

Keeping Your Child Safer Online

A guide for parents: how to adjust parental controls on smartphones

Parental controls can help you manage what your child can see, do and download on their phone. They won't stop every risk, but they are a useful tool to help keep your child safer online.

Small changes make a big difference



Talk, set, review, repeat

The best online safety comes from open conversations and checking settings regularly.

How to set up parental controls

Follow the steps for your child's device. Most settings are free and built into the phone.



iPhone (Apple) Use Screen Time

- 1 Open **Settings**
- 2 Tap **Screen Time**
- 3 Tap **Turn On Screen Time** and follow the steps
- 4 Choose **content and privacy restrictions** (e.g. limit apps, websites and purchases)
- 5 Set a **Screen Time passcode** so changes can't be made easily

You can:

- ✓ Set time limits for apps
- ✓ Block or allow specific apps
- ✓ Restrict inappropriate websites
- ✓ Manage purchases and downloads



Android Use Google Family Link

- 1 Download the **Google Family Link** app (free from the Play Store)
- 2 Follow the steps to create a Google account for your child (if they don't have one)
- 3 Link your child's device to your account
- 4 Set controls such as app limits, content filters and screen time
- 5 Review and adjust settings as needed

You can:

- ✓ Set daily screen time limits
- ✓ Approve or block apps
- ✓ Filter websites and search results
- ✓ See your child's device activity

SAMSUNG

Use Samsung Kids or Google Family Link

- 1 Open **Settings**
- 2 Tap **Digital Wellbeing and parental controls**
- 3 Follow the steps to set up parental controls (you can also use Google Family Link on Samsung devices)
- 4 Choose app limits, content restrictions and screen time
- 5 Review and adjust settings as needed

You can:

- ✓ Set screen time limits
- ✓ Block or allow specific apps
- ✓ Filter websites
- ✓ Use Samsung Kids for a simpler, child-friendly experience



Top tips for success

- ✓ Talk to your child about why you are using parental controls.
- ✓ Agree rules together and review them regularly.
- ✓ Keep the settings up to date as your child gets older.
- ✓ Remember to set a strong passcode.
- ✓ Parental controls work best alongside open conversations and trust.



Useful links

For more information and step-by-step guides:

- > **Apple** – Screen Time for families support.apple.com
- > **Google Family Link** families.google.com
- > **Samsung** – Parental controls samsung.com
- > **Internet Matters** – advice for parents www.internetmatters.org
- > **NSPCC** – keeping children safe online www.nspcc.org.uk

A safer brighter future together



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achievement for all

If you need support with setting up parental controls, please contact the school. We are here to help.



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