



PARENTAL CONTROLS HANDBOOK

WHAT ARE PARENTAL CONTROLS? ARE THEY IMPORTANT?

Parental controls should be viewed as a tool to help parents guide and support their children's digital journey, rather than a way to control every aspect of their online experience.

WHAT ARE THEY?

Parental controls are an essential feature that enables parents to ensure their children's safety while using various internet-connected devices such as smartphones, tablets, and computers. However, it is vital to strike a balance between setting up parental controls and allowing children some degree of freedom.

SHOULD YOU USE THEM?

Ultimately, parental controls should be viewed as a tool to help parents guide and support their children's digital journey, rather than a way to control every aspect of their online experience. By setting healthy limits and fostering open communication, parents can help their children become responsible, empowered, and resilient digital citizens.

DISCUSS CONTROLS WITH YOUR CHILDREN

To find a balance, parents should consider discussing the purpose and benefits of parental controls with their children, setting age-appropriate rules and boundaries, and gradually increasing their children's freedom and responsibility as they grow older and demonstrate good judgment.

PARENTAL CONTROLS ON PHONES

In this manual, we'll walk you through the steps to enable parental controls on both types of devices. How to set up parental controls on an iPhone:

1. Go to Settings and tap Screen Time.
2. Tap Turn On Screen Time.
3. Tap Set up as Parent and follow the instructions to create a passcode.
4. Select your child's Apple ID and set up the device with Downtime, App Limits, and Content & Privacy restrictions.

How to set up parental controls on an Android:

1. Go to Settings and tap Digital Wellbeing & Parental Controls.
2. Tap Parental Controls and turn on the feature.
3. Follow the instructions to create a PIN.
4. Select your child's Google account and set up the device with Screen Time, App Limits, and Content & Privacy restrictions.



PARENTAL CONTROLS ON COMPUTERS

In this manual, we'll walk you through the steps to enable parental controls on both types of devices.

How to set up parental controls on a MacBook:

1. Go to System Preferences and click on Parental Controls.
2. Click the lock icon at the bottom left and enter your administrator username and password.
3. Click the plus sign (+) to add a new user account for your child.
4. Select the user account and set the desired parental control restrictions, such as time limits, website access, and app restrictions.



PARENTAL CONTROLS ON COMPUTERS

How to set up parental controls on a Windows laptop:

1. Go to Settings and click on Accounts.
2. Click on Family & other users and then Add a family member.
3. Select Add a child
4. Follow the instructions to create a new Microsoft account for your child and set up the desired parental control restrictions, such as screen time, website access, and app restrictions.

By following these steps, you can set up parental controls on your child's laptop and have peace of mind knowing they are safe while using it. Be sure to review and adjust the settings regularly to ensure they align with your child's needs and age.

