

Safety and Privacy Settings: A Simple Step-by-Step Guide for Parents

This guide is designed for parents and caregivers with beginner-level technical experience. It provides simple, practical steps to help block and filter explicit content and to set up Safety and Privacy settings on popular apps and platforms.

Technology changes regularly, and apps often add, remove, or update features. Because of this, it's a good idea to review your child or young person's settings from time to time to make sure they're still appropriate.

NEXTDNS – HOME WIFI CONTENT FILTERING

1. Open a web browser on your phone or computer.
2. Go to nextdns.io.
3. Select Try it now.
4. Scroll to Enable NextDNS.
5. Turn on:
 - Block Pornography
 - Block Explicit Content
 - Block Gambling
6. Scroll to Security and turn on:
 - Threat Protection
 - Malware Protection
7. Scroll to Privacy and turn on:
 - Block Trackers
8. Copy your NextDNS profile details.
9. Log in to your home router.
10. Find Internet or DNS settings.
11. Replace existing DNS with the NextDNS addresses.
12. Save changes and restart the router.

NEXTDNS – ANDROID DEVICE

1. Open Settings.
2. Tap Network & Internet.
3. Tap Private DNS.
4. Select Private DNS provider hostname.
5. Enter dns.nextdns.io.
6. Tap Save.

Optional:

7. Install the NextDNS app from Google Play.
8. Open the app and turn Protection on.

NEXTDNS – iOS DEVICE

1. Open Safari.
2. Go to nextdns.io.
3. Tap Install Profile.
4. Allow download.
5. Open Settings.
6. Tap Profile Downloaded.
7. Tap Install.
8. Enter passcode.
9. Confirm installation.
10. Check under VPN & Device Management.

SNAPCHAT FAMILY CENTRE – SAFETY AND PRIVACY SETTINGS

Setup:

1. Open Snapchat.
2. Tap profile icon.
3. Tap Settings.
4. Select Family Centre.
5. Continue and invite your teen.
6. Teen accepts the invite.

Enable Settings:

1. Hide sensitive content
2. Disable My Ai Replies
3. Disable Perplexity
4. View All Friends
5. If Child comes to you with a concern relating to an account, you can tap on the flag button and report for 'inappropriate content' or that they are a spammer
6. Review reporting and blocking tools regularly

TIKTOK FAMILY PAIRING – SAFETY AND PRIVACY SETTINGS

Setup:

1. Open TikTok.
2. Go to Profile.
3. Open Settings and privacy.
4. Select Family Pairing.
5. Choose Parent.
6. Scan QR code with teen's phone.
7. Teen confirms pairing.

Enable Settings:

1. Turn on Restricted Mode.
2. Set Screen Time limits.
3. Disable or limit Direct Messages.
4. Turn off account suggestions.
5. Enable comment filtering.

INSTAGRAM FAMILY CENTRE – SAFETY AND PRIVACY SETTINGS

Setup:

1. Open Instagram.
2. Go to Profile.
3. Open Settings.

4. Select Family Centre.
5. Send invite to teen.
6. Teen accepts.

Enable Settings:

1. Set Daily Time Limits.
2. Enable Sleep Mode.
3. Limit who can message your teen.
4. Turn on Hidden Words.
5. Set Sensitive Content Control to Less.
6. Review blocking and reporting options.

Tip for Parents:

Use the term “Safety and Privacy settings” when talking with children. This helps reduce conflict and builds trust. Hope this guide is helpful, I will update it from time to time as platforms roll out updates and new features for parents and caregivers.