Parental controls guide
Apple iPhone and iPad parental control guide

Parental Controls information

**Type of guide**

Smartphones and other devices

**Features and Benefits**

You can enable restrictions to stop your children from using specific features and social media or gaming applications on an iPhone or iPad. This includes blocking access to iTunes and restricting explicit content and in-app purchasing. You can also limit access to the camera and the sharing of photos.

[pdf link]

**What specific content can I restrict?**

- Apps Access
- Browser Access
- In App purchasing
- Inappropriate content
- Media streaming
- Online games
- Parental control
- Sharing Data
- Sharing location
- Social networking
- Timer

**What do I need?**

iPhone or iPad device, Apple ID and password
Apple iPhone and iPad parental control guide

Step by step guide

1. Enable screen time  Using Screen Time to set content privacy restrictions and manage in-app purchases Go to “Settings” and tap “Screen Time”.

![Settings menu with Screen Time highlighted]
Step by step guide

2 Tap Continue, then choose “This is My [Device]” or “This is My Child’s [Device].” If it’s a shared device and you’d like to ensure settings are not changed then tap “Use Screen Time Passcode”. Then re-enter the passcode to confirm. If it’s a child’s device, you can follow prompts until you get to Parent Passcode and enter a passcode. Re-enter to confirm.
Step by step guide

3

Tap Content & Privacy Restrictions. If asked, enter your passcode, then you can turn on Content & Privacy. Once you have set up your code, in this section, you can manage in-app purchase, access to apps and automatically filter website content to limit access to adult content in Safari and apps on your device.
Managing in-app purchases in Screen Time Tap “iTunes & App Store Purchases”. Choose a setting and set it to “Don’t Allow”. Please note you can also change your password settings for additional purchases from the iTunes & App Store or Book Store. Follow steps 1-3, then choose Always Require or Don’t Require.
Guided Access

Guided Access allows you to lock your iPhone or iPad when in an app. This may be useful for children as they won’t be able to come out of that particular app and will stop them from accessing other apps and settings. To enable: Go to your “Settings” tap “Accessibility” then scroll down and tap “Guided Access”.

1. Go to your “Settings” tap “Accessibility”.
2. Scroll down and tap “Guided Access”.
3. Tap the app you want to lock or unlock.
4. Tap “Add” to add more apps or tap “Remove” to remove apps.
5. Tap “Save” to save your settings.
<table>
<thead>
<tr>
<th>Settings</th>
<th>Accessibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touch</td>
<td></td>
</tr>
<tr>
<td>Face ID &amp; Attention</td>
<td></td>
</tr>
<tr>
<td>Switch Control</td>
<td>Off</td>
</tr>
<tr>
<td>Voice Control</td>
<td>Off</td>
</tr>
<tr>
<td>Side Button</td>
<td></td>
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<tr>
<td>Apple TV Remote</td>
<td></td>
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<tr>
<td>Keyboards</td>
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<tr>
<td>HEARING</td>
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<tr>
<td>Hearing Devices</td>
<td></td>
</tr>
<tr>
<td>Sound Recognition</td>
<td>Off</td>
</tr>
<tr>
<td>Audio/Visual</td>
<td></td>
</tr>
<tr>
<td>Subtitles &amp; Captioning</td>
<td></td>
</tr>
<tr>
<td>GENERAL</td>
<td></td>
</tr>
<tr>
<td>Guided Access</td>
<td>Off</td>
</tr>
<tr>
<td>Siri</td>
<td></td>
</tr>
<tr>
<td>Accessibility Shortcut</td>
<td>Off</td>
</tr>
</tbody>
</table>
Tap the Guided Access toggle so it turns green. Then to start the Guided Access, tap the side (power) button three times. When enabled, the buttons and touchscreen will be disabled. In this section, you can also set a passcode, time limit and enable auto-lock features. To turn it off, tap the side button three times.
You can change the options which will appear in the bottom left of your screen which will allow you to configure the settings for the app you or your child is on. Tip: Alternatively, you can easily turn on Guided Access by giving the command to Siri which Siri will automatically do for you.
Prevent web content iOS can automatically filter website content to limit access to adult content in Safari and apps on your device. You can also add specific websites to an approved or blocked list, or you can limit access to only approved websites. Follow these steps: Go to Settings, then Screen time. Tap ‘Content & Privacy Restrictions’ and enter your Screen Time passcode. Then, tap ‘Content Restrictions’, then tap ‘Web Content’. Choose Unrestricted Access, Limit Adult Websites, or Allowed Websites Only.
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Settings
Screen Time

Daily Average
5h 49m 22% from last week

See All Activity
Updated Friday at 19:21

Downtime
Scheduler time away from the screen.

App Limits
Set time limits for apps.

Communication Limits
Set limits based on your contacts.

Always Allowed
Choose apps you want at all times.

Content & Privacy Restrictions
Block inappropriate content.

Family
Johnny Appleseed

Web Content

WEB CONTENT

Unrestricted Access

Limit Adult Websites

Allowed Websites Only
Limit access to many adult websites automated daily. Specific allowed and restricted websites can be added below.

ALWAYS ALLOW:

Add Website

NEVER ALLOW:

Add Website
Restrict Siri web search

Go to Settings, then Screen Time.
Tap ‘Content & Privacy Restrictions’ if asked, enter your Screen Time passcode. Then, tap ‘Content Restrictions’.
Scroll down to Siri, then choose your settings. You can restrict these Siri features:
- Web Search Content: Prevent Siri from searching the web when you ask a question
- Explicit Language: Prevent Siri from displaying explicit language
# Apple iPhone and iPad Parental Control Guide

## Screen Time

### Daily Average

- **5h 49m**
- 22% from last week

### See All Activity

Updated: Tuesday at 16:21

### Downtime

- Schedule time away from the screen.

### App Limits

Set time limits for apps.

### Communication Limits

Set limits based on your contacts.

### Always Allowed

Choose apps you want at all times.

### Content & Privacy Restrictions

Block inappropriate content.

### Family

- Johnny Appleseed

## Content Restrictions

<table>
<thead>
<tr>
<th>Category</th>
<th>Settings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ratings For</td>
<td>United Kingdom</td>
</tr>
<tr>
<td>Music, Podcasts &amp; News</td>
<td>Explicit</td>
</tr>
<tr>
<td>Music Profiles</td>
<td>On</td>
</tr>
<tr>
<td>Films</td>
<td>Allow All Films</td>
</tr>
<tr>
<td>TV Programmes</td>
<td>Allow All TV Programmes</td>
</tr>
<tr>
<td>Books</td>
<td>Explicit</td>
</tr>
<tr>
<td>Apps</td>
<td>Allow All Apps</td>
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<td>Explicit Language</td>
<td>Allow</td>
</tr>
</tbody>
</table>

## Game Center

- Multiplayer Games: Allow
- Adding Friends: Allow
- Screen Recording: Allow
Restrict game centre

Go to Settings, then Screen time. Tap ‘Content & Privacy Restrictions’ and enter your Screen Time passcode. Then, tap ‘Content Restrictions’ Scroll down to Game Center, then choose your settings. You can restrict these Game Center features:

- **Multiplayer Games:** Prevent the ability to play multiplayer games
- **Adding Friends:** Prevent the ability to add friends to Game Center
- **Screen Recording:** Prevent the ability to capture the screen and sound
2. **Downtime**: Schedule time away from the screen.

3. **Content Restrictions**:
   - **Ratings For**: United Kingdom
   - **Music, Podcasts & News**: Explicit
   - **Music Profiles**: On
   - **Films**: Allow All Films
   - **TV Programmes**: Allow All TV Programmes
   - **Books**: Explicit
   - **Apps**: Allow All Apps
   - **WEB CONTENT**:
     - Web Content: Limit Adult Websites
     - Siri Web Search Content: Allow
     - Explicit Language: Allow
   - **GAME CENTER**:
     - Multiplayer Games: Allow
     - Adding Friends: Allow
     - Screen Recording: Allow
Step by step guide

11 Turn off tracking If you have the iOS 14.5 update or above, the App Tracking Transparency feature lets you decide if you want apps to track your activity for advertising purposes. This may not be suitable for children as it may encourage in-app spending. To disable: Go to Settings, then ‘Privacy’. Tap ‘Tracking’. The toggle button should be grey - this means the feature is disabled. Green means enabled. Important: If you allow apps to ask to track you, you’ll start to see prompts when you launch updated apps requesting permission to track your activity. If you don’t allow apps to ask you for permission, all apps will automatically be blocked from tracking your activity.
Allow Apps to Request to Track

Allow apps to ask to track your activity across other companies' apps and websites. Apps that don't ask may still try to track your activity. Learn more.
Step by step guide

Allow changes to privacy settings. The privacy settings on your device give you control over which apps have access to information stored on your device or the hardware features. Go to Settings, then Screen time. Tap ‘Content & Privacy Restrictions’ if asked, enter your Screen Time passcode. Tap ‘Privacy’, then choose the settings you want to restrict.
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Section 2:

Daily Average:
5h 49m 22% from last week

- Downtime: Schedule time away from the screen.
- App Limits: Set time limits for apps.
- Communication Limits: Set limits based on your contacts.
- Always Allowed: Choose apps you want at all times.
- Content & Privacy Restrictions: Block inappropriate content.

Section 3:

Content & Privacy Restrictions:

- Privacy:
  - Location Services: Allow
  - Contacts: Allow
  - Calendars: Allow
  - Reminders: Allow
  - Photos: Allow
  - Share My Location: Allow
  - Bluetooth Sharing: Allow
  - Microphone: Allow
  - Speech Recognition: Allow
  - Advertising: Allow
  - Media & Apple Music: Allow

- Allow Changes:
  - Passcode Changes: Allow
  - Account Changes: Allow
  - Mobile Data Changes: Allow
  - Volume Limit: Allow
  - Do Not Disturb While Driving: Allow
Allow changes to other settings and features

You can allow changes to other settings and features, the same way you can allow changes to privacy settings. Go to Settings, then Screen time. Tap ‘Content & Privacy Restrictions’ if asked, enter your Screen Time passcode. Always Allowed, select the features or settings you want to allow changes to and choose Allow or Don’t Allow.
### Apple iPhone and iPad parental control guide

#### Daily Average

**5h 49m** 22% from last week

#### See All Activity

Updated today at 15:21

- **Downtime**
  - Schedule time away from the screen.

- **App Limits**
  - Set time limits for apps.

- **Communication Limits**
  - Set limits based on your contacts.

- **Always Allowed**
  - Choose apps you want at all times.

- **Content & Privacy Restrictions**
  - Block inappropriate content.

#### Family

- **Johnny Appleseed**

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### Screen Time

#### Always Allowed

**ALLOWED CONTACTS**

- Only allow contacts to communicate with during downtime. Limits apply for Phone, Facetime, and Messages.

**ALLOWED APPS**

- Always offered apps are available during downtime or if you select the "All Apps & Categories" app limit.

**Contacts**

- Everyone

**Choose Apps**

- 9 Out
- Acrobat
- AdBlock for Safari
- Adobe Acrobat Reader DC
- Adobe Bridge CS6
- Adobe Flash Player Install Manager
- Adobe Illustrator CC 2015
- Alibaba.com