



# Parental controls & settings on your children's devices

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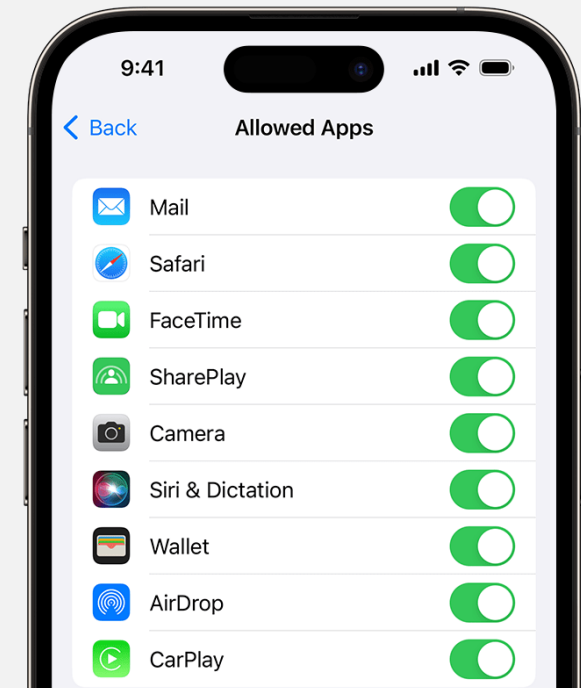
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# Parental controls

Learn how to use parental controls and other tools to maximise online safety in your home.

- Parental controls can help keep children and young people safer online by preventing access to harmful content, managing time spent online and who your child communicates with.
- To be most effective, parental controls need to be set up on all devices your child accesses. They should be revisited and maintained regularly. It is also important controls are set on devices your child may access while in the care of others (family, friends).





# What are parental controls?

- Parental controls are software tools that allow you to monitor and limit what your child sees and does online.

They can be set up to do things like:

- Block your child from accessing specific websites, apps or functions (like using a device's camera, or the ability to buy things).
- Filter different kinds of content — such as 'adult' or sexual content, social media pages and pages with content that may promote self-harm, eating disorders, violence, drugs, gambling, racism and terrorism.
- Limit who can communicate with your child, and manage the apps they can use to communicate with others such as Fortnite, Roblox, Minecraft, Twitch, YouTube, Discord, Whatsapp and many more.
- Allow you to monitor your child's use of connected devices, with reports on the sites they visit and the apps they use, how often and for how long.
- Set time limits, blocking access after a set time.
- If a device or program is shared by multiple members of your family, you should be able change the tool settings to reflect each user's age and skills.



# Desktop and laptop computers

## PC/Windows

Microsoft Family[External link](#) provides the ability to manage your children's online activity on Windows devices through website blocking, checking in online at any time, and viewing activity reports on sites, apps and games visited. You'll need to set up a family group of at least one parent and one child, each with their own Microsoft account.

## Mac OS

The OSX Parental Controls[External link](#) allow you to set profiles for each child to do things like limiting access to websites or apps, restrict functions like Siri or the iTunes store, set time limits for days of the week and for bedtime, and hide profanity in the dictionary and other sources.



## Mobile devices

- Apple tablets and smartphones
- Apple operating systems from iOS12 enable you to restrict access to browsers and applications, in-app purchasing, social networking, non-child friendly internet content, sharing of data (including photos and location), media streaming and online gaming.
- If you are concerned about your child seeing unwanted nude images and videos, consider turning on 'Sensitive Content Warning' on their Apple device. It is available to users of all ages. Access it by searching for 'Communication Safety' or 'Sensitive Content' in settings.

## Android tablets and smartphones

- Although Android has no general built-in parental control features, Android devices can be controlled using Google Family Link. See using third-party software.
- You can also set up parental controls on [Google Play](#)External link to restrict the content your child can download or purchase.

## Other mobile devices

- They may not be the first devices that come to mind when you think about online safety, but it's important to consider all online devices your children might use, including wi-fi enabled sound systems, fitness trackers and smart watches. Garmin fitness trackers have parental controls, and Fitbits allow parents and carers to manage children's accounts.
- Smart watch settings are connected to the user account, such as Apple or Google. Some e-readers such as Kindle also include parental controls.
- Remember, you will need to set up your parental controls on these and other devices - they are not usually automatic. You should also check them from time to time to be sure your settings haven't changed if the device software has been updated.

# Gaming consoles and smart TVs

- Every major **gaming console** provides parental control measures to help parents manage their child's gaming activity.
- **Smart TVs** offer all the exciting opportunities - and the risks - that come with being online. Most provide some form of parental control, even if it is just a PIN locking certain features. You could also consider disconnecting the TV from the internet if you are not using the 'smart' features.

## Other online games

- Unlike games played on gaming consoles such as PlayStation, Xbox and Nintendo, online games that are played on mobile devices or in web browsers rarely have parental controls or safety features built in. Some controls may be accessible through Apple's 'Game Center' for Apple devices, and at the app or device management level. Parents and carers should be aware of what mobile or browser-based games their children are playing, and ensure that:
  - the content is suitable for children
  - the game does not require in-app purchases or 'micro-transactions' (or these are turned off)
  - the game does not promote or advertise content that is not suitable for children, such as gambling.

# Social media

- Social media platforms sometimes have additional safety features as the default for users aged under 18, but you shouldn't rely on this happening automatically. If your child is using social media, help them check their settings regularly to ensure they are using the strongest safety features.
- Most social media platforms do not allow users under the age of 13 to register. However, most do not have reliable age verification, so it is likely children may still be able to access them and create an account.



## Facebook

- Parental supervision tools [External link](#) have been available globally on Facebook since late 2023. These tools are accessible via the Settings menu. They can provide insights on things like time spent on Facebook, as well as enabling parents and carers to schedule breaks, and find other resources about managing their children's time online.

## Instagram

- Supervision tools are available via the Instagram mobile app. Instagram is primarily designed to be used on mobile devices, so some supervision tools may not be accessible via desktop browsing.
- Parents and carers can invite teens to link their account for supervision. The teen must agree to this before supervision tools can be used. The tools include the ability for parents and carers to set limits on when and for how long their child can use Instagram, to view who their child is connected to and who they've blocked, and view some of their settings such as privacy and security. Supervision tools do not enable parents and carers to see their child's search history, messages or posts (but you can see their public posts, or posts shared to followers if you follow them).
- Supervision is automatically removed from the child's account when they turn 18.



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## Messenger

- Parents and carers can access supervision tools through the [Meta Family Centre External link](#). These include the ability to view how much time your child spends on [Messenger](#), view their contacts list, who can message them and their safety/security settings, and who can see their Messenger stories. Teens can also opt into allowing parents and carers to see who they have blocked on Messenger. Parents and carers can also schedule breaks to help manage time spent online.

## Snapchat

- [Snapchat](#) provides parental controls through its [Family Centre External link](#), which is accessible via the mobile app. These controls enable parents and carers to see who their child is communicating with, view their child's privacy and safety settings (including limiting the types of content that can be seen), manage parental controls for Snapchat's artificial intelligence chatbot, My AI, and report any concerns directly to Snapchat's Trust and Safety team. Parental controls on Snapchat are only accessible to parents and carers over the age of 25.

## TikTok

- [TikTok](#) uses a feature called [Family Pairing External link](#) to support parents and carer supervision. This tool enables parents and carers to manage screen time, restrict content and users from searches and the feed, and change privacy and discoverability settings such as who can comment on your child's videos, who they can be recommended to, and whether they can send and receive direct messages. Direct messaging is only available to children 16 years and older.

## X (formerly Twitter)

- [X](#) does not provide parental controls, but there are some safety features that you can support your children to use if they have an X account. These include blocking other users' accounts, muting certain words from the feed to avoid particular types of content, and reporting harmful material.



# Social Media poster displayed in the classrooms as a reminder & SOS



# What is AI and how it is used

- Artificial intelligence, or "AI," is the ability of a computer to think and learn so that it can perform tasks that are typically done by people. AI, however, can process large amounts of data in ways that humans cannot.
- AI-generated content advances stereotypes and falsehoods. Adults must be ready to talk with kids about what they see online and how it might reinforce negative beliefs and actions. They can erode privacy. AI collects a huge amount of data about us, often without us knowing it.

