

# **Apple iPhone Parental Controls: Complete Parent Packet**

A practical, no-nonsense guide for managing parental controls on Apple iPhones using Family Sharing, Screen Time, and Apple's built in safety tools.

## **1. Create an Apple ID for Your Child (Required)**

Each child must have their own Apple ID managed through Family Sharing. Do not share Apple IDs between parent and child.

Apple Support: <https://support.apple.com/en-us/108380>

## **2. Set Up Family Sharing**

On the parent iPhone: Settings → Family → Add Member → Create an account for a child or invite an existing Apple ID.

Apple Support: <https://support.apple.com/en-us/108380>

## **3. Enable Screen Time**

Settings → Screen Time → Select child → Turn On Screen Time and set a parent-only Screen Time passcode.

Apple Support: <https://support.apple.com/en-us/108806>

## **4. Lock Screen Time Settings**

Ensure “Lock Screen Time Settings” is enabled so restrictions cannot be changed without the parent passcode.

## **5. Prevent Passcode Changes & Resets**

Screen Time → Child → Content & Privacy Restrictions → Passcode Changes → Don't Allow. This prevents children from changing or removing the phone passcode.

Apple Support: <https://support.apple.com/en-us/105121>

## **6. App & Purchase Approvals**

Use Ask to Buy and App Store restrictions to block unauthorized downloads and in-app purchases.

Apple Support: <https://support.apple.com/en-us/108380>

## **7. Downtime & App Limits**

Set Downtime for sleep/school hours and App Limits for social media, video, and games.

Apple Support: <https://support.apple.com/guide/iphone/get-started-with-screen-time-iphbfa595995/ios>

## **8. Web & Content Filtering**

Limit adult websites or restrict to allowed sites only. Block explicit music, movies, apps, and Siri web searches.

## **9. Communication Safety**

Enable Communication Safety to warn children when nude images are detected in Messages.  
Apple Support: <https://support.apple.com/en-us/105069>

## **10. Location Sharing (Find My)**

Use Find My through Family Sharing to see your child's device location for safety.

## **Age-Specific iPhone Setup Guidance**

### **Elementary School (Ages ~6–10)**

- Allowed Websites Only (school & kid-safe sites)
- No social media apps
- Early Downtime (7–8pm)
- App installs require approval
- Contacts limited to family

### **Middle School (Ages ~11–13)**

- Limit Adult Websites
- Social & video apps capped (1–2 hrs/day)
- Communication Safety ON
- Weekly Screen Time review with parent

### **High School (Ages ~14–18)**

- Fewer hard blocks, stronger time limits
- Explicit content still blocked
- Ask to Buy remains ON
- Transparency conversations tied to Screen Time reports

## **Cyberbullying & Sexting Prevention Appendix (iPhone)**

### **Reality Check**

Most cyberbullying on iPhones happens through private messages, group chats, and social media DMs. Screens remove empathy and increase impulsive behavior.

### **Key iOS Protections**

- Communication Safety nudity warnings
- App Limits on messaging & social apps
- Downtime enforcement
- Screen Time usage reports

### **Sexting and Legal Risks**

- Images are permanent once shared
- “Consensual” does not mean legal for minors
- Forwarding images can have serious consequences

### **Parenting Principles That Work**

- Devices are privileges, not rights
- Kids must feel safe reporting mistakes
- Protection comes before punishment

## Parent–Child Digital Device Agreement (iPhone)

- This iPhone is a privilege and may be restricted or removed if misused.
- Parents retain the right to access the device, apps, messages, and Screen Time reports.
- The child will not attempt to bypass Screen Time, change passcodes, or reset the device.
- Passwords, Apple IDs, and passcodes will not be shared with friends.
- No sending, requesting, saving, or forwarding explicit images.
- Cyberbullying, harassment, or cruelty is not tolerated.
- The child agrees to report unsafe or uncomfortable situations immediately.
- Parents agree to prioritize safety and problem-solving over punishment.
- Rules will be reviewed and adjusted as responsibility is demonstrated.

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Child: \_\_\_\_\_ Date: \_\_\_\_\_