

Safeguarding

Parental Controls

There are lots of resources online to assist parents in setting and monitoring device settings and 'Parent Controls' for specific phones, APPs and routers.

What are parental controls?

Parental controls are settings available across devices, apps and networks. They let you manage screen time, in-game spending, content, communication and more. Internetmatters.org has several 'How to' guides to help parents navigate and set controls. For younger children, these parental controls guides can help you customise their digital experiences and learn online safety. For older children, these guides can help lead conversations around safety settings on social media, in video games and beyond. Showing them how to use safety tools can help them take ownership of their safety.

Only 12% of parents are aware of all the different types of parental controls. Read this [article](#) to find out more!

Will parental controls keep my child safe online?

Parental controls are an important part of online safety. They work like a safety net for when your child spends time online — like the helmet they wear while cycling.

However, they work best if you also take other actions. Having regular, casual conversations about their online experiences is one way to do this.

How do you set parental controls?

With so many apps, platforms, devices, video games and networks to choose from, there are a lot of options for online safety. Parental control apps like [Google Family Link](#), [Screen Time](#) and [Microsoft Family](#) can help make online safety easier. These apps let you set limits across devices, apps and platforms without needing to access these spaces separately. You can manage screen time, app access, inappropriate content restrictions and more.

As we all use different devices, apps, websites and networks, the guides available here allow you to find exactly what you need advice and guidance for: [Parental controls & privacy settings guides | Internet Matters](#) Simply select the device, network, app or console from the drop-down boxes and you'll find out how to set the relevant controls to keep your child and family safe online.

Prepare their device



Explore the [device controls and settings](#), to set limits on inappropriate content, screen time, spending and more.



Download and install the apps and games you're okay with your child using.



Set up controls in these apps and games to help keep your child safe while they play, browse or chat.



Install or set up additional [parental control apps](#) for further protection.

Together we can!