

Setting up Screen Time for a child is most effective when done through **Family Sharing**. This allows you to manage their settings remotely from your own iPhone.

Below is the essential list of Apple documentation links, organized by the steps you'll need to take.

1. The Foundation: Family Sharing

Before you can manage their time, you need to be linked as a family. This ensures you are the "Organizer" or "Parent/Guardian" with the authority to set limits.

- [Set up Family Sharing](#) – The starting point for connecting all family devices.
- [Create an Apple ID for your child](#) – Apple requires children to have their own ID (under your umbrella) rather than sharing yours.

2. Core Setup: Turning on Screen Time

Once the family group is ready, you can activate the controls. You can do this from **your** phone or **theirs**.

- [Use Screen Time on your iPhone, iPad, or iPod touch](#) – The "Master Guide" for turning the feature on and understanding the dashboard.
- [Set up Screen Time for a family member](#) – Specific steps for managing a child's device remotely from your own device.

3. Setting Boundaries: Limits & Restrictions

This is where you'll spend most of your time—blocking adult content, setting "Downtime" (like a tech bedtime), and limiting specific apps like TikTok or Roblox.

- [Use Parental Controls \(Content & Privacy Restrictions\)](#) – How to block explicit content, prevent App Store purchases, and limit adult websites.
- [Set App Limits and Downtime](#) – Instructions on how to schedule time away from the screen and set daily "allowances" for certain app categories.

4. Security: The Screen Time Passcode

Crucially, this is a **separate 4-digit code** from the one used to unlock the phone. If they know this code, they can bypass all your hard work!

- [Create or change a Screen Time passcode](#) – How to lock your settings so they can't be changed without your permission.
- [If you forgot your Screen Time passcode](#) – A "just in case" link for resetting the code using your Apple ID.

What to do if your child wants to leave a group text that they were added to?

If your child cannot leave a group text, it is likely because the group contains a mix of iPhone and Android users, which uses older SMS/MMS technology that does not support a "leave" feature. While they may not be able to fully exit the thread, you can take several steps to stop the notifications and clear their messages.

Steps for iPhone Users

- **Check for the "Leave" Option:** Tap the group name at the top of the chat, scroll down, and look for **Leave this Conversation**.
 - *Note: This only works if there are at least three other people in the chat and everyone is using iMessage.*
- **Mute the Thread:** If the leave option is greyed out, tap the group name and toggle on **Hide Alerts**. This stops notifications but allows the messages to still arrive silently.
- **Delete the Conversation:** After muting, swipe left on the conversation in the main message list and tap the red trash icon.
 - *Be aware: If someone in the group sends a new message, the thread will reappear in the inbox.*

Additional Solutions

- **Block Individual Numbers:** If one or two people are the main source of the issue, you can block those specific numbers to prevent their messages from reaching your child's phone.
- **Request a New Group:** If the group is among friends or family, you can ask a participant to start a **new group chat** that does not include your child.
- **Enable Spam Filtering:** Check your phone's settings to filter unknown senders. On iPhone, go to **Settings > Messages > Filter Unknown Senders**. On Android, go to **Messages Settings > Spam protection** and enable it.