

SETTING UP PARENTAL CONTROLS



Blackburn Central
HIGH SCHOOL

Aspire and achieve

What are parental controls?

Parental controls block your child from viewing inappropriate content, and remove the risk of mistaken purchases.

Some devices allow you to set controls about how much 'screen time' your child gets, and you can limit the times of the day they can use their devices.

Parental controls can be set up on almost all devices that connect to the internet, including mobile phones, tablets, laptops and games consoles.



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Apple iPhone & iPad

ENABLING SCREEN TIME

Use Screen Time to control how much, and when your child can use their device.

1. Go to 'Settings'
 2. Select 'Screen Time'
 3. Choose either 'This is my (device)' or 'This is my Child's (device)'
 4. Select 'Downtime'
 5. Schedule your preferred settings
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BLOCK INAPPROPRIATE CONTENT

1. Go to 'Settings'
2. Select 'Screen Time'
3. Choose 'Content & Privacy Restrictions'
4. Select 'Limit Adult Websites'



Android Phones & Tablets

BLOCK INAPPROPRIATE CONTENT

1. Go to 'Settings'
2. Select 'Users'
3. Add new 'Restricted User'
4. Follow set-up instructions
5. Selects apps you wish to allow use



PlayStation 4 & PlayStation 5

SETTING UP PARENTAL CONTROLS

1. Go to 'Settings'
2. Select 'Parental Controls'
3. Select 'Family Management'
4. Follow the instructions on screen

Within Family Management you are able to limit users' age ratings for games and videos, limit internet use, and create a pin number to limit your child's screen time.



XBOX ONE (X & S Models)

SETTING UP PARENTAL CONTROLS

1. Go to 'Settings'
2. Select 'Privacy & online settings'
3. Select 'Teen defaults' or 'Custom'
4. Follow the instructions on screen

Within Privacy and online settings you are able to limit users' age ratings for games and videos and limit internet use.



Snapchat

CHOOSE WHO CAN CONTACT YOU

1. Open Snapchat
 2. Tap the circle or your icon in the top left corner of the screen
 3. Tap settings in the top right corner of the screen
 4. Tap 'Contact Me'
 5. Select 'My Friends'
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REPORTING SOMEBODY

1. Open Snapchat
 2. Tap 'Chat' in the bottom left corner
 3. Hold down on the name of the person you wish to report
 4. Tap 'More'
 5. Tap 'Report'
 6. Follow the instructions on screen
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BLOCKING SOMEBODY

1. Open Snapchat
2. Tap 'Chat' in the bottom left corner
3. Hold down on the name of the person you wish to report
4. Tap 'More'
5. Tap 'Block'

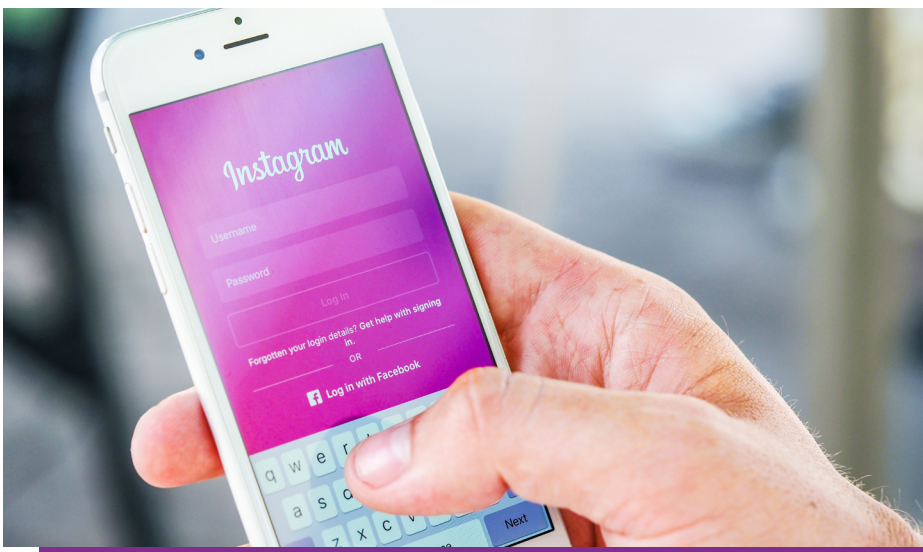
Instagram

MAKING YOUR ACCOUNT PRIVATE

1. Open Instagram
 2. Tap your profile picture in the bottom right corner
 3. Tap the menu icon in the top right corner
 4. Tap 'Settings'
 5. Tap 'Privacy'
 6. Turn on 'Private Account'
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REPORTING SOMEBODY

1. Open Instagram
2. Open the profile of the user you wish to report
3. Tap the menu icon in the top right corner
4. Tap 'Report'
5. Follow the instructions on screen



TikTok

MAKING YOUR ACCOUNT PRIVATE

1. Open TikTok
 2. Tap 'Profile' in the bottom right corner
 3. Tap the menu icon in the top right corner
 4. Choose 'Privacy'
 5. Turn on 'Private account'
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REPORTING A PROBLEM

1. Open TikTok
 2. Tap 'Profile' in the bottom right corner
 3. Tap the menu icon in the top right corner
 4. Choose 'Report abuse'
 5. Follow the instructions on screen
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MANAGE WHO CAN MESSAGE YOU

1. Open TikTok
2. Tap 'Profile' in the bottom right corner
3. Tap the menu icon in the top right corner
4. Choose 'Privacy'
5. Tap 'Direct messages'
6. Select 'Friends only'

Twitter

MAKING YOUR ACCOUNT PRIVATE

1. Open Twitter
 2. Tap your profile picture in the top left corner
 3. Tap 'Settings and privacy'
 4. Tap 'Privacy and safety'
 5. Tap 'Audience and tagging'
 6. Turn on 'Protect your Tweets'
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BLOCK INAPPROPRIATE CONTENT

1. Open Twitter
 2. Tap your profile picture in the top left corner
 3. Tap 'Settings and privacy'
 4. Tap 'Privacy and safety'
 5. Tap 'Content you see'
 6. Turn off 'Display media that may contain sensitive content'
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REPORT OR BLOCK AN ACCOUNT

1. Open Twitter
2. Open the account you wish to report
3. Tap the menu icon in the top right corner
4. Select 'Report' or 'Block'
5. Follow the instructions on screen

Facebook

PRIVACY CHECKUP

1. Open Facebook
 2. Tap the menu icon in the bottom right corner
 3. Tap 'Settings & Privacy'
 4. Tap 'Privacy shortcuts'
 5. Select 'Review privacy settings'
 6. Follow the instructions on screen
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REPORT OR BLOCK AN ACCOUNT

1. Open Facebook
2. Open the account you wish to report
3. Tap the menu icon underneath their profile picture
4. Select 'Block' or 'Report Profile'
5. Follow the instructions on screen



Finding More Support

INTERNET MATTERS

internetmatters.org

UK SAFER INTERNET CENTRE

saferinternet.org.uk

CHILDLINE - STAYING SAFE ONLINE

childline.org.uk

NSPCC - KEEPING CHILDREN SAFE ONLINE

nspcc.org.uk

CHILD EXPLOITATION AND ONLINE PROTECTION COMMAND

ceop.police.uk

THINK U KNOW

thinkuknow.co.uk

