

ORIGINAL  
**GAMING**  
ACADEMY

**OPERATING SYSTEM AND  
PARENTAL CONTROLS**



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## Operating Systems and Parental Controls

Setting up operating system and parental controls is a crucial step in ensuring your child's safety and managing their screen time. Here's a step-by-step guide on how to do this across different platforms:

# WINDOWS PC

## Setting Up Parental Controls

### **Create a Child Account:**

Go to Settings > Accounts > Family & other users.

Click on Add a family member and choose Add a child.

Follow the prompts to set up a Microsoft account for your child, or if they already have one, enter their details.

### **Set Restrictions:**

Go to Settings > Accounts > Family & other users.

Under your child's account, click on Manage family settings online.

### **This will open the Microsoft Family Safety website, where you can:**

Set screen time limits: Control how much time your child can spend on the computer.

Block inappropriate websites: Filter web content.

Restrict app and game access: Choose age-appropriate apps and games.

Monitor activity: View your child's recent activity, including websites visited and apps used.



# MAC OS

## Setting Up Parental Controls

### **Create a Child Account:**

Go to System Preferences > Users & Groups.

Click the lock icon in the lower-left corner and enter your admin password.

Click the + button to create a new account, selecting Standard or Managed with Parental Controls as the type.

### **Enable Parental Controls:**

Go to System Preferences > Screen Time (or Parental Controls on older macOS versions).

Select your child's account and enable parental controls.

### **Configure the following:**

App Limits: Restrict usage of certain apps or set time limits.

Web Content: Automatically limit adult websites or allow access to only specific websites.

Store Restrictions: Prevent purchases from the App Store, iTunes, or allow only age-appropriate content.

Communication Limits: Control who your child can communicate with during allowed screen time.

### **Monitor and Adjust:**

Regularly check usage reports and adjust settings as needed to balance safety and usability..

# IOS/IPAD OS (IPHONE OR IPAD)

## **Enable Screen Time:**

Go to Settings > Screen Time.

Tap Turn On Screen Time, then tap Continue and choose This is My Child's iPhone/iPad.

## **Set Up Restrictions:**

**App Limits:** Set daily time limits for app categories.

**Downtime:** Schedule time away from the screen, blocking most apps and notifications during these periods.

**Content & Privacy Restrictions:** Restrict explicit content, purchases, and downloads, and limit web access to age-appropriate content.

**Communication Limits:** Control who your child can communicate with throughout the day and during Downtime.

## **Use Family Sharing:**

Set up Family Sharing so that you can control Screen Time settings and monitor your child's usage from your own device.



# ANDROID DEVICES

## **Download Google Family Link:**

On your device, download and install the Google Family Link app from the Play Store.

Follow the prompts to create a Google account for your child if they don't have one.

## **Set Up Parental Controls:**

Use Family Link to manage your child's app downloads, purchases, and screen time.

App Limits: Set daily limits on how long your child can use specific apps.

Screen Time: Set daily screen time limits for the entire device.

Content Restrictions: Filter web content and limit app access to age-appropriate content.

Location Tracking: If necessary, enable location tracking to see where your child's device is.

## **Monitor Usage:**

Regularly check the Family Link app to monitor your child's activity and adjust settings as needed.



# XBOX

## **Create a Child Account:**

Go to Settings > Family settings > Manage family members.

Add your child to your Microsoft family group and configure settings through the Family Safety website or the Xbox itself.

## **Set Restrictions:**

Control screen time, set age-appropriate content limits, and block access to certain apps or games.



# PLAYSTATION

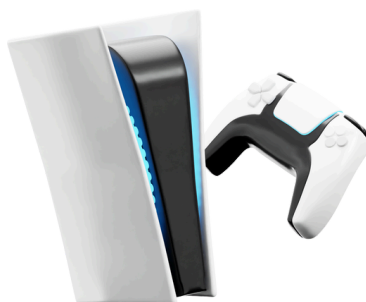
## **Create a Child Account:**

Go to Settings > Parental Controls/Family Management.

Create a family member account for your child.

## **Set Restrictions:**

Set age limits for games, restrict internet access, and control communication settings.



# NINTENDO SWITCH

## **Go to System Settings:**

On the home screen of your Nintendo Switch, select System Settings (gear icon).  
Select Parental Controls:

Scroll down and select Parental Controls.

Choose Parental Controls Settings.

## **Set Basic Controls:**

**Restrict Software:** Choose an age rating to block games that are not appropriate for your child's age. The Switch has predefined profiles like "Teen," "Child," or you can customize your own.

**Communication Features:** Disable or restrict communication in games that allow users to interact with others online.

**VR Mode (3D Visuals):** Restrict the use of VR mode for younger children.

**Set a PIN:** If you set any restrictions, you'll need to create a four-digit PIN. This PIN will be required to adjust settings or override restrictions.

Set a Playtime Limit (Optional):



# GENERAL TIPS

**Regularly Review Settings:** Technology and your child's needs will evolve, so periodically review and adjust settings.

**Communicate:** Talk to your child about why these controls are in place and what they can do if they encounter any issues or inappropriate content.

**Stay Informed:** Keep up with updates and new features that may enhance your ability to manage parental controls effectively.

