

# CHEAT SHEET

## Step 1: Create a Child Apple ID

Avoid sharing your account. Let your child have their own Apple ID with appropriate parental controls.


### **How to Set Up a Child Apple ID**


1. Go to Settings > Family
2. Tap Add Member



3. Select Create Child Account



4. Enter your child's name and correct date of birth
  -  Note: You can't easily change the birthdate later.
5. Follow the prompts to finish setup.
6. Choose one:
  - Their personal email
  - A suggested @icloud.com email
  - Their Game Center nickname

 **Tip:** This allows you to manage App Store access, game settings, and more!

 More info: [Apple Support Guide](#)



# CHEAT SHEET

## Step 2: Setting up Screen Time

To manage how your child uses their device. Set limits, content & privacy restrictions, and filter content.

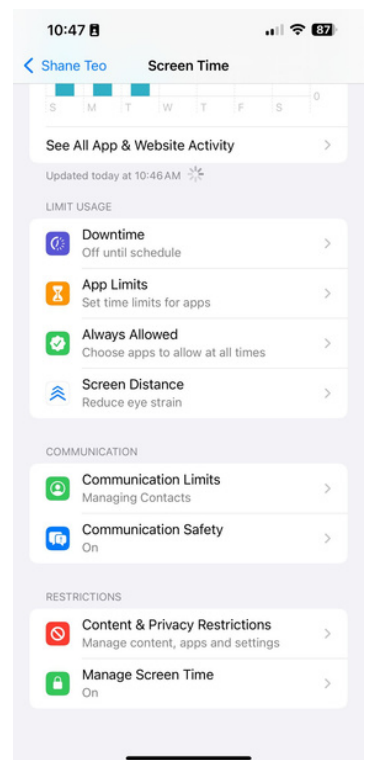
### **How to Enable Screen Time Controls**

Go to Settings > Screen Time

Tap your child's name

Set up the following:

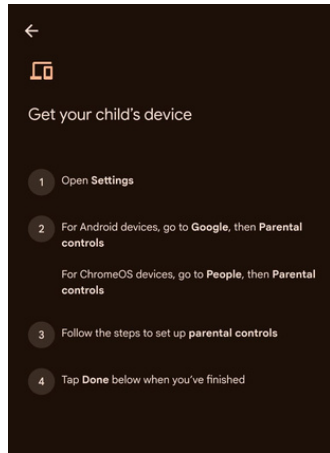
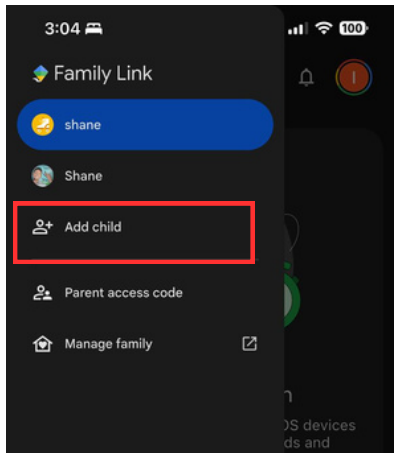
- Downtime
  - Schedule time away from screens
- App Limits – Set time limits for apps
- Always Allowed – Pick essential apps
- Communication Limits
  - Control who they talk to
- Communication Safety
  - Protect against unsafe content
- Screen Distance
  - Encourage healthy device use distance
- Content & Privacy Restrictions
  - Block explicit content
  - Prevent app installs/purchases
  - Restrict location/contacts/photos access
- **Screen Time Passcode** – Prevent changes to settings



# CHEAT SHEET

**Step 1: Download Google Family Link app on your device**

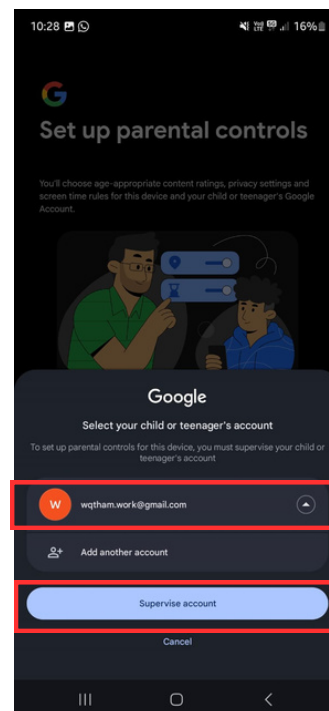
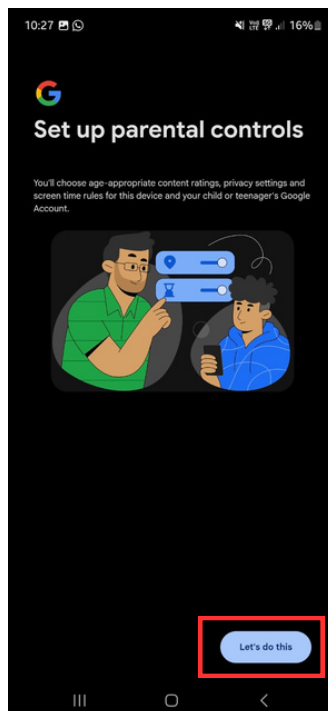
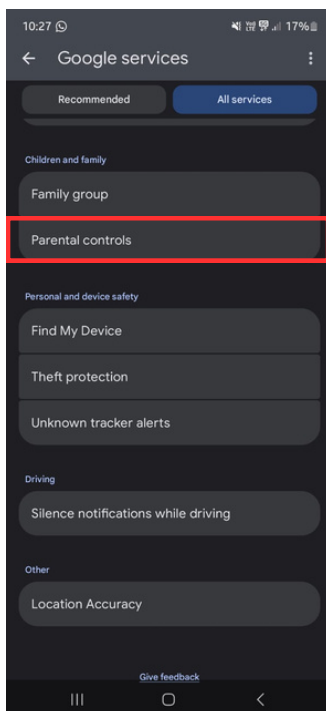
**Step 2: Add Child**



Ensure that your child has a Google account with the correct age setup.

**Step 3: Get your child's device**

1. Go to Settings > Google > All services > Parental Controls > Supervise child account

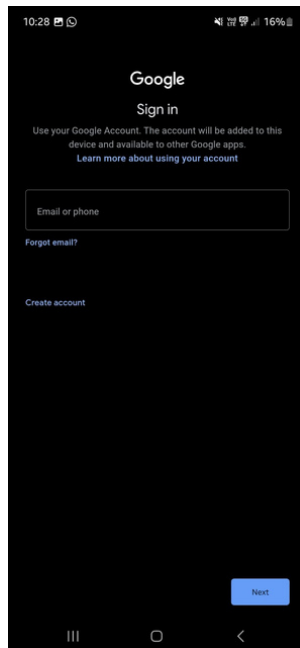
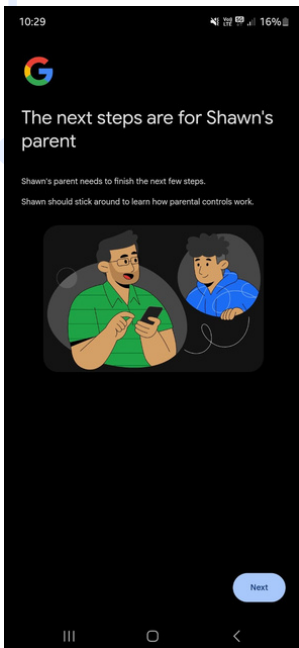


Select the child's email address > Supervise account

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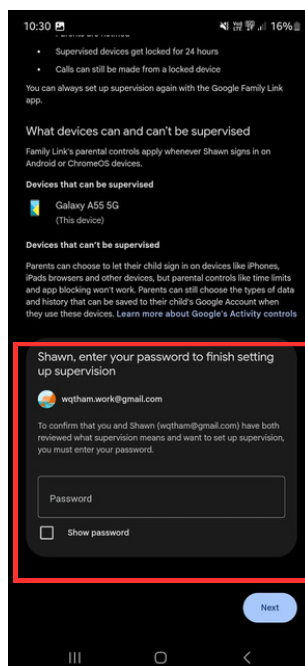
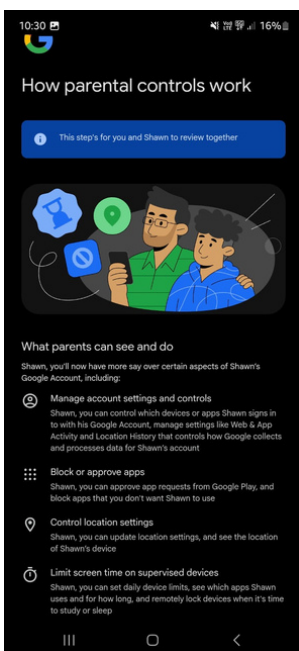
## Step 3: Get your child's device (continued)

2. Sign in as the parent > understand how parental controls work > key in your child's gmail account password

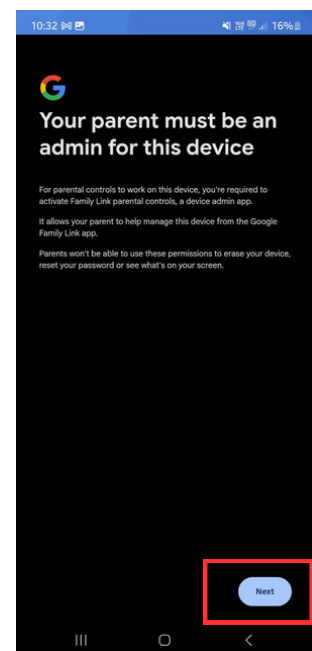


Parents to enter your gmail email and password.

After that a 2-step verification will be prompted for you to accept on your device.

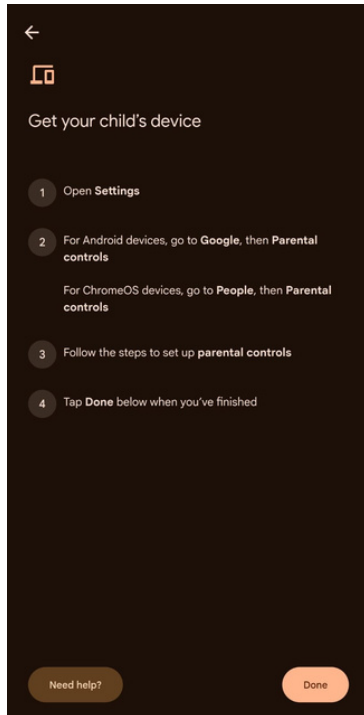


Scroll to this section.  
Enter the password of your child's gmail account.

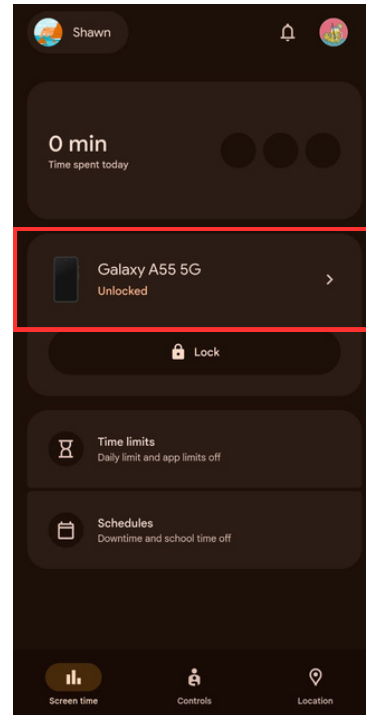


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## Step 4: Go back to your own device to link your child's device.



Tap Done to complete supervision.




You should now see your child's device linked.

## Step 5: Setup parental controls for your child on your device.

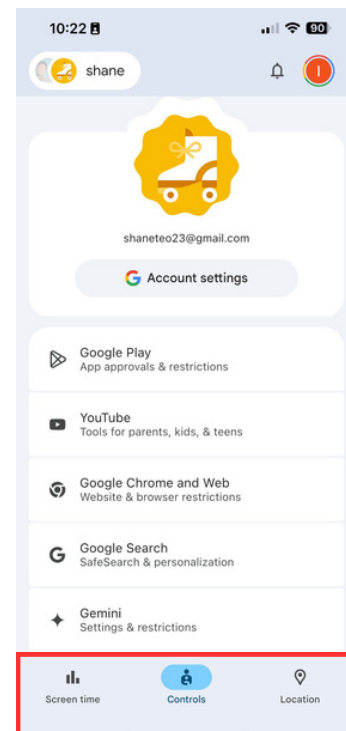
1. Setup controls for Google Play, YouTube, Google Chrome and Web, Google Search, Google Photos and Location Settings

2. Screen Time

- Schedules > School Time
- Weekly Schedule > range of timing
- Allowed Apps > unlimited apps is off

 Google Family Link cannot restrict content within non-Google products.

 Google Family Link does not work with Huawei and Honor devices.



Internet Matters



Digital Well-Being  
Family Guide

