

Parental Control Function on Apple Devices.

All iPhones and iPads have parental control settings that allow you to manage several aspects of your child's Apple devices. These include:

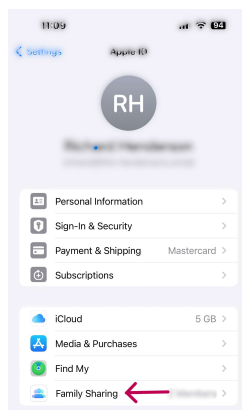
- Screen Time – You can set the times that your child is able to use their phone.
- App Usage – Setting time limits on Apps or categories of Apps (*Social, Games, Utilities etc*).
- Adult Content Restrictions.
- Website Restrictions – Block access to certain websites.
- App Control – New applications must be requested and approved by an adult before your child can install it.
- Contact Management – An adult can review and manage your child's phone contacts.
- Age Restrictions – Apply age ratings to allowed Apps, Movies, Music etc.

It is possible to apply some or all of the controls depending on the restrictions you would like to use. It is important to know that some of the restrictions cannot always be applied to certain Apps. An example is WhatsApp, although Meta (*WhatsApp developers*) has applied an age restriction advisory to their App usage (*Previously it was 16 years old, but this was reduced to 13 years old in April*), due to this they have not included any parental control features within their App. However, by using some of the above restrictions, it is possible to have some control over their usage, using Apple's parental control features.

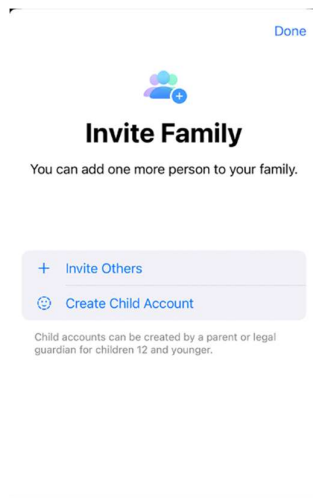
The restrictions can be managed from your child's phone or if you have an iPhone this can be managed through Family Sharing.

Parents with an iPhone or iPad.

1. Go to “**Settings**”.
2. Tap your name (*Your Apple ID*).
3. Tap “**Family Sharing**”, then tap “**Set Up Your Family**”.



4. Tap “**Create Child Account**”

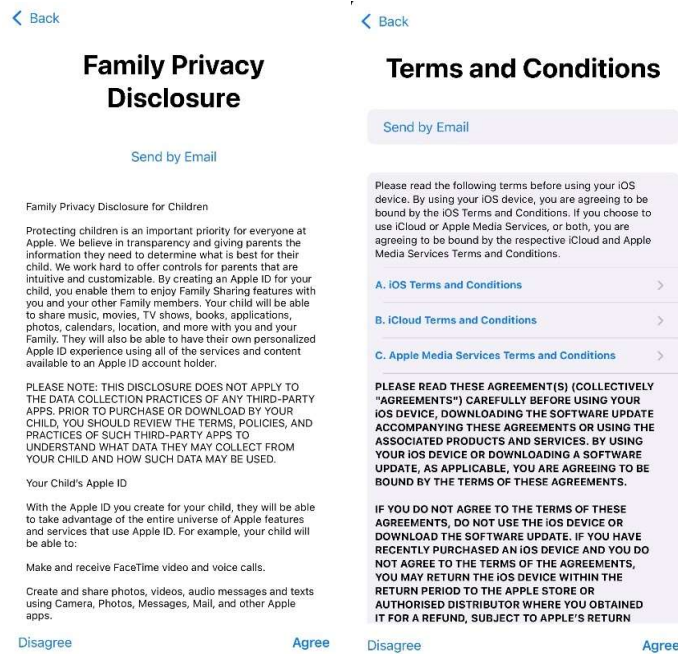


5. Enter your child's details and tap “**Verify You Are an Adult**”

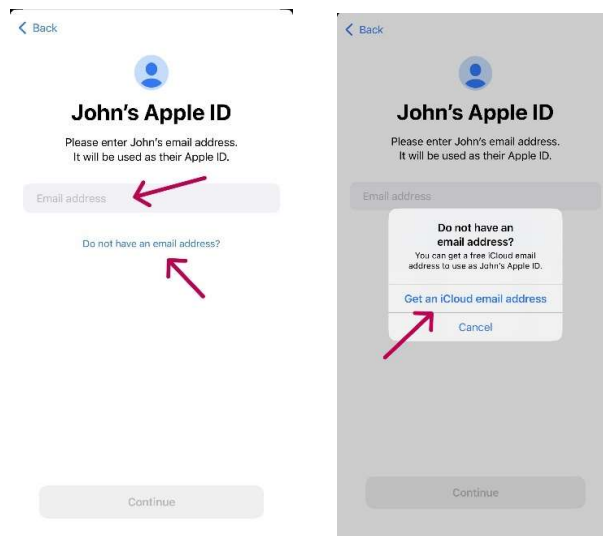


6. Follow the onscreen instructions to complete the verification of your Apple ID.

7. Tap **“Agree”** on the **“Family Privacy Disclosure”** and the **“Terms and Conditions”** screens.



8. If your child already has an email address (*AppleID*) enter it here and skip to Step 11, if they do not, tap **“Do not have an email address?”** then on the next screen tap **“Get an iCloud email address”**. *(If you change their AppleID, any purchases made under the original ID will be lost)*



9. Create an email address (you don't need to type the @icloud.com just the first part of the address).

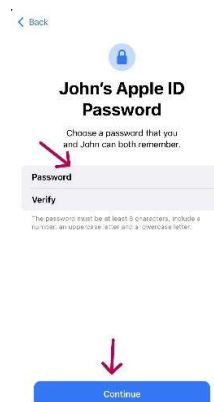
You may receive an error if the address is already in use, if this happens change the email address (*tip: adding a series of random numbers after the name will usually work*)



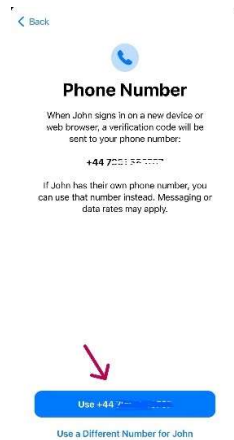
If the email address is available tap “**Create Email Address**” on the next screen.



10. Next you need to create a password for this new email address (*I would advise not letting your child know this password*). Type the password in twice and tap “**Continue**”.



11. Your number that is linked to your AppleID will show as default, you can choose to accept this or add a different number. This allows you to receive notifications such as Extra Time requests, App installation requests etc. If you are going to allow your child to use this email address or you have used an existing address you will be notified of new sign-ins.



12. The following screens are the configuration of the Screen Time (*Parental Controls*), you can skip or edit the various controls as you go through it. I would recommend accepting the defaults, all the settings can be changed via the Family Safety app on your phone. Tap “**Continue**” to review these settings.



13. **Content Access** – These settings allow you to specify access to Apps, Music, Videos etc based on the age rating. The default ratings are based on the date of birth you entered in Step 5.

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What content can John access?

Choose an age for suggested content restrictions, or customise for each type of content.

Age: 12

 Web Content Limit Adult Websites ▾

 Apps 12+ ▾

 Movies 12 ▾

 TV Shows 12 ▾

 Books Clean ▾

 Apple Media Music, Podcasts,... Clean ▾

 Music Videos Off ▾

 Music Profiles Off ▾

 Siri Web Search Allow ▾

 Explicit Language... Don't Allow ▾

 Deleting Apps Don't Allow ▾

Deleting an app removes its usage from the activity report.

Rating suggestions reflect the minimum age guidance and ratings only affect content provided through services from Apple.

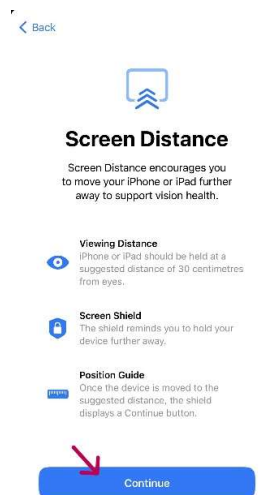
 Continue

[Turn Off Restrictions](#)

14. Sensitive Photos and Videos Protection.



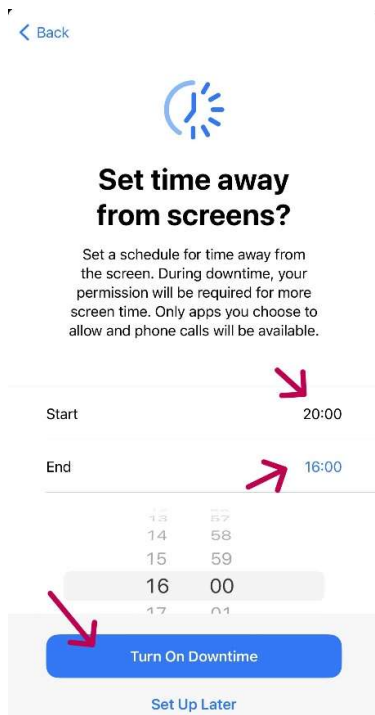
15. Screen Distance.



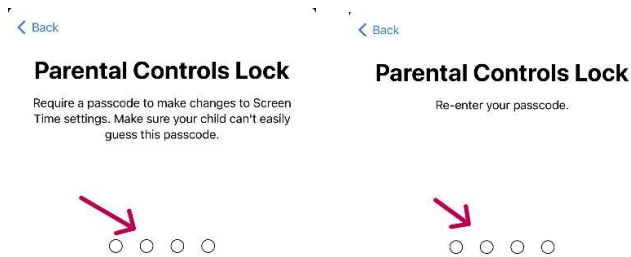
16. **Screen Time Reporting** - By turning on this feature you will be able to review your child's activity and define times the phone can be used and also how much time can be spent on the Apple Device (*This can be done by App category or can be set for each individual App installed on your child's Apple Device*).



17. **Set time away from screens** – this setting allows you to set the time of the day their Apple Device can be used. (*In this example the Apple Device can only be used between 4pm and 8pm*). *This setting can be changed later and can be set to individual days of the week, your child can also request additional time which you can approve or deny. I will cover this later in this guide*).



18. Next you will need to create a Passcode, this should be different to the passcode your child uses to unlock their Apple Device. This passcode is used to override and edit the Parental Control settings. Enter the code twice.



19. **Ask to Buy** – this feature will prevent your child from making unauthorised purchases.



20. **Location Sharing** – This feature will only work when the Apple device is connected to the internet (*Wi-Fi or mobile data*).



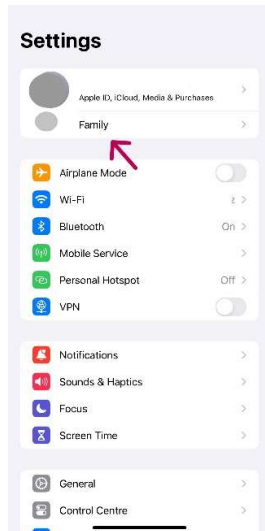
21. All the basic settings have now been configured.



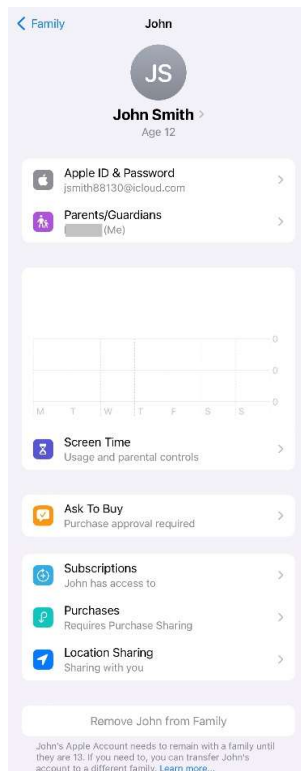
22. The final step is to make sure your child is using the Apple ID you have used in this setup process on their iPhone or iPad. Once they are logged in all the parental controls will be applied to their Apple devices.

Managing Parental Controls via Apple's Family Safety.

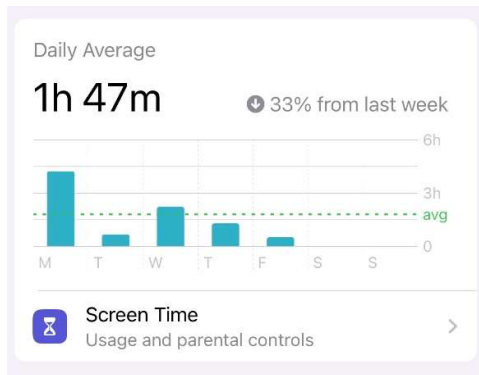
When you go to “**Settings**” on your phone you will now see “**Family**” under your AppleID.



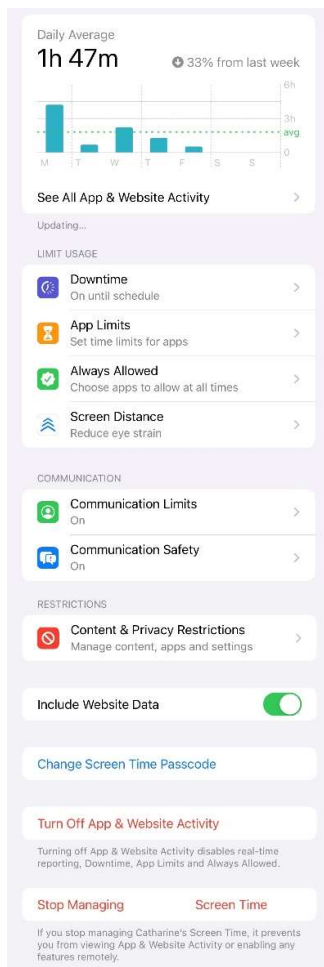
After tapping “**Family**” you will be taken to the main Family Safety page, from this page you can view the children’s accounts you are currently managing. Simply tap your child's name to access their parental control settings.



The graph will show you a summary of the daily usage and will show you the average time your child has spent on their device, as well as a comparison in terms of percentage from the previous week.



Tap “**Screen Time**” and you will be able to manage all the parental control settings and see in more detail your child's usage. To make any changes to the settings you will require the PIN you created in Step 14.

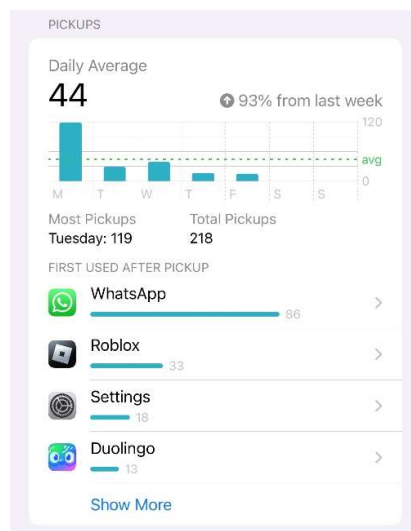


See All App & Website Activity



You can look at the total weekly or daily usage or narrow it down to a particular App (to view daily usage, simply Tap the day of the week you would like to view). Time limits can be adjusted here if needed. Tap on an individual App to view its usage.

PICKUPS



Pickups show the number of times the device was accessed and which App was first used.

NOTIFICATIONS



This simply shows the number of notifications that were received for each App.



Downtime

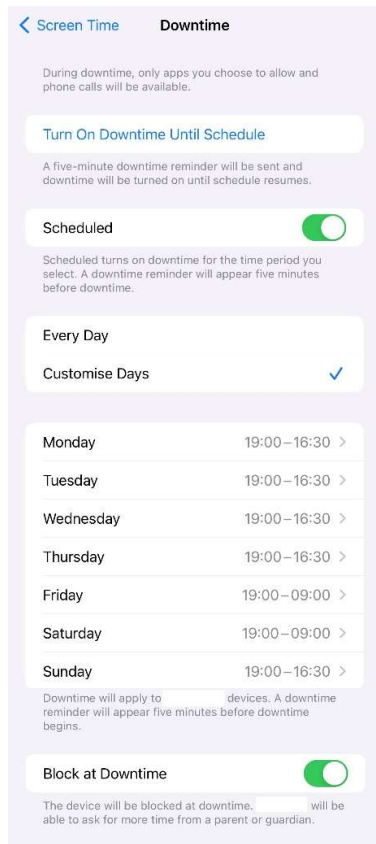
Off until schedule



If prompted, enter your Family Safety PIN Code.

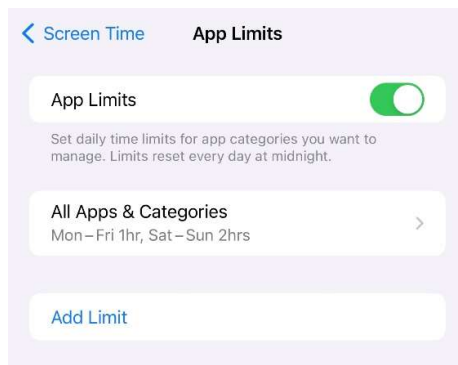
The screenshot shows the 'Downtime' settings screen. At the top, there's a back arrow and the title 'Downtime'. Below the title, a note states: 'During downtime, only apps you choose to allow and phone calls will be available.' A button 'Turn On Downtime Until Schedule' is present. Below this, a note says: 'A five-minute downtime reminder will be sent and downtime will be turned on until schedule resumes.' The 'Scheduled' toggle is turned on. Below this, a note says: 'Scheduled turns on downtime for the time period you select. A downtime reminder will appear five minutes before downtime.' The 'Every Day' option is selected with a blue checkmark. Below this is the 'Customise Days' option. The 'Time' field shows '19:00 - 16:30' with a right arrow. Below this, a note says: 'Downtime will apply to [device] devices. A downtime reminder will appear five minutes before downtime begins.' The 'Block at Downtime' toggle is turned on. Below this, a note says: 'The device will be blocked at downtime. [device] will be able to ask for more time from a parent or guardian.'

You can set the Downtime for all days of the week or customise for each individual day...



App Limits

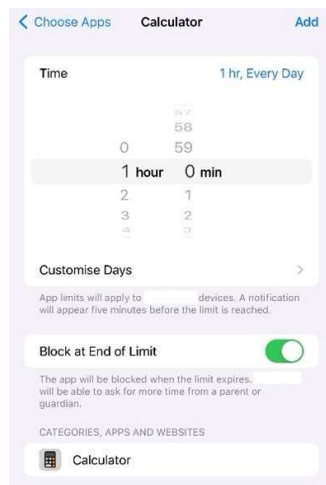
Set time limits for apps



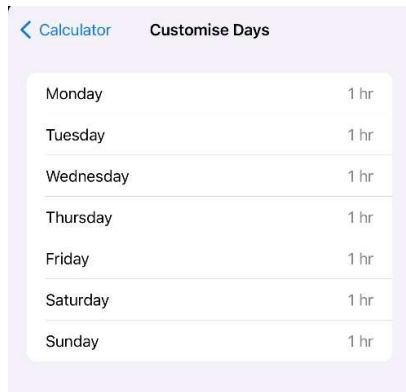
Tap “**Add Limit**”



You can now set a time limit on either All Apps, a specific App category or an individual App.



You will be given the option to set the Time Limit and by selecting “**Block at End of the Limit**” the App will automatically be locked once the limit has been reached and they will be unable to use it until the following day. You can choose to either set the same time limit for every day or set it for each individual day of the week by tapping “**Customise Days**”.



If you want to set different time limits for different categories or individual Apps, simply Tap **“Add Limit”** and complete your required settings.

If using multiple limits, please be aware the most restrictive limit will always take precedence. (e.g. Setting a limit of 2 hours for WhatsApp and an additional limit of 1 hour for the **“Social”** category, WhatsApp will be blocked after 1 hour.)

Once the limit has been reached your child can send a request for additional time.



Always Allowed

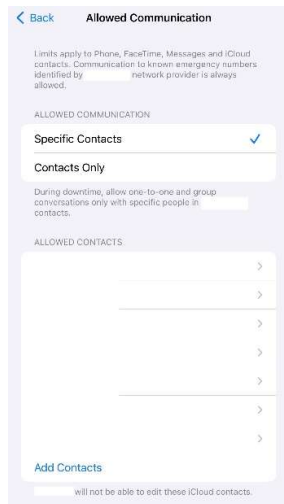
Choose apps to allow at all times



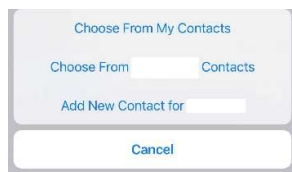
There are 2 parts to this setting, the first allows you to specify who is able to contact your child when their device downtime is active (*this feature is only applicable to Apple Apps, apps such as WhatsApp will remain blocked*)

This setting will override the App Limit setting (*If you have chosen to set limits for individual Apps you can skip this setting*)



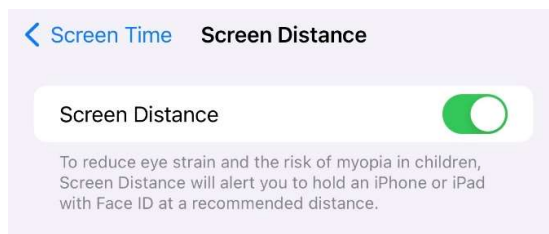


You have the option to select specific contacts from either your device's address book or from your child's device. You are also able to create a New contact (*this will be added to your child's address book*).



Screen Distance >

Reduce eye strain



Communication Limits >

On

These settings allow you to control who your child can communicate with both when their device is available and during downtime (*these are linked to the contacts from the previous section*). You are also able to manage the contacts stored on your child's device, it is also possible to block your child from creating or editing contacts, when this is enabled they will need to ask you to add a contact to their address book.

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Communication Limits

Limits apply to Phone, FaceTime, Messages and iCloud contacts. Communication to known emergency numbers identified by [redacted]; network provider is always allowed.

ALLOWED COMMUNICATION

During Screen Time

Contacts Only

Limit who [redacted] can communicate with during allowed screen time.

During Downtime

Specific Contacts

Limit who [redacted] can communicate with during downtime.

Manage

Contacts

Contacts

40

Changes to contact cards will only apply to [redacted]

Allow Contact Editing

Communication Safety

On

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Communication Safety

SENSITIVE PHOTOS AND VIDEOS

Communication Safety

Communication Safety can detect nude photos and videos before they're sent or viewed on your child's device, and provide guidance and age-appropriate resources to help them make a safe choice. Apple does not have access to the photos or videos. [Learn more...](#)

View Child Safety Resources

Resources to help have conversations with your child about digital safety topics like sexting and nudes.

ANALYTICS & IMPROVEMENTS

Improve Communication Safety

Help Apple improve Communication Safety by sharing analytics and usage data. Analytics and data are aggregated in a form that is not personally identifiable. No messages or media are shared with Apple. [About Improve Communication Safety & Privacy...](#)



Content & Privacy Restrictions

Manage content, apps and settings



[< Back](#) **Content & Privacy Restrictions**

Content & Privacy Restrictions ☒

iTunes & App Store Purchases >

Allowed Apps & Features >

Store, Web, Siri & Game Center Content >

PRIVACY

Share My Location Don't Allow >

ALLOW CHANGES TO:

Passcode & Face ID Allow >

Accounts Don't Allow >

Mobile Data Allow >

Driving Focus Don't Allow >

TV Provider Don't Allow >

Background App Activity Allow >

iTunes & App Store Purchases

[< Back](#) **iTunes & App Store Purchases**

STORE PURCHASES & RE-DOWNLOADS

Installing Apps Allow >

Deleting Apps Allow >

In-app Purchases Don't Allow >

REQUIRE PASSWORD

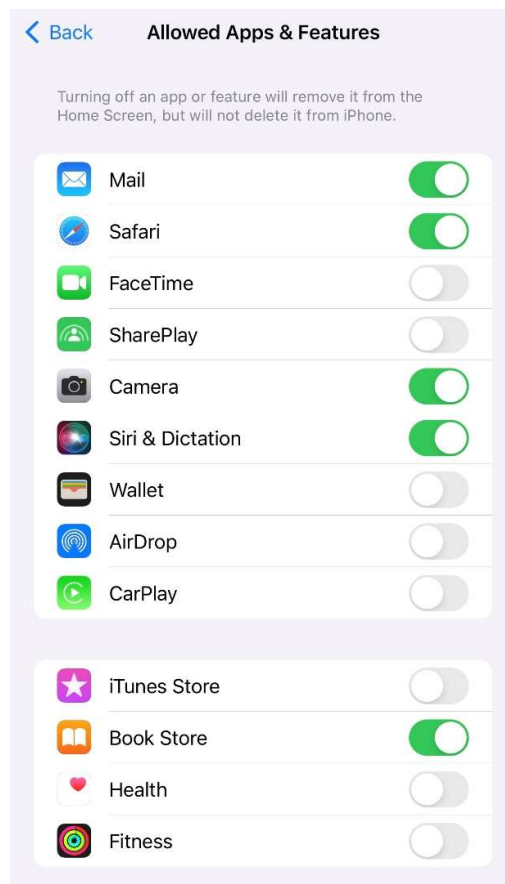
Always Require ✓

Don't Require

Require a password for additional purchases after making a purchase from the iTunes, Book or App Store.

*(“**Installing Apps**” setting only applies to re-downloading previously approved Apps, see “**Ask to Buy**” section below for the installation of new Apps)*

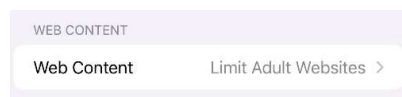
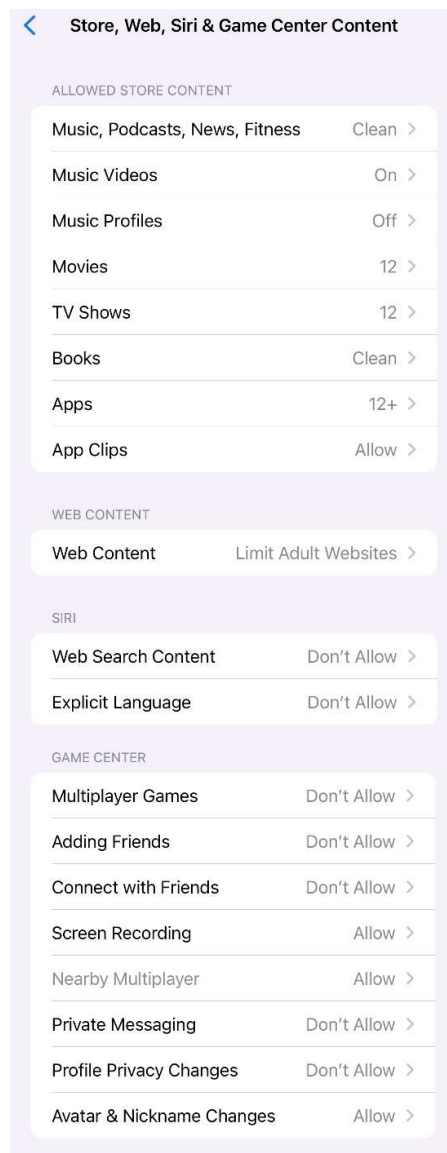
Allowed Apps & Features



This screen allows you to select which default Apple Apps are available on the device.

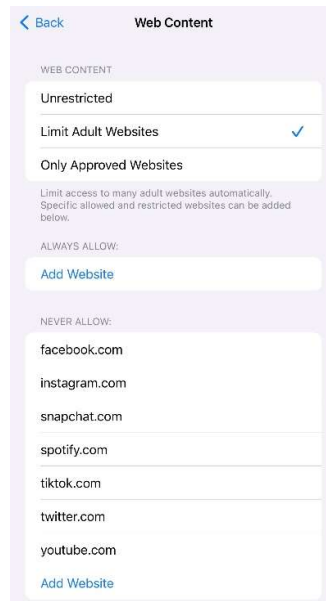
Store, Web, Siri & Game Centre Content.

Settings on this screen are fairly self-explanatory.



Web Content gives you three settings:

1. **Unrestricted** – Access to all websites.
2. **Limit Adult Websites** – Websites with an 18+ rating.
3. **Only Approved Websites** – Access to Websites approved by you.



You can also block access to specific websites sites under the **“Never Allow”** section. *(this does not apply to the Apps, e.g. If the Facebook app is installed this can still be accessed unless the App has been restricted).*

Include Website Data



Enable this feature if you want to be able to track your child’s web browsing.



Ask To Buy

Purchase approval required

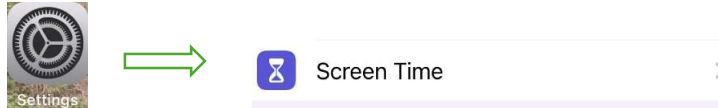


When enabled you will have to approve the App before it can be installed on your child’s device. You will receive a message on your device with details about the App to review its suitability and can either choose to Approve or Block the installation. It is worth noting that although an App may have a 12+ Restriction, this is just an advisory and is not a foolproof confirmation that it does not contain any adult content. Therefore it is worth doing a little research before approving the use of an App.

Your child's Apple Device configuration is complete. I would recommend using the most restrictive settings initially, and then adjusting the settings as your child uses the device. *(I am sure they will quickly let you know when something doesn't work!)*

Manage Parental Controls from Device

You can also adjust and update all of the above settings directly from your child's device. Go to “**Settings**” and tap “**Screen Time**” and enter the PIN code from Step 18.



WhatsApp.

As I mentioned at the beginning of this guide there are no available parental controls for this App, some of the Apple settings can help reduce areas such as usage, availability during the day, contact management etc..

Controls on access to groups, contact requests, and received media cannot be controlled. The only way to manage these areas is a manual process, either by periodically checking their device or it is possible to use the WhatsApp desktop Application to gain access to their messages, remove inappropriate messages or media, and block users *(it is possible for them to remove the block if they know where to find this setting)*.