



Playstation Family Parental Controls

Controls & settings guide

PlayStation offers a range of ways to set parental controls for your child's console. The PlayStation Family app is the easiest way and can help you manage content, screen time and more.

1 Setting up a child's account

PlayStation gives you the option of creating a Family, which makes it easier to manage your child's safety while they play games.

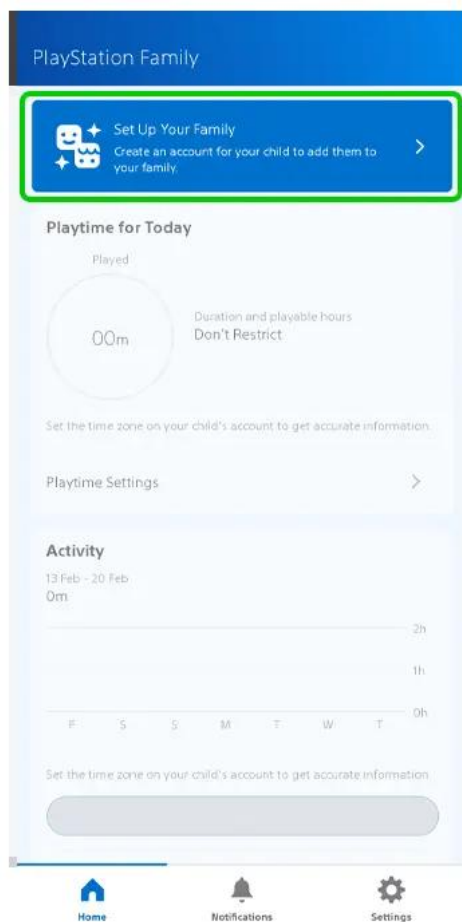
You are the family manager and you can add another parent or guardian, child members or other adult members who cannot change your child's settings.

To set up a child's account:

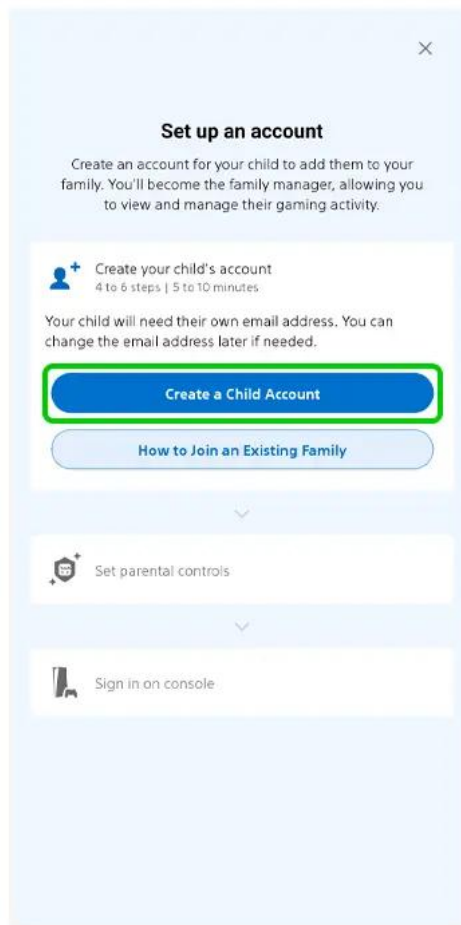
Step 1 – Download and open the PlayStation Family app. **Sign in** or create your PlayStation account. Follow the data and notification prompts you receive on your first login.



Step 2 – Tap **Set Up Your Family** at the top of the screen.



Step 3 – If you're creating a new child account, tap **Create a Child Account**. Otherwise, follow instructions for adding an existing user.



Step 4 – Enter your child's **real birthdate**. This won't be shared with anyone but will make setting safety controls easier. Tap **Next**.

[Close](#)

Add a Child

Enter your child's date of birth. Some PlayStation services have age restrictions, so make sure that the correct date of birth is entered. Other players won't be able to see it.

Date of Birth

1 1 2018

Cancel Next

[Privacy Policy](#)

Step 5 – Add their **email** and **create a password**. Tap **Next**. Tap **OK**.

If your child doesn't have an email, do this first using your choice of email client.

[Close](#)

← Add a Child

Enter a valid email address and a secure password for your child. The email address that you provide:

- Will be used to send information about your child's account.
- Can be changed later, if needed.
- Will be visible to family members only.

Sign-In ID (required)

Password (required)

Password Strength 

[About Your Password](#)

Re-enter password (required)

[Cancel](#) [Next](#)

[Privacy Policy](#)

Step 6 – Choose your child's Restriction Level. **'Child'** is based on the age your entered, which you can customise further. This is the easiest option. Tap **Next**.

×

Restriction Level

Select a restriction level for your child. You can also customise the selected restriction level.

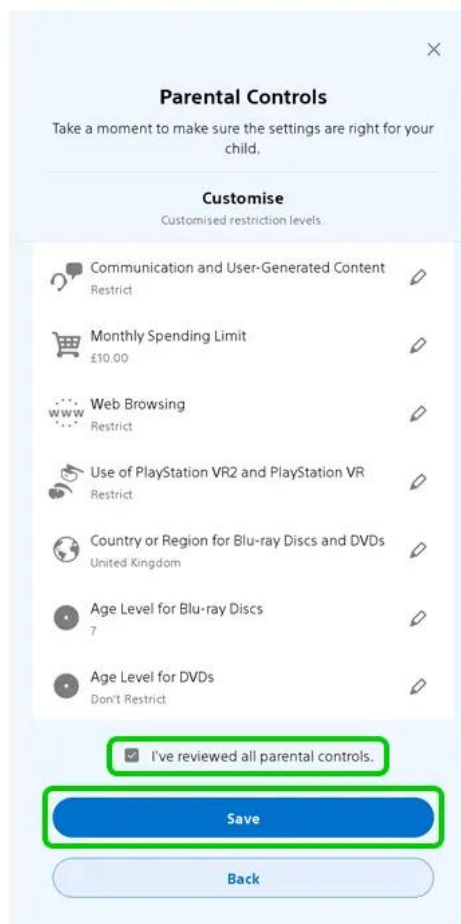
Child
Recommended setting for ages 7 to 12.

Customise
Customised restriction levels.

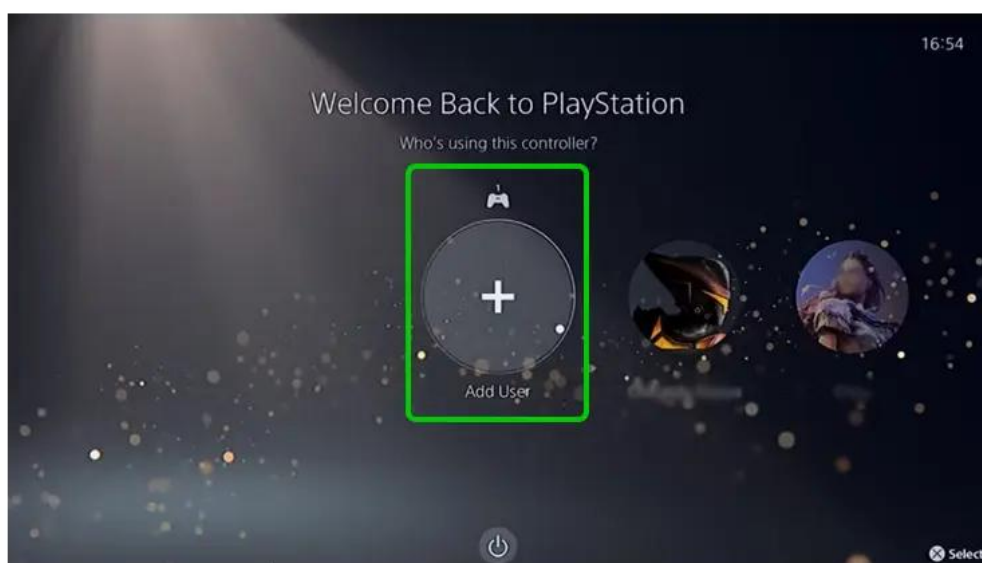
Next

Back

Step 7 – Review **all parental controls** and make any changes you don't agree with. Tap '**I've reviewed all parental controls**' and then **Save**.



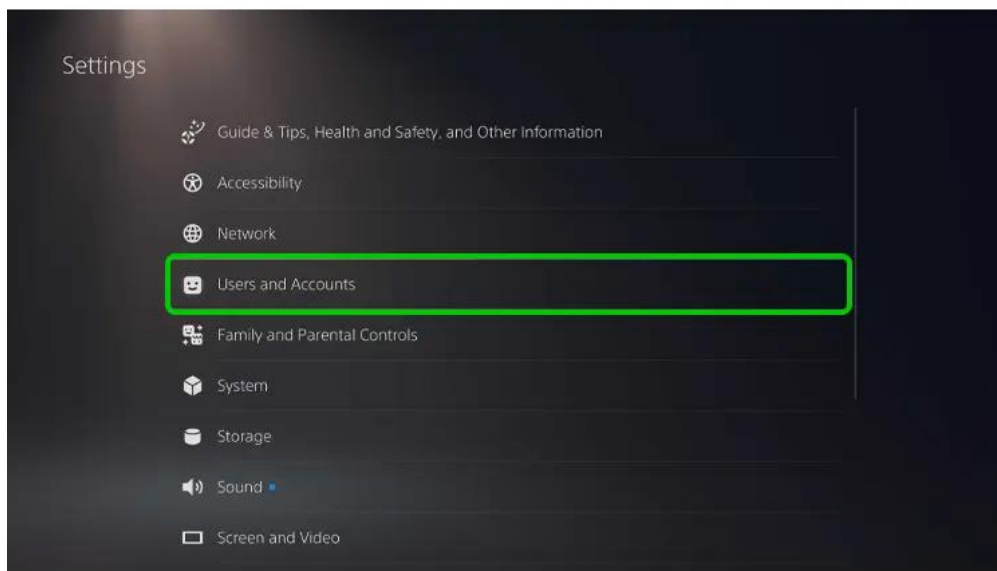
Step 8 – On your family **PS5**, go to the user selection screen. If your child is not already added, select **Add User** > **Get Started** and follow the prompts.



Step 9 – When you're on their **home screen**, scroll across the very top menu to the **gear icon (Settings)**.

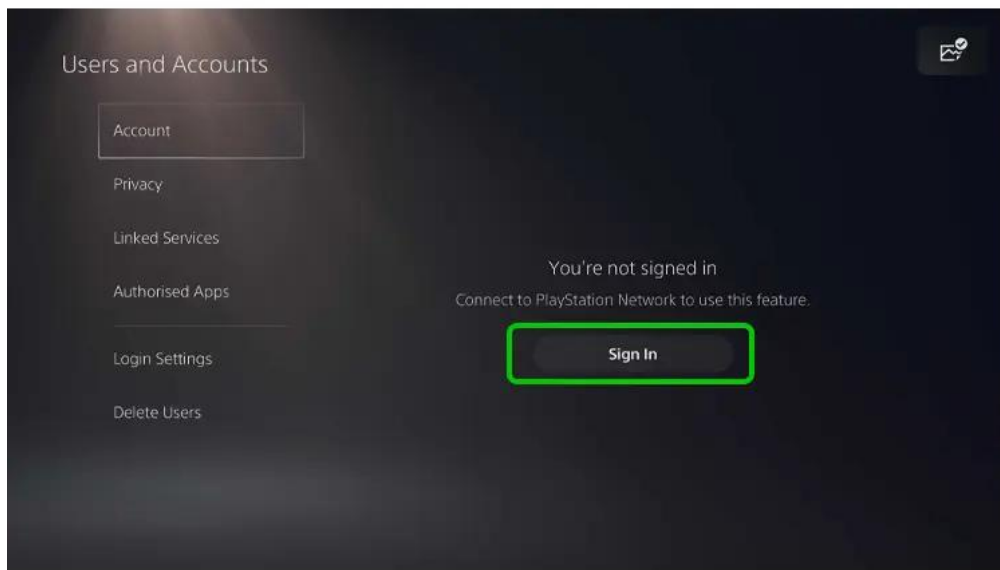


Step 10 – Select **Users and Accounts**.



Step 11 – Select **Sign In** and use the QR code or manual entry to login to the account you set up in the PlayStation Family app.

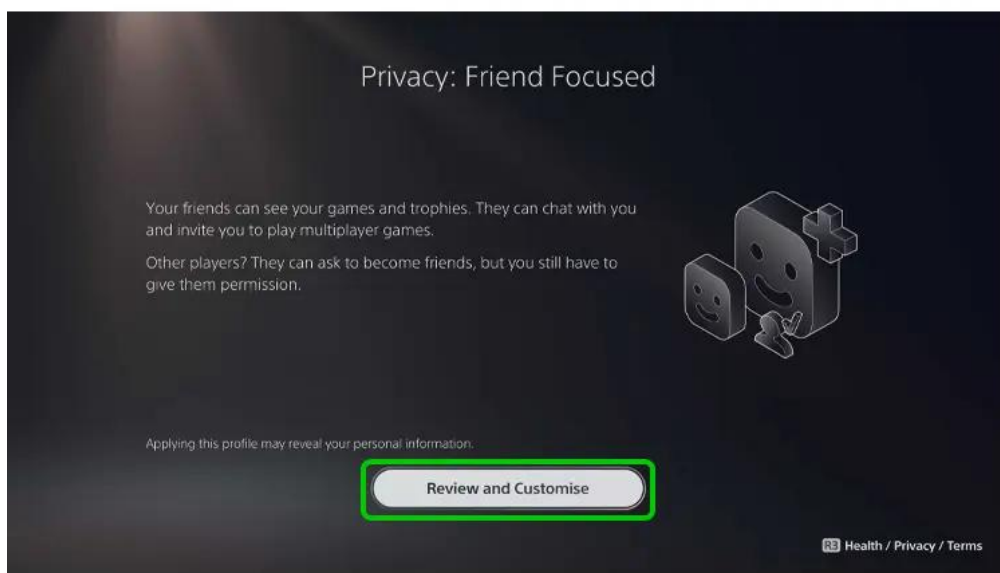
Follow the prompts and fill in the information it asks for.



Step 12 – Choose any profile and select **Review and Customise**.

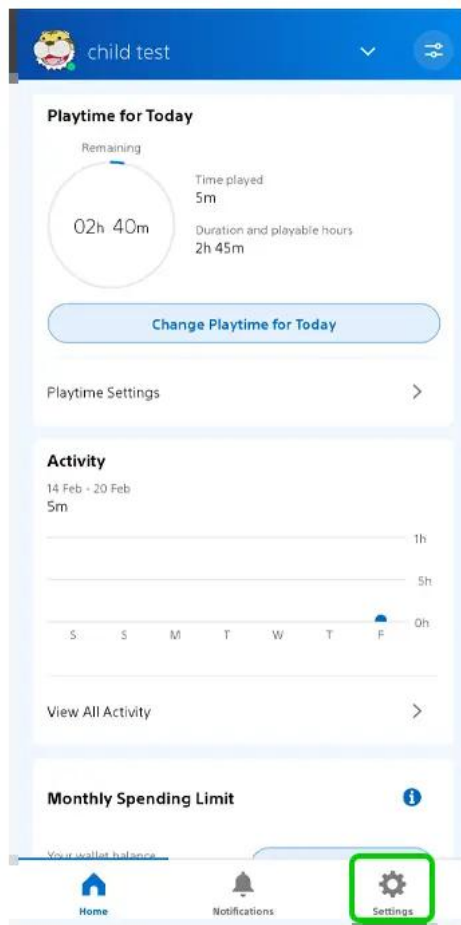
On the next screen, select **Apply**.

We will come back to these two settings in the PlayStation Family app.

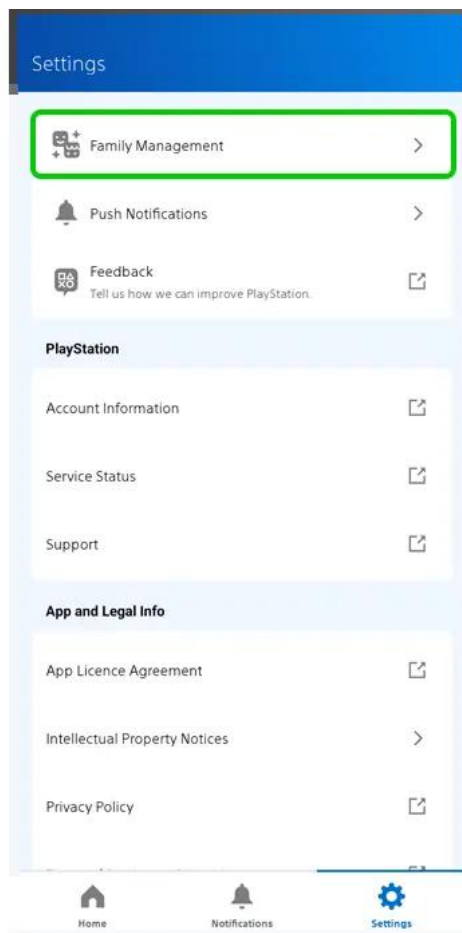


Step 13 – Verify your child's email address and then return to the **PlayStation Family app**.

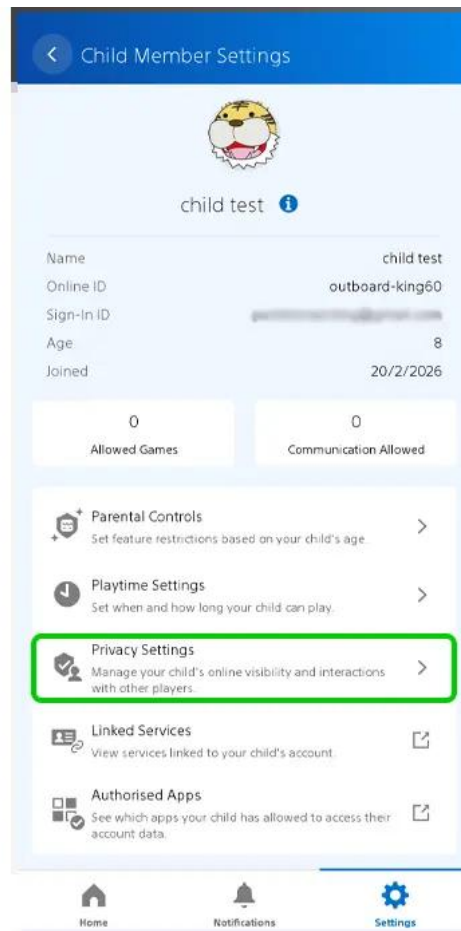
In the bottom right corner, tap **Settings**.



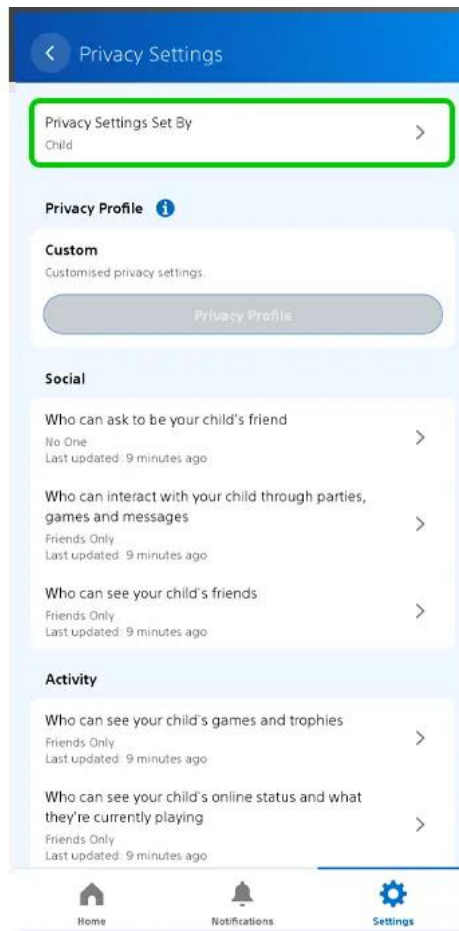
Step 14 – Select **Family Management** > **your child**.



Step 15 – Select **Privacy Settings**.



Step 16 – Select **Privacy Settings Set By** and select **Parent/Guardian**.

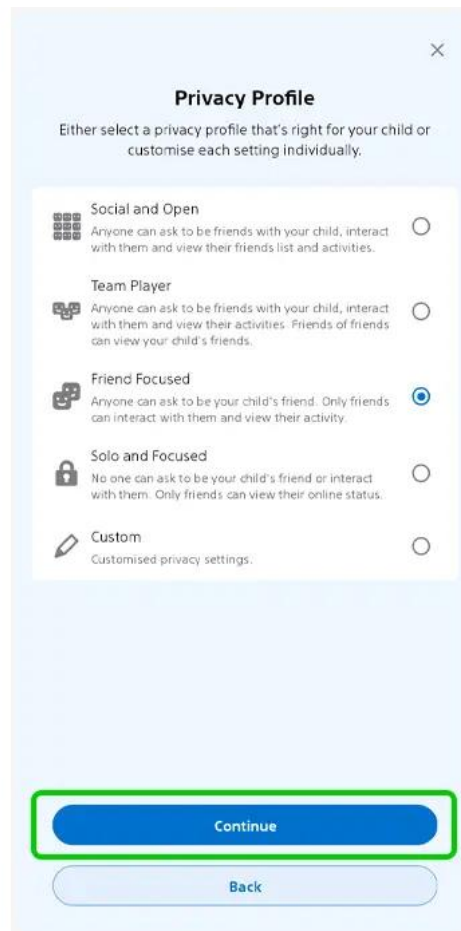


Step 17 – Now you can select the **profile type** that works best for your child's age, maturity, skills and needs, which we skipped earlier.

If you do not want your child communicating with anyone, including friends, choose Solo and Focused.

As your child grows, you can change these settings to give them more access to friends and communication features.

Tap **Continue**.



Step 18 – Review **every setting** under Privacy Profile and make sure that '**Allow your child to change this setting**' is turned **off** (the grey toggle means it's off) for each setting.

Tick '**I've reviewed all privacy settings**' and tap **Continue**.

If your child uses PS4, review each setting as above. Otherwise, tap **Save**.

Privacy Profile

Take a moment to make sure the settings are right for your child.

Custom

Customised privacy settings.

- Who can ask to be your child's friend
No One
- Who can interact with your child through parties, games and messages
Friends Only
- Who can see your child's friends
Friends Only
- Who can see your child's games and trophies
Friends Only
- Who can see your child's online status and what they're currently playing
Friends Only
- Allow your child to receive crossplay invitations
Don't Allow

☒ I've reviewed all the privacy settings.

Continue

Back

Your child can now use their PlayStation 4 or PlayStation 5 with a safety net in place.

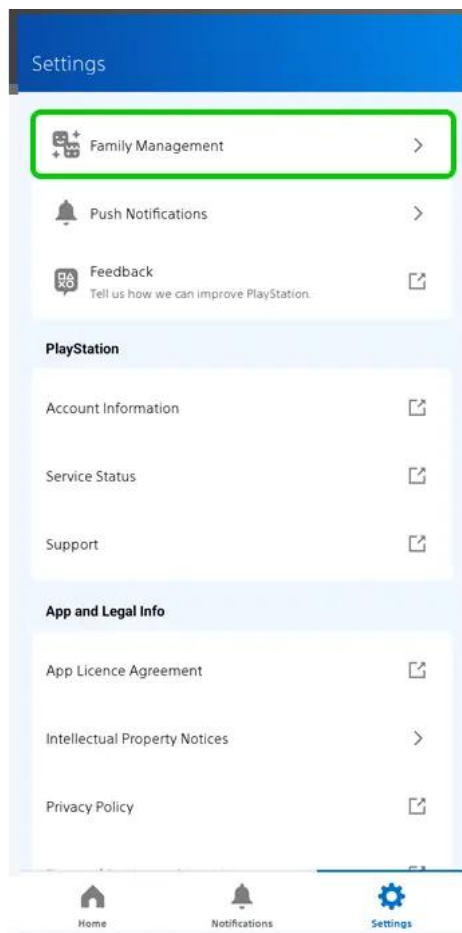
2 How to set screen time limits

The PlayStation Family app lets you set limits on how much time your child can spend playing games each day and during which hours.

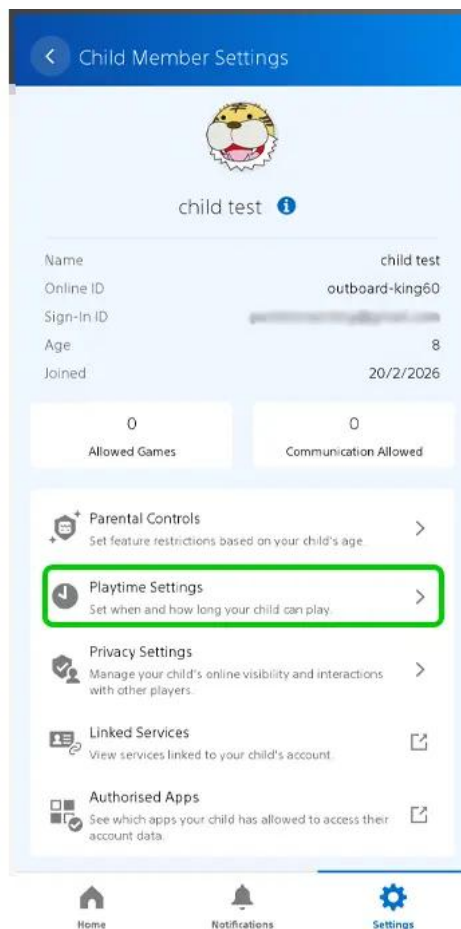
On days they reach their limit, they can ask you for more time, which gives you control over additional screen time.

To set up playtimes:

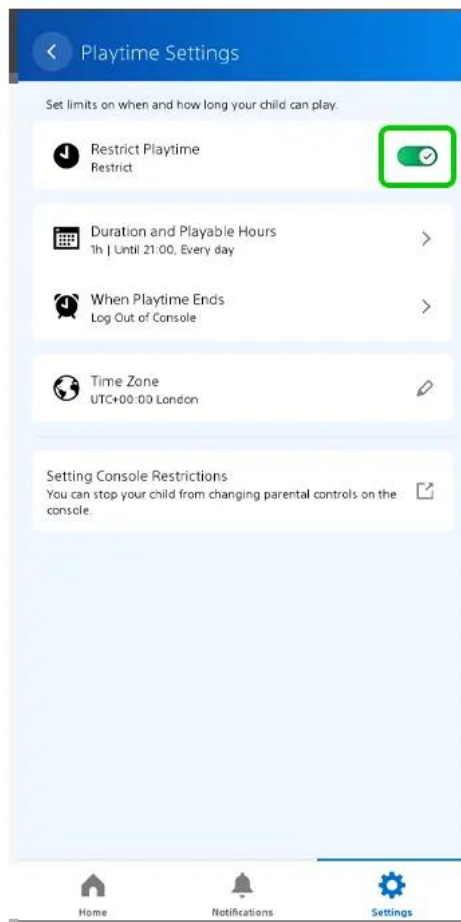
Step 1 – In the PlayStation Family app, select **Settings > Family Management > your child**.



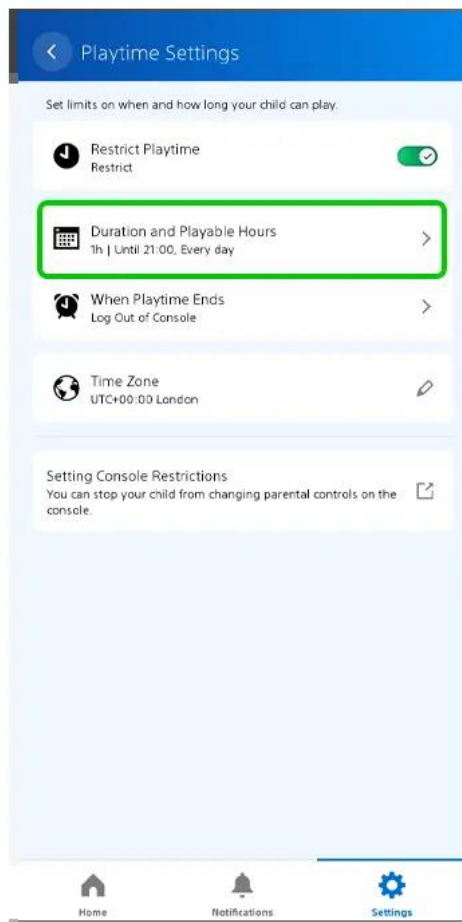
Step 2 – Tap **Playtime Settings**.



Step 3 – Tap the **toggle** next to **Restrict Playtime** to turn limits on.

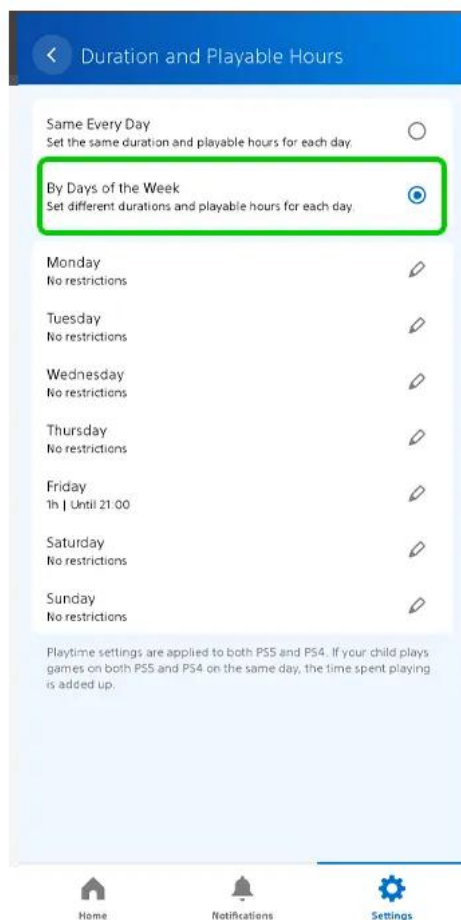


Step 4 – Tap **Duration and Playable Hours**.



Step 5 – Choose either **Same Every Day** or **By the Days of the Week**.

Customising each day means you can give them less time on school nights and more time at the weekends, if that is something you're interested in.



Step 6 – For the daily option, select **each day of the week** and turn on the **toggles** for **Restrict Playtime Duration** and **Restrict Playable Hours**.

The screenshot shows a mobile app interface for setting playtime restrictions. At the top, there's a dark blue header with a white 'X' icon. Below it, the word 'Monday' is centered. The main content area has a light blue background. It contains two toggle switches, both of which are turned on and highlighted with a green square. The first toggle is labeled 'Restrict Playtime Duration' and is followed by 'Playtime Duration 1h' with a pencil icon. The second toggle is labeled 'Restrict Playable Hours' and is followed by 'Start time 00:00' and 'End time 21:00', each with a pencil icon. At the bottom, there are two buttons: a grey 'Save' button and a blue 'Cancel' button.

Monday

Restrict Playtime Duration ☒

Playtime Duration 1h

Restrict Playable Hours ☒

Start time 00:00

End time 21:00

Save

Cancel

Step 7 – Next to **Playtime Duration**, select the **maximum amount of time** you want your child to play video games on their PlayStation console.

The screenshot shows a mobile app interface for setting playtime restrictions for Friday. At the top, there's a dark blue header with a close button (X). Below it, the day 'Friday' is centered. The first section is 'Restrict Playtime Duration' with a green toggle switch. Below this, a green-bordered box highlights the 'Playtime Duration' section, which shows '2h' with a dropdown arrow. The second section is 'Restrict Playable Hours' with a green toggle switch. Below this, there are two time selection fields: 'Start time' set to '00:00' and 'End time' set to '21:00', each with an edit icon (pencil). At the bottom, there are two buttons: a blue 'Save' button and a light blue 'Cancel' button.

Step 8 – Under **Restrict Playable Hours**, select the **Start time** and **End time** for when you're happy for your child to play games on their console. They won't be able to access games outside of these hours.

Tap **Save** for **each day**.

Monday

Restrict Playtime Duration ☒

Playtime Duration 1h

Restrict Playable Hours ☒

Start time 18:00

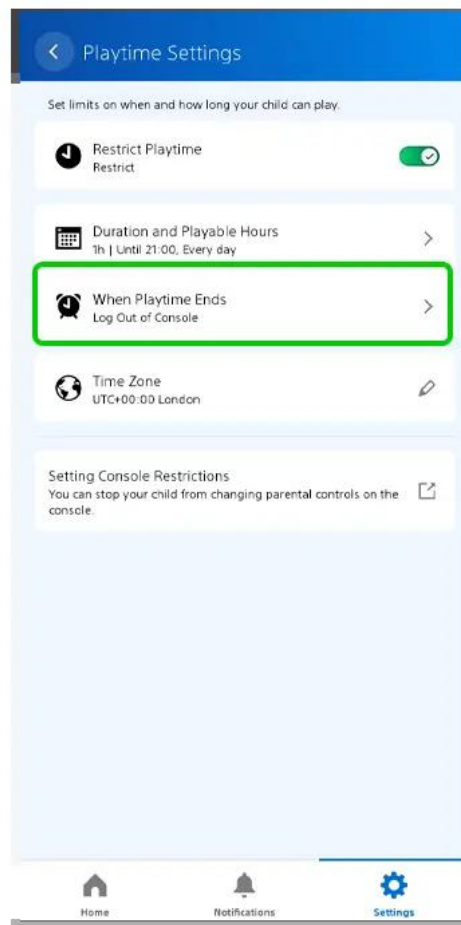
18 00

End time 21:00

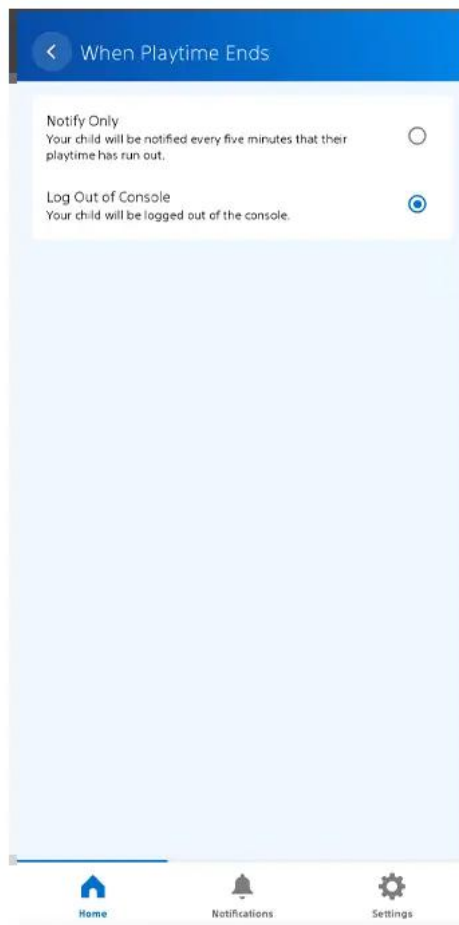
Save

Cancel

Step 9 – Go back and select **When Playtime Ends**.



Step 10 – Decide whether your child will receive a **notification** every five minutes when their time has run out or if the console will **log them out**.

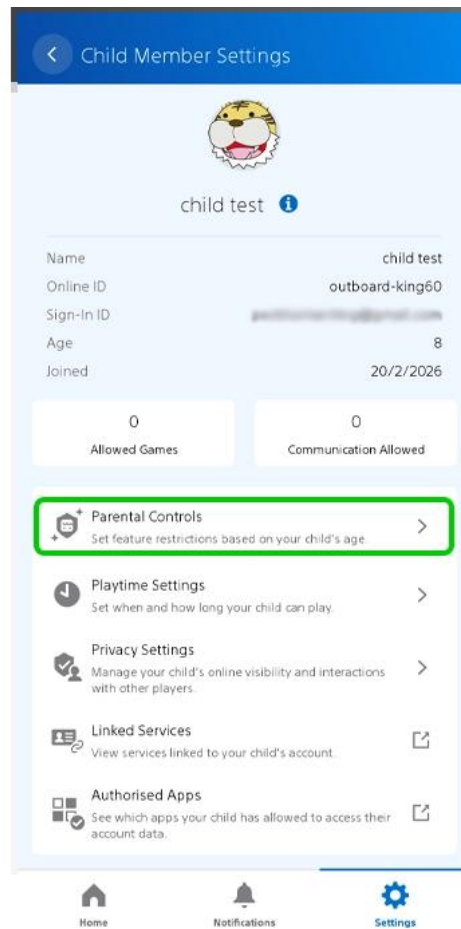


3 Turn on spending restrictions

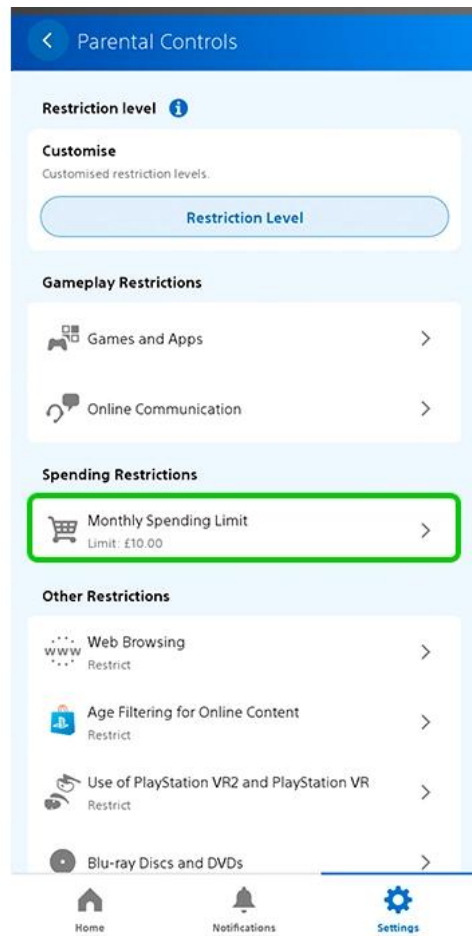
The PlayStation Family app gives you an easy way to manage in-game and console spending. You can set monthly spend restrictions or load limited funds for your child to use.

To set up spending restrictions:

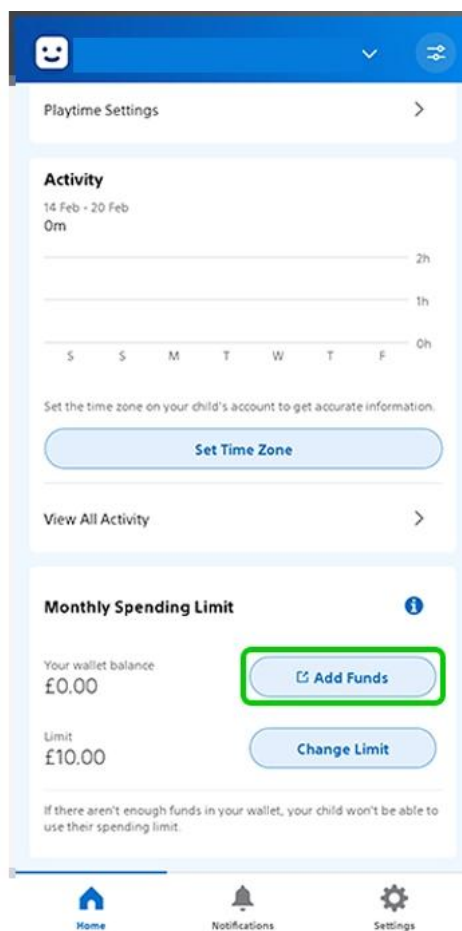
Step 1 – From your child's Setting screen, select **Parental Controls**.



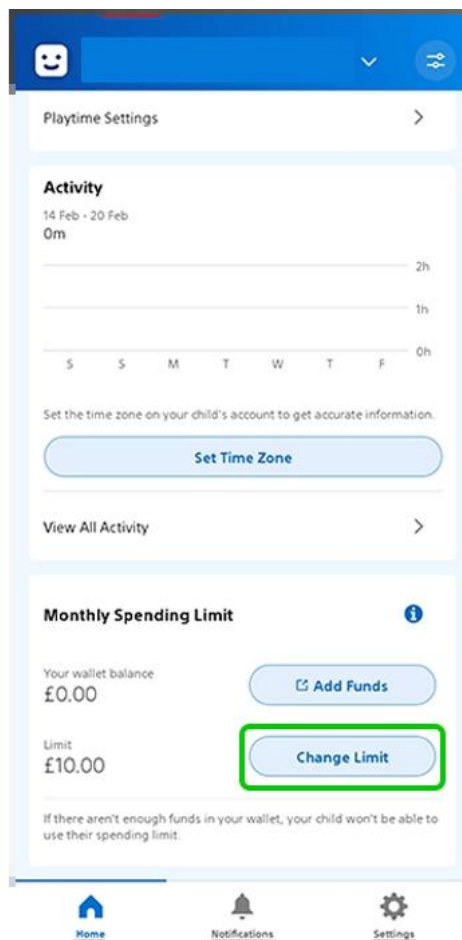
Step 2 – Tap Monthly Spending Limit.

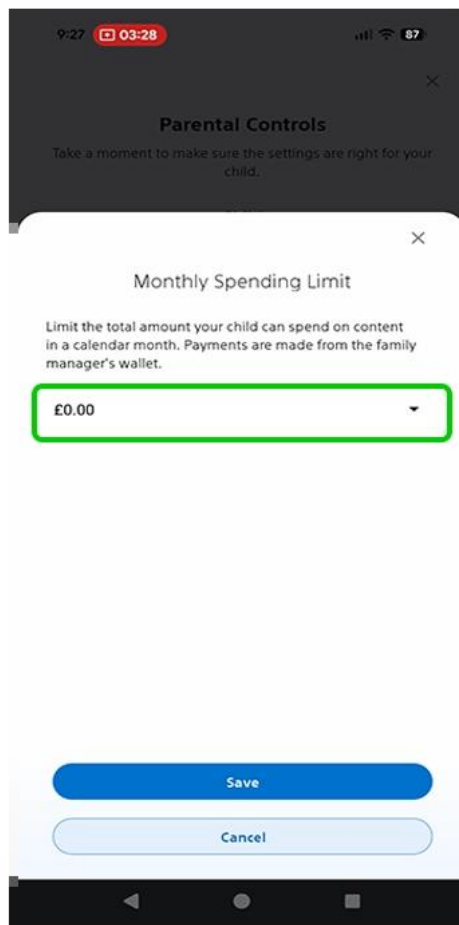


Step 3 – Select **Add Funds** and follow the instructions for adding money to your child's account.

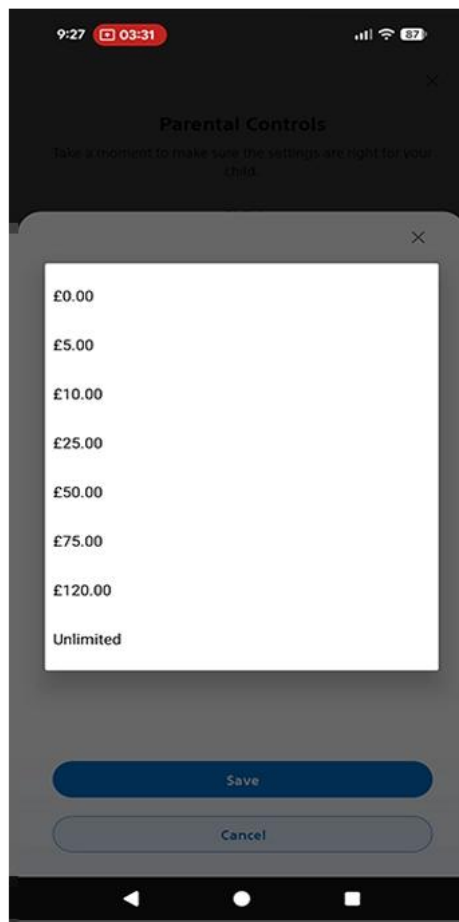


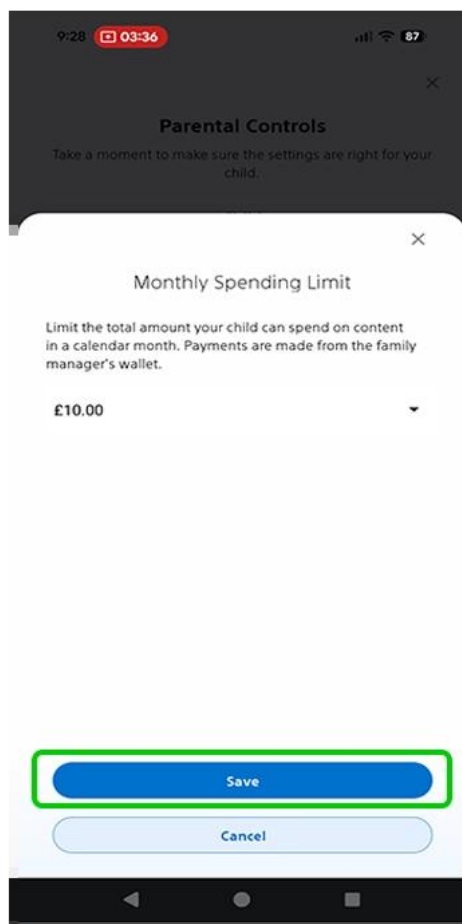
Step 4 – Back in the PlayStation Family app Monthly Spending Limit menu, select **Change Limit**.





Step 5 – Select from the options available and tap **Save**.





4 Customise communication

As your child grows, the games they play are bound to become more social. Roblox, Fortnite and Minecraft are all examples of social games which continue to be popular among young people.

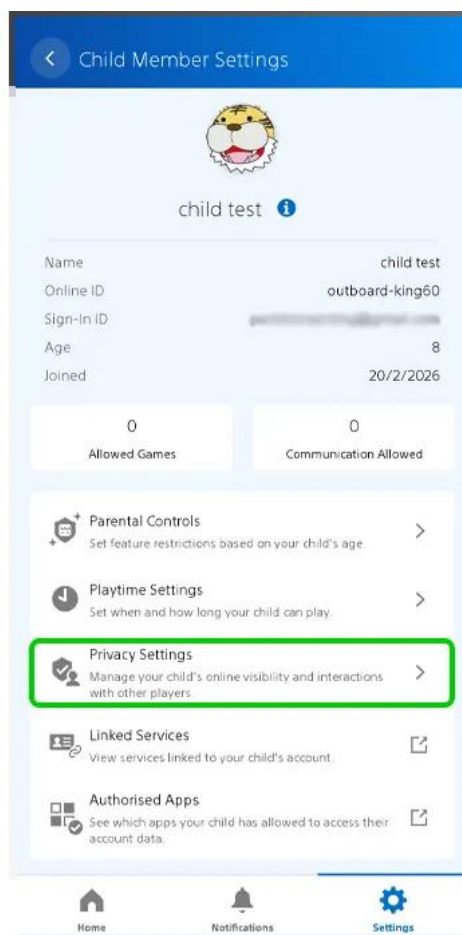
You can set limits for communication within their games as well as on their PlayStation console.

However, to access communication features, your child might need to verify their age. This helps to ensure adults and children are kept separate. If your child needs to do this, you likely will have received an email from PlayStation.

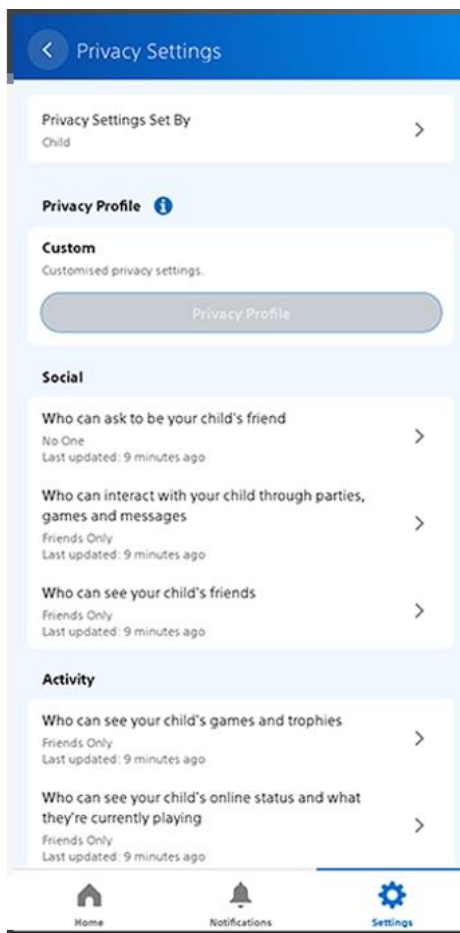
To set communication limits:

Step 1 – From your child's Settings menu in the PlayStation Family app, select

Privacy Settings.



Step 2 – Go through each setting and change to **Friends** or **No One**. If your child is aged 16 or older, you can try opening this up to others, but keep it restricted if they're any younger.



5

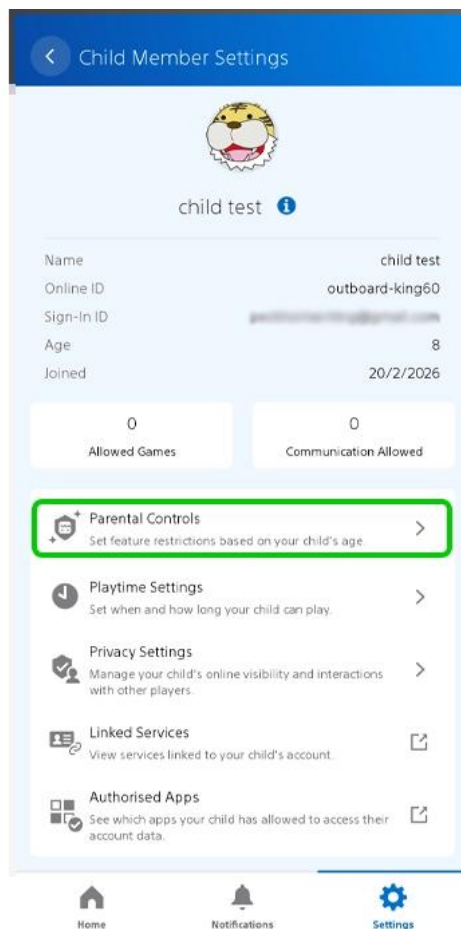
How to restrict inappropriate content

When you first set up your child's PlayStation account, there are a several settings you go through, including setting content restrictions.

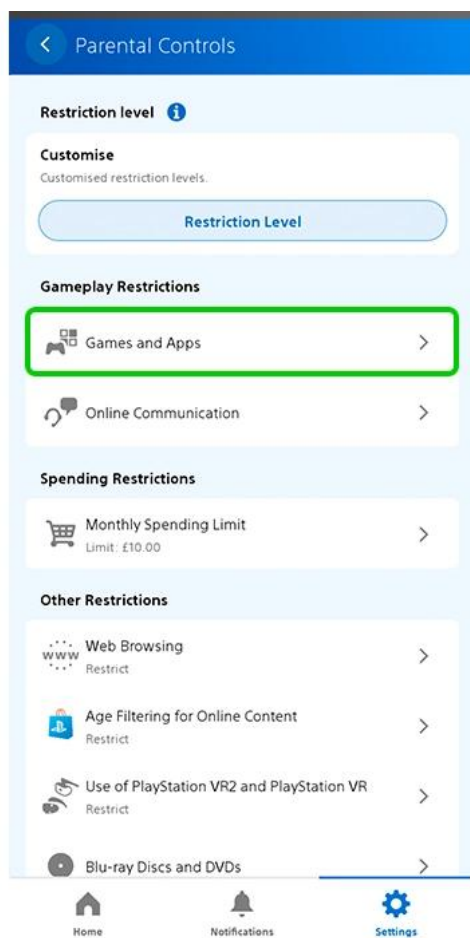
Generally, these will be set based on your child's age, but if you've customised them, make sure to review them every year as they grow. And remember that just because your child meets age criteria, it doesn't mean they're necessarily ready for older content.

To customise content settings:

Step 1 – From your child's Settings menu in the PlayStation Family app, tap **Parental Controls**.

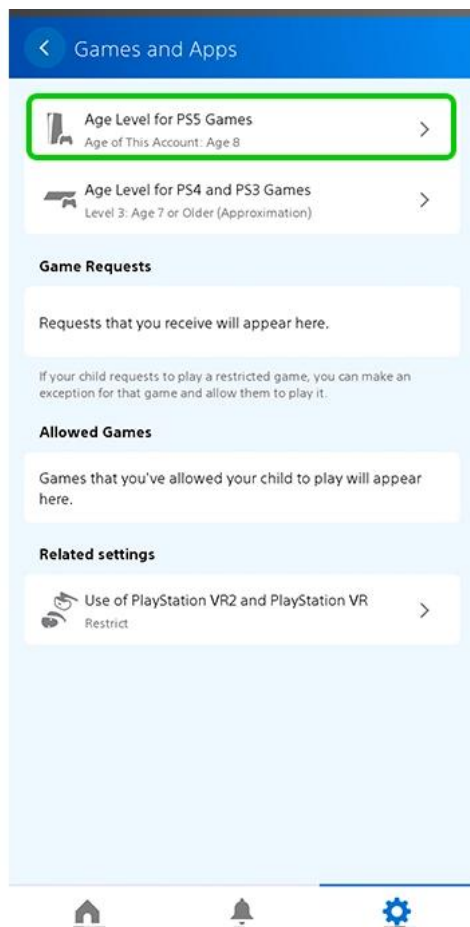


Step 2 – Under Gameplay Restrictions, tap **Games and Apps**.



Step 3 – Tap **Age Level for PS5 Games**. You can lower the age, but you can't go higher than your child's actual age (based on their birthday that you entered). Tap **Save**.

Repeat with Age Level for PS4 and PS3 Games.



×

Age Level for PS5 Games

Set the age level for games that's appropriate for your child. If you select [Age of This Account], the age level will be set using your child's date of birth and automatically updated every year.

Age of This Account: Age 8

Ratings of games that can be played:

3

7

You can't select an age level that's higher than your child's age.

You can allow your child to play PS5 games that are rated higher than their age if they send a request.

Save

Cancel

×

Age Level for PS5 Games

Set the age level for games that's appropriate for your child.

Age of This Account: Age 8

8 Years Old

7 Years Old

6 Years Old

5 Years Old

4 Years Old

3 Years Old

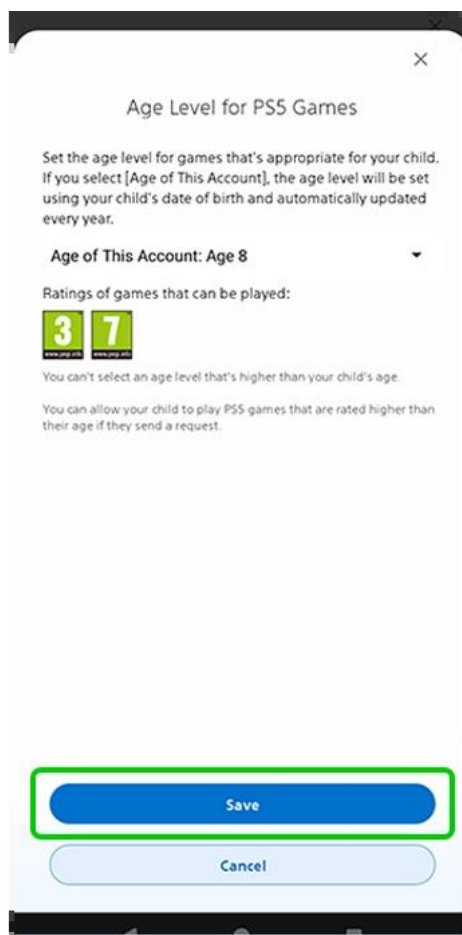
2 Years Old

1 Year Old

0 Years Old

Save

Cancel



Step 4 – Go back. Under Other Restrictions, review the settings to turn on restrictions and set age limits for **Blu-Ray Discs and DVDs**.

