

Setting a young child's device up for safety

Use these checklists to help keep your child aged 5 or under safer on their devices.

internet
matters.org



Getting started

Use this checklist to take initial actions to protect your child as they grow.

Set up broadband restrictions



- ☐ Login to your broadband account.
- ☐ Locate 'safety settings', 'content restrictions', 'parental controls' or something similarly named.
- ☐ Turn on content controls, which will limit the chance of your child accidentally coming across inappropriate content.

Add and remove apps



- ☐ On your child's devices, remove any apps you don't want them to access.
- ☐ Add any apps that are child-friendly which you are happy for them to use.

Note: If the device doesn't let you uninstall an app, you can still block it using the next step.

Set up parental control apps



- ☐ Create an email for your child with a strong password. Choose an email they can use in the future.
- ☐ Set up **Apple Family Sharing** (iOS) or **Google Family Link** (Android) and add them to your family via their email.
- ☐ Spend 15 minutes going through each setting to add limits around screen time, apps and web access.

Ask
internet
matters

Need help setting up
WiFi, devices or
apps?

Ask Internet Matters
and get step-by-step
support.



If your child shares a device

Use this checklist if your child shares a device or app with you or their siblings.



Turn on Guided Access on Apple devices



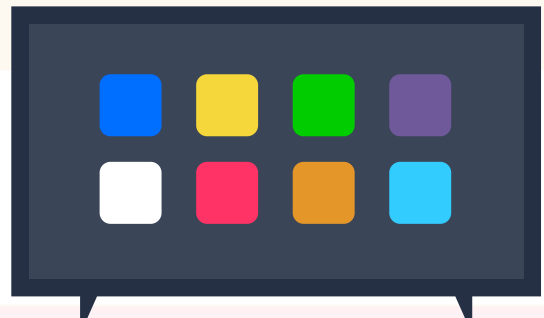
- ☐ Go to Settings > Accessibility > Guided Access.
- ☐ Turn it on and add a passcode.
- ☐ Open the app that you want your child to use.
- ☐ Quickly press the top/side button 3 times to open the shortcuts menu.
- ☐ Select Guided Access > Start.
- ☐ When your child is finished, open the shortcut menu.
- ☐ Enter the passcode and tap End.

This prevents your child from leaving the app or accessing anything else on the device.

Create separate profiles on Android devices



- ☐ Swipe down to open the menu.
- ☐ Tap the active account's profile icon.
- ☐ Tap 'Add user' and follow the prompts to set up the profile.
- ☐ Curate the new profile by adding and removing apps.
- ☐ Protect each profile with its own PIN.
- ☐ When it's your child's screen time, switch to their profile.



Create separate profiles on streaming services



- ☐ Go to the app's general settings or user settings.
- ☐ Add a new profile. If available, select the 'kids profile' option.
Customise your child's profile to suit their age or development stage.
- ☐ On all profiles, add a PIN to keep your child from making changes or accessing other profiles.

