Cyber Wellness Tip for Parents on Parental Control (Content and Privacy Restriction)

Parental controls are software or device-specific options that allow parents to monitor their child's internet use. It helps to reduce the risk of viewing inappropriate content on the web and accessing inappropriate or unsuitable content online.

Windows 10

Steps to set Screen Time Limits

1. Go to **your family group** and sign in with your Microsoft account.
2. Find your child's/ward's name and select **Screen time.**
3. Turn on **Device Limits**. Under **Time Limit**, select the schedule for each day according to your own preference. By default, **Max scheduled** will be on, which means they can use the device for the fulltime range you have given them.

IPhone and iPad in iOS 12

Steps to set Screen Time Restrictions

1. Go to **Settings** and turn on **Screen Time**.
2. Tap **Continue**. Tap **My iPhone**. Tap **Use Screen Time Passcode** to create a passcode.
3. Re-enter the passcode to confirm.

Steps to set Content & Privacy Restrictions

1. After setting Screen Time Restrictions, tap **Content & Privacy Restrictions**.
2. Enter your Screen Time Passcode, then turn on **Content & Privacy**.

Steps to set Web Content

1. Go to **Settings** and turn on **Screen Time**.
2. Tap **Content & Privacy Restrictions** and enter your Screen Time passcode.
3. Tap **Content Restrictions**, then tap **Web Content**.
4. Choose **Limit Adult Websites** or **Allowed Websites Only**.

Android

Steps to set up Parental Controls

1. Sign in with your own Google account.
2. Launch the **Play Store app** and tap the three horizontal lines at the top left.
3. Scroll down and select **Settings**, and scroll until you see **Parental controls**.
4. Turn on the Parental controls and create a PIN code. Re-enter the PIN.
5. You can then tap each category to set how restricting you would like each category to be.