

A P A R E N T ' S  
T O  
G U I D E

**iOS**

**axis**

# In This Guide . . .

- **iAmOverwhelmed**
- **What does “OS” mean?**
- **What should I know about iOS?**
- **Where do I find parental controls on an iOS device?**
- **How do I set up Screen Time?**
- **What’s Downtime and how do I set it up?**
- **Can my kids get around Downtime?**
- **What are App Limits and how do I set them up?**
- **Can my kids get around App Limits?**
- **What is “Always Allowed”?**
- **What do I need to know about “Content & Privacy Restrictions”?**

- **But my kids can get around *all* of this, right?**
- **What do I do if my teen keeps finding ways around parental controls?**
- **How can I make the most of out of iOS?**
- **Is it possible to completely protect a teen from risk or to prevent access to undesirable content via their iOS device?**
- **The bottom line**
- **Related Axis Resources**
- **Additional resources**