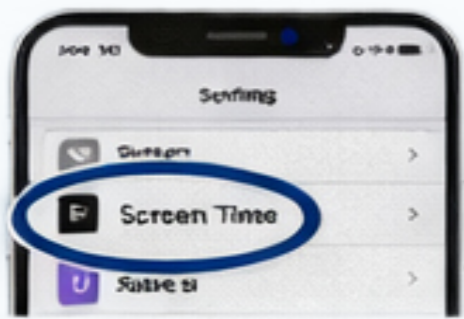


# Protect Your Child's iPhone in 2 Minutes

Set limits, block harmful content, and manage screen time easily.

IPHONE · SCREEN TIME

Quick guide for parents and guardians



**1**

## Open Settings > Screen Time

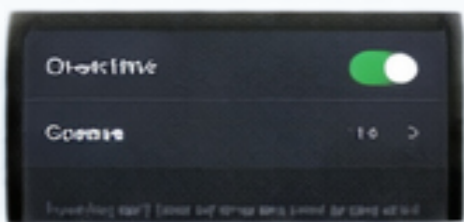
Tap Screen Time in the Settings app to begin parental controls.



**2**

## Select your child

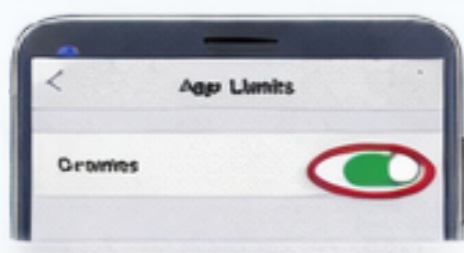
Under Family, choose your child's name or turn on Screen Time for them.



**3**

## Enable Downtime

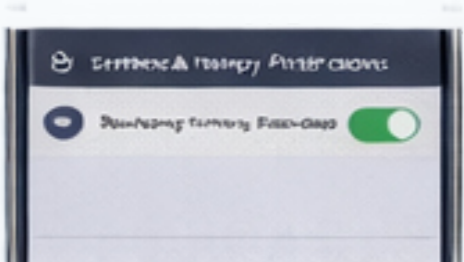
Set time away from the screen, such as bedtime or homework hours.



**4**

## Set App Limits

Add daily limits for categories like Games, Social or Entertainment.



**5**

## Turn on Content Restrictions

Enable Content and Privacy Restrictions to block adult content.

