

Setting parental controls on phones and mobile devices is especially relevant to younger children.

Mobile technologies have changed our lives in that we can access information anywhere and anytime. We often pass our phones onto our children as they ask to play games and browse the net. There may be applications that are not appropriate for children and you may not want your child to have access to. There are ways you can protect your child but you need to be proactive.

There is good news in that Apple offers parental control on the **iPhone**. This means that you can turn off certain features that you do not want anyone to access on your iPhone. This gives you peace of mind when you hand your phone over to your child.

Some of the most popular categories you can restrict are:

- **Explicit song titles** - any songs that have content you think is inappropriate can be restricted.
- **The Safari browser** - if you do not allow unrestricted computer access on the home computer consider restricting this application.
- **YouTube** has very poor content filtering. If you don't want your child to have unrestricted access to YouTube blocking this application (especially for young children) is a good idea.
- **The iTunes store** - blocking this application means that your child can't purchase whatever they want from the store. Your child may not even know they are paying for items to enhance a game and as a result you end up with a large credit card bill!
- **Installing apps** - if you restrict this application your child will not be able to install new applications without your knowledge. There are many great apps that are suitable for children but it is far better that you discuss them with your child and then you install them on your phone.
- **The camera** - you need to know that your child is being responsible with the use of the camera.

So how do you do this? Follow these instructions for the iPhone/iTouch/iPad

1. Touch "Settings"
2. Choose "General"
3. Choose "Restrictions"
4. At this point you will be prompted to set up a PIN, that gives you access to enable or disable Restrictions.
5. When you disable an application, its icon disappears from the Home menu.
6. On other phones find out if there are parental controls available and how to use them (usually under "Settings" and "Security").