







PARENTAL CONTROLS



In addition to the strategies from the 'Gaming Beyond the Basics' guide that parents and carers might use with their young Autistic gamer, parental controls can also be used to help manage your child or young person's safety as they enjoy the video gaming world. You can set parental controls on the platforms that your child uses to game, but many games that children play have their own parental controls too. Not every game will have parental controls – you'll mostly find them in video games that are aimed at children.

The following table outlines what parental controls are available on some of the most popular platforms that your child or young person might use to play video games.

| |  XBOX® |  PLAYSTATION® |  NINTENDO SWITCH™ |  ANDROID™ DEVICES |  APPLE® DEVICES |  WINDOWS® PCS |
|--|---|--|--|---|--|--|
| Set screen time limits | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ **** |
| Filter content based on rating or age limit | ✓ | ✓ | ✓ | ✓ *** | ✓ | ✓ |
| Manage purchases and spending allowances | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Approve your child's friend requests | ✓ | × | × | × | × | × |
| Enable or disable online multiplayer | ✓ | ✓ * | ✓ ** | × | × | × |
| Limit online communication such as message or voice chat | ✓ | ✓ | ✓ | × | ✓ | × |

* You can disable online multiplayer for a PlayStation by not signing in to a PlayStation Network account.

** You can disable online multiplayer for a Nintendo Switch by not purchasing a Nintendo Switch Online membership.

*** You can filter what apps can be downloaded on an Android device through the Google Play store.

**** You can't set time limits for websites using Windows parental controls, but you can block specific websites that you don't want your child to use.



Depending on what type of platform your child or young person is using, how you set up parental controls might be a bit different. Below includes some information on how you can set parental controls on some of the most commonly used platforms.

XBOX

You can set parental controls for Xbox using the Xbox Family Settings app which can be downloaded on Android and Apple iOS devices. You will first need to have a Microsoft® account to use the app and then you can add your child or young person's accounts to the app for you to manage. The app allows you to manage screen time, your young gamers friend list and their spending limits.

PLAYSTATION

To set parental controls on a PlayStation, you need to set up an account with PlayStation Network. PlayStation Network is the service that players use to sign in on a PlayStation. This is where the player's account can be accessed. Once you've set up your own PlayStation Network account, add your child or young person and then you'll be able to set parental controls.

You can either manage parental controls online, or on the PlayStation itself. For online, sign into your PlayStation Network account, go to account management and click on family management. If you'd prefer to set controls up via the PlayStation, it's a similar process. Go to settings, find account management and then go to parental controls/family management. Some examples of the controls you will be able to set include spending limits, screen time limits and restricting inappropriate content. The PlayStation website has more information on setting parental controls for a PS5, and a PS4.



NINTENDO SWITCH

Nintendo have an app called Nintendo Switch Parental Controls for parents or carers to use which can be downloaded on Android and Apple iOS devices. You need to have a Nintendo account to

use the app. The app then allows you to manage screen time, limit what games can be played and see when new games are downloaded.

ANDROID DEVICES

You can set parental controls on Android by downloading the Google Family Link™ app from the Google Play store. To use the app, your child will need to have a Google™ account. If they don't already have one, you can make one for them using Google Family Link.

Google Family Link is mainly designed to supervise children under 13 years of age, although it can also be used for teenagers. You can use Google Family Link to manage app downloads, in-app purchases, and screen time.

APPLE DEVICES

To set parental controls on Apple devices, you need to set up Screen Time in the settings app. Open the settings app and click on the screen time category. You'll need to set up a passcode for screen time. Make sure that you use a different passcode than the one that's used to unlock the device. Once you've set up your passcode, click on Content & Privacy Restrictions and turn this on. From here, you can restrict apps based on content ratings, manage screen time and limit app purchases. The Apple website provides more information about setting up Screen Time on an iPhone®, iPad®, and iPod touch®, as well as on a Mac®.

WINDOWS PCS

You can set parental controls on a Windows PC by using Microsoft Family Safety. This is available as an app on Android and iOS, and can also be accessed with a Microsoft account on their website. Microsoft Family Safety is free, but you can also pay for a Microsoft 365 Family membership to get premium features. You can use Microsoft Family Safety to filter content and websites, set spending allowances, and manage screen time.



The information provided above is correct as of August 2022 however, video gaming technology is ever evolving. We recommend checking in regularly with the eSafety Commissioner website for the latest and most up-to-date information around parental controls.

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