

Handout: Parental Control Quick Guide

Apple Devices (iPhone, iPad)

1. Go to *Settings > Screen Time*.
2. Tap *Turn On Screen Time > This is My Child's Device*.
3. Set *Downtime* (when the device is off-limits).
4. Set *App Limits* (by category or specific apps).
5. Tap *Content & Privacy Restrictions* to block adult content, app store purchases, etc.
6. Enable *Family Sharing* to manage from your device.

Android Devices (Family Link)

1. Download the *Google Family Link* app on both devices.
2. Set up your child's Google Account if needed.
3. Link your accounts.
4. Set screen time and bedtime schedules.
5. Control app downloads, manage permissions.
6. View weekly activity reports.

Tips for All Devices

- Talk to your child about why you're using these settings.
- Involve them in setting reasonable limits.
- Periodically review and adjust together.

Helpful Links

- Apple: support.apple.com/screen-time
- Google: families.google.com/familylink
- Common Sense Media: commonsensemedia.org