



# Parental Controls

A simple starting point for families



## 1 Start with the Device

- Set screen time or downtime.
- Use age-appropriate content restrictions.



## 2 Check Apps and Games

- Review privacy settings.
- Limit chat, purchases and location sharing.



## 3 Secure the Home Network

- Change default passwords.
- Use router-level filters where available.



## 4 Create Family Routines

- Keep devices out of bedrooms at night.
- Agree when and where screens can be used.



## 5 Review Regularly

- Update settings as children grow.
- Check that rules still suit your family.



### Quick Reminder

Parental controls help, but open conversations matter most.



**Technology settings support safety, but they work best alongside trust and communication.**