Taming Technology

Helping You Find Parental Controls on Certain Devices

As technology continues to move forward, find ways to limit and restrict use amongst plenty of devices with these step by step directions

Video Game Systems

Xbox One

- o Visit Microsoft.com/family and create an account or sign in

- o Select the name of the child and select "screen time"

- o Set up how much time the child is allowed to spend on this device and when they are allowed to use it

- o For more information visit: https://account.microsoft.com/family

PlayStation 4

- o Visit id.sonyentertainmentnetwork.com and create an account or sign in

- o Select "account" then select "family management" and choose the account of the child who you would like to limit their access

- o Select "edit" on the play time restrictions, make the changes you would like to change, then select "save" to apply all the changes

- o For more information visit: https://support.us.playstation.com/

Nintendo Switch

- o On the Nintendo Switch home screen launch up the "system settings."
- o Scroll down and select "parental controls" and then click on "parental control settings" on the right hand side when prompted.
- o The screen will then offer you restriction levels for that of a teen, a pre-teen, and a child. Select one of these settings and then select "custom settings" to configure parental control settings that you are comfortable with.
- o For more information visit: https://www.nintendo.com/switch/family-fun/parental-controls/

Cell Phones

Apple iPhone

- o Go to your iPhone settings and select "screen time"
- o Select "use screen time passcode" to create a four-digit passcode
- o Select "app limits" the iPhone would then categorize certain apps under certain categories (Facebook would be under Social Networking, Candy Crush would be under Games, etc.) You can put a time limit on certain categories or you can put a time limit on all of them
- o Upon clicking an app or a category that you would like to limit, choose the amount of time you would like to give that app or category
- o When time is running out on the app you chose to limit the iPhone will sent a reminder on how much time you have left on that app
- o Once the time limit has been hit a white screen will pop up and cover the screen. If you made a passcode earlier, it will then ask you to enter the code to either dismiss the notification or extend the time
- o For more information visit: https://support.apple.com/en-us/HT208982

Samsung Galaxy

- o Download the "Screen Time" app via the store
- o Visit remote.screentimelabs.com on a web browser and sign up for an account or log in
- o Enter the name of the child who you wish to set up an account for then select "Android" to find the instructions. Continue scrolling until you find a pairing code
- o Open the "Screen Time" app on the phone and select the "get started" button found on the bottom
- o The app will ask you if Screen Time is set up on the parents device. Select "yes" and enter the pairing code from earlier then select "next."
- o Create a pin that is easy to remember and then accept the permissions from the app
- o Once everything is accepted, head over to the parent device and tap on the "pair device" button
- o Once the device is paired you are free to set up a time limit for the child's phone

Internet Service Provider's

AT&T

- Via a web browser login to your AT&T Wireless Internet Network

- Once logged in, click on "Parental Controls" and then click on the checkbox next to the desired device

- One the checkbox is clicked, select "edit" and feel free to add new websites or restrict websites from being used. You can also select "Restricted Time Settings" to set a time of day in which the device is restricted from being used.

Comcast/Xfinity

- Log in to your router's administration site

- Click on "Select A Computer/Device" to choose a computer that is connected through the home network

- Check on the "Add" button on the computer you want to limit use on

- Under the "Days to Block" section check off the box under the day (or days) you want to limit. Under the "Time of Day" section, you can choose both a starting time and an ending time in which you can limit use

- Select "apply" to save all changes

Time Warner Cable

- McAfee Security Suite is the one who provides parental controls for Time Warner Cable. Registering for Security Suite allows you to download and install the parental controls

Verizon

- You can set up parental controls via the "My Fios" app if you have a Fios Quantum Gateway or a Fios Advanced Wi-Fi Router

- Through the app, select "Internet" followed by "Manage My Devices" and then "Devices and Parental Controls" allowing you to select a device you want to manage.