

# Parents Online Safety Hub (POSH)

*One Standard. Same Boundaries. Safer Families.*

## Apple Screen Time Safety Checklist (V3)

- Open system or app settings.
- Locate Parental Controls or Family Settings.
- Set screen time limits.
- Restrict communication to approved contacts only.
- Disable public chat where possible.
- Restrict purchases or require approval.
- Review activity reports weekly.
- Keep admin password private.

Emergency: If a child is in immediate danger call 000.

*Built in Victoria • Designed for Australia • 2026-02-18 • VERSION 3*