

Apple Devices (iOS 17+)



1.) Settings > Screen Time

Turn on 'Screen Time'
'This is My Child's iPhone'

2.) Create a Screen Time Passcode

Choose a password your child won't guess. Do not share it with them.

3.) Set App Limits

Limit daily time for apps like TikTok, Snapchat etc. Choose Category or individual app

4.) Set Content Restrictions

Go to 'Content and Privacy Restrictions'
Block explicit content, adult websites, and disable app installations

5.) Enable Location Sharing

Use 'Find my App' and share the child's location with your device



Android Devices (Google Family Link)



1.) Install Family Link App

Download from Google Play on both parent and child devices

2.) Link Your Google Account

During setup choose your Google account to manage your child's device

3.) Set Daily Limits & Bedtime

Control how much time is spent daily and set a 'bedtime' when apps lock

4.) Manage App Permissions

Approve or deny any app installs. Monitor usage from your device.

5.) Set Filters & Location

Block explicit content on Chrome and YouTube. Enable location tracking.

