At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

How to Set up PARENTAL CONTROLS for 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.















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How to Set up PARENTALCONTROLS for 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.

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< Settings Game Center	
GAME INVITES	
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Oscar's	iPhone	>



Tap Allowed Apps (you may need to toggle this to 'on' at the top)

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Enable or disable the apps you wish to appear (or disappear) • OFF on your child's device • OFF

Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)

Scroll down to Game Centre

Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

Tap iTunes & App Store **Purchases**

Select Allow or Don't Allow for ON each feature (you can also • OFF lock these settings with a password)

• OFF

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The settings on an Android device allow you to set certain rules to help safeguard your child's privacy when they are using it. For example, you can turn off location services to keep their whereabouts private; prevent third-party apps and sites from viewing their information; and stop apps from accessing other functions of the phone (like the camera or microphone, for example). We've produced step-by-step guides on how to tighten up an Android phone's privacy settings.



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changes, select 'Use Screen Time Passcode to lock your changes with a PIN

Motion & Fitness

As applications request access to your data, they will be added in the categories above

applications request access to your social accounts

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< Back Screen Time Passcode Create a passcode that will be required to allow for more time, or to make changes to Screen Time settings.

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