

A young man with a backpack is shown in profile, looking at his smartphone. The background is a solid orange color. A white hand-drawn circle highlights the text 'SETTINGS: A QUICK GUIDE'.

SETTINGS:
A QUICK GUIDE



Age Rating in the App Store:
(Age rating according to app provider)

13+

Instagram

QUICK GUIDE TO INSTAGRAM'S SETTINGS

We recommend looking over all privacy settings, *but we have highlighted our favourites.*

COMMENTS: Hide offensive comments and choose who is able to comment on your content

TAGS: Approve posts that you are tagged in

STORY: Decide if people can reply to your stories, hide your story from users

ACCOUNT PRIVACY: Choose to have a public or private account

RESTRICTED ACCOUNTS: Protect yourself from unwanted interactions without having to block or unfollow another user

Instagram's privacy control centre contains a variety of tools to keep you safe. Follow the steps below:

Step 1:

Tap your profile picture at the bottom right corner of the screen

Step 2:

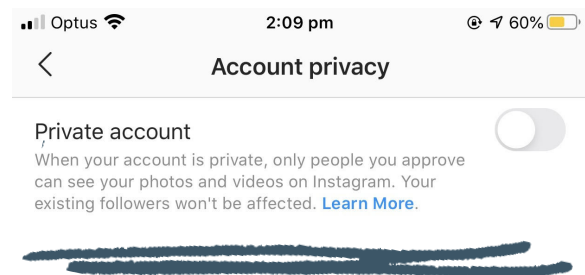
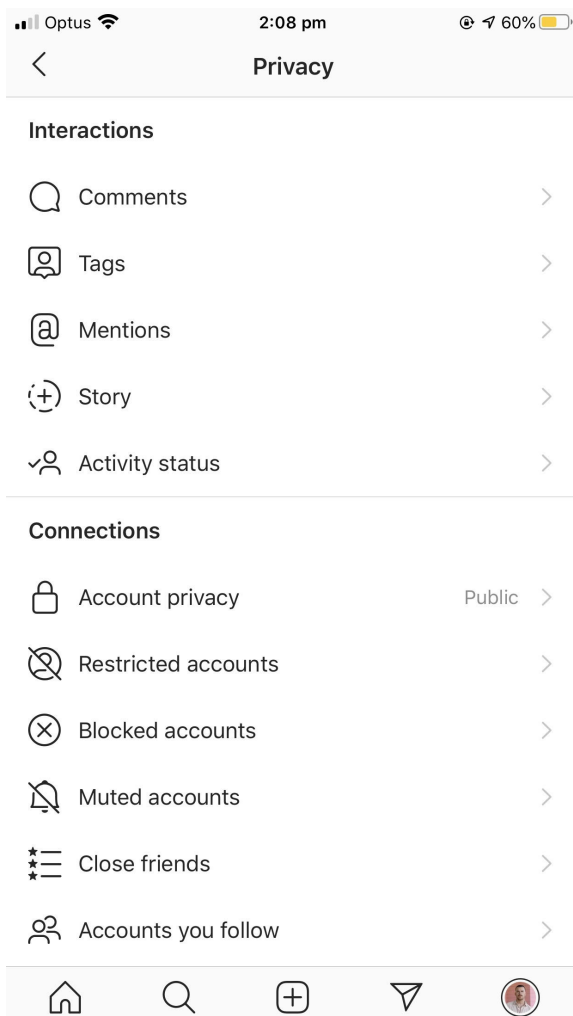
Tap the  icon on iPhone, or the  icon for Android

Step 3:

Tap 'Settings' at top of the screen

Step 4:

Tap 'Privacy'





Age Rating in the App Store:
(Age rating according to app provider)

13+

Instagram

Finding Instagram's Report & Block Features



Step 1:

Click on the profile you would like to report or block

Step 2:

Tap the **⋮** icon on iPhone, or the **⋮** icon for Android at the top right of their profile

Step 3:

A menu will open offering 'Restrict, Block & Report' as well as some other custom user options

Step 4:

Tap your choice and follow the prompts

Other Features

HIDE YOUR STORY

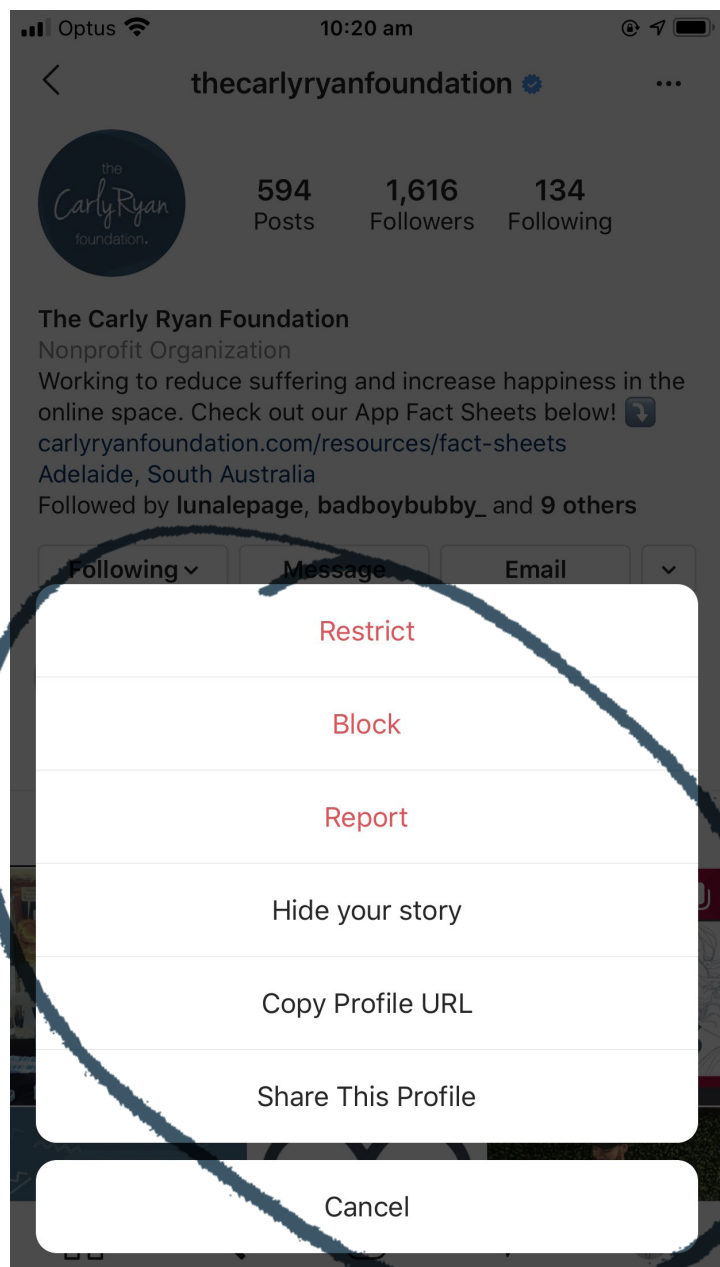
When switched on, your Instagram stories will be hidden from the account you have chosen. To undo this, simply retap the same option which will now read: Unhide Your Story

COPY PROFILE URL

This copies the profiles URL to your clipboard, where you can paste it wherever you would like

SHARE THIS PROFILE

When tapped, your 'following' list will pop up. You can choose to share the profile you've chosen to a friend, or multiple. You also have an option to write a message.





Age Rating in the App Store:
(Age rating according to app provider)

12+

Snapchat

QUICK GUIDE TO SNAPCHAT'S SETTINGS

Your options include...

CONTACT ME: Who can contact you directly with Snaps, Chats, calls, etc

VIEW MY STORY: Who can view your story

SEE MY LOCATIONS: Who can see you on Snap Map

USE MY CAMEOS SELFIE: Who can use your Cameos selfie in 2-person Cameos


SEE ME IN QUICK-ADD: Quick Add helps friends find each other on Snapchat. You might appear in another Snapchatter's Quick Add if you share mutual friends or another connection. This option lets you choose if you wish to appear in this list

By default, only friends you have added on Snapchat can contact you directly or view your Story. If you would like to change your privacy settings, here's how:

Step 1:

Open Snapchat and tap your profile icon at the top left

Step 2:

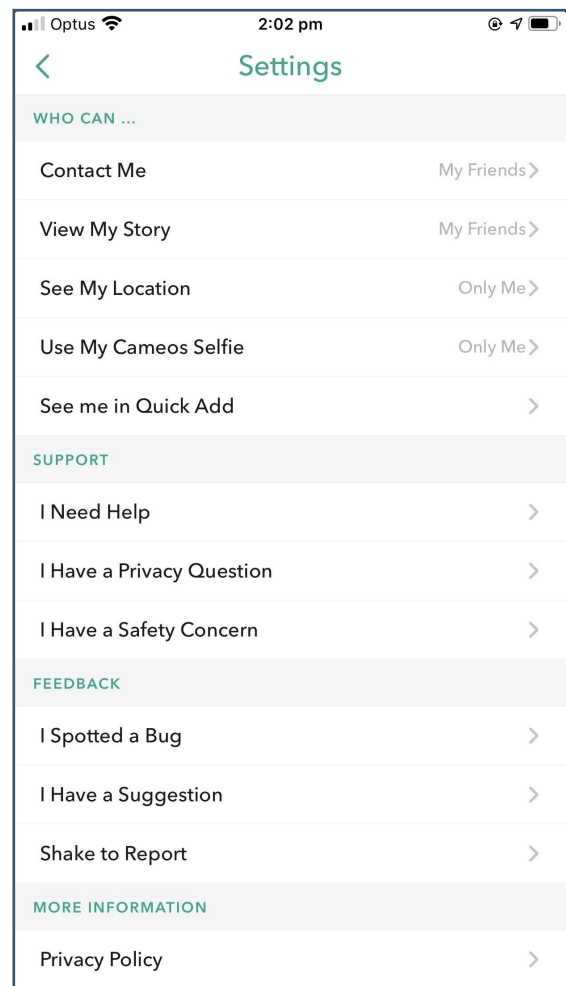
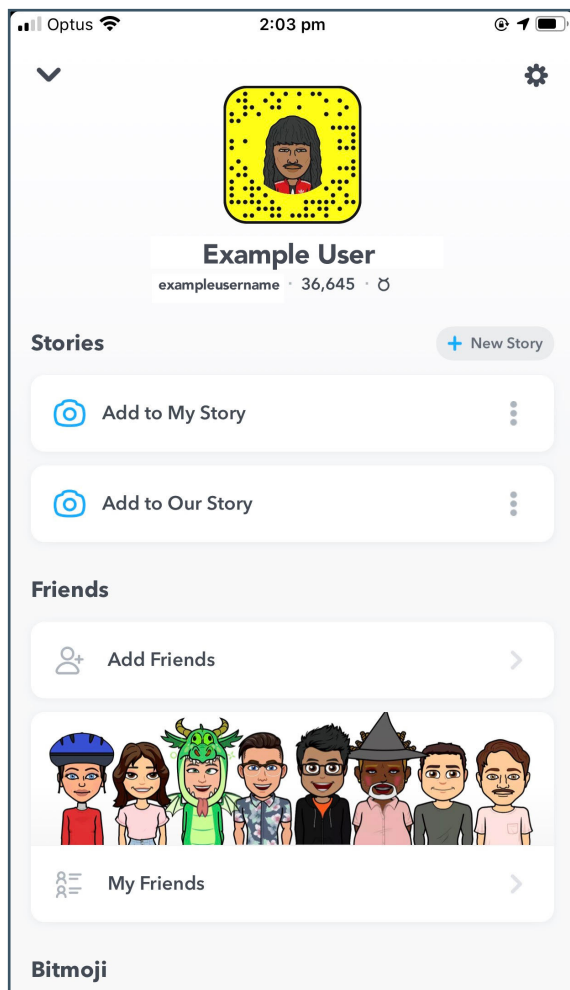
Tap the  icon at the top right of the screen

Step 3:

Scroll halfway down to the "WHO CAN..." heading

Step 4:

Choose an option, then tap the back button to save your choice





Age Rating in the App Store:
(Age rating according to app provider)

12+

Snapchat

Understanding Snapchat's Snap Map


Snap Map allows you to see where your Snapchat contacts are, share your current location and view Snaps from nearby Snapchat users or users at a specific event or location.

HIDING YOUR LOCATION

Step 1:

Open Snapchat and pull screen down to open

Step 2:

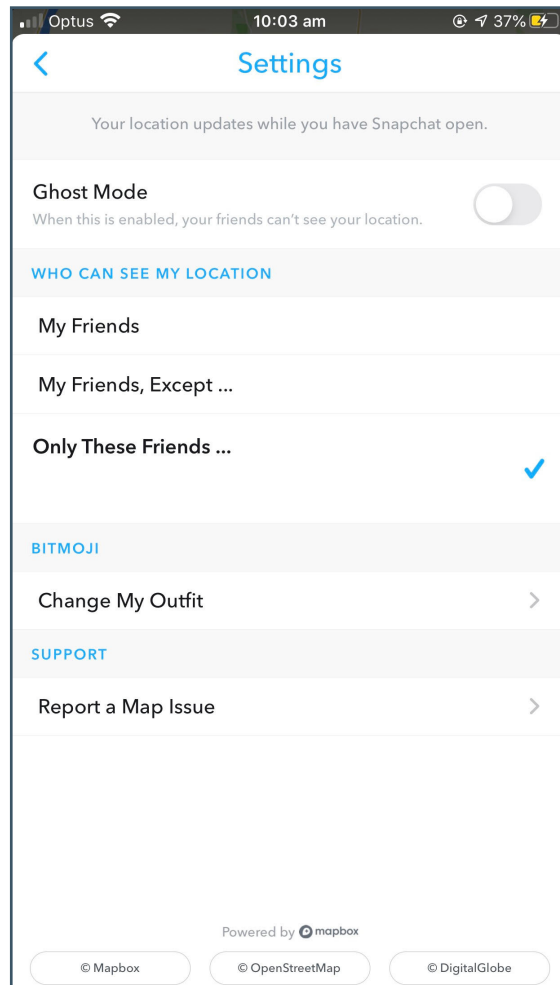
Tap the  icon at the top right of the screen

Step 3:

Tap 'Ghost Mode' to hide your location from everyone

Alternative Step:

Tap 'Only These Friends' to select who sees your location



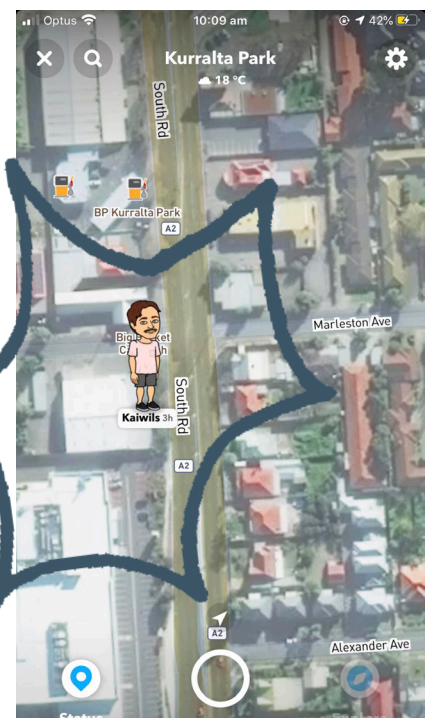
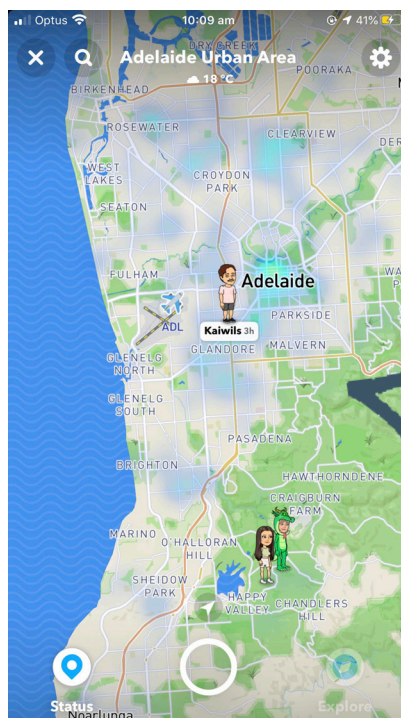
Other Features

MY FRIENDS

All friends can see your location

MY FRIENDS, EXCEPT

All friends can see your location, except for a select few of your choosing





QUICK GUIDE TO IPHONE'S IOS SETTINGS

Understanding the iPhone's settings can feel overwhelming at first. There are a lot of options and a lot of user control, so where do you begin? CRF recommends going through your whole phone's settings to clearly understand the device, but we have highlighted where you should consider first:

UNDER GENERAL

AIRDROP: Airdrop lets you share photos, videos and documents instantly with people nearby. It can be a great way to send content to other Apple users instantly, but if left open users could be faced with receiving unsolicited photos or videos

UNDER PHONE

CALLER ID: Allows people to see the number you are calling from

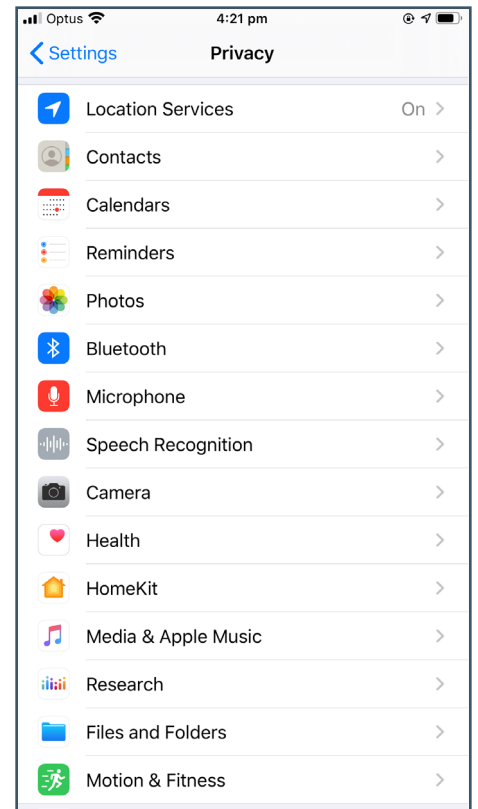
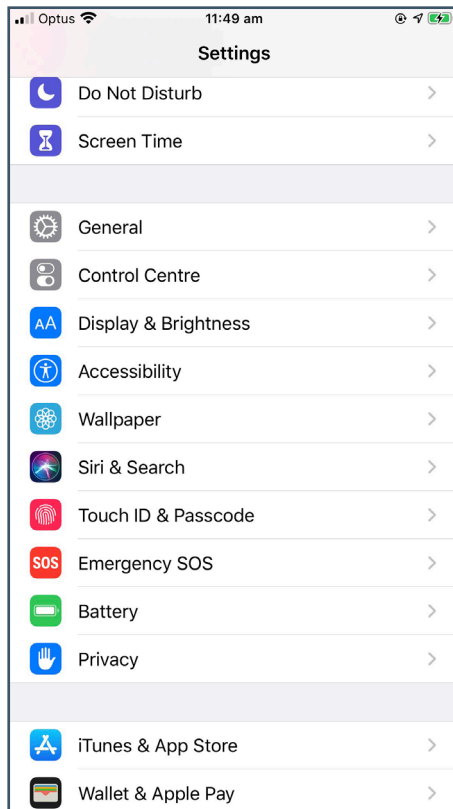
UNDER PRIVACY

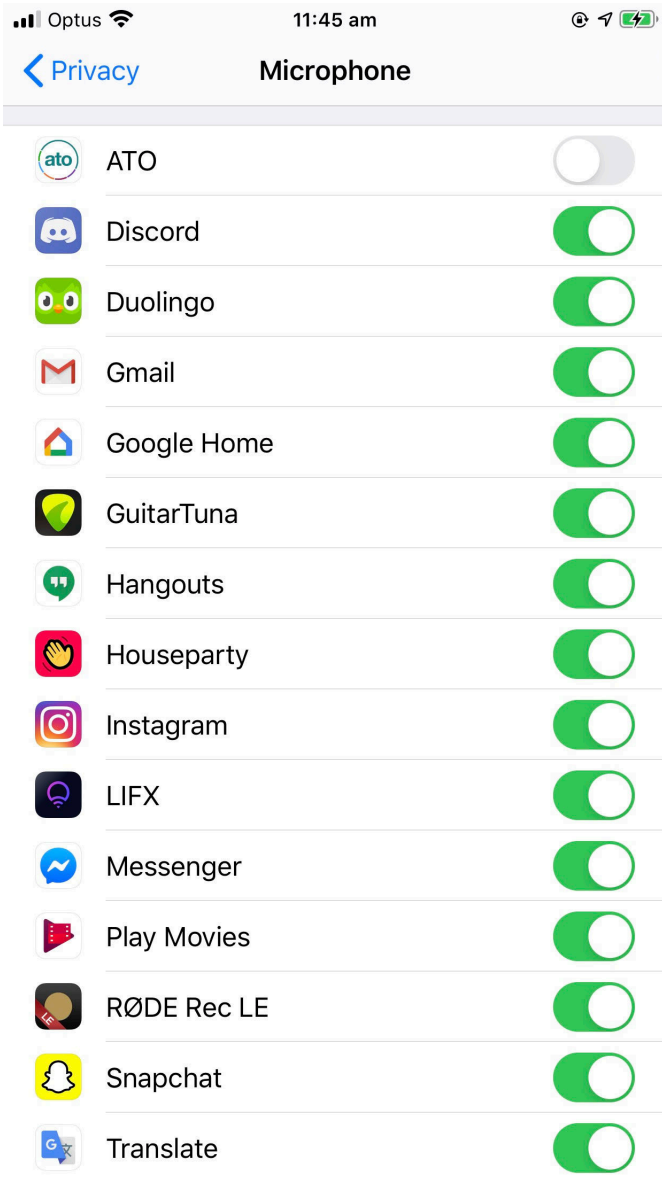
PHOTOS: Photos stored on your iPhone may contain other information, such as where and when the photo was taken

MICROPHONE: Choose which applications have access to your microphone

CAMERA: Choose which applications have access to your camera

LOCATION SERVICES: Location Services uses GPS, Bluetooth and crowd-sourced Wi-Fi hotspot and mobile tower locations to determine your approximate location. Choose which apps have access to this information





Managing Camera Permissions

Step 1:

Tap 'Settings' on the home screen

Step 2:

Scroll down and tap 'Privacy' > tap 'Camera'

Step 3:

Tap to slide the permissions on/off

Managing Microphone Permissions

Step 1:

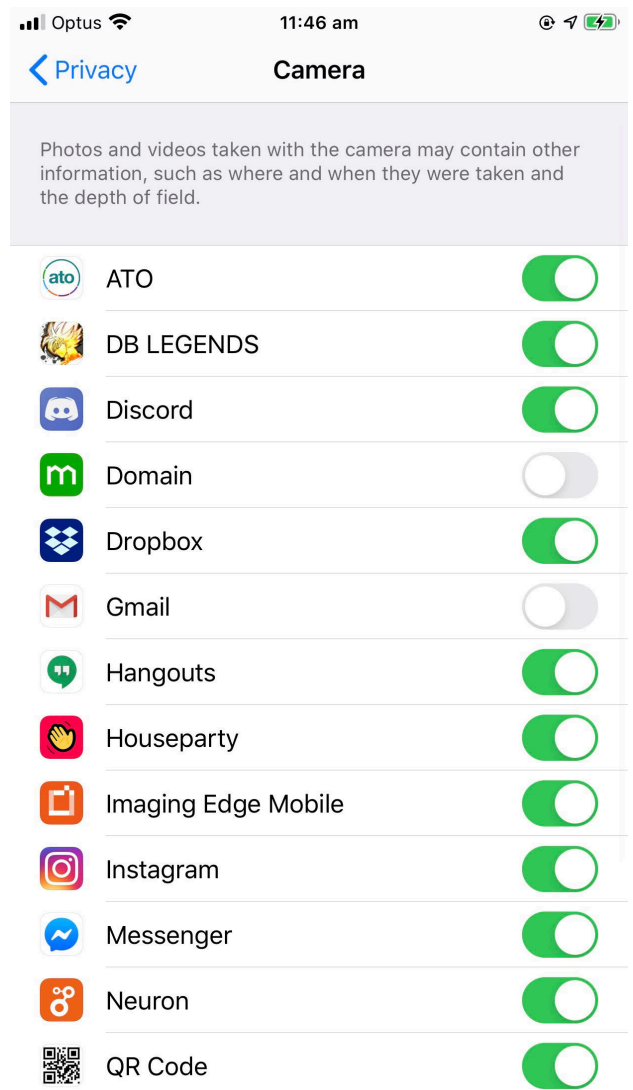
Tap 'Settings' on the home screen

Step 2:

Scroll down and tap 'Privacy' > tap 'Microphone'

Step 3:

Tap to slide the permissions on/off





Managing Airdrop Permissions

Step 1:

Tap 'Settings' on the home screen

Step 2:

Scroll down and tap 'General'

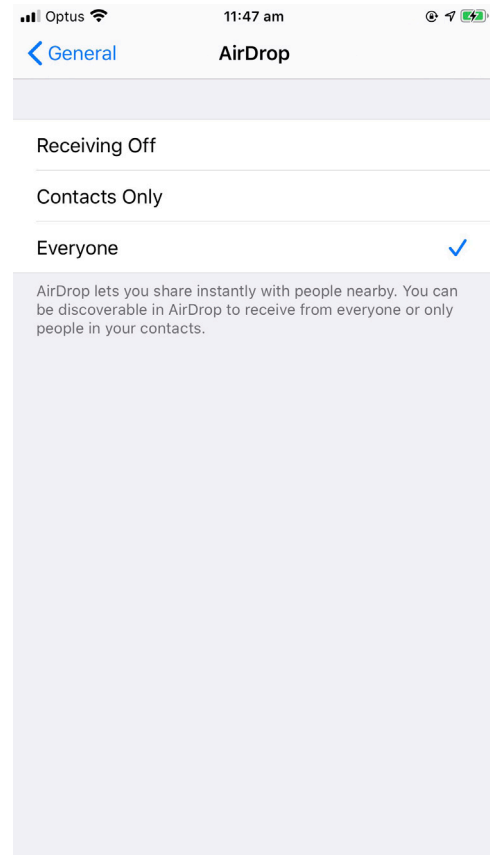
Step 3:

Tap 'Airdrop' and adjust to your preferred setting

RECEIVING OFF: Airdrop has been turned off, other users will not be able to see, or send files to your device.

CONTACTS ONLY: Only contacts saved to your device will be able to send you files.

EVERYONE: Your device is available publicly and anybody can request to send your device files. CRF does not recommend this option.



Managing Caller ID

Step 1:

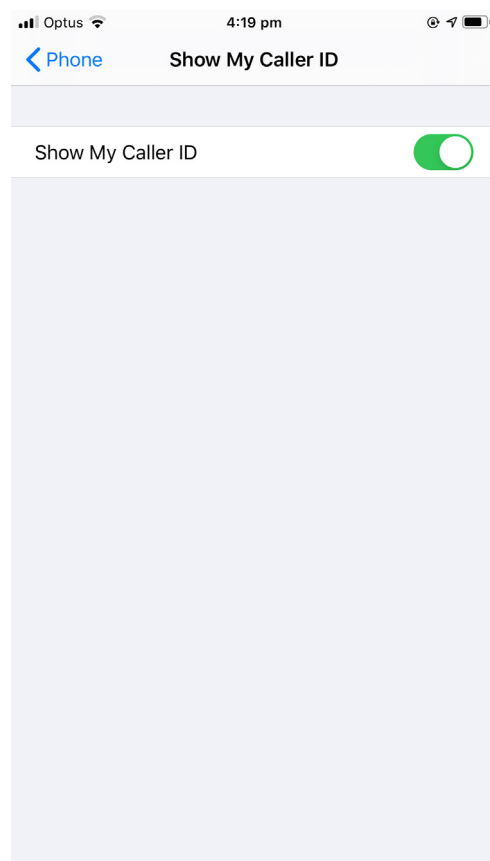
Tap 'Settings' on the home screen

Step 2:

Scroll down and tap 'Phone'

Step 3:

Tap 'Show My Caller ID' and adjust to your preferred state





Managing Location Services

Location services uses GPS, Bluetooth and crowd-sourced Wi-Fi hotspot and mobile tower locations to determine your approximate location. Within its settings you can choose whether to turn off location services altogether, or choose specific apps that have permission to your location.

Step 1:

Tap 'Settings' on homescreen

Step 2:

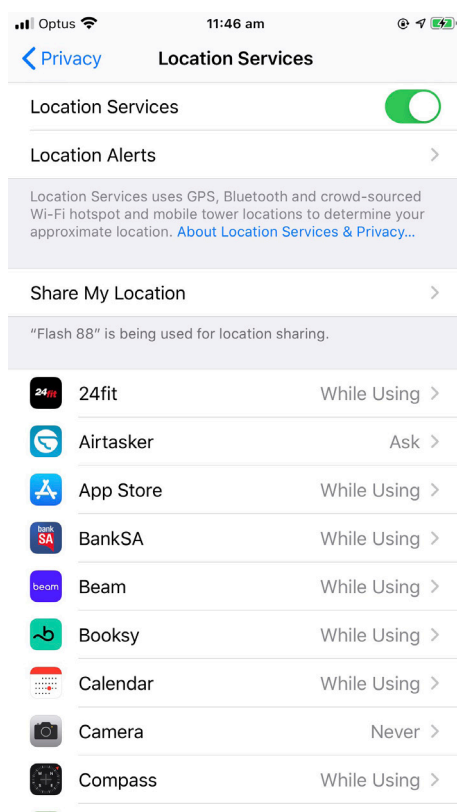
Scroll down and tap 'Privacy'

Step 3:

Tap 'Location Services'

Step 4:

Tap slider on 'Location Services' to turn on/off



Managing Geotagging

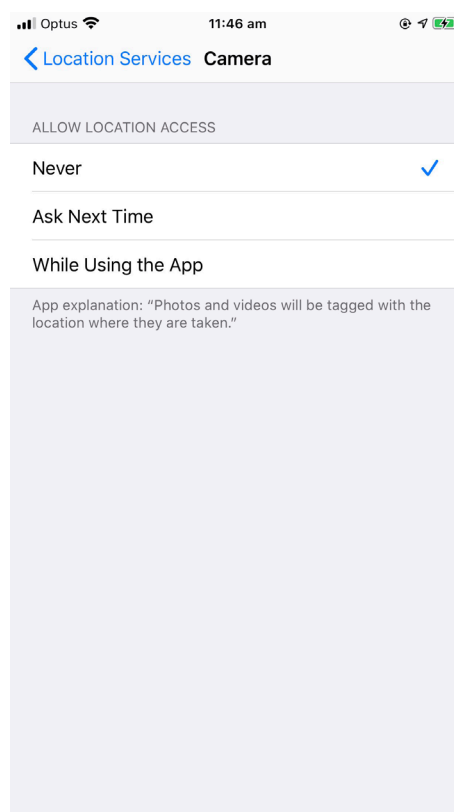
Geotagging is most commonly used for photographs and stores specific information about where the picture was taken. To alter what apps imprint this information, follow the same steps to find location services. Instead of tapping the slider off altogether, you can click an app and manage it independently.

NEVER: Prevents access to Location Services information

ASK NEXT TIME: This will give you the three options to choose for next time you are on the application.

WHILE USING: Only allows app to access location while app is running.

ALWAYS: Allows access to your location even when app is in the background.



Managing Photos

Photos stored on your iPhone may contain other information, such as where/when the photo was taken. You can locate it by following the steps:

Step 1:

Tap 'Settings' on homescreen

Step 2:

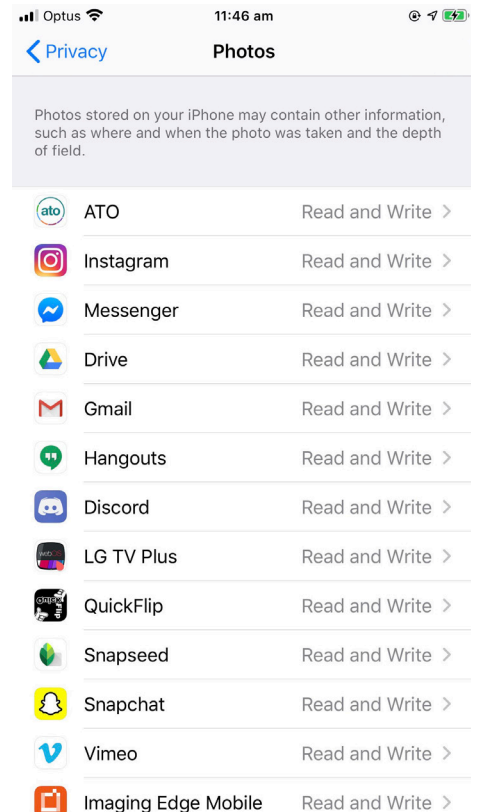
Tap 'Privacy'

Step 3:

Tap 'Photos'

Step 4:

Select app you would like to edit permissions on and tap 'Never'

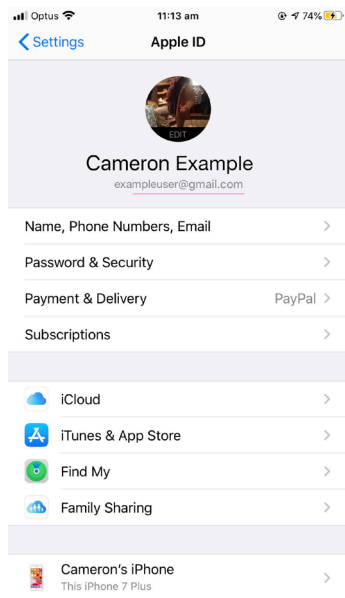




QUICK GUIDE TO iPHONE'S FAMILY SHARING

Family Sharing makes it easy for up to six family members to share iTunes, Apple Books, App Store purchases, an Apple music subscription, and an iCloud storage plan. Your family can also share a photo album, calendar, and reminders, and even help locate each others' missing devices.

SETTING UP FAMILY SHARING & ADDING FAMILY MEMBERS:



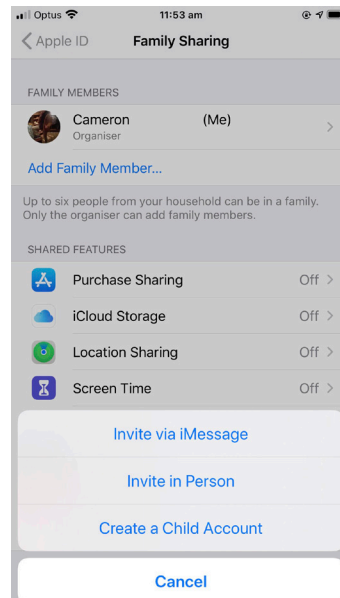
Step 1:

Tap your name at the top of 'Settings'



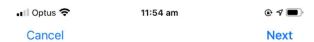
Step 2:

Tap 'Family Sharing' and 'Add Family Member'



Step 3:

Tap 'Create a Child Account'



Create Apple ID for a child

This will automatically add this child's account to your family until the child is at least 13 years old. Use Ask to Buy to require approval for iTunes, Apple Books or App Store purchases.

To get started, you need to provide parental consent and verify your payment information.

Step 4:

Follow the prompts

UNDERSTANDING FAMILY SCREEN TIME:

Once Family Sharing has been set up and each child has been added, you can also connect it with Screen Time. Family Screen Time grants parents the ability to create app limits, schedule time limits and offers the 'permissions' feature. This allows your children to make requests from their phone and the organiser answers from theirs. To find Family Screen Time, follow the steps:

Step 1:

Tap on 'Settings'

Step 2:

Tap on 'Screen Time' & tap on name of child whose account you would like to edit.





QUICK GUIDE TO iPHONE'S SCREEN TIME

Screen Time allows you to access real-time reports about how much time you spend on your iPhone and iPad, and set limits for what you want to manage.

NOTE: You can manage your child's Screen Time manually from your phone too, but you must set up Family Sharing prior to access these features. Once completed, you can find their screen time options by following the steps:

Step 1:

Tap 'Settings' on the homescreen

Step 2:

Scroll down and tap 'Screen Time'



DOWNTIME:

Think of this as a nap for your screen time. Set a schedule for time away from the screen. During Downtime, only phone calls and apps that you choose to allow will be available.



APP LIMITS:

Set daily limits for your apps. For example you might only want to see Productivity Apps while you are at work.



COMMUNICATION LIMITS:

Communication limits apply to Phone, FaceTime, Messages and iCloud contacts. You can set contacts for down time (i.e. parents only).



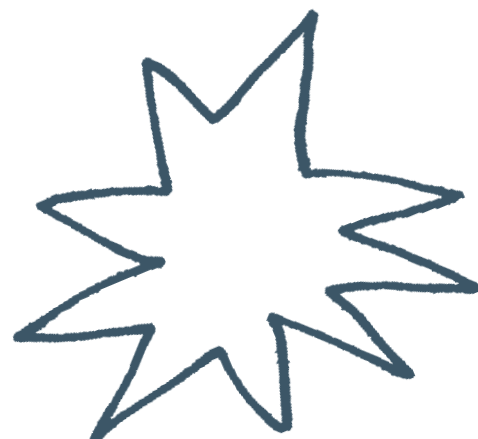
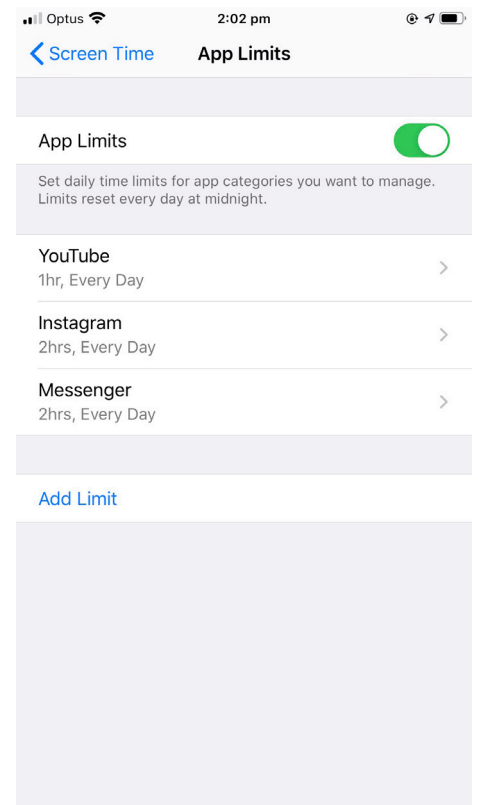
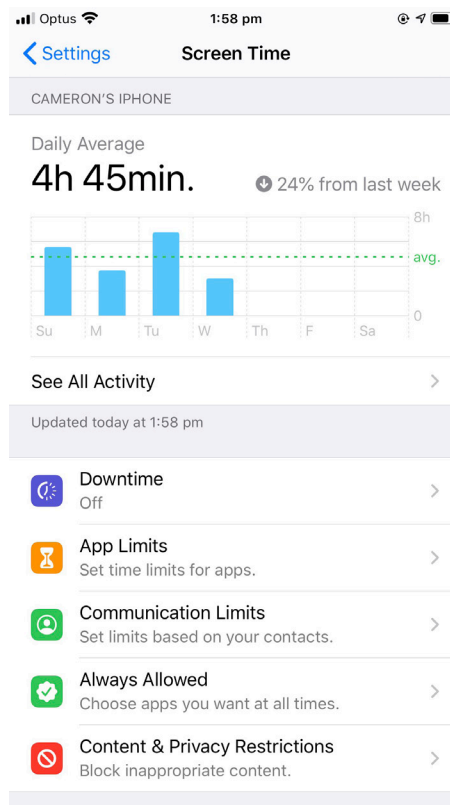
ALWAYS ALLOWED:

You might want to access certain apps, even if they are set to Downtime. Always Allowed assists with this customisation.



CONTENT & PRIVACY RESTRICTIONS:

You can decide the type of content that appears on your device. You can also block inappropriate content, purchases, downloads and set your privacy settings.





SETTING UP GOOGLE FAMILY LINK

Whether your children are younger or in their teens, the Family Link app lets you set digital ground rules such as setting app limits, bed times, app permissions and more to help guide them. Here's how:

Step 1:

Create a Gmail account for your child and follow the prompts

Step 2:

In the setup, Google will ask you to link your (the parents') account

Step 3:

Verify and complete the creation of your child's account

Step 4:

Download Google Family Link from the Google Play Store

Step 5:

Log in using your child's account and follow the steps

Step 6:

Google will prompt you to download 'Google Family Link Manager' and activate it

Step 7:

The devices are connected and you can now begin setting parental controls.

NOTE:

You must have a Google account first before you can create a child's Google Family Link account



Link your account to a parent

A parent needs to finish creating your account. They'll help manage it until you turn 13 (or applicable age in your country), for extra support.

Have a parent sign in


To finish creating asd's account, a parent needs to sign in.


Next




Parental consent

Google needs your consent each time you create a Google account for a child. [Learn more](#)

 To do this, Google will authorize your credit card. This helps verify you're a parent.

 Your card won't be charged. Any temporary authorization will be refunded.

 Your card won't have access to your credit card without your approval.

Next



Age Rating in the App Store:
(Age rating according to app provider)

12+

Tik Tok

QUICK GUIDE TO TIK TOK'S SETTINGS

SUGGEST ACCOUNT TO OTHERS

Choose whether your profile can be suggested to users interested in accounts like yours

ALLOWS VIDEOS TO BE DOWNLOADED

When left on, other users can download videos you have made and uploaded to Tik Tok

COMMENT FILTERS

Automatically hides comments that may be spam or offensive from your videos

WHO CAN SEND YOU DIRECT MESSAGES

Manage who sends your account messages. Tik Tok offers 'everyone', 'friends' or 'no one'

By default, Tik Tok will make your account public unless changed in their Privacy and safety settings. To change your privacy status among other settings, here is how:

Step 1:

Open Tik Tok and tap your profile icon at the bottom right

Step 2:

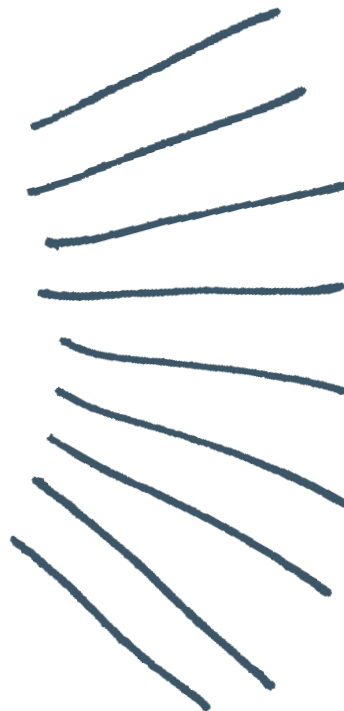
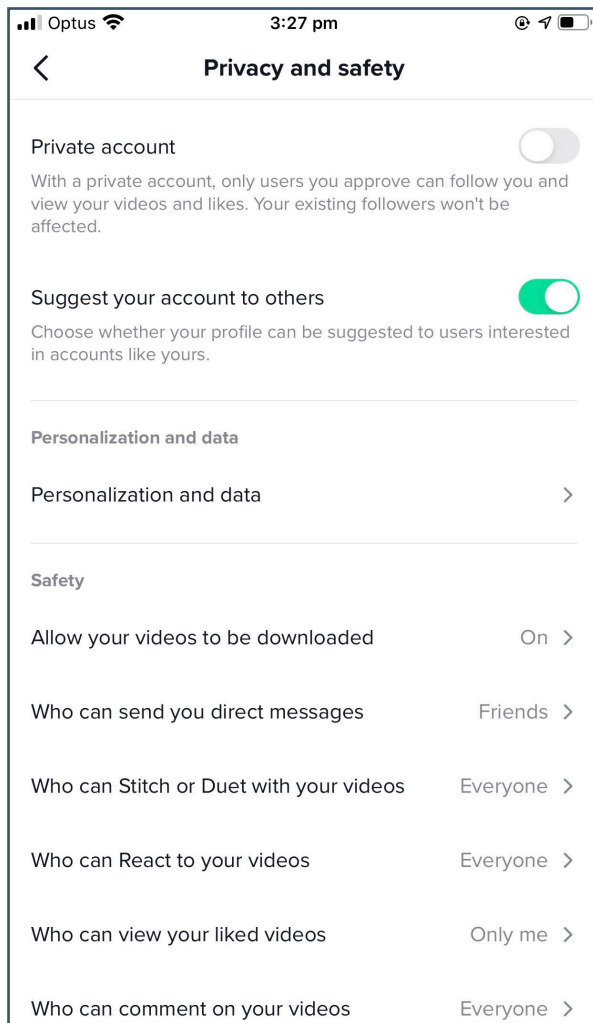
Tap the **•••** icon at the top right of the screen

Step 3:

Tap 'Privacy and safety'

Step 4:

Tap the 'Private account' slider at the top. If slider is green, the profile is private





Age Rating in the App Store:
(Age rating according to app provider)

13+

Facebook

QUICK GUIDE TO FACEBOOK'S SETTINGS

We recommend looking over all privacy settings, *but we have highlighted our favourites.*

PRIVACY SETTINGS: Control who can see your posts and content, as well as who can search for you

FACE RECOGNITION: Choose whether Facebook can recognise you in photos and videos


TAGGING: Decide who can interact with your posts

PUBLIC POSTS: Manage who can follow you, and who can comment on your public posts

BLOCKING: Review users you have blocked

Facebook's privacy control centre contains a variety of tools to keep you safe. Follow the steps:

Step 1:

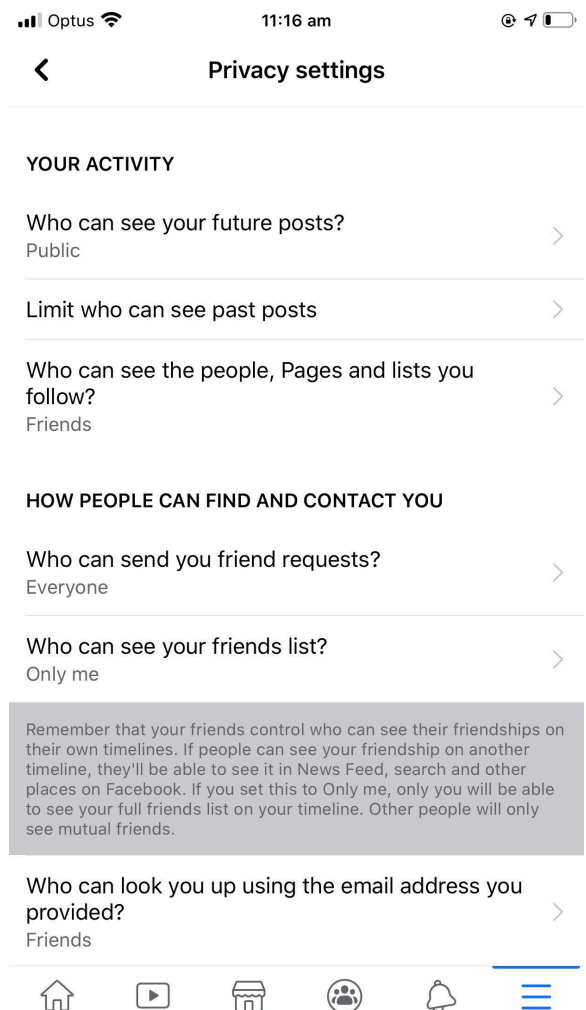
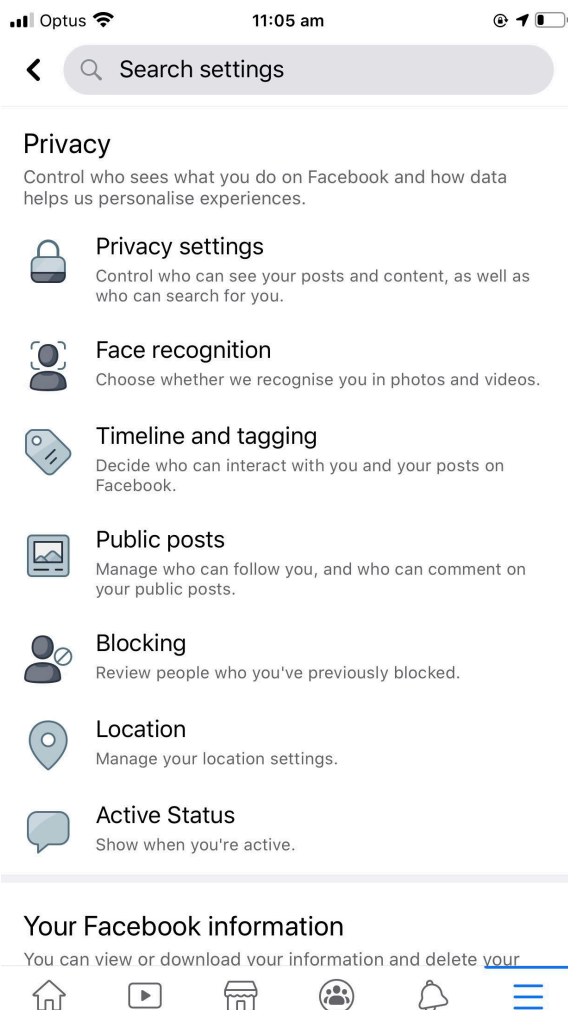
Tap the  icon at the bottom right corner of the screen

Step 2:

Tap 'Settings & Privacy', then tap 'Settings'

Step 3:

Scroll down to 'Privacy'





Age Rating in the App Store:
(Age rating according to app provider)

7+

QUICK GUIDE TO MINECRAFT'S SETTINGS

Minecraft's settings primarily deal with giving the user control over video & audio settings. However, there are options to manage their public chat feature also. Here's how to find it:

Step 1:

Open Minecraft

Step 2:

Click 'Options...'

Step 3:

Click 'Chat Settings...'

Step 4:

Change 'Chat' to your preferred setting

The options given to the user are:

SHOWN: All public chat can be seen by the player

COMMANDS ONLY: The only text a player can see is directly made from the game

HIDDEN: All chat is hidden from user



Other Chat Features

WEB LINKS

Players can see links that are published in chat. This option can be either turned on or off.

PROMPT ON LINKS:

This option either decides if the weblinks published in the chat can be clicked on or not.





Age Rating in the App Store:
(Age rating according to app provider)

13+

Discord

QUICK GUIDE TO DISCORD'S SETTINGS

For younger users we recommend the following settings:

SAFE DIRECT MESSAGING: Set to 'Keep Me Safe'

SERVER PRIVACY DEFAULTS: Set 'Allow direct messages from servers members' to off

WHO CAN ADD YOU AS A FRIEND: We recommend turning 'Everyone' to off

Other Features

Under 'Text & Images' in the settings, there are some other helpful options too. We recommend setting the following to 'off':

1. DISPLAY IMAGES WHEN POSTED AS LINKS
2. SHOW WEBSITE PREVIEW FROM LINK



Discord's settings are quite extensive, ranging from appearances all the way to whether spoilers appear in the 'channels' you are a part of. Here's how to find their privacy settings:

Step 1:

Open Discord

Step 2:

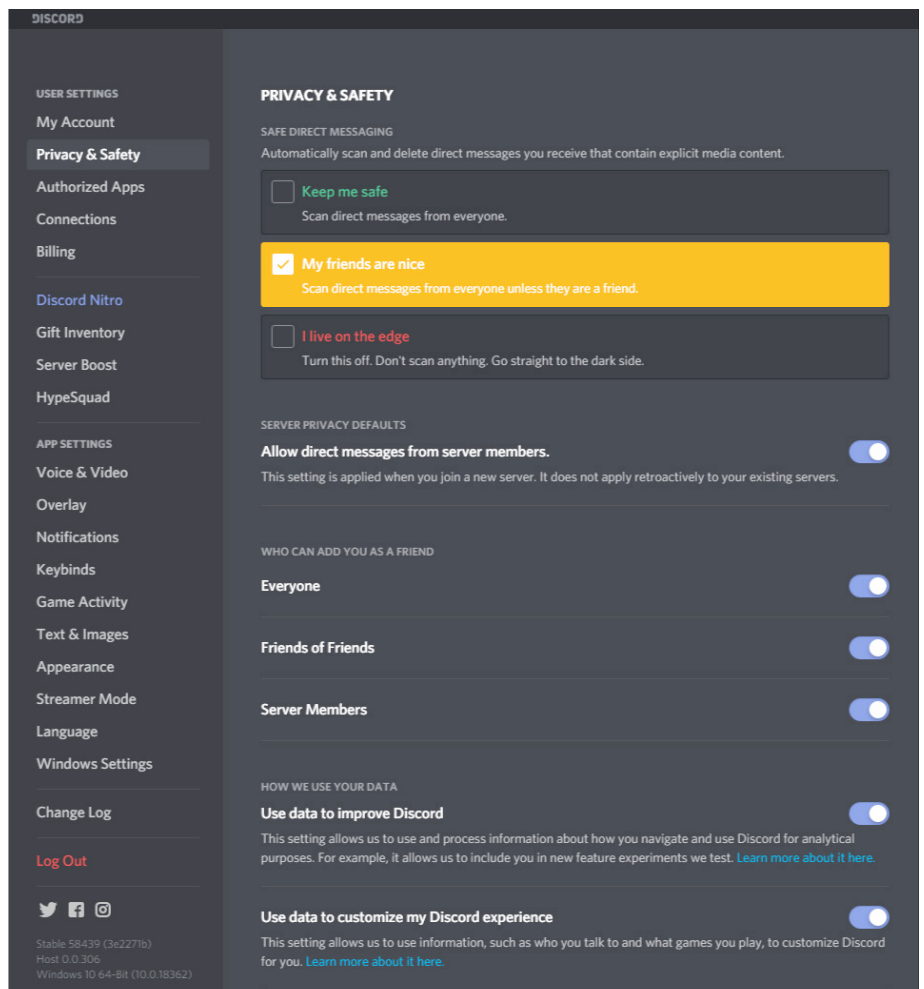
At the bottom left next to your name, click the cogwheel

Step 3:

Click 'Privacy & Safety'

Step 4:

Change settings to your preference



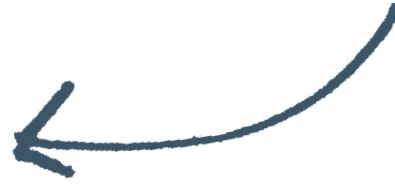


Age Rating in the App Store:
(Age rating according to app provider)

13+

Twitch

QUICK GUIDE TO TWITCH'S SETTINGS



Twitch's safety & privacy settings do not offer a great deal of customisation. The content is made and managed by the users. To find Twitch's settings, follow the steps below:

Step 1:

Log onto your Twitch account

Step 2:

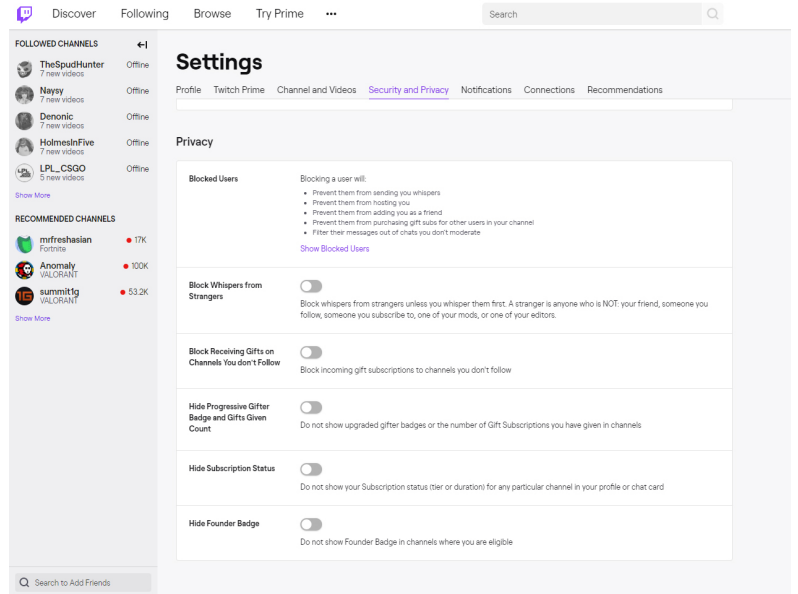
Click on your profile icon at the top right

Step 3:

Click 'Settings'

Step 4:

Click on the 'Security and Privacy' tab

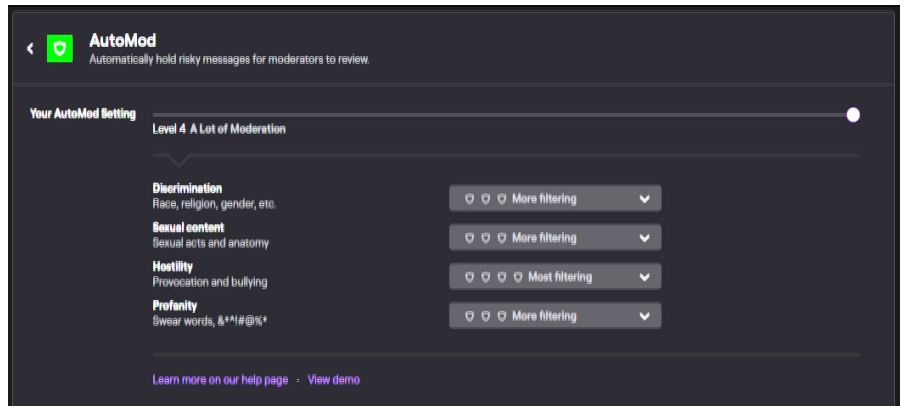


BLOCK WHISPERS FROM STRANGERS:

Whispers are direct messages, and a stranger is anyone who is NOT directly connected with you

BLOCKED USERS: Review current blocked users or block new users

MANAGING YOUR CHANNEL



On your own channel there are ways to automatically moderate and censor discrimination, sexual content, hostility & profanity that appears in your chat. Here's how:

Step 1:

In 'Settings' click 'Channels & Videos' tab

Step 2:

Click the ☰ icon on the top left of the screen

Step 3:

Click 'Moderation'

Step 4:

Click 'AutoMod Rulesets' and choose your preference





Age Rating in the App Store:
(Age rating according to app provider)

13+

Houseparty

QUICK GUIDE TO HOUSEPARTY'S SETTINGS

Houseparty allows users to duck in and out of video chats with their friends. To prevent this, and only chat with those you invite, here's how:

Step 1:

Swipe down on the white homescreen

Step 2:

Tap the open padlock icon at the bottom of the screen

Finding Houseparty's Report & Block

Houseparty gives users the option to block, report, unfriend, and decide whether they or the chosen user receive notifications when they come online.

Step 1:

Tap a friend's name on the homescreen

Step 2:

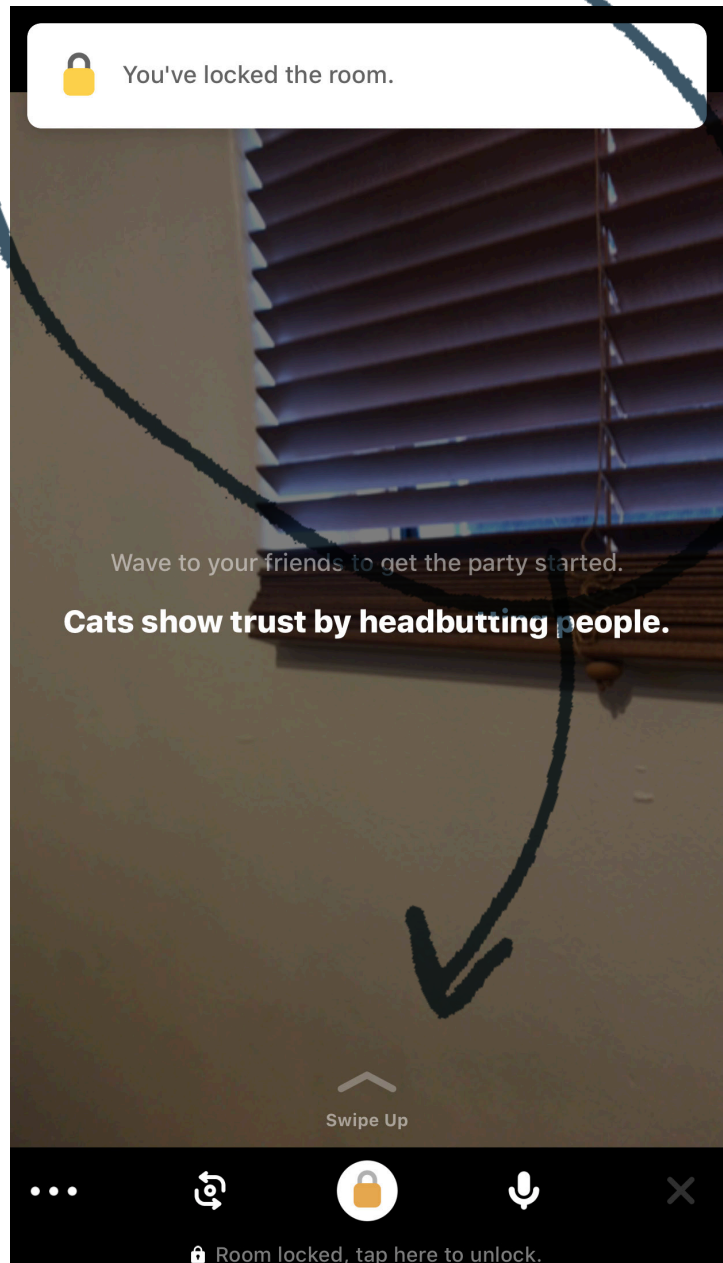
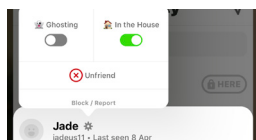
Tap the cogwheel icon on the right of the users name

Step 3:

Tap 'Block/Report'

Step 4:

Choose an option of your preference





carlyryanfoundation.com

E info@carlyryanfoundation.com

P (08) 8339 3992

 [TheCarlyRyanFoundation](https://www.facebook.com/TheCarlyRyanFoundation)

 [@thecarlyryanfoundation](https://www.instagram.com/thecarlyryanfoundation)

 [@TeamCarlyCRF](https://twitter.com/TeamCarlyCRF)

Carly foundation.
the *Ryan*