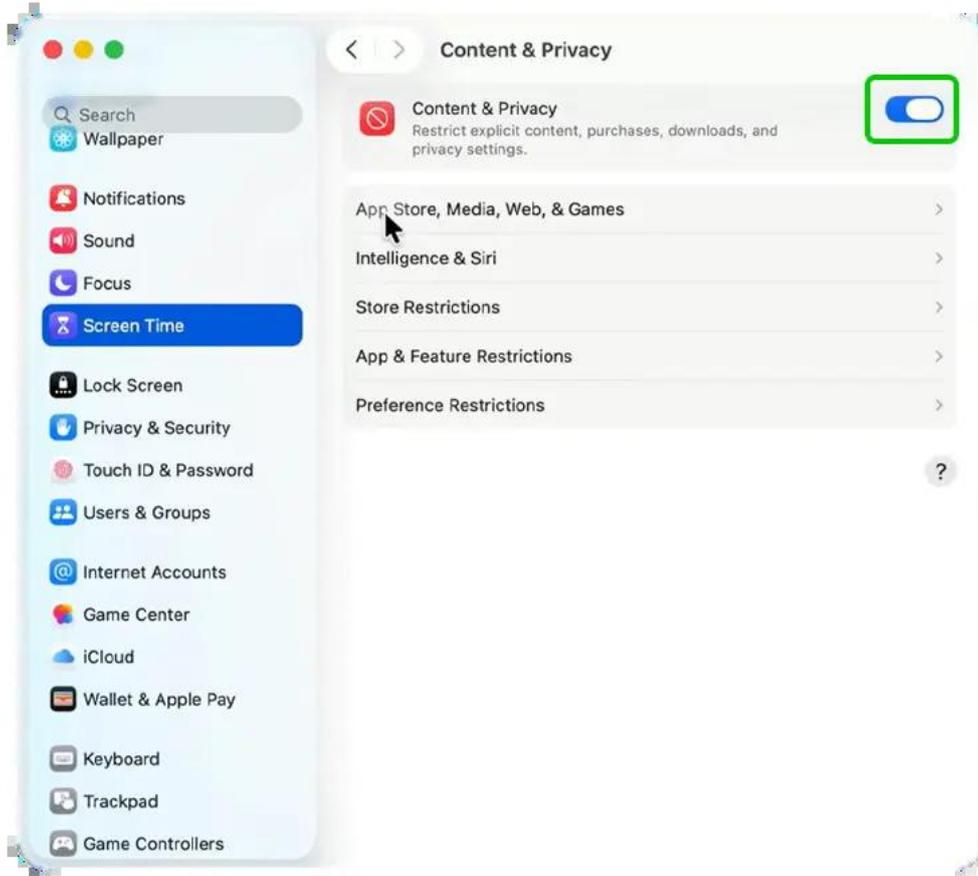
Step 9 – Create a **4-digit PIN** that only you know. Do not share this with your child. Select **Continue**.



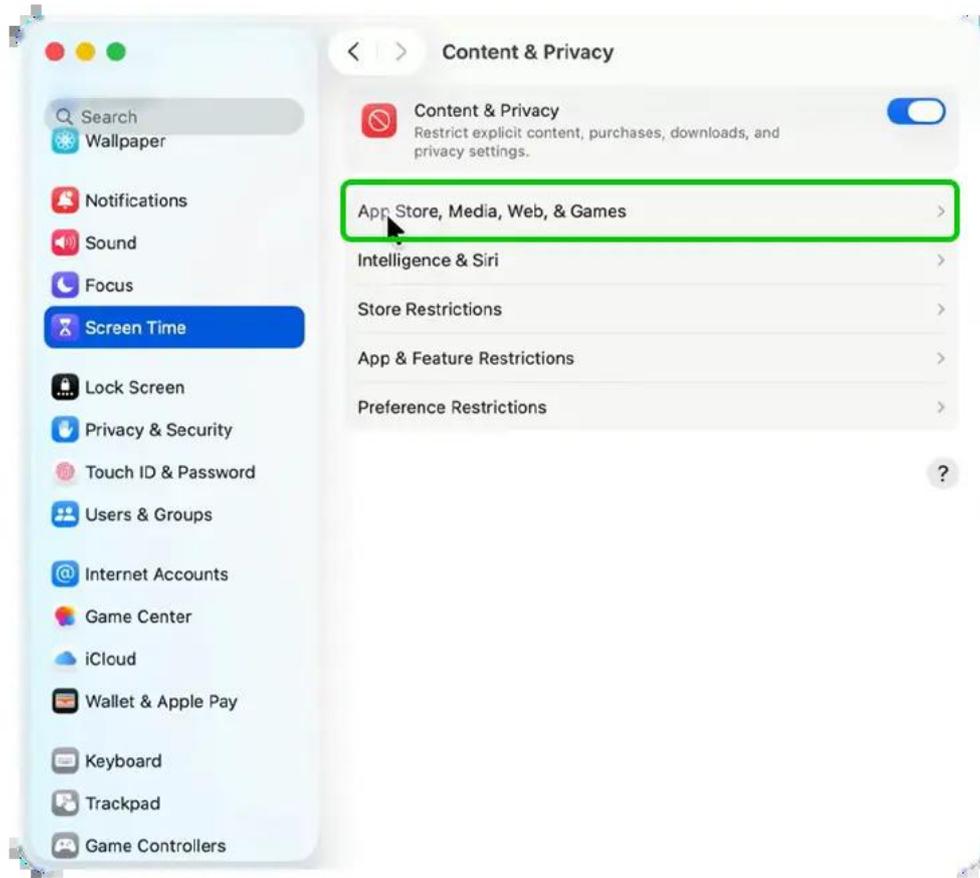
Step 10 – Scroll down to and click on **Content & Privacy**.



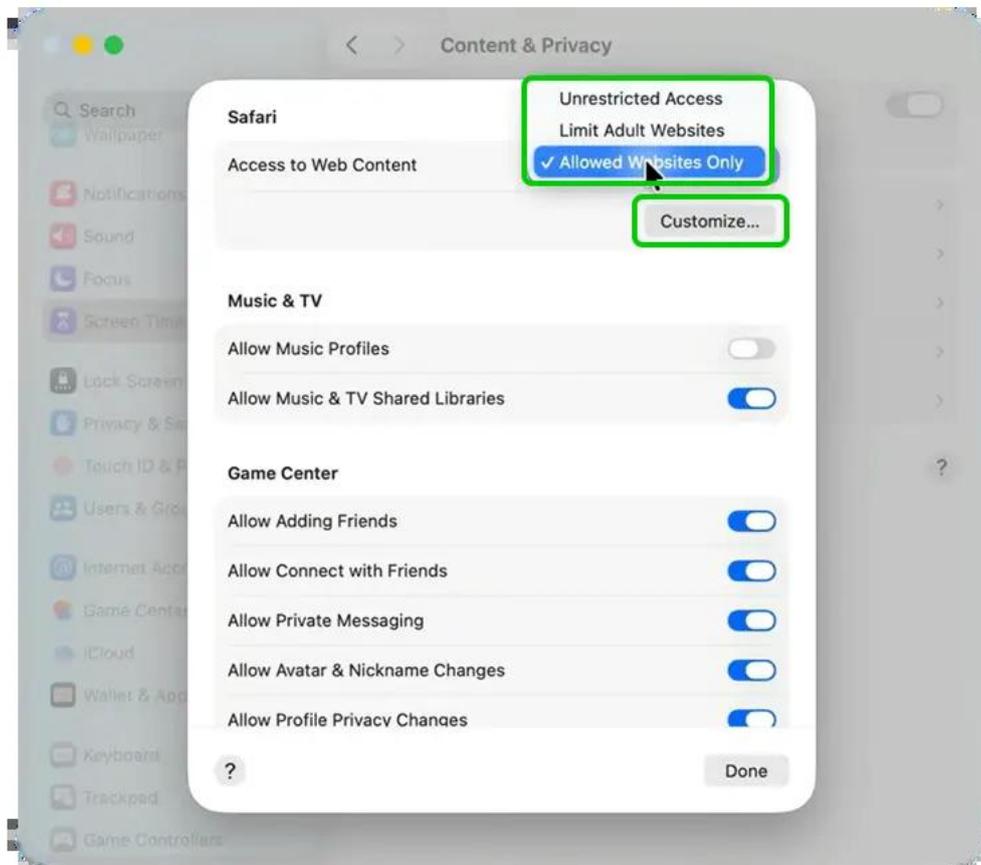
Step 11 – Click the **toggle** next to **Content & Privacy** to turn restrictions on.



Step 12 – Click **App Store, Media, Web, & Games**.



Step 13 – Change **Access to Web Content** to your preferred setting. If you choose Allowed Websites Only, make sure to click **Customise** and add which website you're happy for your child to visit. Click **Done**.

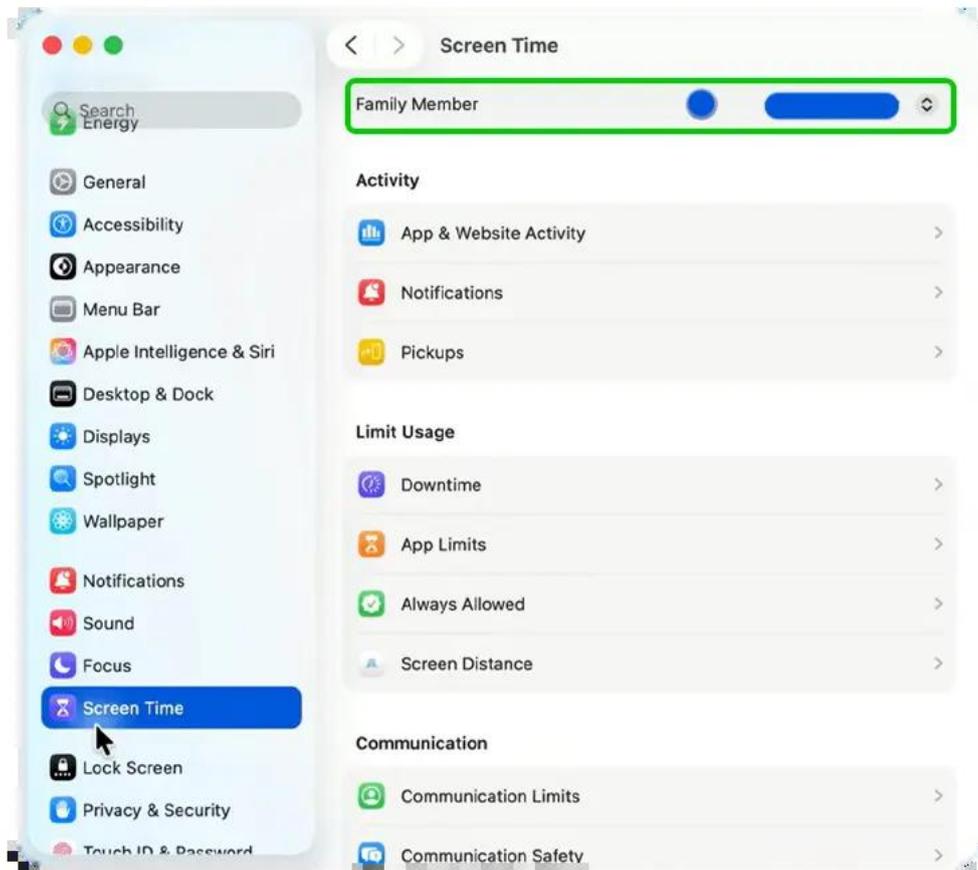


3 How to set screen time restrictions

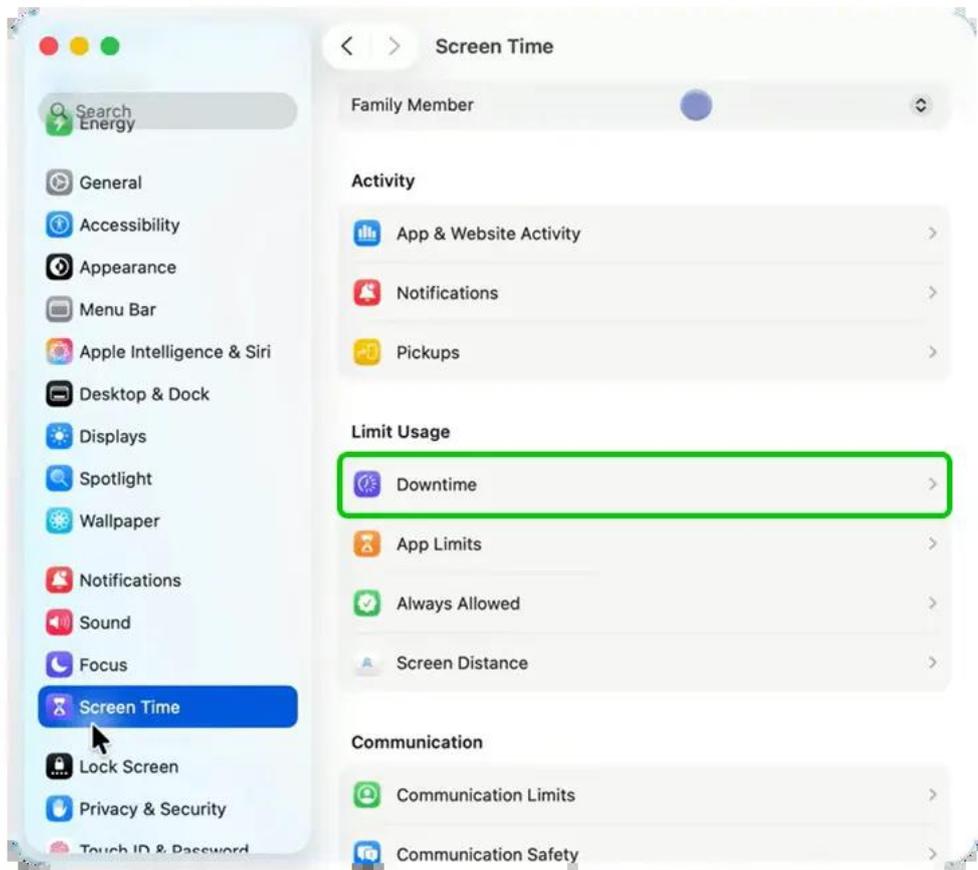
Apple Screen Time is available to all iOS user and works across devices which share the same Apple account. Through Family Sharing, you can customise your child's Screen Time settings, including setting limits around how long they can spend on their device.

To set screen time limits:

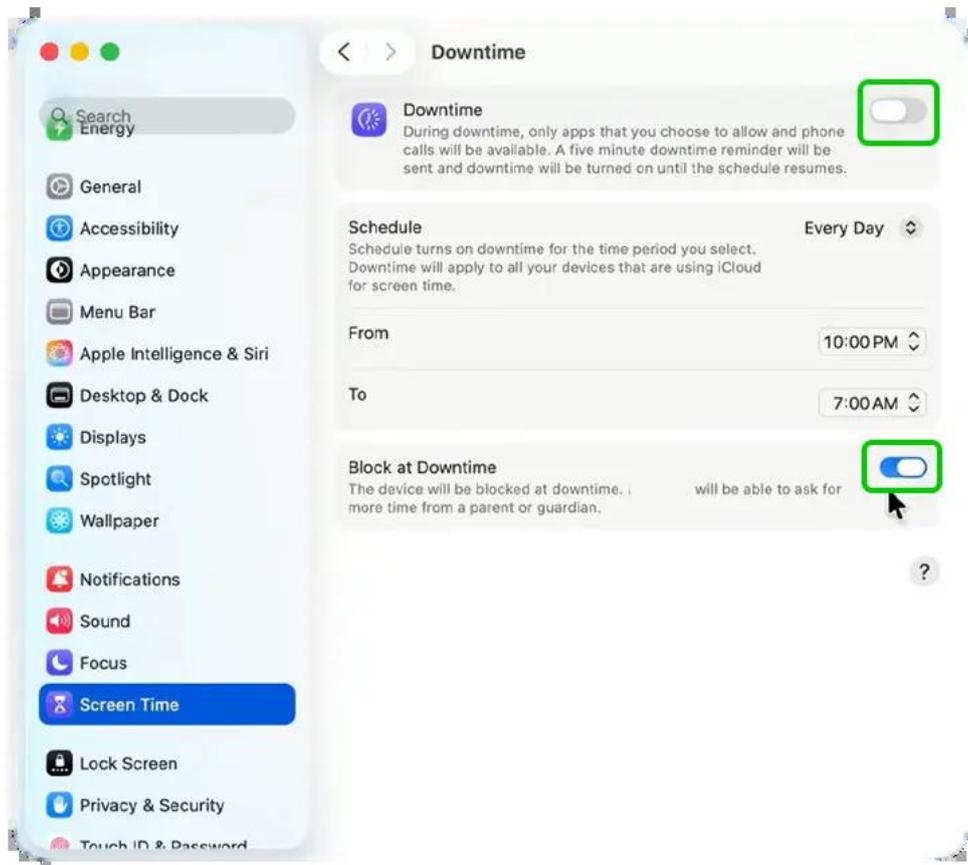
Step 1 – Navigate to **System Settings** > **Family** > **Screen Time** > select **your child**.



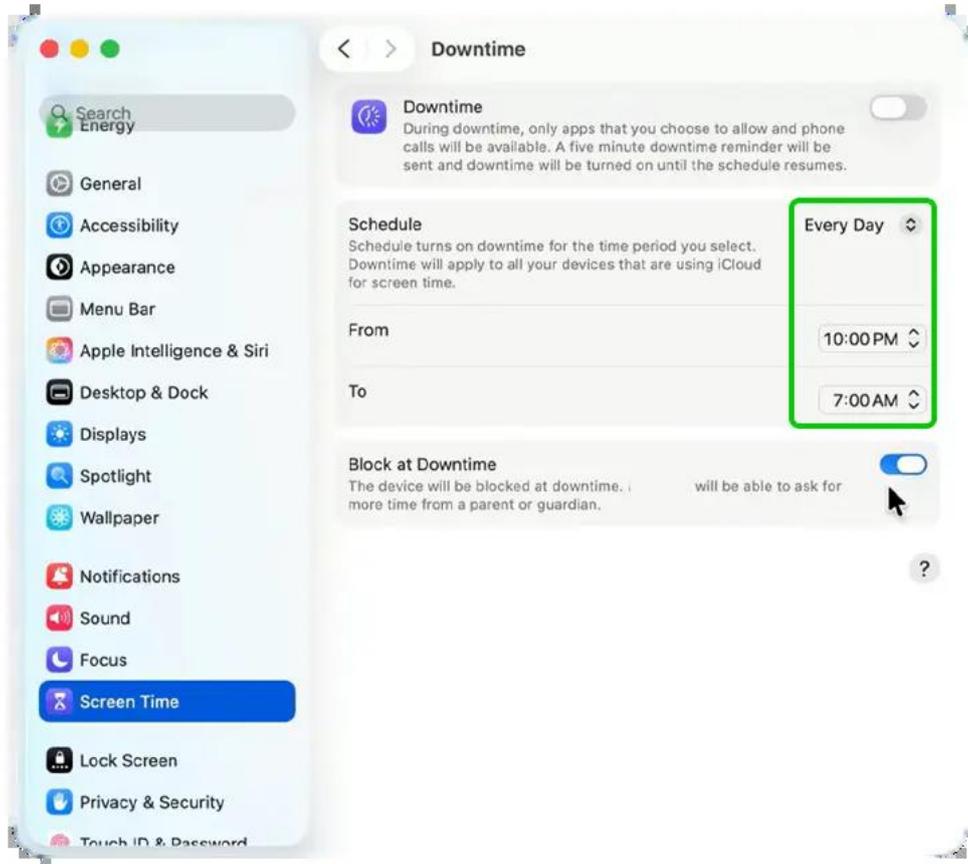
Step 2 – Under Limit Usage, select **Downtime**.



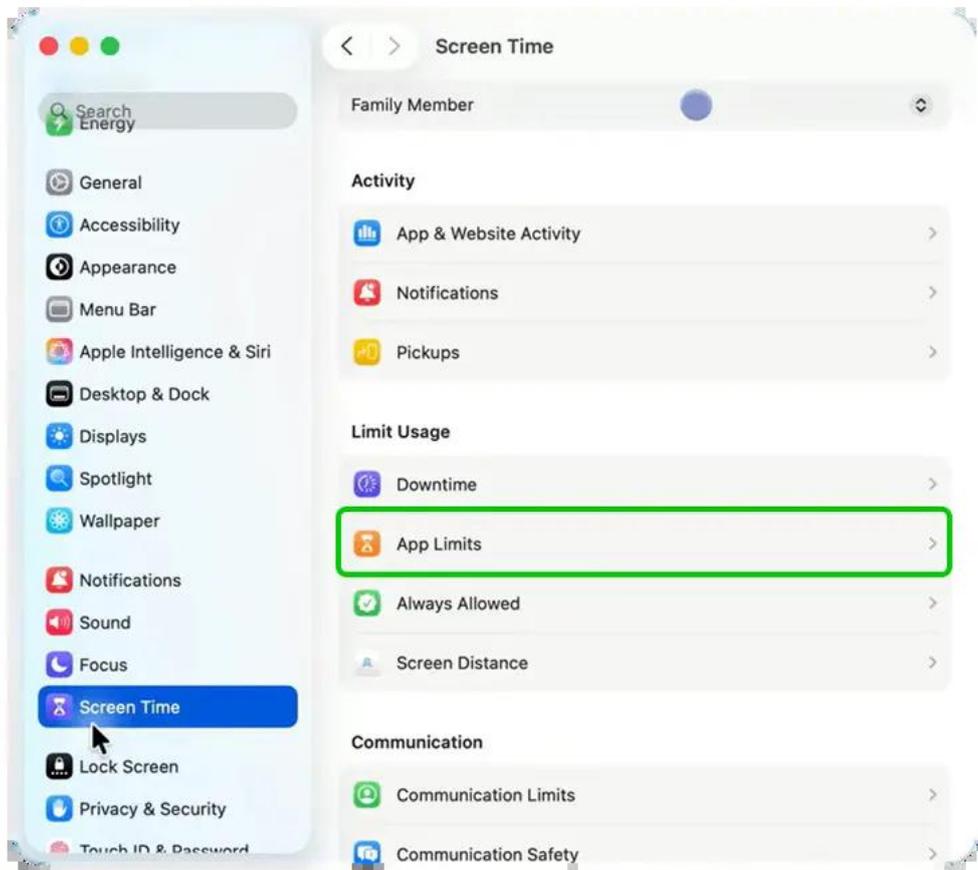
Step 3 – Click the **toggle** next to **Downtime** to turn it on and click the **toggle** near the bottom of the window, next to **Block at Downtime**, to turn this feature on too.



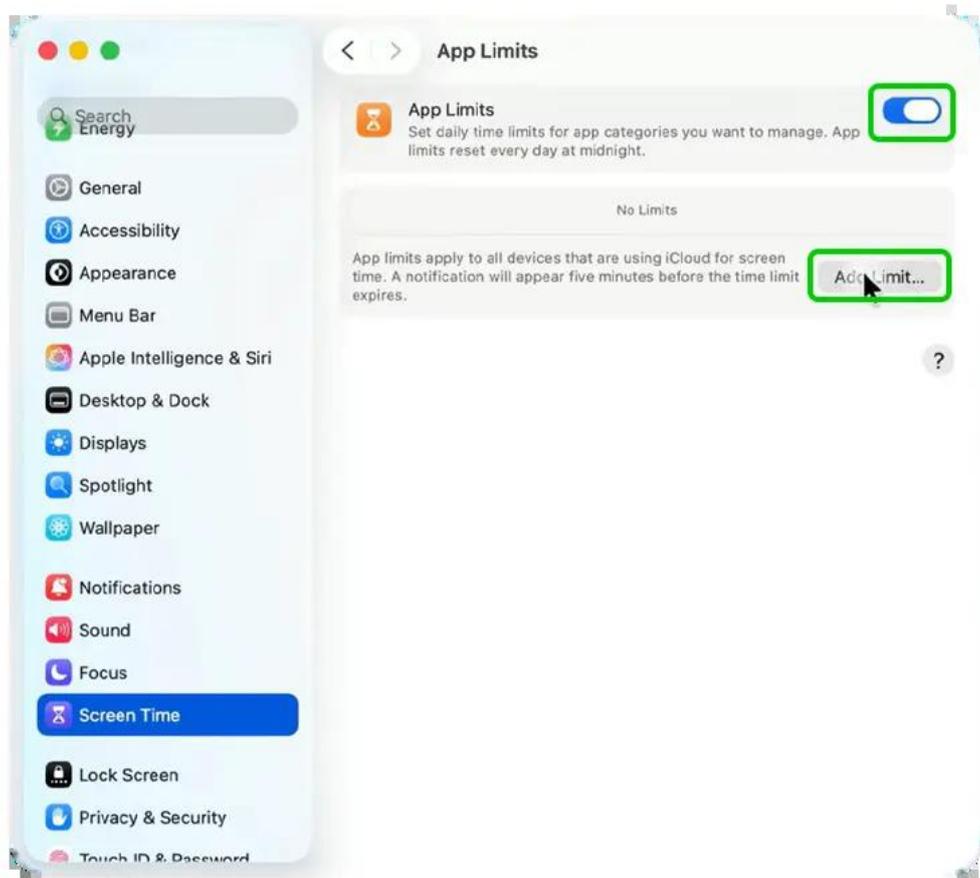
Step 4 – Customise the Schedule by setting a **From** and **To** time for when you don't want your child accessing their devices (such as for sleep).



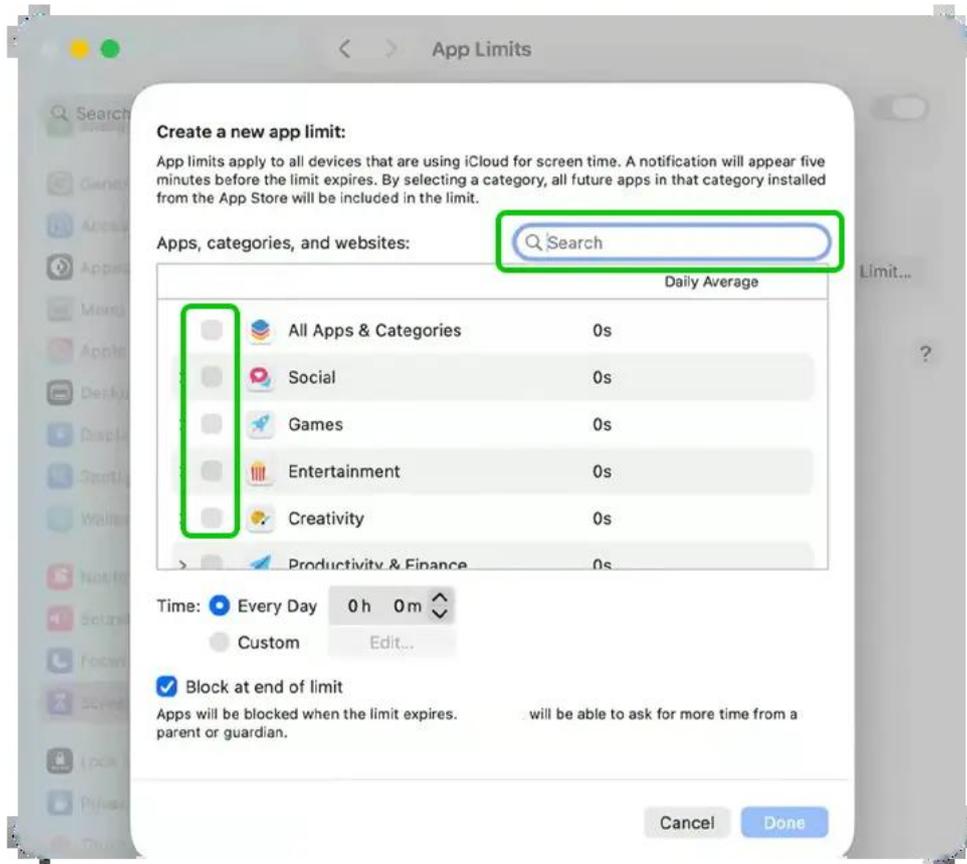
Step 5 – Return to the **Screen Time** menu and select **App Limits**.



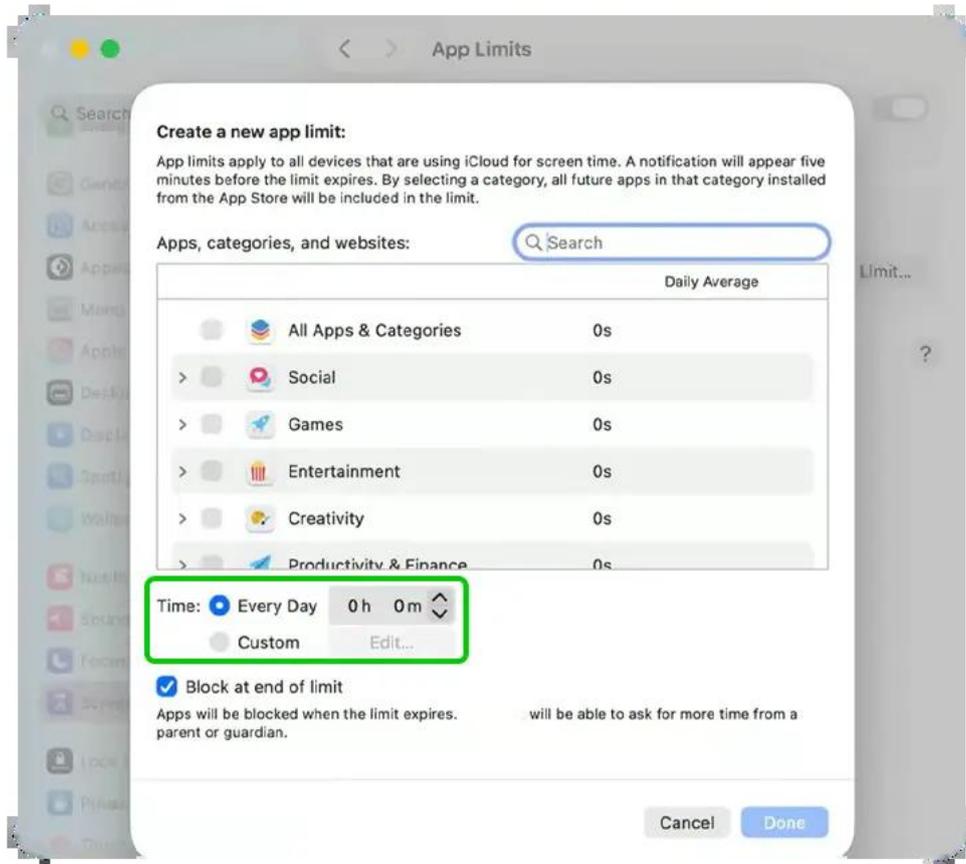
Step 6 – Click the **toggle** next to **App Limits** to turn them on and then click **Add Limit...** to customise your child's app restrictions.



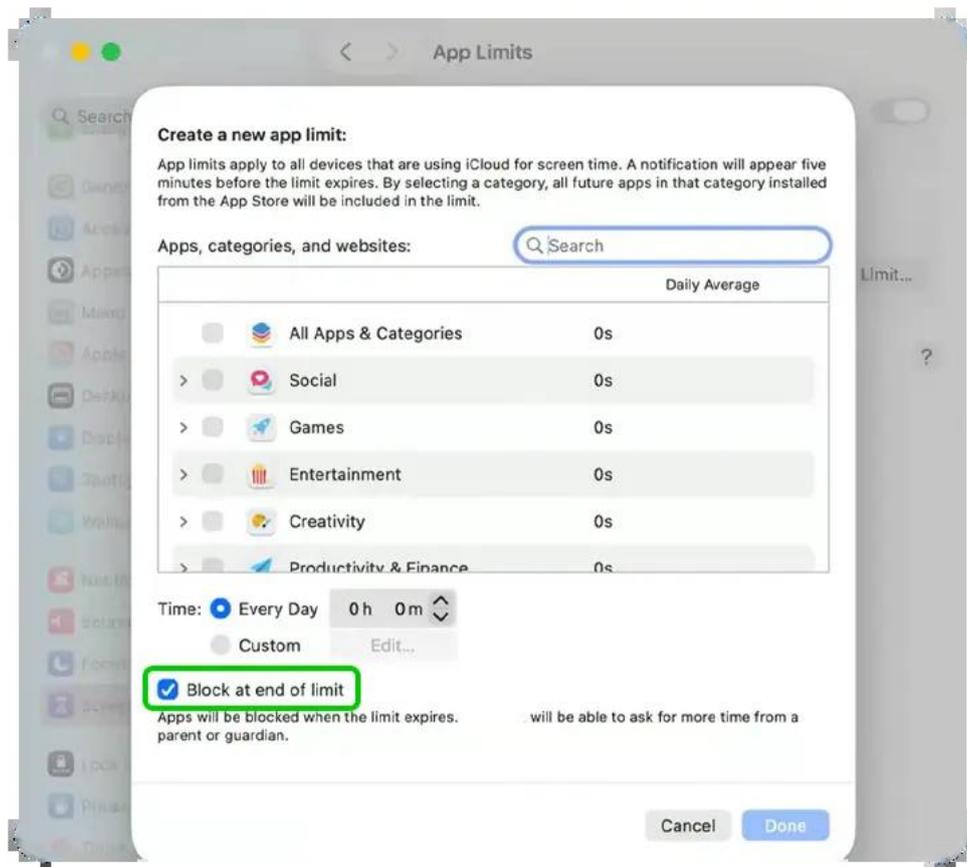
Step 7 – Search and select specific **apps** or **app categories**.



Step 8 – Set a **Time limit** for the app or category. You can have the same limit Every Day or select Custom to set different limits for different days.



Step 9 – Tick the **box** next to **Block at end of limit** and then click **Done**.

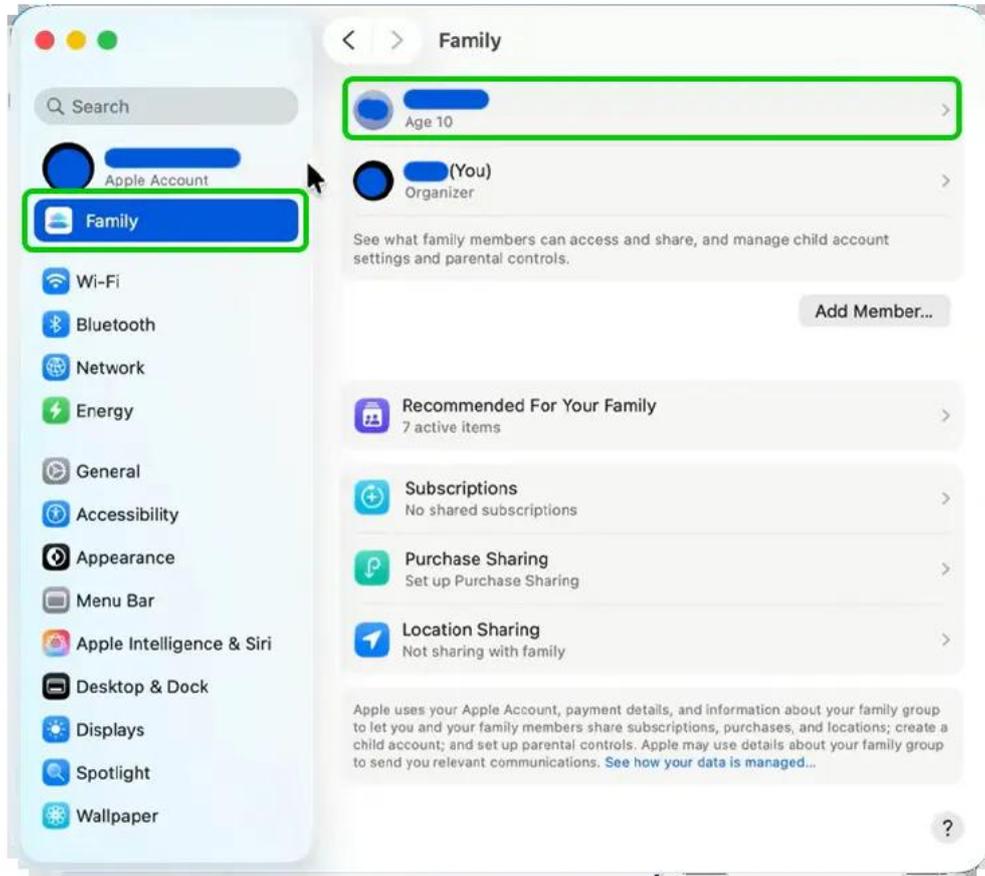


4 Setting spending limits in the App Store

With Family Sharing, you can set limits on Apple devices to ensure that your child cannot make purchases without your permission.

To set spending limits:

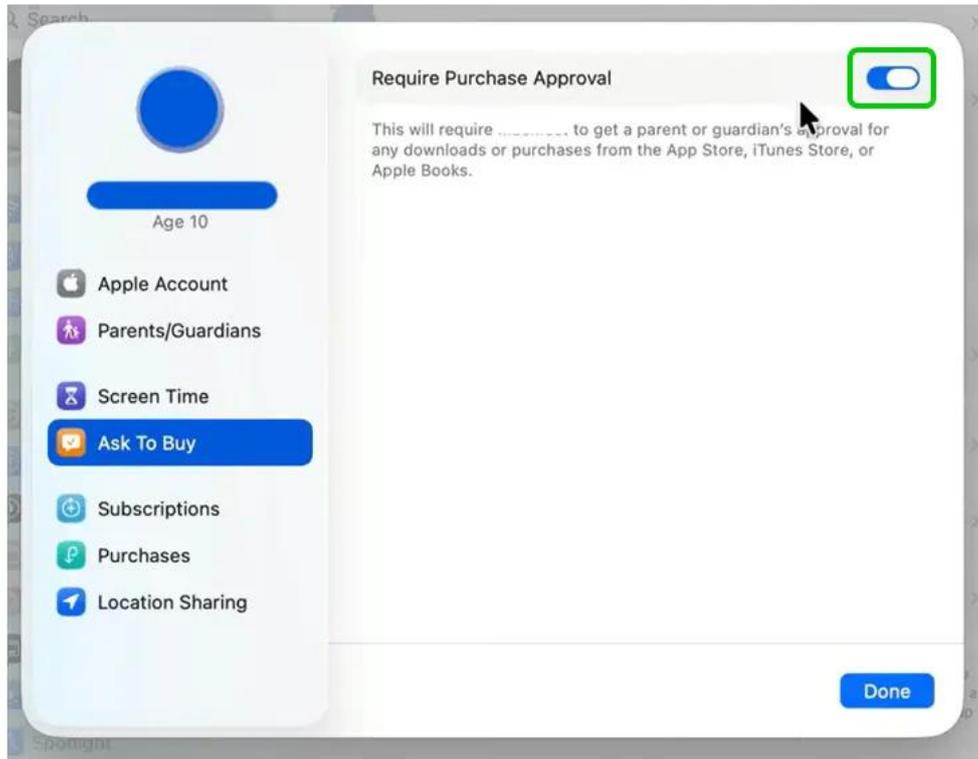
Step 1 – Go to **System Settings > Family > your child**.



Step 2 – Click **Ask to Buy**.



Step 3 – Next to **Require Purchase Approval**, turn the **toggle** on and click **Done**.



Your child will now need to get your approval for any downloads or purchases across the App Store, iTunes and Apple Books.