



Parental Controls: Quick Setup

Start with the device your child uses most. Menu names may change after updates.

Device / platform	Where to start	First settings to check
iPhone / iPad	Settings > Screen Time	Content & Privacy Restrictions; Communication Limits; Family Sharing > Ask to Buy
Android	Google Family Link (families.google.com/familylink)	Approve apps; daily limits; age-appropriate content; location choices
Windows / Xbox	Microsoft Family Safety / Xbox Family Settings	Screen time; who can message; spending limits; multiplayer permissions
PlayStation	Settings > Family and Parental Controls	Child account; communication; age limits; spending
Nintendo Switch	Nintendo Switch Parental Controls app	Play-time limit; restricted content; communication
Roblox	Account Settings > Parental Controls	Linked parent account; chat/contact controls; spending; content maturity

Three checks to do together

- Confirm the child uses their real age on the account so age-based protections work.
- Review who can message, invite, locate, or video-chat with your child.
- Turn on app purchase approval, device updates, and account two-step sign-in where available.

Can't find a menu? Search the platform's official Help Center for "parental controls." Review settings again every few months.

