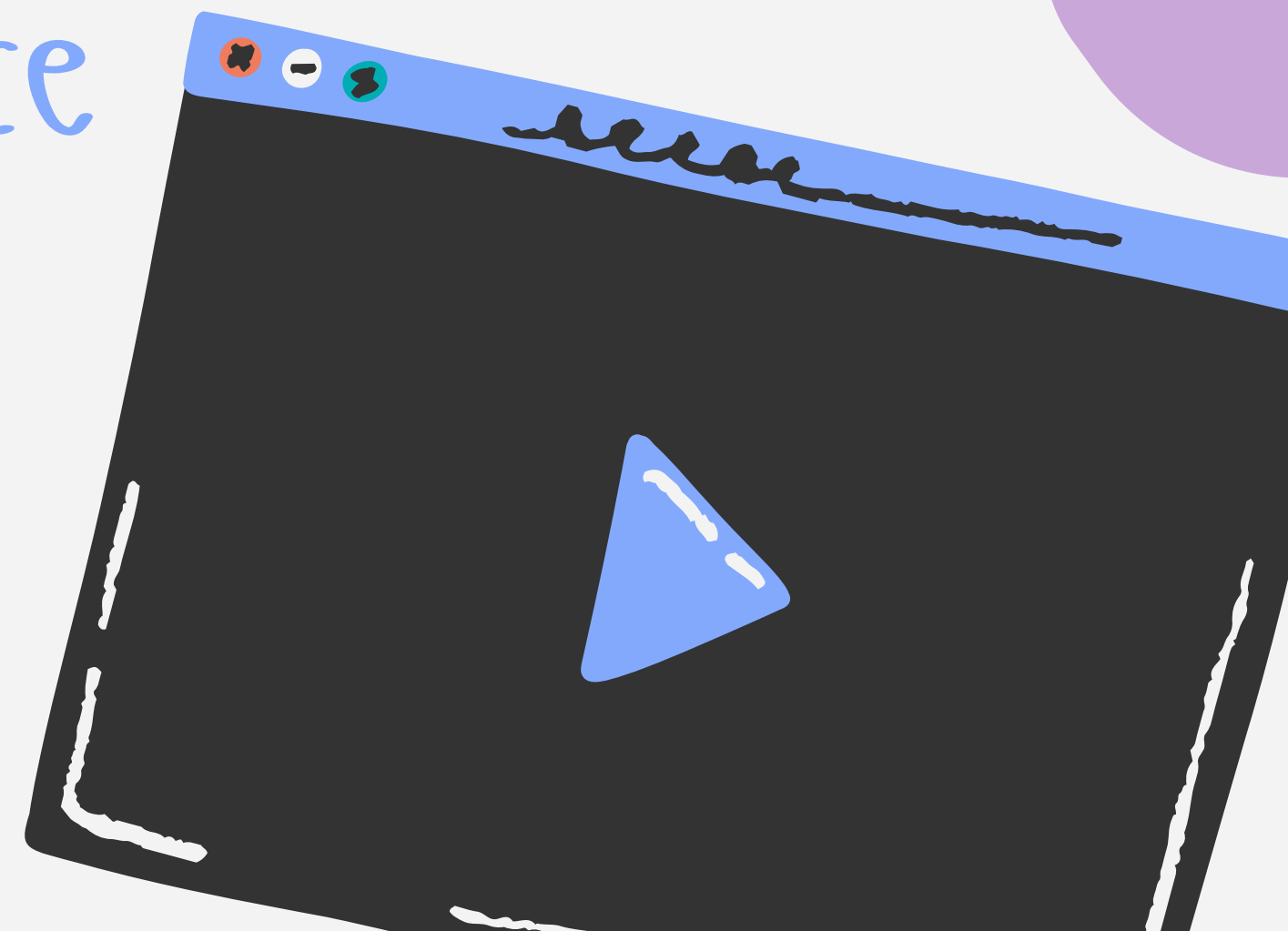


SMART STARTS

Setting Up Parental Controls
with Confidence



INTRODUCTION

Learn to set parental controls across devices.

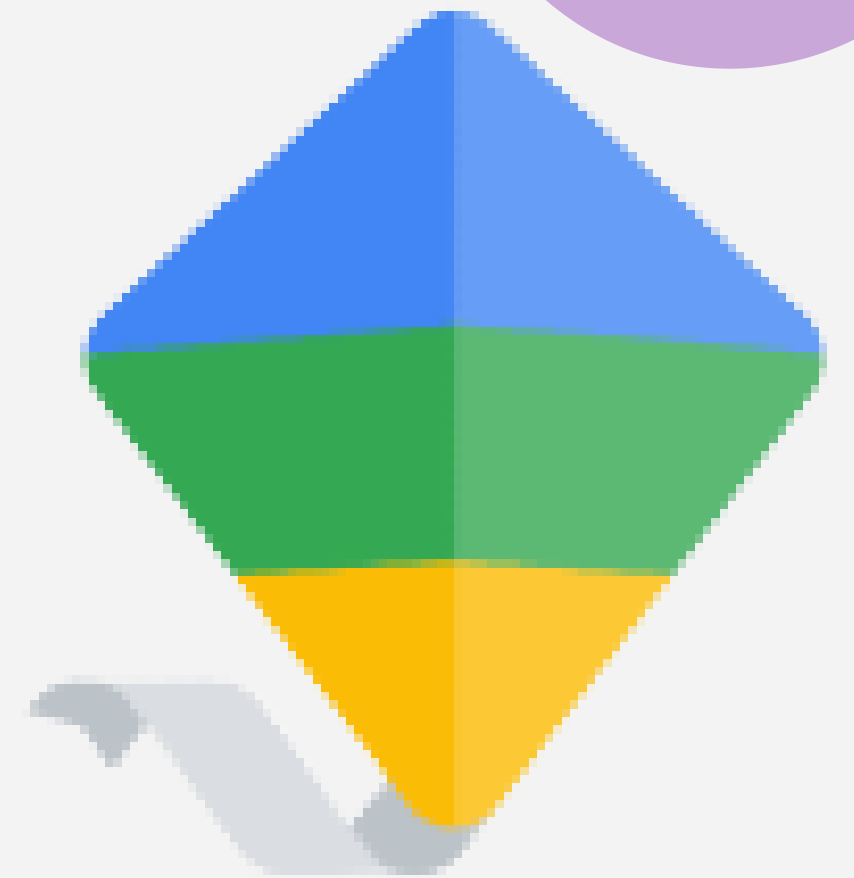
- manage app access
- set screen time
- add device bedtime remotely to help children build good online safety habits



GOOGLE FAMILY LINK

Prior to giving them a device, consider:

- Expectations and responsibilities (digital actions that have real-life implications; digital wellbeing)
- Discuss with your child on their readiness



How to set up Google Family Link

Step #1

On your child's Android device, go to the Settings screen.

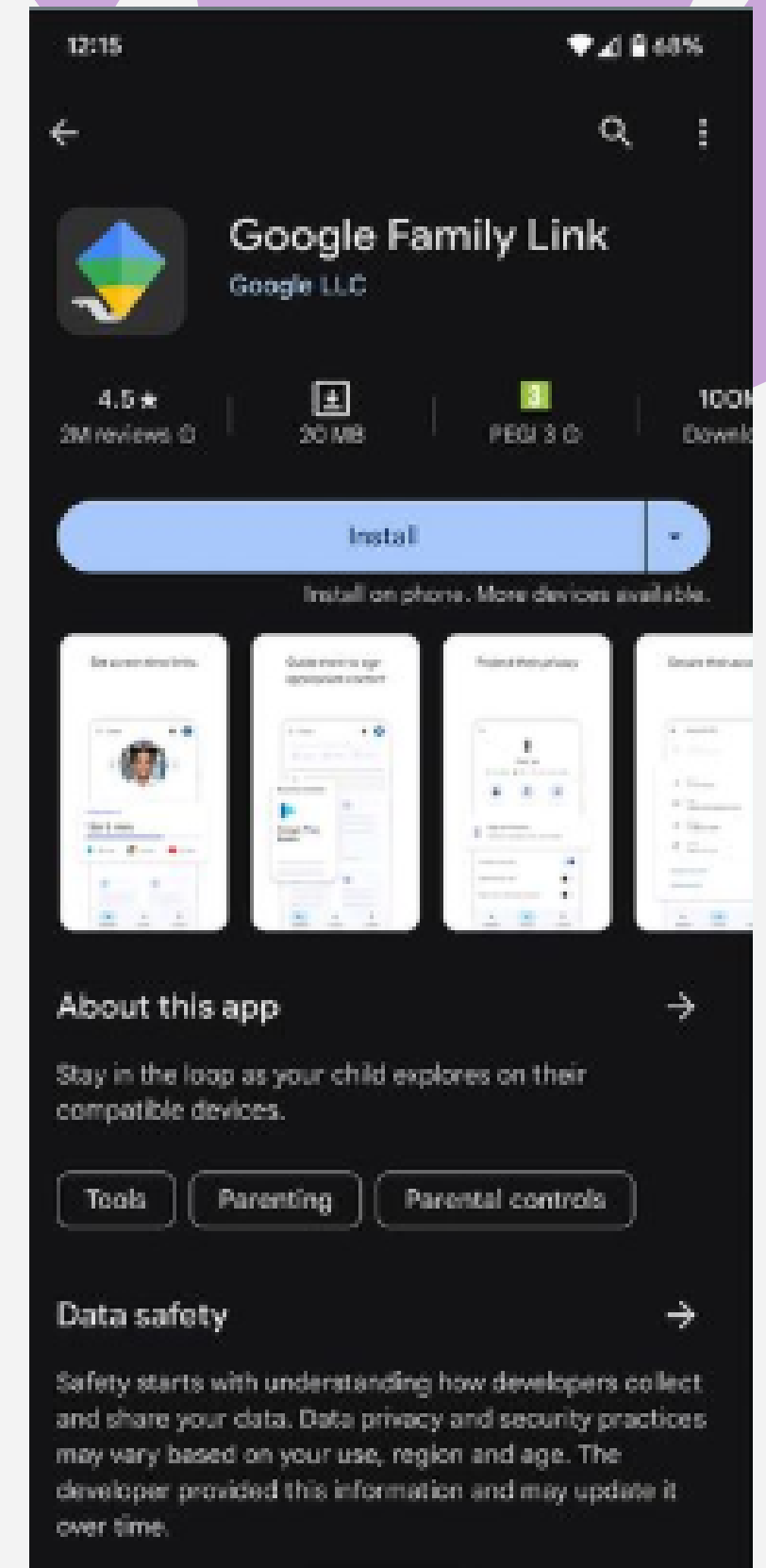
Scroll to

Google > All Services > Parental Controls

Step #2

Tap Let's Do this. You'll then be able to add your child's account or create a new one. Tap

Supervise account



How to set up Google Family Link

Step #3

Follow the prompts and read through the information that comes up on the next couple of screens.

You'll need to **enter your own email and password** to become an admin.

You'll also need to **confirm your child's password** to complete setup.

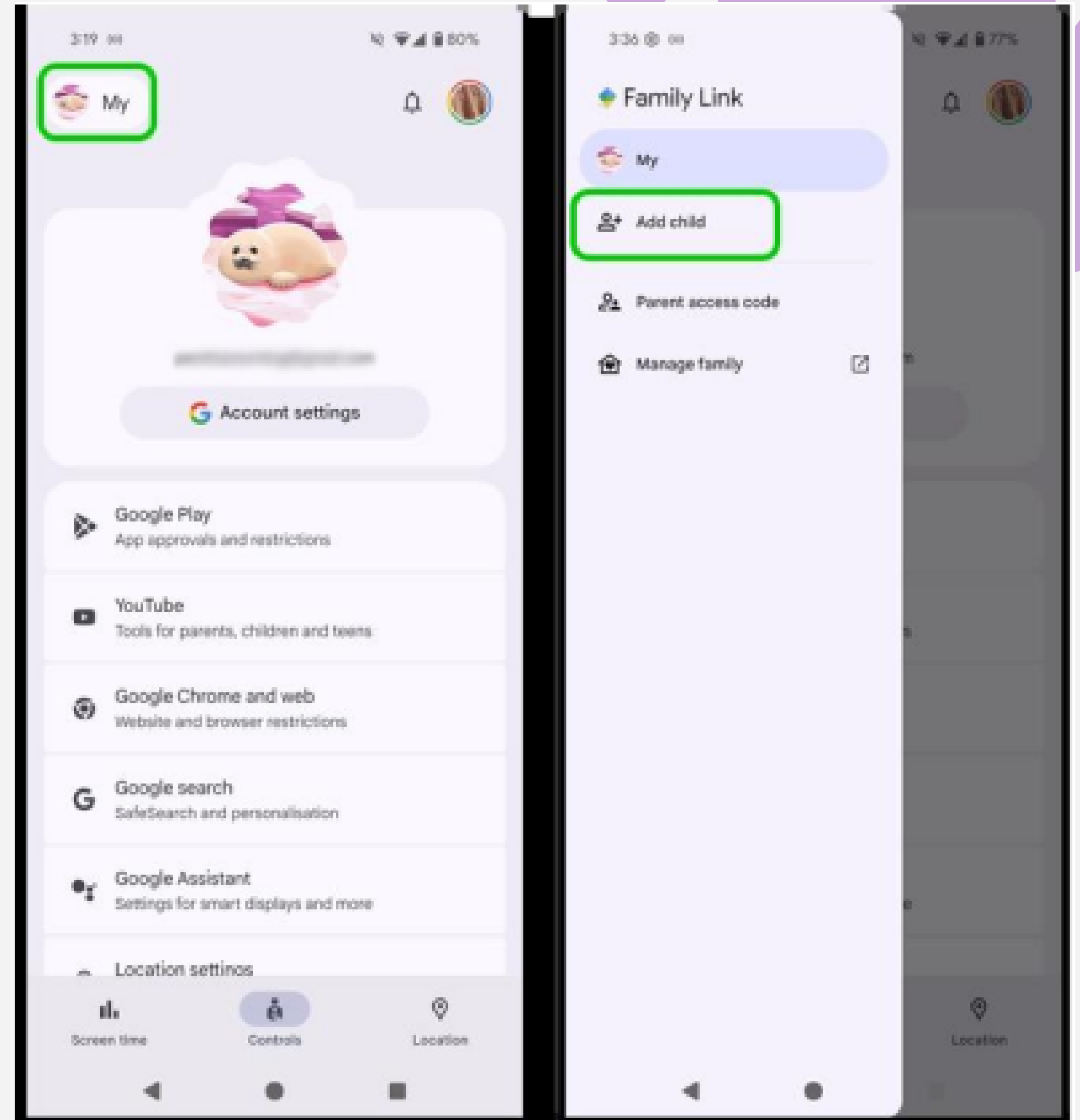
You can now edit your child's permissions on Google Family Link on your device.

How to add a child to Family Link

To add another child:

Step #1

Open your Google Family Link app and click your existing child's icon in the top left corner. Tap **Add Child**



How to add a child to Family Link

To add another child:

Step #2

If your child has a Google account, tap Yes.

Follow the instructions from

How to set up Google Family Link

to connect your child's device.

If you need to create an account for your child, tap No to set one up and jump to

Creating a child's Google account

How to add a child to Family Link

If you have multiple children, you can add them to the app as well. Once you add a child to Google Family Link, they automatically become a part of your Family Group.

How to add a child to Family Link

To add another child:

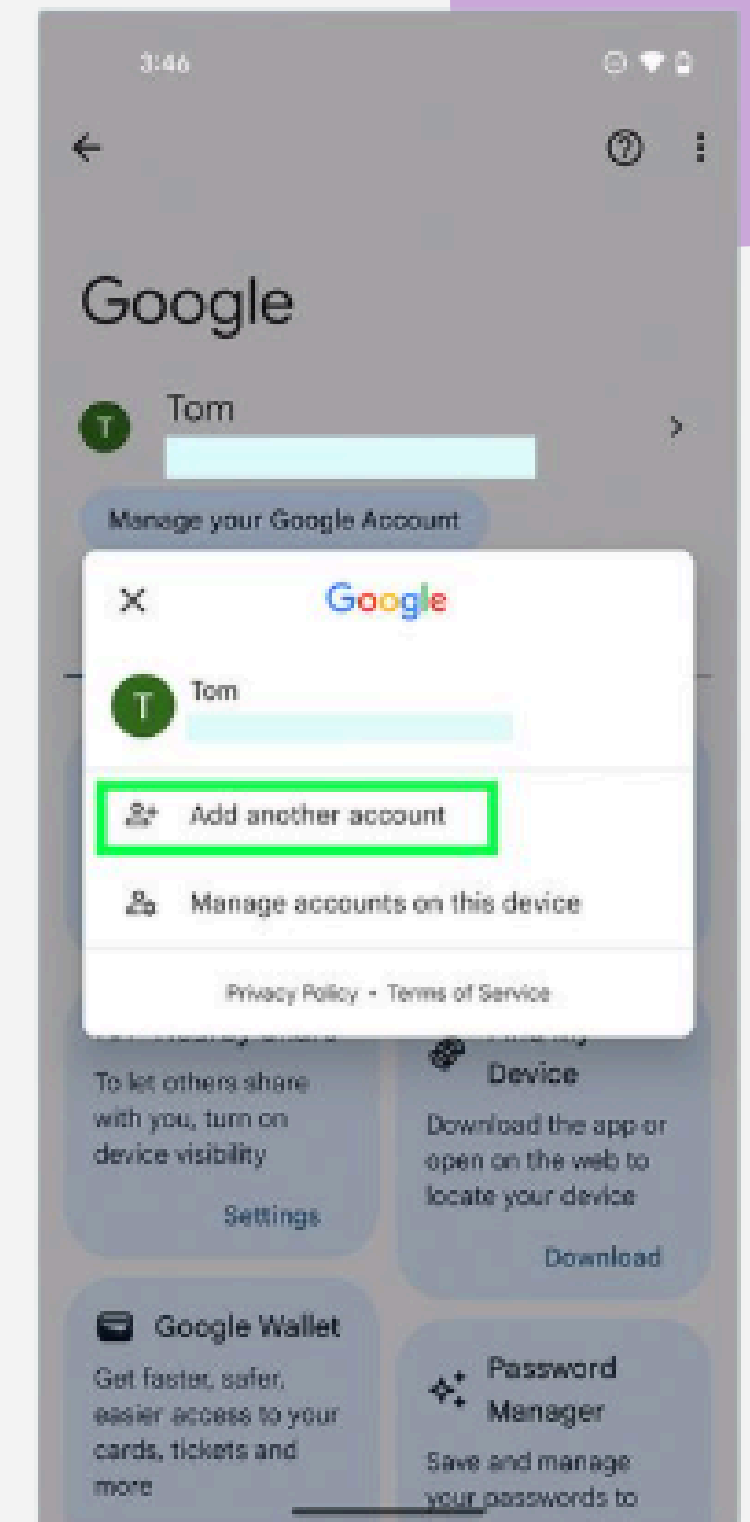
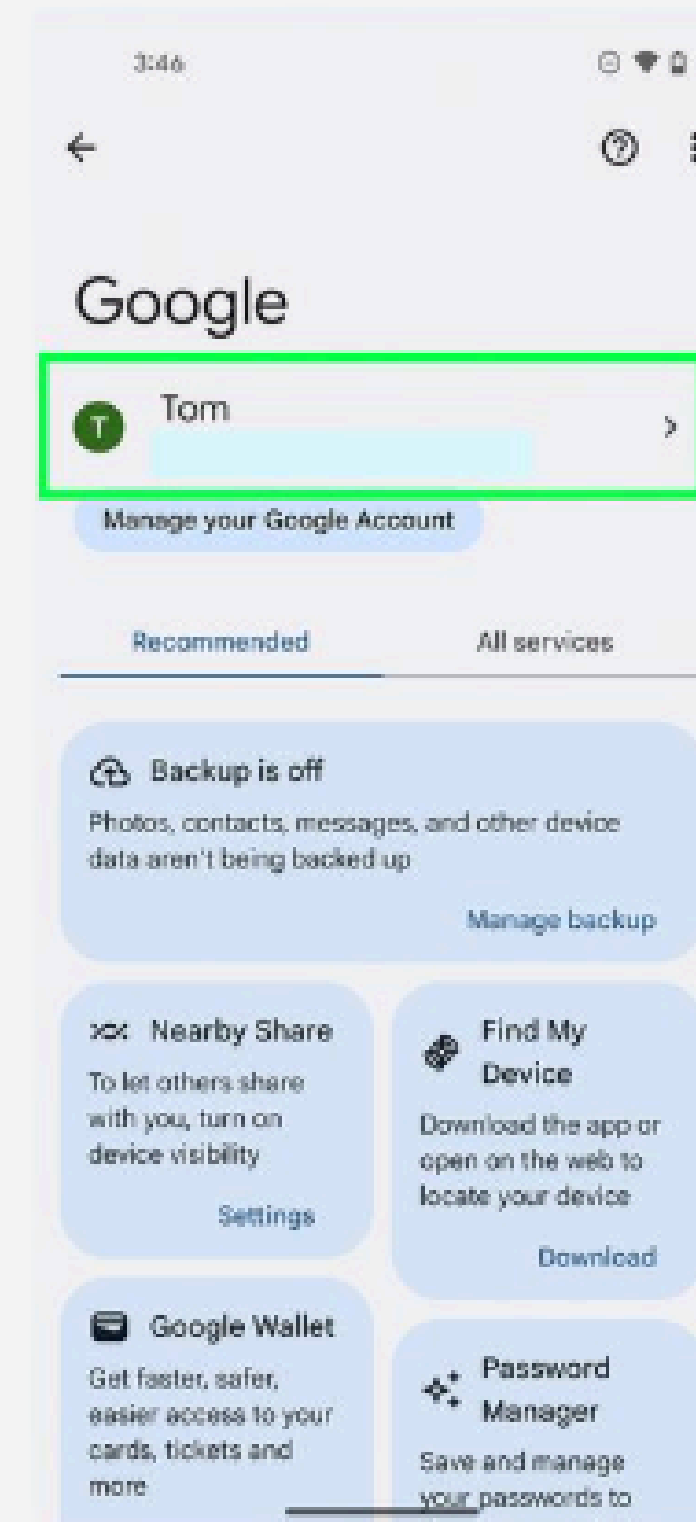
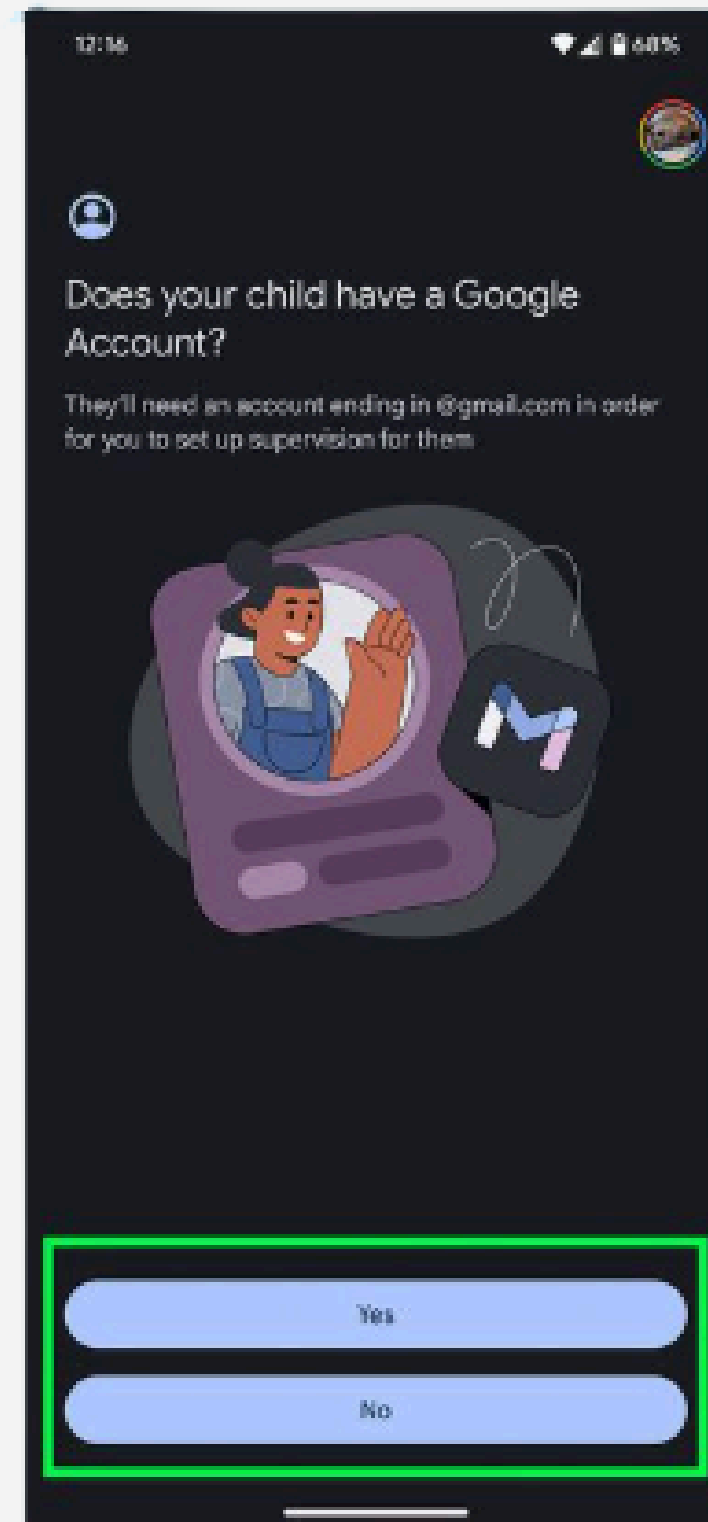
Step #3

Once your child's account is connected to your Google Family Link account, return to your own device and tap Done.

You can now access all added children's profiles in the **top left menu.**

Creating a child's Google account

Setting up an account for your child if he/she does not have one



Creating a child's Google account

Step #1

When adding a child, the app will ask if your child has an account.

Select No if they do not.

Follow the instructions to add a first name and

date of birth

Tap Next to move forward.



Creating a child's Google account

Step #2

Choose an **email address** along with a password when prompted.

Read through the next couple of screens of information to understand Family Link better.

Creating a child's Google account

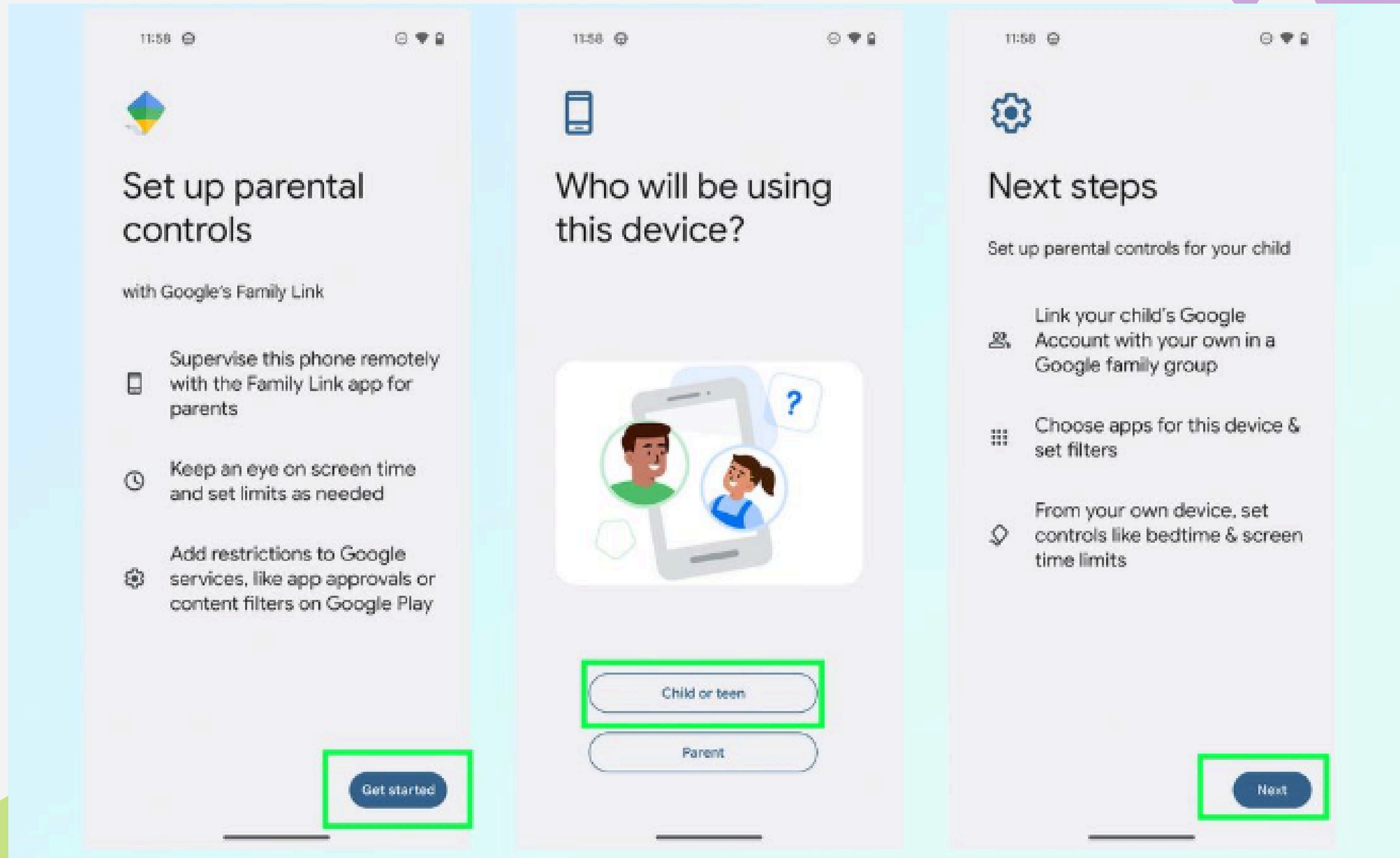
Step #3

Choose how you would like to proceed. For a quicker process, select **Choose in fewer steps**

You can change these settings later.

You will now be able to customise your child's account and set restrictions.

Setting up Parental Controls



How to limit screen time

With Family Link, you can:

- view device and app usage
- set “School Time” to keep children off device during school hours
- Set time limits per day or week and for specific apps
- Schedule downtimes to support better sleep

How to limit screen time

To view device and app usage:

Open the Google Family Link app and tap **Screen time** on the bottom left.

Tap the **top box** which shows device usage.

How to limit screen time

To set up School time/daily or weekly limits:

Step #1

Go to **Screen time** in the Family Link app and tap **Schedules**

Scroll to **School time** and tap the toggle to turn it on.

How to limit screen time

To set up School time/daily or weekly limits:

Step #2

Tap **Weekly Schedule** and set the schedule and range of timing.

Tap **Done**

Now, when your child tries to use their device during school time, they will see a full screen that says school time is active.

How to limit screen time

To set up School time/daily or weekly limits:

Step #3

Under **Allowed apps** make sure **unlimited apps is off**

The toggle circle should be to the left for off.

IMPORTANT!

On their device, your child can tap **Disable for today**

You will then need to enter your parent password or parent access code. Do not share your password with your child.

How to restrict content

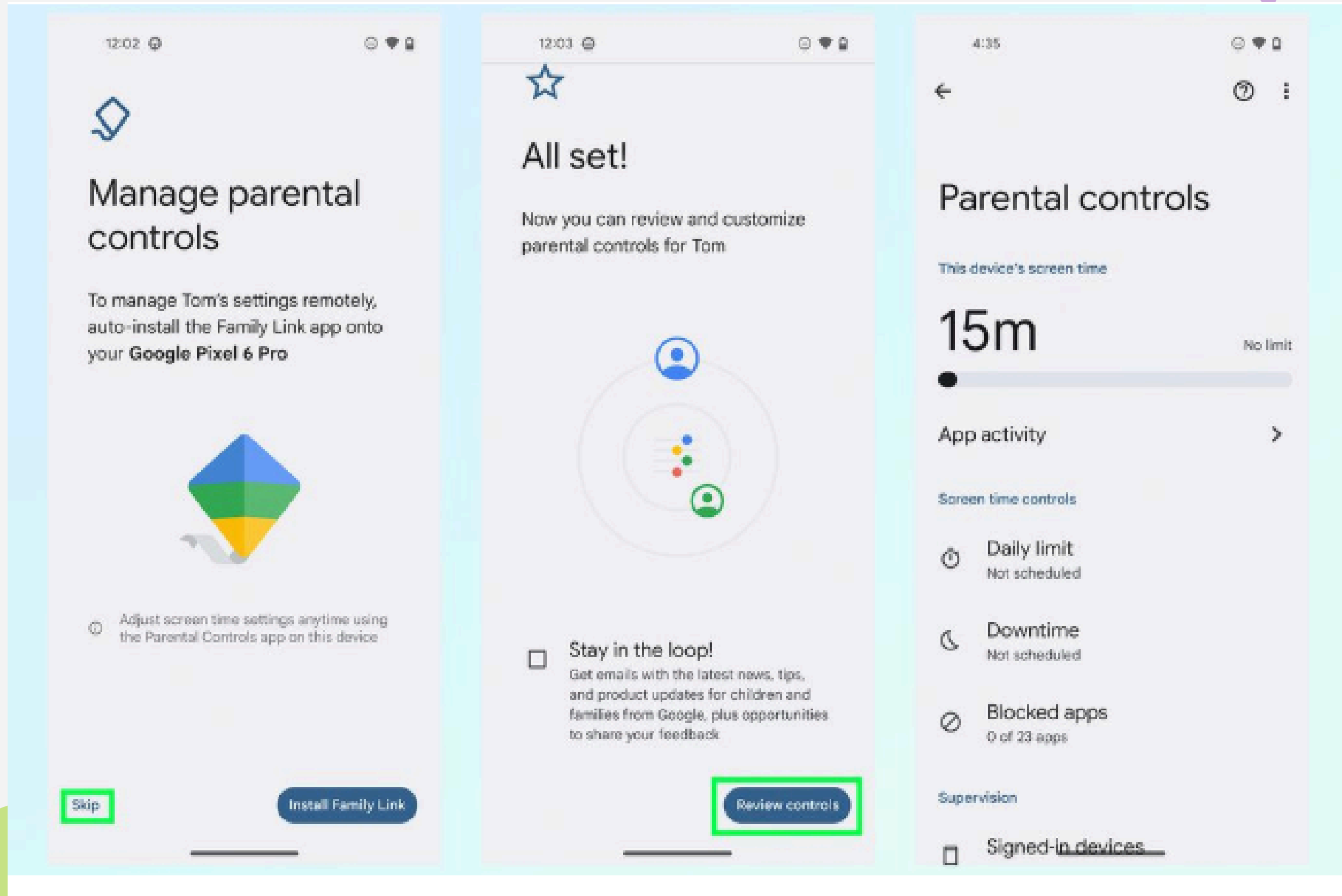
Google Family Link helps set restrictions for:

- Google Play
- Chrome and web
- Google search

IMPORTANT!

Family Link cannot restrict content within non-Google products.

Review and Manage Controls here!



How to restrict content

To restrict on Google Play with Family Link

Step #1

On your child's Family Link profile page, tap **controls**

in the centre of the bottom menu.

Tap

Google Play

How to restrict content

To restrict on Google Play with Family Link

Step #2

Under

Content restrictions

choose Apps & games, films,
TV or Books.

Then, select the

level of restriction

you'd like to add

How to restrict content

To restrict content on Google Chrome and web:

Step #1

On the **controls** screen, select **Google Chrome and web**

Choose **try to block explicit sites**

How to restrict content

To restrict content on Google Chrome and web:

Step #2

If you don't want your child to access specific websites,

go to **0 blocked sites** under **Manage sites**

Manually **add which websites** you don't want your child to visit.

How to restrict content

To restrict content on Google Chrome and web:

Step #3

Alternatively, if you've selected

Only allow approved sites

tap

0 approved sites

Manually

add which websites

you'd be happy for your
child to visit.

Want to learn more about parental controls on Family Link

Internet Matters



Digital Wellbeing Family Guide

