

## How to Set Up Parental Controls in iOS 12

If you haven't upgraded your child's iPhone to iOS 12 here is the reason to do it now. Apple has created a new set of parental control functions known as "Screen Time."

Screen Time works via Family Sharing, so as long as your children are part of your "Family" in the Family Sharing settings of your apple device, you'll be able to view and control their Screen Time options from your phone. If the child has an iPhone, and the parent has an Android phone, Screen Time settings can be set on the child's device. Unfortunately, the parent will have to access the child's phone to see screen time information or make changes to the settings. The best situation is for the parent and child to both have iPhones and connected with Family Sharing.

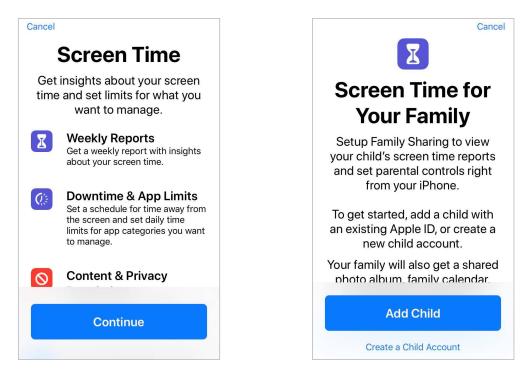
#### Turn on Screen Time

You will need to turn on and set up Screen Time on all the devices owned and used by your children. This is done in the Screen Time section of the Settings app.

Open up the Settings. - Navigate to the "Screen Time section." - Choose "Turn on Screen Time."

	Settings	
≁	Airplane Mode	$\bigcirc$
<b>?</b>	Wi-Fi	>
*	Bluetooth	Off >
(1)	Mobile Data	>
୍	Personal Hotspot	Off >
	Notifications	>
<b>(</b> ()	Sounds & Haptics	>
C	Do Not Disturb	>
	Screen Time	>
$\oslash$	Genera	>

Settings	Screen Time
Turn On Scr	reen Time
Get a weekly re screen time an to manage.	



Choose "Continue"

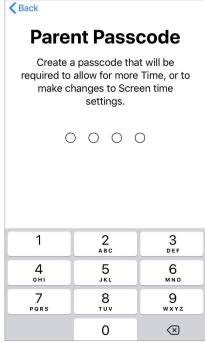
When you see the introductory screen asking whether this is your iPhone or your child's iPhone, select "This is My Child's iPhone."

After you have turned Screen Time on, you can set Downtime, which is a set period of time in which your child will be blocked from using the iPhone, or App Limits, which will restrict certain app categories. You can also choose Content and Privacy settings, which we explained further below.

When your child's device is on your Family Share iCloud account, you can make changes remotely from your (the parent's) device, by tapping on a child's name in the Screen Time section of the Settings app, listed under the parent's own Screen Time usage. Alternatively, Downtime and App Limits selections for your child can be adjusted directly on their device by going to the Settings app and selecting Screen Time on their device.

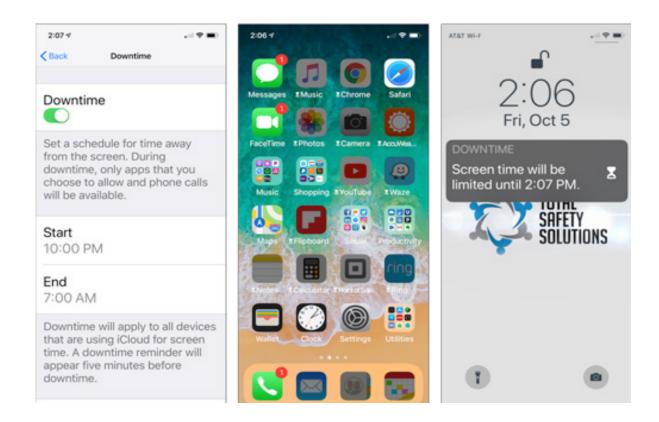
Parental controls only work if they are not altered by the child they are protecting. All of the App Limits, Downtime, and Content Restrictions are protected via a passcode.

The passcode restricts changes to the Screen Time settings and must be entered to allow more usage time to children when limits have been reached.

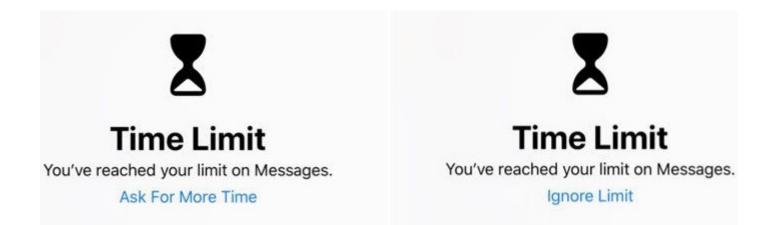


## Downtime

Downtime sets a schedule that allows you to choose when your child cannot use certain apps on their iPhone or iPad. During Downtime, only apps that the parent designates in "Always Allowed" and phone calls will be available. We recommend Snapchat or Instagram is restricted during school hours.



You turn on blocking for Downtime to prevent apps from being used entirely, but Apple gives you a non-blocking option when you want your child reminded that apps shouldn't be used at certain times.



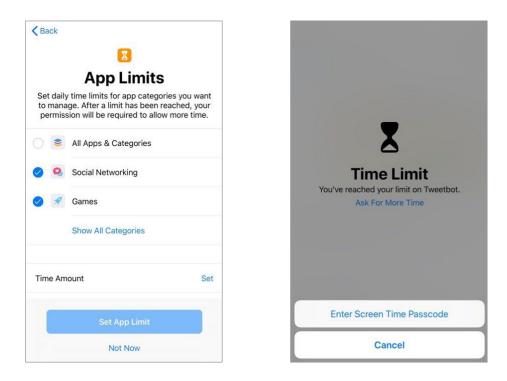
During Downtime, all apps on the iPhone are greyed out with little hourglass locks on them, letting children know that time limits have been reached.

Making and receiving phone calls are not blocked.

## **App Limits**

App Limits allows you to finely control how much time your children spend on certain categories of apps.

With App Limits, you can set restrictions on either All Apps or by Categories such as Social Networking, Games, Entertainment, Creativity, Productivity, Education, Reading & Reference, Health & Fitness, and Other.



After the App Limit has been reached, apps will be locked with an hourglass symbol and a passcode will be required to enable more time.

Children can ask for more time through the app. The parent can remotely approve or deny their child's request for more time directly from their device.

You can also set less restrictive rules that serve as more of a reminder by turning off blocking with App Limits.

## **Always Allowed**

With Downtime and App Limits, the parent can designate certain apps to be "Always Allowed." These apps will be accessible at all times even when Downtime and App Limits are enabled.

Apple makes Phone, Messages, FaceTime, and Maps as always available apps, but you can select any apps that you want through the Always Allowed app interface, accessible under "Always Allowed" in the Screen Time section of Settings on a child's device.

Settings Screen Time	Kernel Always Allowed
SCREEN TIME Today at 10:22 AM Zachary's iPhone >	Always allowed apps are available during downtime, or if you selected the "All Apps & Categories" app limit.
1h O 24m above average	S Phone
Social NetworkingEntertainment37m16m	😑 💟 Messages
	😑 💶 FaceTime
O Downtime > 12:00 AM - 5:00 AM	😑 👹 Maps
App Limits Set time limits for apps.	CHOOSE APPS:
Always Allowed     Choose apps you want at all times.	<ul> <li>adidas</li> <li>Air Jordan</li> </ul>
O Content & Privacy Restrictions Block inappropriate content.	🕀 🛃 App Store
	🕀 🧧 Apple Store
Change Screen Time Passcode	😝 🔂 AT&T Mobile Transfer
	🚯 🔕 Audible

You can remove access to all apps, including Messages, with the exception of the phone, which remains available to children in case of emergencies.

## **Content Restrictions**

Content Restrictions have expanded to include preventing a child from changing the passcode on their device, restricting account changes, limit volume, and automatically turn on Do Not Disturb While Driving.

Kenter Content & Privacy Restrict	tions	Kenter Content Re	strictions	Back iTunes & App Store	Purchases
Content & Privacy Restrictions		ALLOWED STORE CONTENT		STORE PURCHASES & REDOWNLOAD	DS
Content & Privacy Restrictions		Ratings For	United States >	Installing Apps	Allow >
iTunes & App Store Purchases	>	Music, Podcasts & News	Explicit >	Deleting Apps	Allow >
Allowed Apps	>	Music Profiles & Posts	On >	In-app Purchases	Allow >
Content Restrictions	>	Movies	Allow All Movies >	REQUIRE PASSWORD	
PRIVACY		TV Shows	Allow All TV Shows >	Always Require	
Location Services	Allow >	Books	Explicit >	Don't Require	~
Contacts	Allow >	Apps	Allow All Apps >	Require a password for additional pur purchase with littleoddcat@gmail.com	chases after making a n from the iTunes, Book,
Calendars	Allow >	WEB CONTENT		or App Store.	
Reminders	Allow >	Web Content	Unrestricted Access >		
Photos	Allow >	SIRI			
Share My Location	Allow >	Web Search Content	Allow >		
Bluetooth Sharing	Allow >	Explicit Language	Allow >		
Microphone	Allow >	GAME CENTER			

A parent can also set privacy settings for everything from location services (GPS) to advertising preferences.

For example, if a parent wanted to make sure they could always access their child's location, they can turn on Location Services and select Share My Location, and also limit GPS use on other apps.

Accessing Content & Privacy restrictions requires an adult to input a Content & Privacy passcode, which prevents children from changing these settings.

Back Content & Privacy Res	trictions	
Share My Location	Allow	>
Bluetooth Sharing	Allow	>
Microphone	Allow	>
Speech Recognition	Allow	>
Advertising	Don't Allow	>
Media & Apple Music	Allow	>
ALLOW CHANGES:		
Passcode Changes	Allow	>
Account Changes	Allow	>
Cellular Data Changes	Allow	>
Volume Limit	Allow	>
Do Not Disturb While Driving	Allow	>
TV Provider	Allow	>
Background App Activities	Allow	>

Back	Location Service	9S
Allow Char	nges	-
Don't Allow	w Changes	
	hanges locks the settings s v apps from using location s	
Location S	ervices	Ø
Wi-Fi hotspo approximate	vices uses GPS, Bluetooth, a t and cell tower locations to location. About Location Se vices settings also apply to	determine your rvices & Privacy
Share My I	Location	>
Share My I	Location	2
Share My I	Location	,
Share My I	Location	2



# w: safeonsocial.com e: wecanhelp@safeonsocial.com

No part of this e-book or its associated modules may be reproduced or transmitted by any person or entity in any for by any means, electronic or otherwise including photocopying, recording or scanning or by any information storage without prior permission other than the licensor who is licensed to use this information on their website, in newsletters and in print and has been granted permission from the publisher under an annual license.

The publisher, authors, licensee, licensor and their respective employees or agents will not accept responsibility for injuries or damage, physical or emotional occasioned to any person as a result of a social media use or any other activities described in this e-book.

Whilst every attempt has been made to ensure that the information in this e-book is accurate, it is the nature of social media to be constantly changing. Therefore, Safe on Social Media Pty Ltd gives no guarantees to the completeness or accuracy of the contents of this guide.