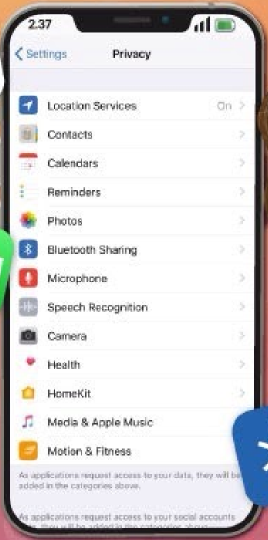
At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware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

How to Set up PARENTAL CONTROLS for APPS 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.



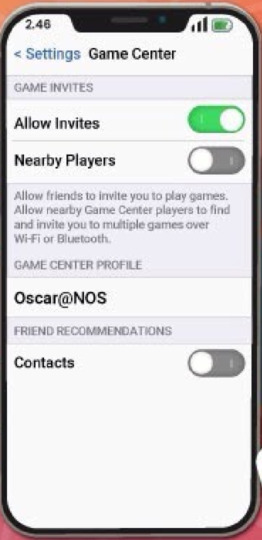
2.37

< Settings Privacy

- Location Services On >
- Contacts >
- Calendars >
- Reminders >
- Photos >
- Bluetooth Sharing >
- Microphone >
- Speech Recognition >
- Camera >
- Health >
- HomeKit >
- Media & Apple Music >
- Motion & Fitness

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

As applications request access to your social accounts



2.46

< Settings Game Center

GAME INVITES

Allow Invites ●

Nearby Players ○

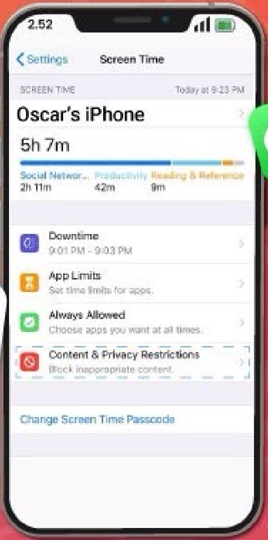
Allow friends to invite you to play games. Allow nearby Game Center players to find and invite you to multiple games over Wi-Fi or Bluetooth.

GAME CENTER PROFILE

Oscar@NOS

FRIEND RECOMMENDATIONS

Contacts ○



2.52

< Settings Screen Time

SCREEN TIME Today at 9:23 PM

Oscar's iPhone >

5h 7m

Social Networ...	Productivity	Reading & Reference
2h 11m	42m	9m

- Downtime 9:01 PM - 9:03 PM >
- App Limits Set time limits for apps. >
- Always Allowed Choose apps you want at all times. >
- Content & Privacy Restrictions Block inappropriate content. >

Change Screen Time Passcode

How to Restrict Built-in Apps/Features

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Allowed Apps (you may need to toggle this to 'on' at the top)
5. Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
5. Scroll down to Game Centre
6. Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap iTunes & App Store Purchases
5. Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

National Online Safety®
www.nationalonlinesafety.com

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.09.2021