CHECKLIST

Phone Blocking Checklist

- [ ] Choose Screen Time for iPhone or Family Link for Android
- [ ] Turn on content restrictions and limit adult websites
- [ ] Add specific gambling addresses to your blocked list
- [ ] Set a passcode or parent account password
- [ ] Write the passcode down and store it away from the device
- [ ] Test the block by trying to visit a gambling site
- [ ] Set up router or DNS filtering for home network coverage
- [ ] Remove private browsing and VPN apps that bypass blocks