

# Helping Your Child Stay Safe Online

A Guide for Parents of Year 6 Children Starting High School



## Why Parental Controls Matter

As your child enters high school, they gain more independence—and more access to digital devices. Access controls help protect them from harmful content, manage screen time, and build safe digital habits.



### Mobile Phones

- Use built-in parental controls on iOS (Screen Time) or Android (Family Link)
- Restrict app downloads and set screen time limits
- Manage purchases and permissions

### Apps & Social Media



- Check age restrictions before allowing access (most apps are 13+)
- Use in-app settings to disable chats or hide profiles
- Review privacy settings and disable location sharing

### Gaming Devices



- Set up child profiles on Xbox, PlayStation, and Nintendo Switch
- Limit playtime and apply content restrictions



### Top Tips

- Talk regularly with your child about their online activities
- Use tech tools alongside open conversations
- Encourage them to ask for help when unsure



### Streaming Services

- Enable Kids Profiles on Netflix, Disney+, Prime Video, etc.

Set controls easily at:  
**[internetmatters.org](https://internetmatters.org)**

Let's work together to keep our children safe and supported.