

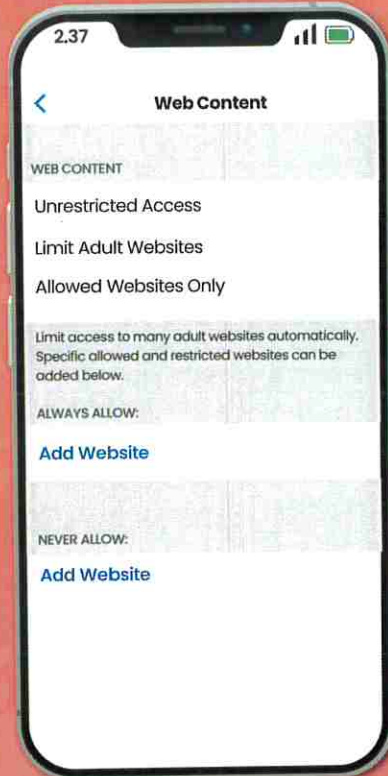
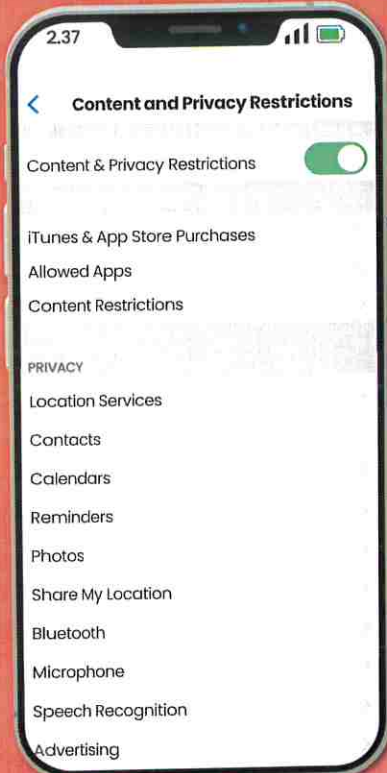
How to Set up PARENTAL CONTROLS

to limit age-inappropriate

CONTENT iPhone



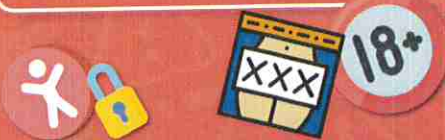
The parental controls on iPhones allow you to block or restrict certain apps, features, content, downloads, or purchases. Setting limitations on content ratings, Siri and web searches enables you to filter out age-inappropriate content and vastly reduce the likelihood of your children being exposed to unsuitable material and information.



18+ Set up content rating restrictions

Content filters keep your child from viewing unsuitable material. They block apps, films and TV shows with specific age ratings, and music and podcasts with explicit content.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Enable Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Choose the Settings for each feature you wish to restrict



Set up web restrictions

Website content filters restrict age-inappropriate content on Safari. You can also blacklist certain websites or allow access only to approved sites.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 4 Tap Web Content
- 5 Choose between Unrestricted Access, Limit Adult Websites and Allowed Websites Only
- 7 Choose which websites you wish to allow/block

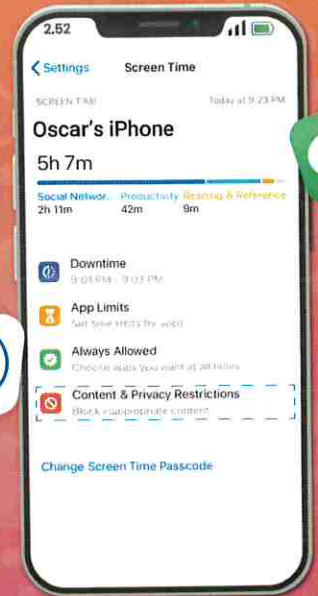
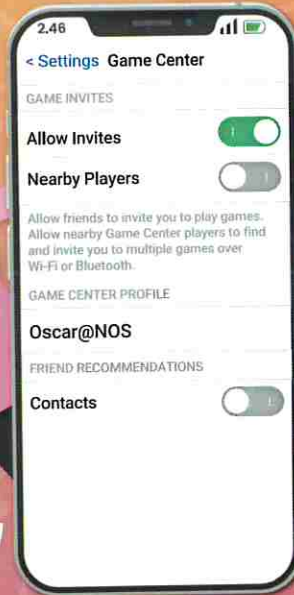
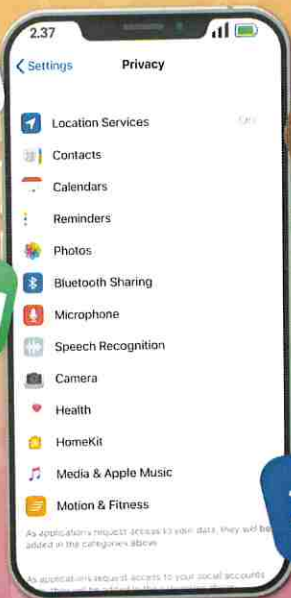
Set up Siri web search restrictions

You can screen out explicit language to avoid Siri displaying inappropriate results. You could also disable Siri entirely, so your child can't use it to search the web.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Scroll Down to Siri
- 6 Choose to block either or both Web Search Content and Explicit Language

How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)



How to Set up PARENTAL CONTROLS

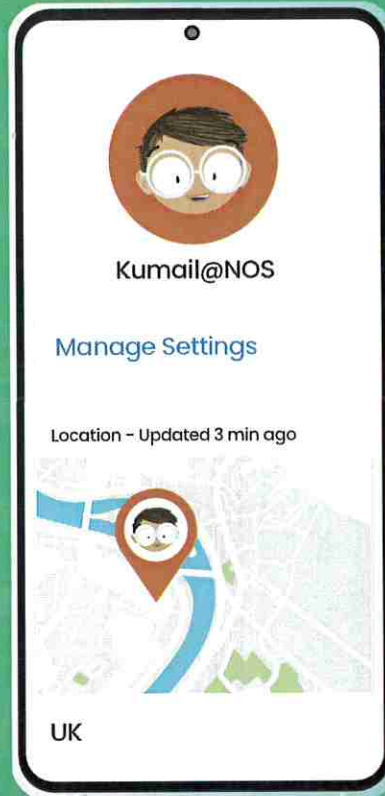
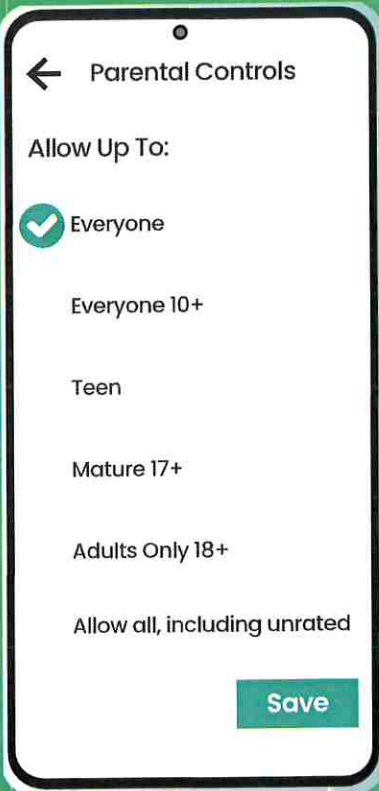
to limit age-inappropriate

CONTENT Android Phone



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The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.



Set up parental controls with Google Family Link

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

Set up parental controls with Google Play

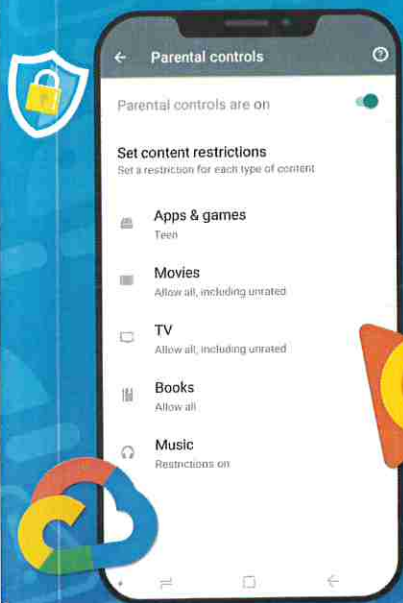
- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 4 Enable Parental Controls
- 4 Create Pin
- 4 Tap the content you would like to restrict
- 4 Choose how to filter or restrict access



How to Set up PARENTAL CONTROLS for APPS

Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.



How to Block App Downloads (This Also Disables In-app Purchases):

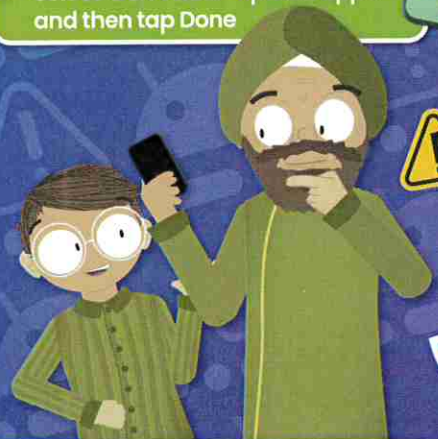
- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Scroll down to the Family section and tap Parental controls
- 5 Toggle 'Parental controls are off' to 'Parental controls are on'
- 6 Create a PIN and tap OK
- 7 Confirm your PIN and tap OK again
- 8 Tap Apps & Games
- 9 Set the age limit you wish to set (18+)
- 10 Tap Save to apply your changes

How to Stop Auto-updates

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Tap Auto-Update Apps
- 5 Select 'Don't auto-update apps' and then tap Done

Restricting Apps Through Google Family Link

- 1 Open Google Play Family Link for parents
- 2 Tap the three horizontal lines in the top left
- 3 Select your child's account
- 4 Tap Manage
- 5 Tap Controls on Google Play
- 6 Tap Apps & Games
- 7 Select the age limit you wish to set (18+)



What you need to know about...

GAMES CONSOLES

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What are they?

'Games Consoles'

Much like a television allows you to watch movies or a radio allows you to listen to music, a games console allows you to play video games. The most modern ones are names you might be familiar with – Sony PlayStation, Microsoft Xbox, and Nintendo Switch – and almost all of them can now connect to the internet and be enjoyed online with friends



Know the Risks

Online Content

While modern consoles don't strictly need to be connected to the internet, many of them also double up as an internet browser or provide the ability to stream TV shows and movies, so it's important that the appropriate filters and parental controls are in place to restrict children viewing any unsuitable content.

Addictive nature

Games consoles require video games, and both can ultimately contribute towards an addictive habit. Playing too much and too often can force children to become reliant on the good feelings released when playing games, making them more likely to want to play them more frequently, and for longer periods of time.

Hacking risk

It's almost impossible to avoid signing up to different services when using modern consoles. Keeping track of all these accounts can be confusing and in a worst-case scenario, fraudsters could gain access to personal information, addresses and bank details by hacking online profiles.

Online Chat

Once connected to the internet, players can talk to each other either over headsets or using text chat functions on the consoles. Without the proper protections in place, children could speak to anybody of any age and find themselves building relationships with strangers they know nothing about.

Safety Tips

Check contacts

Online predators and hackers often use sly tactics to build relationships with children get them to illicit personal details through gaming platforms or gaming communities. Be on the lookout for suspect communications such as intrusive personal messages or people you suspect might not be who they say they are.

Look for behaviour changes

Becoming withdrawn, irritable and anxious when not playing on a games console are trademark symptoms of gaming addiction. If children turn angry when asked to stop playing, that could also be a sign that an intervention is needed.

Keep details private

Games consoles will almost exclusively ask you to enter your details securely on the console itself, or through a trusted website tied to the console maker. If somebody claiming to be working for Sony, Microsoft or Nintendo asks you to share your passwords or account details, do not give it to them.

Use parental controls

Most gaming consoles will have parental controls which can be used to set up things like family management accounts. From here, parents can often set age limits on games and content, spending restrictions, limit play time and set up passwords and authentications to help keep children safe.

Further Support

Block and report

If someone has made your child feel uncomfortable, make note of suspect players' usernames. Often, you'll be able to ban or block these players in a game's settings. If you have proof of their intentions, don't hesitate to contact your local police force or authority with as much information and evidence as you can gather.

Seek Support

If you're concerned about your child playing too much on their console and think they may have developed a gaming addiction, try and offer them support. The World Health Organisation has classified gaming disorder as a mental health condition and there may be external providers locally who can offer you more targeted help.

Keep IDs safe

Be sure to talk to your child about the importance of keeping their identity safe. If they ever receive messages claiming to be from companies but something doesn't feel right, tell them not to respond and inform you. Things like odd spelling and grammar, strange email addresses, or asking for personal information are tell-tale signs.

Our Expert Mark Foster



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

