



Hurst



Mobile Phone Guidance

2025-26

All Schools

Introduction from the Head of College

The digital world in which we live means that everything is constantly changing. Just as the technology itself continuously evolves, so we are seeing generational shifts in the way that children learn, play and interact. By the time that our youngest children in Reception reach adulthood in the Upper Sixth in the late 2030s, the whole world will undoubtedly have changed once again. Part of my job as the Head is to ensure that our pupils are fully prepared for life in a digital world, and as an innovative school we fully embrace the many advantages that technology can bring to their education.

At the same time, in the absence of effective measures from the government or the tech giants themselves, I feel very strongly that we have a moral duty to protect our children from the many possible harms of unbridled access to digital technology. Whilst academics continue to debate the data emerging from multiple ongoing studies, it seems prudent to adopt a principle of caution. This is not just a case of shielding our children from viewing harmful content; it is also about the impact on their concentration, their sleep, their mental health, and their social relationships. In a fast-changing world, we also need to hold fast to the human qualities that we seek to develop here at Hurst. These include a focus on interpersonal interactions, positive mental health and physical wellbeing, and the development of well-rounded character.

The question I am most frequently asked as a Head invariably relates to Hurst's stance on smartphones and social media. To a greater or lesser extent, almost all parents share concerns about their children being drawn into an addictive digital world, influenced by peer pressure and the fear of missing out. The research that I have done indicates that we would be better off avoiding terms such as addiction, and that we should focus more on habits and behaviours. It is overly simplistic to state that "screen time is bad", or that "smartphones are evil". What matters more is how they are used. And of course the vast majority of this use does not happen when the children are at school; it happens when they are at home.

While we were among the first schools to ban phones in lessons, there is a growing desire among parents for Hurst to do more – not just within school hours, but also to help manage expectations and behaviours at home. After extensive research and consultation, we aim to lead the way in managing mobile phone use and we hope that this guide will help you navigate your way through this complex issue, not least given that your children will undoubtedly hold very strong views that may not align with yours or mine!

In practice this means two things: *rules* and *guidance*. We start with clear rules for younger pupils in the Junior Prep School (JPS) who are not yet immersed in this digital world, and over whom we have a greater degree of control. We then provide detailed guidance for older students, for whom the genie is not only out of the bottle, but merrily taking a selfie. We aim to foster a partnership between the school and parents to help children to develop a healthy relationship with mobile phones and establish the positive behaviours that will equip them for life beyond Hurst.

This guide has been compiled by a core group of the senior team at Hurst, representing the Junior Prep School (JPS), Senior Prep School (SPS), Middle School and Sixth Form. These staff members, many of whom are parents of teenagers themselves, have conducted focus groups and discussions with numerous Hurst parents and students. We have scrutinised the results of the parental survey which so many of you contributed to, and we have attempted to respond to all of the issues that you have raised. Meanwhile, I have also consulted with fellow Headteachers, industry experts, and organisations like *smartphonefreechildhood* to explore various approaches nationwide and globally. After promoting 'The Anxious Generation' to Hurst parents over the past year, I even took my Senior Management Team to London to hear Jonathan Haidt speak in person. The following pages reflect our collective efforts and offer guidance to parents, many of whom face similar challenges in their workplaces.

This conversation will undoubtedly continue to evolve. My hope is that tech companies and the government will collaborate to address the issues that we are seeking to tackle here at Hurst. In the meantime, we very much want your input as well as your support. If you have any questions or suggestions, we would be delighted to meet with you to discuss your views. For now, thank you for supporting us and I hope that you will welcome the guidance that follows.

Yours sincerely,



Dominic Mott
Head of College



Overview Grid of Devices and Apps

	Green	Amber	Red
Year Group	Commonly used by this age group and generally safe as long as basic safeguarding precautions are taken.	Permitted by the age restrictions of the apps but considered higher risk. Need substantial parental supervision and monitoring.	Strongly not recommended for this age group due to potential harm or it being against age restrictions.
R-Y2	MS Teams Times Table Rock Stars		Snapchat Whatsapp Tiktok Instagram Facebook X / Twitter Minecraft Roblox
Y3-Y4	MS Outlook MS Teams First News	Minecraft	Snapchat Whatsapp Tiktok Instagram Facebook X / Twitter Roblox Fortnite
Y5-Y6	Minecraft MS Outlook MS Teams BBC News First News	Roblox	Snapchat Whatsapp Tiktok Instagram Facebook X / Twitter Fortnite
SPS	Lichess & Chess.com (online Chess) Minecraft MS Outlook MS Teams Spotify Podcast players BBC News / BBC Sport / BBC Sounds	Whatsapp Roblox Fortnite Youtube Instagram Facebook Messenger	Snapchat X / Twitter Tiktok
Middle School	MS Outlook MS Teams Whatsapp iMessage/SMS BBC News and BBC Sounds Spotify Roblox Fortnite Youtube	Snapchat TikTok Discord Reddit X Instagram Facebook	Dating apps Gambling apps Anonymous posting apps Any interaction with Onlyfans
Sixth Form	MS Outlook MS Teams Whatsapp iMessage/SMS X BBC News and BBC Sounds Forest, SelfControl, Session etc Pressreader Any podcast player Paper trading apps Chess.com Khan Academy	Snapchat TikTok	Dating apps Gambling apps Anonymous posting apps Any interaction with Onlyfans

Junior Prep School (Reception to Year 6)


Summary of expectations

We firmly request that no JPS pupil is given a smartphone. We also recommend that parents do not purchase a mobile phone of any type for any JPS pupil. For children who frequently travel on public transport or would benefit from the security of owning a mobile phone for the purpose of keeping themselves safe and in contact with you, we would suggest that they have a 'dumbphone' that facilitates calls and texts only. We suggest that this is only used when necessary rather than being seen as a must-have accessory.

We know that a significant number of older pupils in Year 5 and Year 6 may already own a mobile phone, and we understand that it would be challenging to take it away from them at this stage. We therefore suggest that usage is strictly limited and monitored in order to align with the rest of their year group. Over the next 12 – 24 months we expect this to cease to be a problem as this guidance is phased in.

Guidance and suggestions for educational and creative apps

It is important to keep in mind that this is not just about mobile phones; most portable devices (e.g. iPads, tablets etc) allow children to install apps and function in the same way as a smartphone. We therefore believe it is helpful for parents to understand the current age restrictions on popular apps. Below are the minimum age requirements for some widely used platforms and we strongly recommend that parents adhere to these guidelines:

	TikTok	13+
	Snapchat	13+
	Instagram	13+
	WhatsApp	13+
	Fortnite	13+
	Roblox (recommended, but available to younger users with parental controls)	13+
	Minecraft	7+

With countless apps available to children, choosing the right ones can be overwhelming. While this list is not exhaustive, it highlights highly recommended apps for specific age groups. We encourage you to use resources like Common Sense Media to assess the suitability of any apps your child may use. If you have additional recommendations, please share them with us so we can update this list and keep parents informed.

Guidelines for use at home

Store devices in a communal family area, such as the living room or kitchen, to ensure appropriate supervision and promote healthy digital habits, particularly overnight.

Encourage regular breaks and balanced screen time in line with age-appropriate guidelines.

We recommend that parents ensure that their children's devices are equipped with parental control settings to help manage screen time and content access effectively.

R-Y2	Y3-Y4	Y5-Y6
Times Tables Rock Stars (TTRS)	Times Tables Rock Stars (TTRS)	Times Tables Rock Stars (TTRS)
Reading Eggs	Khan Academy	Khan Academy
Toca Boca Suite	Duolingo	Duolingo
NumBots	Scratch	Scratch
Numberblocks	Book Creator	Book Creator
ScratchJr	iMovie	iMovie
Book Creator	Procreate	Procreate
ChatterPix Kids	GarageBand	GarageBand
Teach Your Monster to Read	Epic! Kids reading	Epic! Kids reading
Kodable	Swift Playground	Padlet
Thinkrolls	Stop Motion Studio	Storybird
Barefoot World Atlas	Minecraft Education Edition	Minecraft Education Edition
Pango Build Park	Google Earth	Google Earth
Creature Garden	Coding for Kids by Tynker	Lightbot
Crazy	Sketchbook app	National Geographic Kids
Busy Water	First News	First News
Lego Duplo World	ChatterPix Kids	The Night Zoo Keeper
	Art Set 4	Lumino city
		Monster Physics
		Box Island

Online games with messaging features such as Roblox and Minecraft allow messaging and interaction with other players. Players can communicate with others through text or voice chat.

If your child is in Year 4 or below, we recommend turning off or restricting messaging features in these games.

For those children in Year 5 and above, we recommend enabling privacy settings, restricting chat functions, and monitoring your child's activity to ensure a safe and positive gaming experience.

Understanding Your Child's Digital Life

It's essential for parents to be actively involved in their children's digital activities. We recommend that parents use resources such as Common Sense Media or Internetmatters.org which offer comprehensive information on age-appropriate content and online safety.

What else we are doing as a school

We believe that it is vital to teach our pupils how to be safe in a digital world. In the JPS, we promote digital literacy and resilience through the Hurst4Life programme and PSHCE schemes of work. These lessons help to ensure that our pupils are well-equipped to navigate online environments safely and confidently. If at any point you are concerned about your child's use of technology and would like to discuss things with the school, please get in touch with your child's Tutor who will be happy to advise you.

Rules in school

No pupil in the JPS is allowed to bring a mobile phone of any type into school. The only exception to this rule applies to the tiny minority of pupils who travel on the school bus, who must follow the same practice as SPS pupils, i.e. it may only be a dumbphone and must be handed in at the start of the school day.

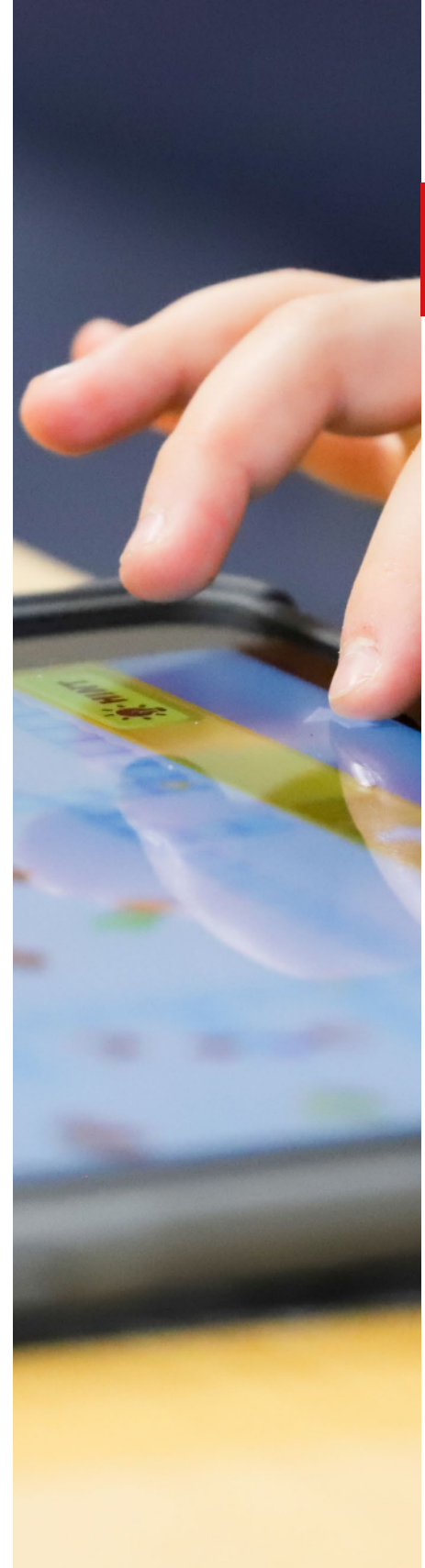
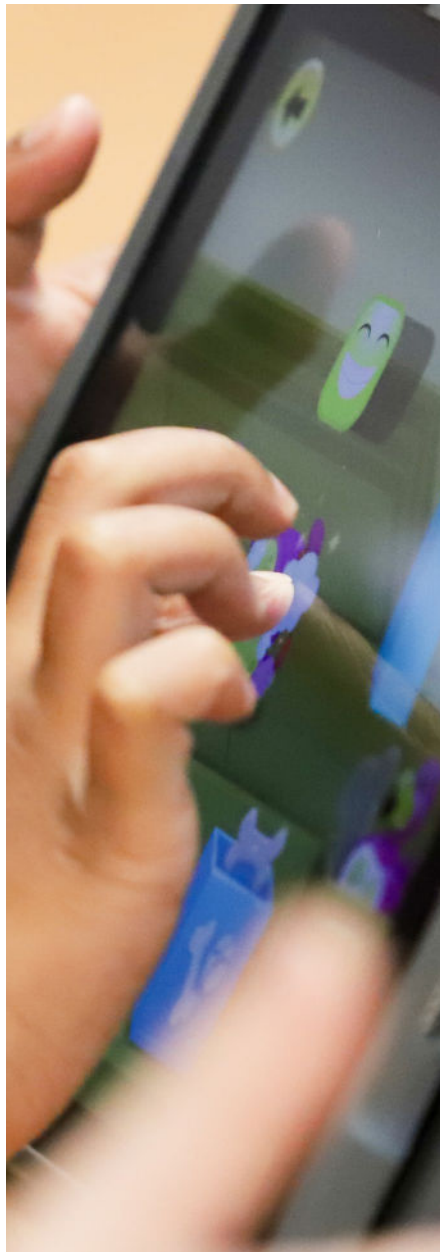
At a glance

No smartphones or social media for JPS pupils

'Dumbphones' only if necessary

Follow age guidance on apps

Supervise and limit device use



Senior Prep School (Years 7 and 8)

Summary of expectations re: devices and apps

The consensus is that for Year 7 and 8 pupils, owning a simple mobile phone with limited functionality can be beneficial in the right circumstances. Not only can it help children to learn sensible long term habits that will equip them for the adult world, but it can also be necessary for communicating with family and friends. This is particularly the case for those pupils who travel into school on the bus. Having said that, the widespread view of experts, parents and staff is that smartphones are not necessary for this age group.

Children often use common arguments like “everyone else has one” or “you’re excluding me” to push for phone access, which can be difficult for parents to navigate. However, it’s important to hold firm and explain that boundaries are in place to keep them safe and support healthy habits. Whilst smartphones appear to have become a ‘rite of passage’ for Year 6 into Year 7 children, our strong recommendation would be that parents delay purchasing smartphones until the end of Year 8 before they start in Shell (Year 9). By treating this as a year group issue, we avoid the ‘fear of missing out’ and social exclusion that would be generated if it were to shift instead to a child’s 13th birthday – inevitably some children turn 13 right at the start of Year 8, whereas summer babies have to wait until the end of the academic year. It seems fairer and simpler to wait until the Year 8 exams are over.

If you do choose to purchase a ‘dumbphone’ then it is important that you check that it comes with limited app use, suitable parental controls and excellent usage rules in place at home. This is really important: whilst it is easy to blame the technology, it is the behaviours that we are hoping to shape. We must also remember that the devices such as the Hurst laptop or home tablets can have many of the same apps, features and drawbacks that smartphones do so the same rules regarding safety, usage etc must also be applied to these.

Suggestions for educational and creative apps

We believe that it is helpful for parents to understand the current age restrictions on popular apps. Below are the minimum age requirements for some widely used platforms and we strongly recommend that parents adhere to these guidelines:

	TikTok	13+
	Snapchat	13+
	Instagram	13+
	WhatsApp	13+
	Fortnite	13+
	Roblox (recommended, but available to younger users with parental controls)	13+
	Minecraft	7+

The education of pupils will be the responsibility of the digital leadership and literacy teams, tutors and computer science teachers. Non-formal education will take place by many different teachers across several departments.

Guidelines for use at home

Store and use devices in a communal family area, such as the living room or kitchen, to ensure appropriate supervision and promote healthy digital habits, particularly overnight. Phones and devices should not be stored and used in bedrooms.

Encourage regular breaks and balanced screen time in line with age-appropriate guidelines.

Parents should familiarise themselves with limiting timers and app security, and we recommend that parents ensure that their children’s devices are equipped with parental control settings to help manage screen time and content access effectively.

Online games with messaging features such as Roblox, Minecraft and Fortnite allow messaging and interaction with other players. Players can communicate with others through text or voice chat, and we recommend turning off or restricting messaging and voice chat features in these games.

For Year 7 and 8 pupils we recommend enabling privacy settings, restricting chat functions, and monitoring your child’s activity to ensure a safe and positive gaming experience. Any online behaviour should be appropriate in a real world setting also.

Rules in school

- SPS pupils may not bring a smartphone into school at any time.
- SPS pupils who bring an authorised ‘dumbphone’ to school must switch them off before they leave the car / minibus. These are never on show.
- Phones are handed in to tutors immediately during registration and can be collected when pupils sign out at the end of the day.
- Phones are never taken into the changing rooms.
- Phones should not be used in the playground, or around school, unless in an emergency.
- No photos should be taken using a mobile device unless as part of the curriculum.

At a glance

Delay smartphones until Shell
‘Dumbphones’ must have restrictions
Apply phone rules to tablets
Monitor and limit app use, adhering to age restrictions for protection

Middle School (Shell, Remove, and Fifth Form)

Summary of expectations re: devices and apps

We realise that the majority of Middle School pupils will already have their own smartphone, and leave this choice to parental discretion. We enforce strict controls on the use of mobile phones in school along with a thorough education programme to ensure that usage is safe. In turn, we politely request that parents put in place clear boundaries at home to ensure that all apps are age-appropriate and that devices are only being used for sensible amounts of time – this includes weekends and holidays.

Guidelines for use at home

Our advice is that during termtime, parents of day pupils mirror the same rules at home as boarders. This is to ensure that your children do not have the distraction of their mobile phone whilst doing their prep. We also strongly recommend that no Middle School pupil has access to their phone overnight.

Parents are encouraged to have an agreement with their child whereby they will check their child's phone to ensure that online safety is being maintained. A child's digital footprint has the potential to cause much harm through hindering employment opportunities or educational next steps. Parents are encouraged to manage this through regular checks.

At weekends/vacations, we suggest that screentime is monitored and time limits adhered to. As a rough guide, screen time should not exceed 2 hours per day.

Parents should remind their children on the school rules on phone use, and also advise against joining or creating large WhatsApp or Snapchat groups.

Healthy habits should be practised when pupils are working and revising. Phones should not be allowed in the room when work is going on.

Guidance on Apps

With countless apps available to children, choosing the right ones can be overwhelming. While this list is not exhaustive, it highlights highly recommended apps for Middle School pupils. We encourage you to use resources like our *Overview Grid of Devices and Apps* within this document and Common Sense Media to assess the suitability of any apps your child may use. If you have additional recommendations, please share them with us so we can update this list and keep parents informed.

Useful Apps/websites for Middle School:

BBC News	Khan Academy
Scratch	Book Creator
iMovie	Duolingo
GarageBand	Padlet
Lightbot	Headspace
Whisper	Google Earth
Box Island	Forest
National Geographic Kids	Minecraft Education Edition

Rules in school

Middle School pupils are expected to hand their phone in on arrival at school. These will be stored by the Housemaster/mistress. Phones must be handed in immediately when they walk into House, and usage in any part of the House is not permitted. Day pupils can have their phone returned when they leave school at the end of the day (usually 6.00pm). Boarders have staggered phone times depending on year group.

Shell:	8.30pm - 9.15pm
Remove:	6.00pm - 7.00pm and 8.30pm - 9.30pm
Vth:	6.00pm - 7.00pm and 9.00pm - 10.00pm

Outside of these times, pupils may contact parents using the House phone. No Middle School pupil should have their phone overnight.

Pupils are not permitted to access their phone during the school day unless on the request of a member of staff. Phones will usually not be permitted on sports fixtures or trips unless they return to school after the end of the school day. Where phones are taken on trips or fixtures, their use should be limited to the bus/coach journey or for productive uses such as taking photos of the trip.

We recognise that Middle School pupils will likely wish to use their phone on school buses to/from school. We would encourage pupils to talk to each other rather than only interact with their phone. Any phone use should be considerate to those around them (e.g. no music or sound played without headphones and no photos/videos of others taken).

Pupils handing in a fake or secondary ("dummy") phone

or failing to hand in their own phone should expect to receive a sanction. This will usually be a Friday detention for those who have not handed in their phone, or a Saturday detention for repeat offenders and those who have been deliberately deceitful. Housemasters/mistresses will perform regular spot checks to ensure that all phones handed in are real and match the phone number logged for that pupil. Pupils who do not hand in a phone to their Housemaster or Housemistress should expect to have their parents contacted to check that they haven't brought a phone to school.

Pupils should abide by the college's rules on internet use (see Pupil Guide) – they shouldn't attempt to access any apps or websites that are inappropriate or that could cause harm to themselves or others. This includes pornography, gambling or any other inappropriate content.

Large Snapchat or Whatsapp groups have the potential to cause harm through facilitating inappropriate content, online abuse or bullying. Therefore, we do not encourage their use in the Hurst community. In addition, we strongly recommend that parents have an active role in monitoring any Snapchat groups as part of an open phone policy at home.

Snapchat or Whatsapp groups should never be used for the public adding/removing pupils from parties or other events.

Social media accounts should be on private settings to keep the children safe from online predators. There should be no public posting of images or videos that make reference to themselves or others by their full name, or that allow strangers to identify them as being Hurst pupils.

No pupil should take pictures of other pupils without their permission or share photos with others without their permission, regardless of content.

Pupils are reminded that the College has the right to search any device that is brought onto the school campus.

At a glance

- Phones handed in on arrival
- No overnight phone access
- Monitor apps and screen time
- Avoid large group chats

Sixth Form

(Lower Sixth and Upper Sixth)

Summary of expectations re: devices and apps

At this point in the students' development the priority is learning how to manage possession of a smartphone in a way that is sustainable for independent life away from home. This priority can be delineated as follows:

- learning how to concentrate, think deeply and learn deeply while owning a smartphone
- learning how to manage your use of social media in a way that maximizes benefits and reduces costs to wellbeing, social skills and mental health, without adult intervention
- developing healthy habits for life around screentime, especially with regards to sleep

Our working assumption – though certainly not our expectation - is that the overwhelming majority of our Sixth Formers will own a smartphone and be members of a least one social media platform. The school will never pressure students to own a smartphone.

Sixth Form students expect to be involved in an open and respectful adult discussion about the benefits and risks of smartphones, not talked down to or denigrated. We totally agree that this is the right tonality to adopt with young adults, and that lecturing them or imposing strict rules is unlikely to lead to healthy long term habits when they are at university and beyond.

A number of our Sixth Form pupils will demonstrate neurodiverse traits or will have been diagnosed with neurodivergent disorders. We do expect pupils and parents to acknowledge that unlimited, unmanaged smartphone use and neurodiversity are often not healthily compatible and to seek expert advice from the school and independent therapists.

Suggestions for educational and creative apps

Our strongest recommendation, by far, is for mindfulness apps. Headspace is for over-18s only, but Healthy Minds is excellent, once you get past the Australian accents.

Self-control apps are interesting. 'Forest' (£3.99) has the sweet incentive that you plant a real tree if you focus long enough. 'Freedom' also isn't free but it is powerful; the same is true for 'Session'. 'Self Control' is free but carries ads. But the research on this matter is absolutely clear – none of the self-control apps work as well as physical separation from the phone when you need to concentrate.

An opaque timed lock-box, for example from iDiskk, is probably a better investment than the self-control apps.

E*TRADE is rightly popular amongst the aspiring financiers in the Sixth Form for practice paper-trading.

A good podcast player is very useful for supercurricular learning.

TikTok is not entirely malignant. The 'STEM' channel on the top left of the screen has excellent high end maths and physics problem-solving and interesting astronomy and conservation studies.

Guidelines for use at home

We are sanguine about the degree of control parents have over the young adults in their homes, and over their mobile phone use. However, we would counsel that a *laissez-faire* attitude to social media use runs the considerable risk of young people posting words or images online that may later damage their employment or academic opportunities. Digital footprints really matter.

The principle that 'the phones sleep in the kitchen' which we are applying in the boarding houses is a good principle – if not always a popular one.

The Hurst Sixth Form churns out a lot of good debaters and aspiring barristers. It might just be worth pointing out that letting your children see you buried in your phone at dinner time does hand them some pretty useful ammunition...

At a glance

Learn healthy smartphone habits

Phones silent during school hours

Avoid overnight phone access

Practise responsible online behaviour

“It is overly simplistic to state that ‘screen time is bad’, or that ‘smartphones are evil’. What matters more is how they are used.”

Dominic Mott, Head of College

Rules in school

Sixth Formers do not have to hand their phones in at the start of the school day. They are allowed to have them in their pockets or bags throughout the day.

From 8.30am to 6.00pm phones and smartwatches should be invisible, silent and motionless (i.e. not vibrating, which can be distracting) in the following places: lessons, corridors, clinics, the Dining Hall, Chapel, the lunch and breakfast queue and the school library. Sixth Formers can check their phones in house, in social spaces and in outdoor social spaces.

Staff will confiscate phones that are being used at the wrong time or place, for the day, or place them in a timed phone bag.

In line with the clear evidence on mental health, Lower Sixth boarders will not sleep in the same room as their phones, but place them in a shared storage just before going to sleep. That policy will, as soon as facilities permit, apply in St John's. We advise that day pupils should follow the same pattern.

Sixth Formers should be aware that although we permit them to have their phones on them during the working day, they incur the risk of reputational damage if they misuse their device. Broadcasting the school name, logo or facilities via social media risks breaching the Big 12 - "Bringing the school into disrepute."

Common Sense Advice to All Parents

- **Help children reflect on their phone habits by having open, nonjudgmental conversations.** Then give them a tool like a Family Tech Planner to suggest changes and set goals for themselves.
- **Help them find space for face-to-face conversations.** Put phones down during key conversation times such as mealtimes, car journeys, or on public transport.
- **Model the manners and behaviour you want to see.** Avoid texting when you are together. Consider describing your phone use (“I’m looking up directions to the party”) so younger children understand why you’re using it. Make sure to excuse yourself if you have to interrupt a family moment to attend to your phone.
- **Charge children’s phones in a common area at night.** Removing their phones can give them a needed break.
- **Establish consequences for problematic phone use.** If your children are having trouble putting the phone away when you ask or are having other behaviour problems with their phones, consider temporary time or location limits.
- **Check app suitability beyond age ratings.** Be aware that the ‘age restrictions’ shown in app stores typically indicate data-sharing practices for advertising purposes rather than the suitability of the app’s content for children. Use resources such as Common Sense Media to help you decide if an app’s content is appropriate for your child’s age.
- **Understand the underlying reasons your child might be on their phone a lot.** They may have a friend who is distressed and texting them, a game or app that’s pinging for their attention, or they may be avoiding what they see as stressful interactions with others at home. Talking about it can help clarify what drives your child’s phone use.
- **Establish a clear agreement about checking your child’s phone.** In almost all cases, you as parents are likely to be the official owner and billpayer, so this is not as unreasonable as it may sound.

What else we are doing as a School

- PSHE programme - Enhanced education around Online Safety including phone/app use in all year groups.
- Visiting Speakers cover safe online relationships, editing of images/deep fakes and Social Media Groups.
- Tutor Time and House Assemblies are used within the JPS to discuss scenarios around staying safe online.
- Head of Safeguarding to hold regular pupil panels to talk to children about various safeguarding topics including ones on Online Safety. We will also carry out a survey of online use for pupils.
- Celebration of Safer Internet Day.
- Digital Literacy is covered in IT lessons and woven into the curriculum across all subjects in the JPS.
- Parental engagement - Parent voice surveys and panels to hear the topics they want advice on and the format they want to receive updates.
- Regular ‘newsletters’ about key issues.
- Workshops on topics such as online safety, mental wellness, fostering healthy food habits, supporting children with healthy relationships (both online and offline) etc.



Parental Control Tools – A Guide for Families

Supporting children's safe use of technology is increasingly important. *Below is a summary of free and paid parental control tools, along with information on controls offered by UK broadband providers.

Home Broadband Provider Controls

Most UK internet providers offer built-in parental controls as part of their broadband packages:

- **Virgin Media – Essential Security Parental Filters**
<https://www.virginmedia.com/help/security/parental-controls>
- **BT – BT Parental Controls and firewall options**
<https://www.bt.com/help/security/parental-controls>
- **Sky – Broadband Shield for age-based filtering and malware protection**
<https://www.sky.com/help/articles/sky-broadband-shield-explained>

Free Parental Control Tools

- **Apple Family Sharing and Screen Time**
Best for families using iPhone, iPad, or Mac.

Share App Store purchases, iCloud storage, Apple Music and more across up to six family members.

Parents can approve or decline children's app and media downloads via *Ask to Buy*. Built-in Screen Time feature lets you set app limits, schedule downtime, and block inappropriate content.

Provides detailed usage reports.

Website: apple.com/family-sharing
- **Google Family Link**
Best for Android and Chromebook devices.

Manage app installs, set screen time, filter content, and track location.

Free to use; simple to set up.

Website: <https://families.google.com/familylink>

- **Microsoft Family Safety**
Ideal for families using Windows PCs, Xbox, and Android.

Set time limits, block inappropriate websites (via Microsoft Edge), and view usage reports.

Core features are free; location alerts available with Microsoft 365 Family.

Website: <https://www.microsoft.com/en-gb/microsoft-365/family-safety>

Optional Paid Apps

- **Bark**
Uses AI to monitor messages, social media, and online activity for risks.

Website: <https://www.bark.us>
- **Life360**
Focused on family location tracking and driving safety.

Features include real-time location sharing, driving reports (speeding, phone usage), and emergency alerts.

Free basic plan available; paid tiers unlock more safety features and location history.

Website: <https://www.life360.com>
- **Net Nanny**
Offers strong web filtering, screen time controls, and app blocking.

Website: <https://www.netnanny.com>

- **Qustodio**
Comprehensive parental control with content filtering, time limits, and activity monitoring.

Available for multiple platforms (iOS, Android, Windows, Mac).

Website: <https://www.qustodio.com>

*NB: The above contains a variety of suggestions; however, provision, software, and processes routinely evolve. Regardless of measures, there will be some online risk. The College cannot accept liability for the control measures used by parents.

