



# iPhone & Android Safety Guide

Screen time & app restriction setup — step by step for every device

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## iPhone & iPad — Screen Time Setup

- 1 **Settings** → **Screen Time** → **Turn On Screen Time**
- 2 **This is My Child's iPhone** → Set a Screen Time Passcode (different from device PIN)
- 3 **Content & Privacy Restrictions** → **Enable**
- 4 **iTunes & App Store Purchases** → **Installing Apps** → **Don't Allow**
- 5 **Content Restrictions** → **Apps** → Set age rating (4+, 9+, 12+, 17+)
- 6 **Web Content** → **Limit Adult Websites** or choose **Allowed Websites Only**
- 7 **Communication Limits** → set who can call/message during Screen Time
- 8 **Downtime** → Set hours when phone is locked (e.g., 9pm–7am)

## Android — Google Family Link Setup

- 1 Download **Google Family Link** on YOUR phone (parent)
- 2 Open app → Add child → Follow setup wizard
- 3 **Manage Apps** → Require parent approval for all new installs
- 4 **Content Filters** → **Google Play** → Set rating appropriate for child's age
- 5 **SafeSearch** → Lock SafeSearch on Google
- 6 **Daily Limits** → Set total screen time per day
- 7 **Bedtime** → Lock device at a set time each night
- 8 **Location** → Enable location sharing so you can see where child is

## Recommended Age-Based Settings

### Ages 6–9

- No social media apps
- Only approved apps (whitelist mode)
- 1–2 hours screen time per day
- No browser — use Kiddle.co only

### Ages 10–12

- No TikTok, Snapchat, or Instagram
- YouTube Kids only (not regular YouTube)
- 2 hours screen time per day
- All new apps require parent approval

### Ages 13–15

- Social media with monitoring (Bark or Qustodio)
- No phone in bedroom at night
- Regular check-ins about online activity
- Location sharing enabled

## Quick Checklist

- Screen Time / Family Link enabled
- App installation requires approval
- Age-appropriate content filters set
- Downtime / Bedtime lock configured
- SafeSearch locked
- No phone in bedroom at night (family rule)