

We all do our best to stay on top of screen time, apps, and check-ins and it can feel never ending! But ***did you know your child's phone has powerful safety features built right in—most of which aren't turned on by default?*** No? Don't worry - most parents are unaware of these features!

These simple settings can help offer a bit more peace of mind and protection—whether your child is walking to school, out with friends, spending time online, or in an emergency.

### 1. Emergency Contacts & Medical Info

Make sure emergency professionals can reach you and access vital health details if your child's ever in trouble.

On iPhone: Health App > Profile > Medical ID > Edit Add allergies, meds, conditions + emergency contacts  
Turn on "Show When Locked"

On Android: Settings > Safety & Emergency > Emergency Information Add emergency details and enable access

**2. Location Sharing:** Real time location helps you check in without needing to text or call, is used correctly.

On iPhone: Settings > Privacy & Security > Location Services > Share My Location, Enable My iPhone +family sharing.

On Android (Family Link) Install Google Family Link, connect devices and enable location under your child's profile.

### 3. Screen Time & App Limits

Built-in tools help manage how long your child spends on games, social media and other apps.

On iPhone: Settings ? screen time > app limits - you can also set downtime for device free time

On Android: Use Digital Wellbeing > Dashboard to view and limit screen time.

Or use **Family Link** to pause apps and set daily limits.

### 4. Content Filters and Parental Controls

Block mature content and manage app access.

On iPhone: Settings > Screen Time > Content & Privacy Restrictions

Restrict explicit content, websites and in-app purchases

On Android: Use Family Link to approve downloads and block websites. In the Google Play Store: Settings > Parental Controls

### 5. Two - Factor Authentication (2FA)

Adds a layer of security to your child's email, social media and gaming accounts.

How to enable: Go to account settings in each app )Google, Instagram, TikTok etc

Enable 2FA or Login Verification - Use recovery codes or an app like Authy or Google Authenticator

**6. Emergency SOS Features:** Teach your child how to quickly call for help—even with a locked phone.

On iPhone:

Press and hold side + volume buttons, or press side button 5x (based on settings).

This can call 999 and share their location.

On Android:

Settings > Safety & Emergency > Emergency SOS - You can set it to call for help, send location and record video.