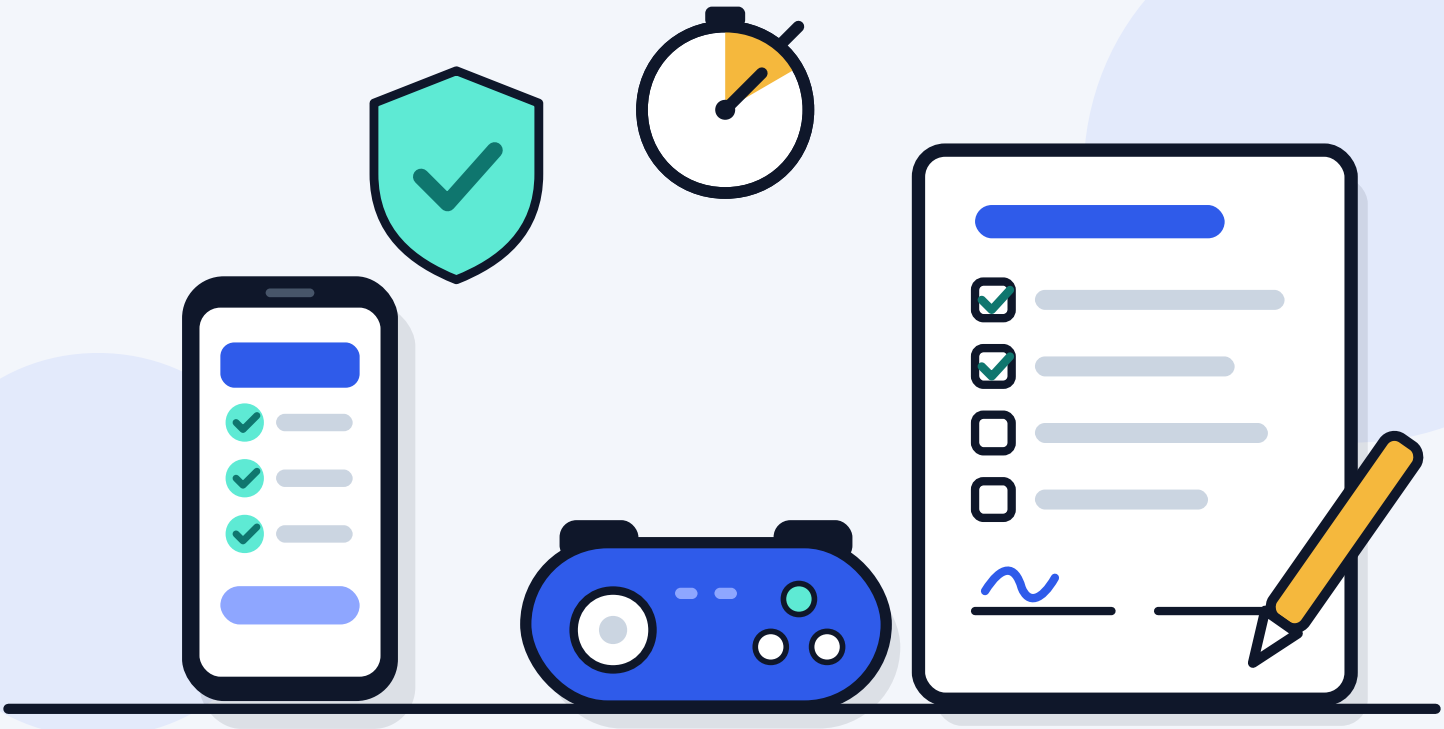
Tech Cheat Codes

FOR PARENTS · PRINTABLE GUIDE + FAMILY AGREEMENT

First Phone & First Console Kit

A step-by-step walkthrough of the free parental controls on the phones and game consoles this kit covers, plus a family tech agreement to fill in and sign together.



Phones · Game consoles · Family agreement

Read this first

First Phone & First Console Kit · Version 1.2 · October 2026 · For parents and caregivers of kids getting their first phone, tablet or game console.

The honest bit

Every parental control in this kit is **free from the company that makes it**: Apple, Google, Nintendo, Microsoft and Sony. You don't need to buy anything to use them. **This kit is the walkthrough:** which settings matter most, in what order, in plain words, on paper you can check off.

No setting makes a child completely safe online. Controls help a lot, but they work best alongside talking. Kids find workarounds, friends' devices don't have your settings, and companies change menus. Plan to check in, not just switch on.

Talk first, then set up

- ☐ Sit down together **before** the device is handed over.
- ☐ Explain **why** each rule exists: sleep, money, strangers, kindness.
- ☐ Agree that **they can come to you** if something online feels wrong, and that telling you won't automatically mean losing the device.
- ☐ Fill in the **Family Tech Agreement** on pages 12–13 together.
- ☐ Set a date to **review the rules** as they get older.

What's in the kit

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20-minute parent plan	3
iPhone (Screen Time)	4–5
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Versions covered

iPhone with **iOS 26 or 27**; Android phones with **Android 16 or 17**; **Nintendo Switch 2**, **Nintendo Switch**, **Switch OLED** and **Switch Lite**; **PlayStation 5**; and **Xbox Series X** and **Xbox Series S**. Other models and versions may look different.

Never on these sheets

Passwords, PINs, passcodes or codes. If you write them anywhere, keep that paper somewhere the kids can't reach.

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The 20-minute parent plan

Do these in order on the day the device arrives. Each step points to the sheet with the details.

1. **Make your own account safe first (3 min).** Turn on two-step sign-in for the parent account that will manage the child: Apple Account, Google Account, Nintendo Account, Microsoft account or PlayStation account.
2. **Create the child's account as a child account (5 min).** Do it from *your* device and family group, not by letting them sign up with a fake birthday. Child accounts unlock the free controls. Apple: page 4. Google: page 6. Consoles: pages 8–10.
3. **Turn on purchase approval (2 min).** Apple **Ask to Buy**, Google Play purchase approvals, Xbox **Ask a parent**, PlayStation **Monthly Spending Limit**, Nintendo eShop spending restriction. Then read page 11.
4. **Set content and age ratings (3 min).** Pick ratings that match your child, not the oldest one they'll accept.
5. **Limit who can contact them (3 min).** Contacts-only calling and texting on phones; limit or turn off chat on consoles.
6. **Set a bedtime (2 min).** Downtime or a schedule so the device rests overnight. Charge it outside the bedroom if you can.
7. **Agree on the rules together (2 min to start).** Fill in pages 12–13 and stick them on the fridge.

Week-one check-in

- [ ] Look at the activity or screen time report together.
- [ ] Ask what they like and what was annoying.
- [ ] Adjust limits that are too tight or too loose.
- [ ] Check any purchase requests you approved or declined.

Fill in

Device and model _____

Parent account email _____

Date set up _____

Review date _____

iPhone, part 1: set up Screen Time

iPhone with iOS 26 or 27. Do this on **your** iPhone. On iOS 27, the newest Screen Time controls need every device in the family group on iOS 27; until then you'll see the earlier version.

Add your child to your family

- [ ] On your iPhone: Settings > [your name] > **Family** > **Continue** (if you haven't set up Family Sharing yet).
- [ ] Settings > **Family** > **Add Member,** then **Create Child Account** (under 13) or **Invite Others** (if they already have an Apple Account).
- [ ] Enter your child's **correct birthday.** The controls are based on it.
- [ ] On your child's iPhone, if they're already signed in: Settings > **Connect to Family.**
- [ ] Want a second adult to help? Settings > Family > [their name] > **Set as Parent/Guardian.**

Turn on Screen Time

- [ ] On your iPhone: Settings > **Family** > [child's name] > **Screen Time.**
- [ ] Follow the steps and **set a Screen Time passcode** on your own iPhone. Pick one your child doesn't know.
- [ ] **Time Allowances** > **Add:** give app categories or single apps a daily limit.
- [ ] **Screen Time Schedule:** turn on **Schedule,** tap **Add Schedule** and pick the days, for bedtime and school hours.

Good to know

- For kids under 13, **Ask to Browse** starts **on.** For kids under 18, **Limit Adult Websites** starts on.
- From iOS 26, your child can send you a request when an app is blocked, and you decide.
- Apple puts the Screen Time passcode on the parent's device, not the child's.

Stop and check if

- Your child set up their own Apple Account with an older birthday. Child controls are based on the birthday, so sort this out before you rely on them.

Fill in

Child's device _____

Parent/Guardian(s) _____

Bedtime schedule _____

iPhone, part 2: buying and contacts

All of these are on your iPhone under Settings > Family > [child's name].

Buying apps and in-app purchases

- ☐ **Ask to Buy:** Apps & Websites > **Restrictions** > **Ask to Buy** > **Require Purchase Approval.**
- ☐ If you don't answer a request within **24 hours,** your child has to ask again. Missed requests show up in Messages.
- ☐ Make sure **you're in your child's contacts** so requests reach you.
- ☐ Redownloads, updates and redeemed codes **don't** send you a request, so be careful with gift cards (page 11).

Websites

- ☐ Apps & Websites > Restrictions > **Filtering:** choose **Limit Adult Websites,** or **Ask to Browse** (approved websites only) for younger kids.

Who can call and message them

- ☐ **Allowed Contacts** > **During Screen Time:** choose **Contacts Only** to start.
- ☐ **Allowed Contacts** > **Manage Contacts:** add family, friends and school contacts yourself. Leave **Allow Contact Editing** off so new contacts come to you first.
- ☐ **Communication Safety:** turn it on. It steps in when nudity, or gore or violence, shows up in photos and videos, including FaceTime. Apple doesn't get access to the photos.

Content and privacy

- ☐ **Content & Privacy Restrictions** > **Content Restrictions:** pick the age rating for each type of content.
- ☐ **Siri:** set features like **Writing Assistance** or **Image Creation** to **Allowed** or **Blocked.**
- ☐ **Game Center:** under Apps & Websites > Restrictions, set **Connect with Friends** and **Private Messaging** to Allowed or Blocked.

Location sharing

Family Sharing can share family members' locations with each other. Talk about it openly: kids are more likely to keep it on if they know why it's there.

Before it goes in their pocket

- ☐ Ask them to send a purchase request and approve it.
- ☐ Try a blocked website together.

Android, part 1: set up Family Link

Android phones with Android 16 or 17. Your own phone can be Android or iPhone (the Family Link app needs Android 6.0 or later, or iOS 16 or later), or use familylink.google.com. Family Link can't supervise an iPhone; for a child's iPhone use pages 4–5.

Set it up

- [ ] On **your** phone, install the free **Google Family Link** app and sign in with your own Google Account. You need to be 18 or over.
- [ ] **Create a Google Account for your child** (under 13), or **add supervision** to the Google Account they already have.
- [ ] On the **child's** phone, sign in with their account and follow the prompts to link it to you. Later, you'll find this on their phone under Settings > **Digital Wellbeing & parental controls.**
- [ ] Note where to find the **Parent Access Code** in the app. It unlocks the child's phone when you're not nearby.

Screen time

- [ ] In Family Link: select your child > **Screen time** > **Time limits** > **Daily limit.**
- [ ] Tap **Weekly schedule** and set each day, or apply it to all days.
- [ ] **Screen time** > **Schedules:** set **Downtime** for bedtime and **School time** for lessons.
- [ ] Use **Bonus time** for one-off extras, or **Lock** to pause the phone right now.

Good to know

- When the phone is locked, your child can still answer calls and make **emergency calls.** Calls also work during Downtime.
- You can set some apps to **Unlimited,** like a school app.
- If your child stops supervision, their Android devices are locked for a while. Talk about it before it happens.

Stop and check if

- Your child's account says it isn't supervised. Check it's signed in as the child account, not a parent's or a new one.
- The child changes the phone's clock to get more time. Family Link prevents this while limits are on.

Fill in

Child's phone _____

Parent account(s) _____

Daily limit and bedtime _____

Android, part 2: apps and purchases

In the Family Link app on your phone, after selecting your child, unless the step says otherwise. You can also manage these at familylink.google.com.

Google Play

- [ ] **Controls** > **Google Play:** pick a content type (like apps and games) and choose the highest rating allowed.
- [ ] **Purchase approvals** (on a computer at g.co/yourfamily): select your child > **Controls on Google Play** > **Purchase & download approvals** > **Require approval for:** choose **All content** to start.
- [ ] This only covers purchases made with **Google Play billing.** Some games sell items another way.

Apps

- [ ] **App limits: Block** any app you're not happy with, or **Set limit** for the hungriest apps.

Web and search

- [ ] **Controls** > **Google Chrome and Web:** choose **Try to block explicit sites** or **Only allow approved sites.** Use **Manage sites** to approve or block single sites.
- [ ] **Controls** > **Google Search:** SafeSearch is on and locked by default. Leave it that way.
- [ ] **YouTube:** choose a supervised YouTube experience or YouTube Kids.

Location and phone

- [ ] **Location** > **Set up location** if your family agrees to it.
- [ ] Check **Find Hub** is on for the child's phone, so a lost phone can be found.
- [ ] Add family and key contacts to the phone before handing it over.

Good to know

Content restrictions don't stop everything. Restricted apps can still turn up through search or a direct link. Keep talking (page 2).

Before it goes in their pocket

- [ ] Ask them to request an app and approve or decline it.
- [ ] Try a blocked site together.

Nintendo Switch 2 and Switch

Nintendo Switch 2, Switch, Switch OLED and Switch Lite. You'll use the free **Nintendo Switch Parental Controls** app on your phone and the Nintendo Account website. Most console controls apply to everyone who uses the console, so set them for the youngest player.

Set up the family

- [ ] On the Nintendo Account website, sign in to your account and open **Family group.** Add your child's account there.
- [ ] Set your account as **parent/guardian** (18 or over) and your child's as **supervised.**
- [ ] On your phone, go to **p.nintendo.com** to get the free Parental Controls app. Sign in and note the code it shows.
- [ ] On the console: **System Settings** > **Parental Controls** > **Parental Controls Settings,** then enter the code to link.
- [ ] A second parent in the same family group can share the controls.

In the Parental Controls app

- [ ] **Play-Time Limit:** set a daily limit, or a **Bedtime.** Turn on **Suspend Play When Time's Up** if you want the game to stop, not just warn.
- [ ] **Restricted Features:** pick **Child, Pre-Teen** or **Teen,** or custom settings for game age ratings.
- [ ] **Communicating with Others:** set to **Restricted** to limit chat and messages.
- [ ] **Switch 2 GameChat:** for under 16s, approve each friend first. You decide on video chat, and they ask each time.
- [ ] Set your own **PIN** (4 to 8 digits) and keep it from the kids.

Money

- [ ] Nintendo Account website > **Family group** > your child > **Spending Restrictions:** check the box to turn off purchases. Then **Save changes.**
- [ ] **Age-Based Content Restrictions:** check **Restrict** too.

Good to know

The app shows what's been played and for how long. On Switch 2 it also shows who your child used GameChat with.

Your own account

2-Step Verification is on the Nintendo Account website under **Sign-in and security settings.** It isn't available for younger child accounts, so protect the parent account.

Fill in

Console _____

Daily play time _____

Rating allowed _____

Xbox

Xbox Series X and Series S. You'll use the free **Xbox Family Settings** app on your phone (iOS 13 or later, Android 8.0 or later). Settings only apply when your child plays signed in to their own account in your family.

Set up

- [ ] Make sure **you** have a Microsoft account with two-step verification on.
- [ ] Install the **Xbox Family Settings** app and sign in. It's for parents only; there's no child version.
- [ ] **Add your child** in the app. If they don't have an account yet, set one up there as a child account.
- [ ] Sign the child in on the console with their own account. Don't let them play on yours.

Screen time

- [ ] Set a **screen time schedule** for each day of the week.
- [ ] Use **Pause Screen Time** to stop play right now (for dinner, homework or bedtime).
- [ ] Your child can ask for more time. You'll see the request in the app.

Who they play and chat with

- [ ] Open the **communication** and **multiplayer** settings and choose what fits your child.
- [ ] **Friends:** let your child **"Ask a parent"** before adding a friend, and remove friends you're not happy with.
- [ ] Set **content** restrictions by age.

Money

- [ ] Turn on **Ask to Buy.** You'll get a request when they want something they can't pay for.
- [ ] On the console instead: Profile & system > Settings > Account > **Family settings** > **Manage family members** > your child > **Privacy & online safety** > **Xbox Live privacy** > **View details & customize** > **Buy & download** > **Ask a parent: On.**
- [ ] Add money to the child's **account balance** instead of saving a card, and check **spending history** in the app.

Good to know

Activity reports show daily and weekly play and which games.

Stop and check if

A "free coins" offer turns up in chat, a video or a website. These are scams. See page 11.

Fill in

Console _____

Daily schedule _____

Chat setting _____

PlayStation

PlayStation 5. You can do this on the console, on PlayStation's account website, or in the free **PlayStation Family** app on your phone. Controls are tied to the account, so a change in one place applies everywhere.

Set up the family

- [ ] Turn on **2-step verification** for your own account. PS5: Settings > **Users and Accounts** > **Security** > **2-Step Verification.**
- [ ] **Add your child** as a child family member. In the app: **Set Up Your Family.** On the web: **Account Management** > **Family Management.**
- [ ] Make sure your child has **verified their email** and is signed in on the console, or the controls may not work.
- [ ] On the PS5: Settings > **Family and Parental Controls** > **Family Management** > choose your child.

Parental controls for the child

- [ ] **Age ratings** for games and video.
- [ ] **Communication and User-Generated Content:** set to **Restrict** to start.
- [ ] **Web Browsing:** restrict it for younger kids.
- [ ] **Playtime Settings:** choose how long and when they can play each day.
- [ ] **Privacy Settings:** choose **Parent/Guardian** so you manage them.

Money

- [ ] PS5: Settings > Family and Parental Controls > Family Management > [child] > **Parental Controls** > **Monthly Spending Limit.**
- [ ] It starts at **0.** Leave it there, or set an amount you're comfortable with.
- [ ] Settings > Family and Parental Controls > **PS5 Console Restrictions:** change the passcode from **0000** to one only you know, so the controls can't be changed.

Good to know

Your child can tap **Ask for More Playtime,** or ask for an exception for a blocked game. You'll get a notification and decide in the PlayStation Family app.

Fill in

Console _____

Monthly spending limit _____

Playtime limit _____

Chat setting _____

Spending safety

Most kid money problems come from in-game currency, gift cards and "free" offers. Ten minutes on this page saves a lot of surprise bills.

Set it up once

- [ ] **Purchase approval on** for every account: Apple Ask to Buy (page 5), Google Play approvals (page 7), Xbox Ask a parent (page 9), PlayStation spending limit (page 10), Nintendo eShop restriction (page 8).
- [ ] **No saved cards** on kids' accounts. Use gift cards or account balance you add yourself.
- [ ] **Turn on purchase emails or notifications** so you see every charge.
- [ ] **Check bank and card statements** once a month for app store charges.

Talk about it

- [ ] In-game coins and gems are **real money.**
- [ ] **"Free coins" doesn't exist.** Any site, video or person offering them wants a password or a code.
- [ ] **Never share a password or a sign-in code,** even with a friend.
- [ ] Ask before buying anything, even something cheap.

Gift card scams

- **Only scammers ask to be paid in gift cards.** A real company, school, police officer or family member in trouble won't.
- Never send photos of a gift card's back or read its numbers to anyone.
- Buy gift cards from a real store and redeem them yourself on the official app or console.

If money goes missing

- [ ] Change the account password and sign out of all devices.
- [ ] Ask the app store or console company for a refund through their **official** help site.
- [ ] Report scams at **ReportFraud.ftc.gov.**

Family Tech Agreement, page 1

Fill this in together. Change any rule to suit your family, cross out what doesn't fit, and add your own. Keep it on the fridge and look at it again in a few months.

1 Devices get put away at **bedtime**, and they sleep at this spot:

Where devices charge at night _____

2 On school days, screen time is up to this much, and only after these are done:

Hours _____

After _____

3 On weekends, screen time is up to:

Hours _____

4 No devices at these times and places:

Where and when _____

5 I ask before I **download** a new app or game, and before I **buy** anything, even something cheap.

6 I only chat and play online with people I know in real life, or people we've agreed on:

Who _____

7 I **never share** my password, sign-in codes, home address, school or phone number online.

8 If someone asks me for photos, to keep a secret, or to move to another app, I **tell a grown-up**.

Our promise to you (from the grown-ups): if you tell us about something that went wrong online, we'll listen first and help you fix it. Telling us won't automatically mean losing your device.

Family Tech Agreement, page 2

Rules 9–15 and signatures. Rule 15 is yours to write.

9 I'm kind online. I don't post or share things that would hurt someone, and I don't post photos of others without asking.

10 "Free coins," "free skins" or prize messages are scams, and I don't click them.

11 Grown-ups can look at my device with me when they ask. We'll do it together.

12 I keep my device's parental controls on, and I ask if I think a limit should change.

13 Grown-ups follow screen rules too:

Our grown-up rule _____

14 If a rule is broken, this is what happens:

Agreed consequence _____

15 Our own rule:

Your rule _____

Signed by

Kid _____

Grown-up _____

Grown-up _____

Dates

Agreed on _____

Review on _____

Device(s) covered _____

Official pages checked on Oct 23, 2026

v1.2, Oct 2026. We checked the steps in this kit against these official help pages from each company on October 23, 2026, and wrote them in our own words. Companies update their menus often; if something doesn't match, look for the closest name.

20-minute plan (your own 2-step sign-in)

- support.apple.com/en-us/102660
- support.google.com/accounts/answer/185839
- support.microsoft.com/en-us/accounts-billing/security/how-to-use-two-step-verification-with-your-microsoft-account
- en-americas-support.nintendo.com/app/answers/detail/a_id/27496

iPhone (pages 4–5)

- support.apple.com/en-us/108380
- support.apple.com/en-us/102617
- support.apple.com/en-us/108806
- support.apple.com/en-us/105121
- support.apple.com/en-us/105055

Android (pages 6–7)

- support.google.com/families/answer/7101025
- support.google.com/families/answer/10495678
- support.google.com/families/answer/7103338
- support.google.com/families/answer/7103340
- support.google.com/families/answer/15938652
- support.google.com/families/answer/7103028
- support.google.com/families/answer/1075738
- support.google.com/families/answer/7039872
- support.google.com/families/answer/7087030
- support.google.com/families/answer/7086922
- support.google.com/families/answer/7124142
- support.google.com/families/answer/7103413
- support.google.com/android/answer/3265955

Nintendo (page 8)

- en-americas-support.nintendo.com/app/answers/detail/a_id/22447
- en-americas-support.nintendo.com/app/answers/detail/a_id/22508
- en-americas-support.nintendo.com/app/answers/detail/a_id/22444
- en-americas-support.nintendo.com/app/answers/detail/a_id/68418
- en-americas-support.nintendo.com/app/answers/detail/a_id/68384
- en-americas-support.nintendo.com/app/answers/detail/a_id/71814

Xbox (page 9)

- xbox.com/en-US/apps/family-settings-app
- support.microsoft.com/en-us/family-safety/require-kids-to-ask-before-buying-from-the-microsoft-store-on-xbox
- support.microsoft.com/en-us/family-safety/set-screen-time-limits-across-devices

PlayStation (page 10)

- playstation.com/en-us/support/account/ps5-parental-controls-spending-limits/
- playstation.com/en-us/support/account/ps-family-app/
- playstation.com/en-us/support/account/playstation-family-account-set-up/
- playstation.com/en-us/support/account/prevent-parental-control-change/
- playstation.com/en-us/support/account/2sv-login/

Spending safety (page 11)

- support.apple.com/en-us/105055
- support.google.com/families/answer/7039872
- ReportFraud.ftc.gov

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Need help? Visit techcheatcodes.com/support/