



Restrictions for iPhone:

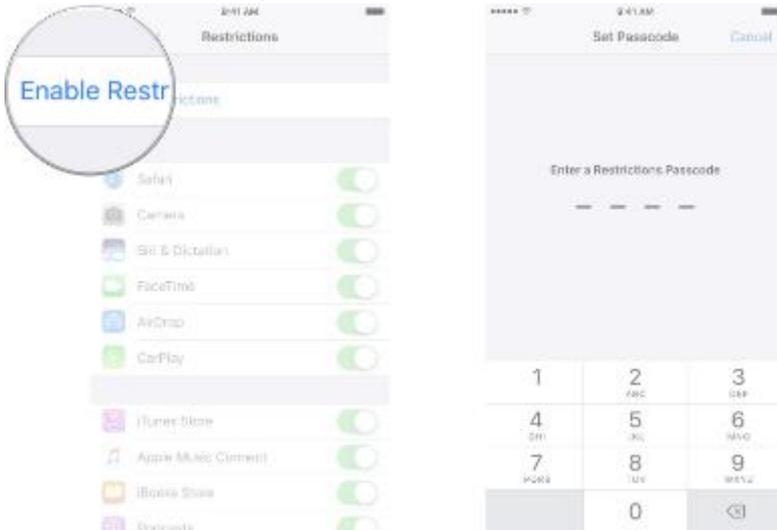
if it is an iPhone the parents can easily put "restrictions" on phone with a 4 digit password
how this is done depends on what OS version

On iOS 11:

Settings, General , Restrictions



Enable Restrictions , Enter Pin Code

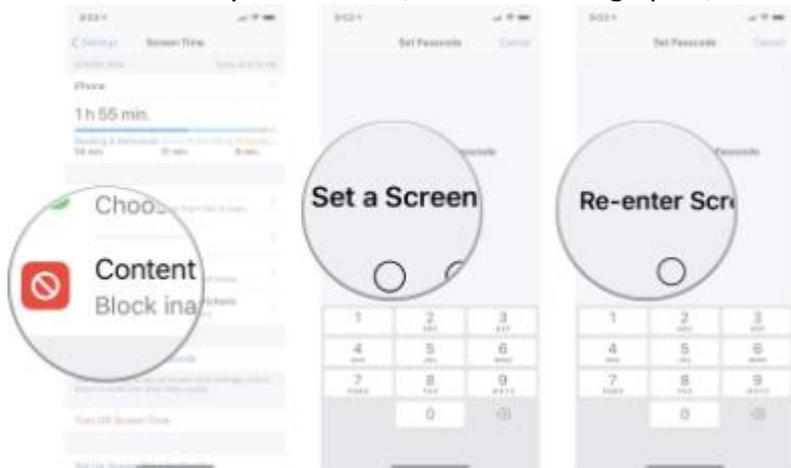


On iOS 12:

Settings , Screen Time, Turn on Screen Time



Content & Privacy Restrictions, Enter a four-digit pin. , Re-enter the four-digit pin.



Now you can choose what type of content to block, including in-app purchases, adult websites, location sharing, apps , time restrictions, and heaps more. (its very comprehensive)

Restrictions for Android:

1. On the device you want parental controls on, open the Play Store app .
2. In the top left corner, tap Menu  > Settings > Parental controls.
3. Turn "Parental controls" On.
4. Create a PIN. This prevents people who don't know the PIN from changing your parental control settings. If you're setting up parental controls on your child's device, choose a PIN they don't already know.
5. Tap the type of content you want to filter.
6. Choose how to filter or restrict access.

