internet matters.org

Parental controls guide

Facebook guide

Parental Controls information

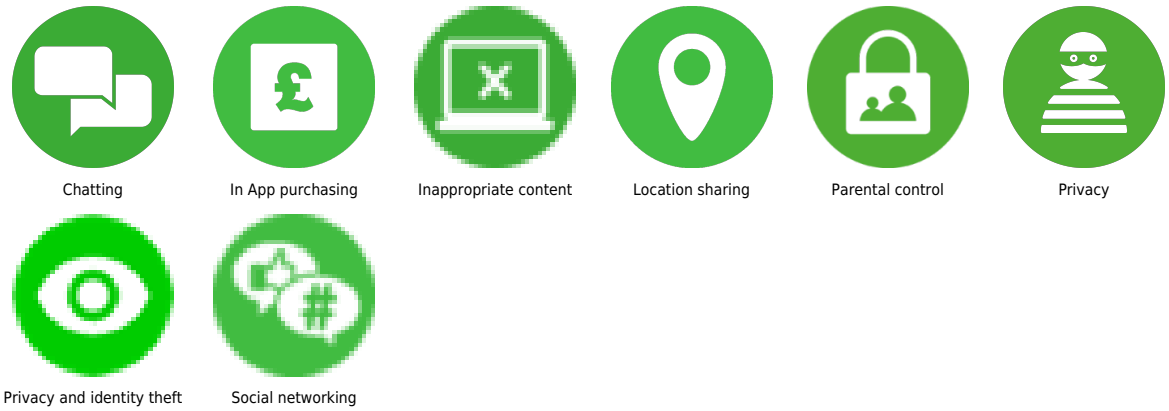
Type of guide

Social media privacy guides

Features and Benefits

Facebook features a number of functions to help your teen manage who can see their content and how they interact with others. They can also use the reporting function to flag content that breaks community guidelines and upsets them.

What specific content can I restrict?



What do I need?

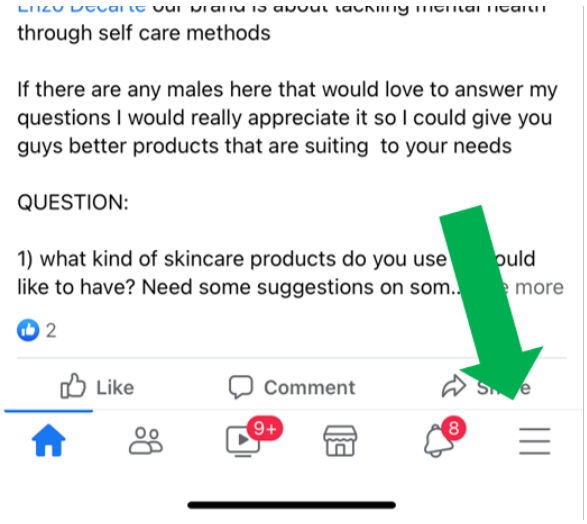
A Facebook account (username and password)

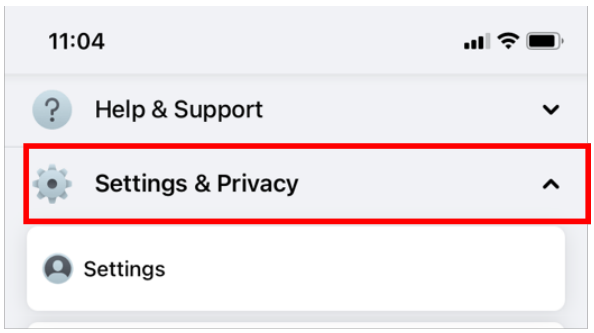
Facebook guide

Step by step guide

1 Privacy Checkup is a great tool to use as you can manage your and your family's privacy and security settings. To go to Privacy Checkup: Step 1 – From the home feed, click the three horizontal lines in the bottom right corner, scroll down and tap Settings & Privacy. Step 2 – Tap Privacy shortcuts, then Review a few important privacy settings. Step 3 – Here you can choose to control who can see your posts, how to keep your account, data settings, and much more.

1





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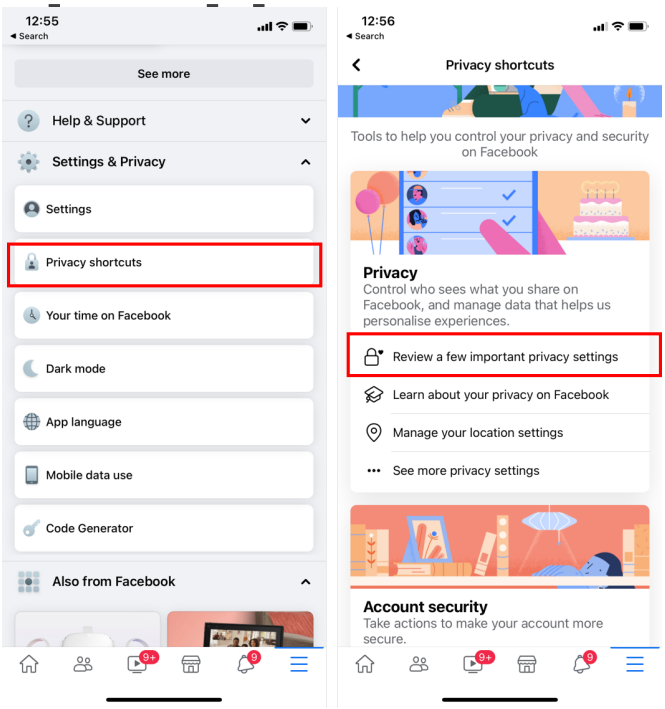
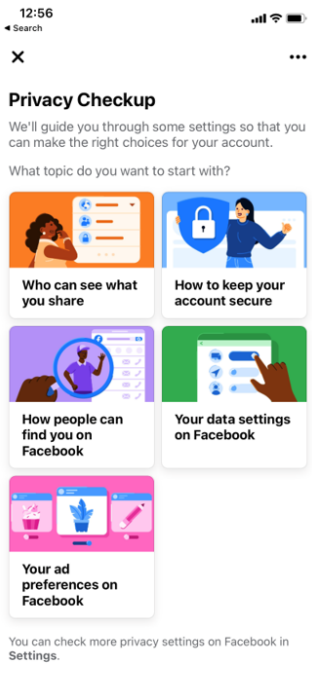

12:55
Search
See more
Help & Support
Settings & Privacy
Settings
Privacy shortcuts
Your time on Facebook
Dark mode
App language
Mobile data use
Code Generator
Also from Facebook
12:56
Search
Privacy shortcuts
Tools to help you control your privacy and security on Facebook
Privacy
Control who sees what you share on Facebook, and manage data that helps us personalise experiences.
Review a few important privacy settings
Learn about your privacy on Facebook
Manage your location settings
See more privacy settings
Account security
Take actions to make your account more secure.

3


12:56
Search
Privacy Checkup
We'll guide you through some settings so that you can make the right choices for your account.
What topic do you want to start with?
Who can see what you share
How to keep your account secure
How people can find you on Facebook
Your data settings on Facebook
Your ad preferences on Facebook
You can check more privacy settings on Facebook in Settings.

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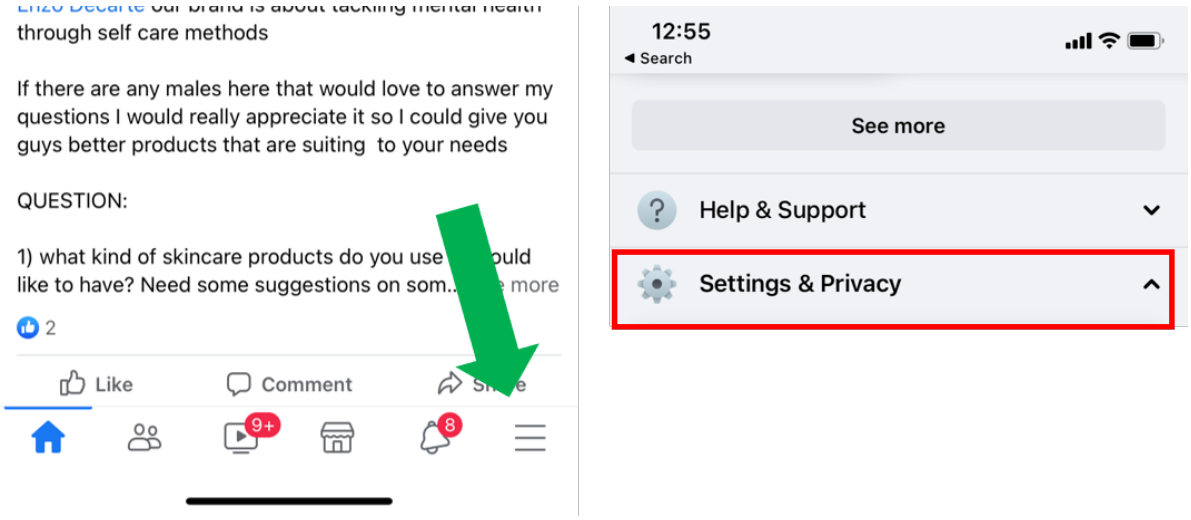
Step by step guide

2

Manage screen time You can see how your child is spending their time on Facebook. If you want to manage your time on Facebook: Step 1 – From the home feed, click the three horizontal lines in the bottom right corner, scroll down and tap Settings & Privacy. Step 2 – Tap Your time on Facebook, under Manage your time, tap See Tools. Step 3 – Here you can enable quiet mode, schedule quiet mode, or set a daily reminder.

1



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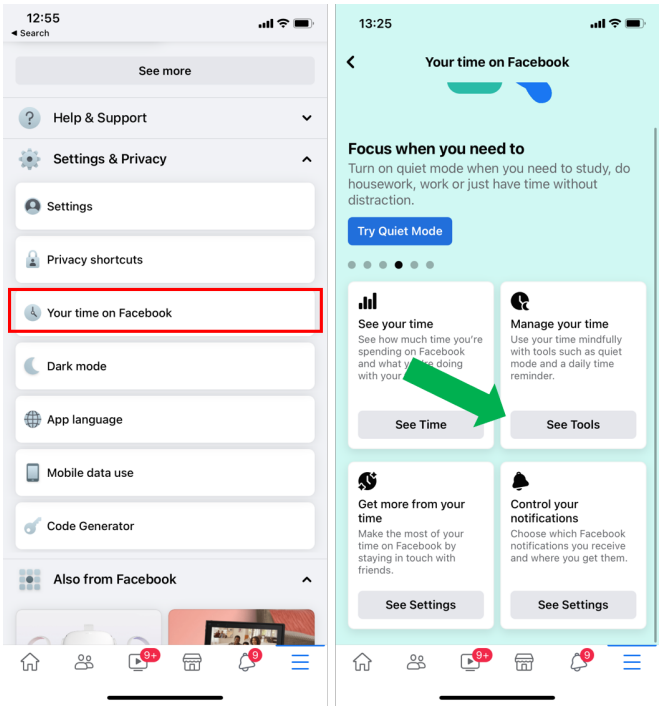
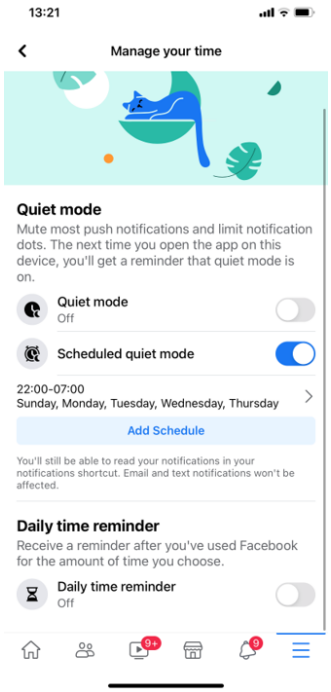

12:55
Search
See more
Help & Support
Settings & Privacy
Settings
Privacy shortcuts
Your time on Facebook
Dark mode
App language
Mobile data use
Code Generator
Also from Facebook
13:25
Your time on Facebook
Focus when you need to
Turn on quiet mode when you need to study, do housework, work or just have time without distraction.
Try Quiet Mode
See your time
See how much time you're spending on Facebook and what you're doing with your
Manage your time
Use your time mindfully with tools such as quiet mode and a daily time reminder.
See Time
See Tools
Get more from your time
Make the most of your time on Facebook by staying in touch with friends.
Control your notifications
Choose which Facebook notifications you receive and where you get them.
See Settings
See Settings

3


13:21
Manage your time
Quiet mode
Mute most push notifications and limit notification dots. The next time you open the app on this device, you'll get a reminder that quiet mode is on.
Quiet mode
Off
Scheduled quiet mode
22:00-07:00
Sunday, Monday, Tuesday, Wednesday, Thursday
Add Schedule
You'll still be able to read your notifications in your notifications shortcut. Email and text notifications won't be affected.
Daily time reminder
Receive a reminder after you've used Facebook for the amount of time you choose.
Daily time reminder
Off

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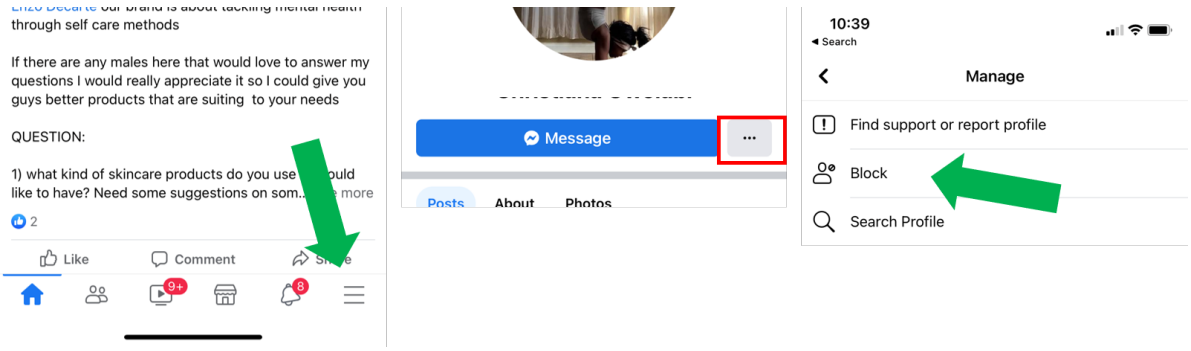
Step by step guide

3 Block someone There is more than one way to block someone. To block someone from their page: Step 1 – From your home feed, either search or click on their name, then tap the three dots next to the Message button. Step 2 – Tap Block, then Block again To block someone from your privacy settings: Step 1 – From your home feed, tap the three horizontal bars in the bottom left-hand corner. Step 2 – Scroll down and tap Settings & Privacy, then tap Settings. Step 3 – Scroll down and tap Blocking, then Add to blocked list. Step 4 – Then search for the name or email and tap block.

1



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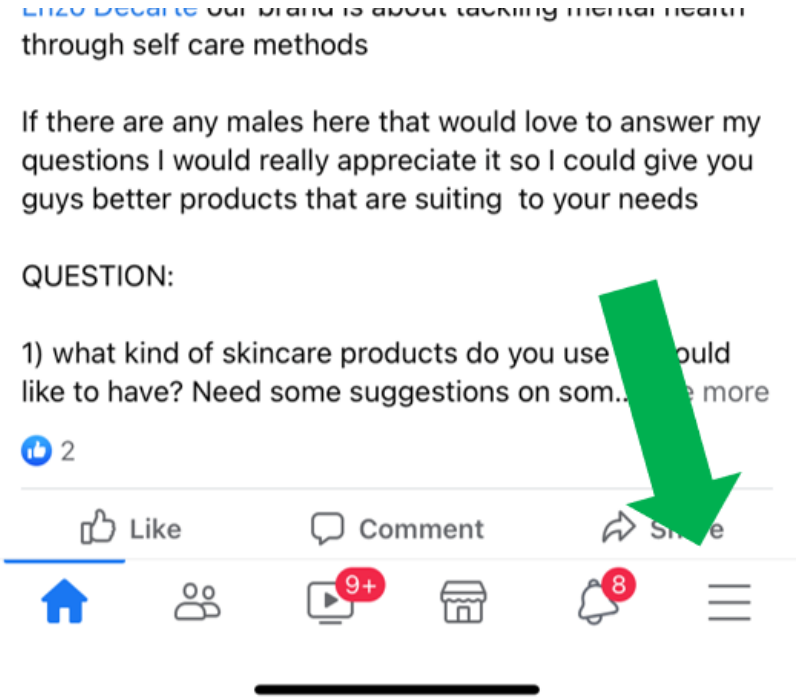
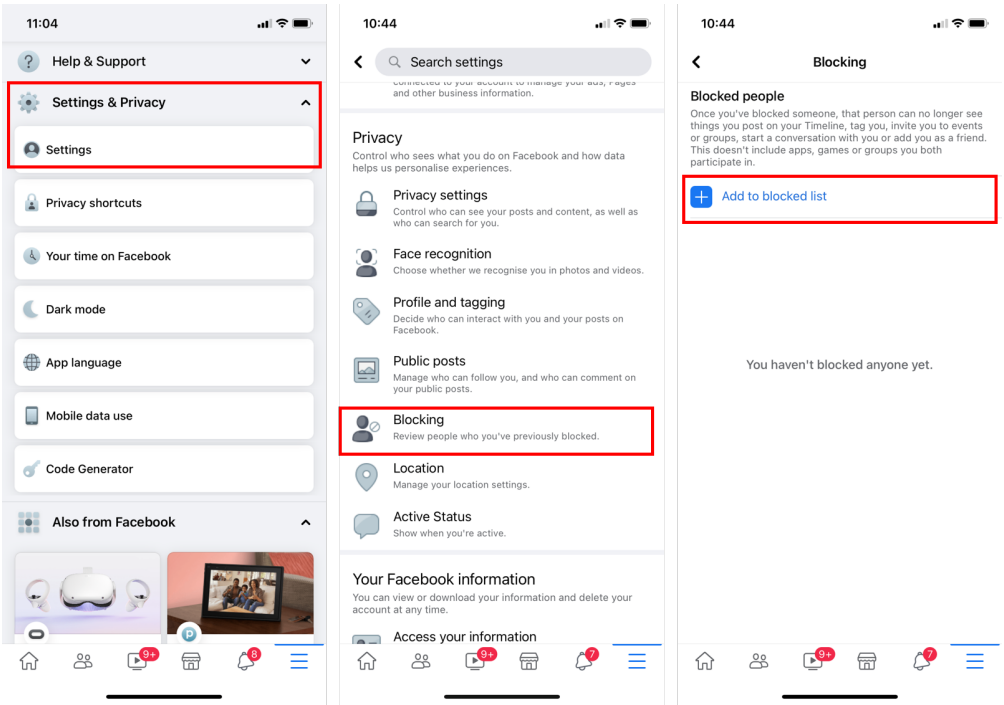
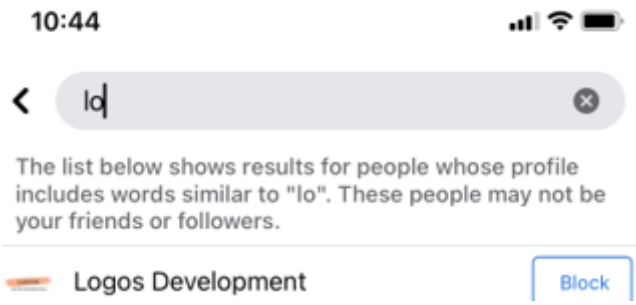

through self care methods
If there are any males here that would love to answer my questions I would really appreciate it so I could give you guys better products that are suiting to your needs
QUESTION:
1) what kind of skincare products do you use
like to have? Need some suggestions on som..
more
2
Like
Comment

3


11:04
Help & Support
Settings & Privacy
Settings
Privacy shortcuts
Your time on Facebook
Dark mode
App language
Mobile data use
Code Generator
Also from Facebook
10:44
Search settings
Privacy
Control who sees what you do on Facebook and how data helps us personalise experiences.
Privacy settings
Control who can see your posts and content, as well as who can search for you.
Face recognition
Choose whether we recognise you in photos and videos.
Profile and tagging
Decide who can interact with you and your posts on Facebook.
Public posts
Manage who can follow you, and who can comment on your public posts.
Blocking
Review people who you've previously blocked.
Location
Manage your location settings.
Active Status
Show when you're active.
Your Facebook information
You can view or download your information and delete your account at any time.
Access your information
10:44
Blocking
Blocked people
Once you've blocked someone, that person can no longer see things you post on your Timeline, tag you, invite you to events or groups, start a conversation with you or add you as a friend. This doesn't include apps, games or groups you both participate in.
Add to blocked list
You haven't blocked anyone yet.

4


10:44
lo
The list below shows results for people whose profile includes words similar to "lo". These people may not be your friends or followers.
Logos Development
Block