Essential Device and Account Security Checklist
For Parents and Caregivers

Cyber Wyze

Practical steps to help keep young people safe online
This checklist focuses on simple device and account settings that help reduce online risk for young people. It's designed for parents and caregivers, not technical experts.

You don't need to do everything at once.
Even a few changes can make a meaningful difference.

SET UP, OR SWITCH TO, CHILD ACCOUNTS

Use Apple Family Sharing and Screen Time, or Google Family Link, so parental settings apply correctly and can be managed from your device.

LOCK PARENTAL CONTROLS WITH PASSCODES

Set a Screen Time passcode or Family Link PIN, keep it private, so limits and settings cannot be changed without a parent or caregiver.

RESTRICT APPS, CONTENT AND PURCHASES

Require approval for downloads and in-app purchases, apply age ratings and content limits, and block explicit material where possible.

REVIEW EXISTING APPS ON DEVICES

Check installed apps monthly, remove unknown or unnecessary ones, and rreview age ratings and permissions, as some apps are more social than they appear.

SET DAILY SCHEDULES FOR DEVICE USE

Set school and bedtime schedules, use downtime and app limits, and require approval for extra time so routines do not depend on constant negotiation.

TURN ON AUTOMATIC SYSTEM UPDATES

Enable automatic updates for the device and apps, updates fix security gaps and improve stability, install promptly when prompted.

SECURE DEVICES WITH PASSCODES

Use a strong passcode and biometrics, enable auto-lock, and limit lock-screen access so others can't open the device or reply to messages.

PROTECT ACCOUNTS WITH EXTRA APPROVAL

Turn on multi-factor authentication, review account recovery options, and ensure password changes and new device logins require more than one step.

LIMIT LOCATION AND PRIVACY ACCESS

Disable location and photo library sharing unless needed, review camera, microphone, and contacts permissions, and only allow access that is required for the app to function.

WATCH FOR BYPASSES OR HIDDEN APPS

Look for VPNs, private browsers, hidden folders, and alternate app stores, these can bypass filters and limits, review and remove if they undermine controls.

No setup is perfect. Apps change, young people grow, and settings drift over time.
But devices that are secure by default help reduce exposure to harm, prevent accidental mistakes, and give parents and caregivers breathing room.

Strong settings don't replace conversations, they make them easier.

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