

# Parental Controls That Work: A Guide for Grand Island Families

## Apple Devices (iPhone & iPad - iOS 17+)

1. Open Settings > Screen Time > Turn on Screen Time.
2. Tap 'Use Screen Time Passcode' and set a 4-digit PIN known only to the parent.
3. Tap 'Downtime' to schedule time away from screens (e.g., 9 PM-7 AM).
4. Set 'App Limits' to restrict time for apps like Snapchat or TikTok.
5. Go to 'Communication Limits' to control who can be contacted during screen time and downtime.
6. Under 'Content & Privacy Restrictions', toggle ON and adjust:
  - iTunes & App Store Purchases (require password)
  - Allowed Apps (disable Safari, FaceTime, etc.)
  - Content Restrictions (web content, movies, books, explicit language)
7. Enable 'Find My' to track device location and share between family.
8. Use 'Family Sharing' to monitor screen time from your own device.

## Conversation Starters for Families

For Ages 8-11:

- What apps or games do you enjoy most? Can you show me how they work?
- What would you do if someone you don't know tried to chat with you online?

For Ages 12-14:

- Have you ever seen something online that made you uncomfortable?
- How do your friends talk about people they meet online?

For Ages 15+:

- Do you know anyone who hides apps or uses secret accounts? Why do you think they do that?
- What's your plan if someone online asks to meet in real life?
- How can we work together to make sure you stay safe without feeling micromanaged?