



Top tips for iPhone

This guide provides specific tips to help you support your child to use their iPhone safely and responsibly. You can contact your mobile provider for further advice and information about parental controls they may offer. For general advice about safe smartphone use read our **Smartphone parents' guide**¹.

📱 The Basics

What do young people do with their iPhones?

In addition to making calls, iPhone users can text, listen to music, go on Facebook, email, browse the internet, take pictures and videos, play games and watch TV and videos.

Are there parental controls?

iPhones are equipped with parental control settings on the device, but these need to be activated. All children are different and as a parent or carer you need to think about what would help your child stay safe when using their iPhone.

How do I find the iPhone parental control settings?

Parental control settings for the iPhone are all in one place. In **Settings**, select **General** and then **Restrictions**. To switch on parental controls, click on **Enable Restrictions** and then decide and set the Restrictions Passcode. Then select **Off** for the functions you wish to disable. These include options to disable the internet browser and set up age restrictions for apps.

📱 5 safety tips for the iPhone

1. Communicate safely

All smartphones offer many ways to communicate; including texting, calling, accessing social networking sites (like Facebook), instant messaging, video calling and multiplayer games. Talk with your child about how they use their iPhone to communicate.

Encourage your child to think about what they say, send or post when using their phone; once it has been sent, they are no longer in control. The internet is the same whether accessed through a phone or from a computer – so internet safety rules like the **SMART rules**² apply to phones too.

There are tools available which can block some communication apps. For example there are parental control settings on the iPhone to disable the following functions:

- » **FaceTime**: a video calling app
 - » **Ping**: an instant messaging app
 - » **Multiplayer gaming**: In the Game Centre app on newer iPhones you can play games against friends and strangers from around the world. You can invite someone by sending a friend request using their nickname or email address, then they will appear in the Friends List in the Game Centre. You can choose settings to prevent Multiplayer Games and Adding Friends. Find the parental control settings and in the **Game Centre** section select **Off** for **Multiplayer Games** and **Adding Friends**.
- Also, see the next section on apps** – to manage which other apps your child uses to communicate you can prevent your child using apps at all, or you can prevent them from downloading new apps.

2. Think about apps

Familiarise yourself with the iPhone App Store so you know what apps are like and what apps are out there. There are sections in the App store for 'Education' and 'Family and Kids'. There are also apps available which help with parental controls or filtering age-inappropriate material.

Every app will have an age rating and customer reviews. It's worth remembering that app age ratings are provided by the app developer so may not always be equivalent to standard ratings such as the **BBFC ratings for films**³ or the **PEGI rating for games**⁴. Decide with your child which apps are suitable for them to download and use.

On the iPhone there are parental controls which can help you:

- » **Ensure your child can only download age-appropriate apps**
You can set access permissions based on age rating. In the parental control settings, go to the **Allowed Content** section and select **Apps**. Then you can select the maximum age rating allowed. Another option is to choose **Don't allow apps**, which will hide all apps except those on the iPhone automatically, such as Safari, Maps and iPod.
- » **Prevent 'in-app purchases'**
In-app purchases often occur in games, but young people may not be aware this is a 'real money' purchase. You will be asked to enter your iTunes Store Account password to make an in-app purchase, but be aware if you are on an older operating system (before the 4.3 iOS update) there is a 15 minute window where purchases can be made without re-entering the password.

¹ www.saferinternet.org.uk/advice-and-resources/a-parents-guide/smartphones
² www.kidsmart.org.uk/beingsmart

³ www.bbfc.co.uk
⁴ www.pegi.info

To prevent in-app purchases go to the parental controls and select **Off** for **In-App Purchases**.

» **Plus, learn how to report inappropriate apps**

If you do come across an inappropriate app (or if you think the age rating isn't right) you can report it to Apple at:

<http://support.apple.com/kb/ht1933>.

3. Surf the internet safely

Like all smartphones, the iPhone has internet access, and users can browse the web using Safari. In the same way that some parents choose to use filters on computers, there are many options for limiting internet access.

See the FAQ about internet access in our **How to Stay Safe Guide**⁵ for more information about filtering options from your mobile network provider and your home internet service provider. There are some apps designed to help filter web access. However, filtering isn't always 100% effective and should not replace a conversation between parents/carers and children about safe and responsible internet use and knowing what to do if something goes wrong.

There are parental control settings to disable the following iPhone functions:

- » **Safari:** the internet browser (like Internet Explorer or Google Chrome on a computer)
- » **YouTube:** this is an app for the very popular website for uploading, sharing or viewing videos. You could disable this as there may be some content which is not appropriate for your child. (Bear in mind that if they have Safari they could still access the YouTube website).

4. Understand access to Music, Films and TV

On the iPhone, the iTunes Store allows you to purchase music, films, TV programmes and music videos. Some of this may not be appropriate for children (and there may be costs) so there are some settings which can help with this (though note that these settings only work for content at the iTunes Store, not all content available online).

On the iPhone there are parental controls which can help you:

» **Set age restrictions for TV, Films and Music in the iTunes Store**

Find the parental control settings and select the maximum age ratings you wish to allow for **Music and Podcasts**, **Movies**, and **TV Shows**. It is a good idea to select your country in **Ratings for**, as ratings do vary from country to country.

» **Prevent your child downloading films, TV or music in the iTunes Store**

Find the parental control settings and select **Off** for iTunes. This setting switches off iTunes Store so that your child cannot download any new Films, TV or Music. They will still be able to access content which they have uploaded from an iTunes account on a computer; you can change the settings on iTunes on your computer as well, setting up age restrictions or disabling the iTunes Store.

5. Protect personal information

Many users have a lot of personal information stored on their smartphone, including photos and videos, and they may also have automatic logins set up for email, social networking and bank accounts.

Set a passcode

It is always a good idea to set a Passcode, so if someone does steal or find your phone then they can't access any personal information you may have stored on it.

In **Settings** select **General**. Then select **Passcode Lock**. In **Require Passcode** you can select how long your phone should wait before locking. By selecting **Erase Data** your iPhone will delete all data after ten attempts at the passcode (although young people may wish to switch this **Off** if they are worried friends might do this as a prank!).

Prevent your child from sharing their location

Location services allow applications such as maps and social networks to pinpoint your location.

You can disable Location services on iPhones by going to the parental controls and selecting **Off** for **Location**.

Newer iPhones (eg. iPhone 4 and 4S) have more tailored settings. You could, for example, disable location services for Facebook but allow your location to be used in Maps so you can find out where you are. Have a look through the different options and decide what is appropriate for your child. By then selecting **Don't allow changes** this locks the app-specific settings you have chosen and would prevent any new apps from using location services.

Further Information

Check out the websites of your mobile provider to see what support they provide.

Find out about apps in the iPhone App Store:
www.apple.com/iphone/from-the-app-store

Read Apple's advice about iPhone parental restrictions:
<http://support.apple.com/kb/ht4213>

To find out more about social networking sites like Facebook, see Childnet's social networking guide for parents:
www.childnet.com/downloads/blog_safety.pdf

Childnet's Chatdanger site, www.chatdanger.com, offers guidance about chatting on the internet.

For more advice for parents about helping children stay safe online, see Know IT All for parents:
www.childnet.com/kia

⁵ www.saferinternet.org.uk/advice-and-resources/a-parents-guide/smartphones/how-to-stay-safe

