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PLAYSTATION Parental Control Manual

1. Access Family Management

Download the **PlayStation App** on your smartphone (available for both iOS and Android).

Sign in to your **PlayStation Network (PSN)** account, or create a new one if you don't already have an account.

On your PlayStation console, go to **Settings > Parental Controls/Family Management**.

Here, you can create a **family account**, add a **child's account**, and assign specific roles (e.g., **Parent/Guardian**).

Select **Family Management** and add your child's account if they don't already have one.

If your child does not have a PSN account, you will need to create one for them under your Family Management settings.

Once your child's account is added and linked to your family, you can control and manage settings from the **PlayStation App** or the PlayStation website.

In the app, you can go to **Settings > Parental Controls** where you can adjust content filters, set time limits, block communications with strangers, and monitor activity.

2. Set Screen Time Restrictions

In the **Family Management** section, you can set specific **playtime limits** for your child. You can also filter content based on age ratings and restrict access to certain features like messaging or multiplayer play.

PlayStation also allows you to **set a daily playtime limit** and choose whether to allow or restrict certain game features, such as online play or in-game purchases.

Under your child's profile, select **Play Time Settings**.

Enable screen time limits by specifying hours and days the account can be used.

Choose whether to automatically log the child out once their time limit is reached, or simply send a notification.

3. Content Restrictions by Age

Navigate to **Content Restrictions** for your child's account.

Set an appropriate age level for games and applications, limiting access to content rated above this age.

Adjust web browsing restrictions to block access to adult content.

4. Restrict Online Communication

In **Network Features**, you can limit who the child can communicate with online.

Disable **Communicating with Other Players** to restrict chat or multiplayer game interactions.

Toggle **Viewing Content Created by Other Players** to prevent them from seeing user-generated content, such as shared photos or videos.

5. Purchasing Controls

Limit in-game purchases by ensuring the child's profile doesn't have direct payment access.

Set up **Monthly Spending Limits** on the child's account to control spending within games.

6. Notifications and Activity Monitoring

Set up notifications for parental controls under **Settings**.

Regularly review activity and playtime history in **Family Management** to stay informed of their gaming habits

You can review activity and playtime reports through the **PlayStation App**, which provides insight into how long your child has been gaming, what games they've played, and if they've made any in-game purchases.

Importance of Parental Settings and what they do

1. Screen Time Limits

Sets a specific number of hours per day or creates a schedule for when the PlayStation can be used.

Why It's Important: Screen time limits help prevent long, non-stop gaming sessions, reducing the risk of dependency, sleep disruption, and fatigue. By setting clear boundaries, this feature encourages breaks and helps users balance gaming with other essential activities like homework, family time, and rest.

2. Content Restrictions

Filters games, apps, and media based on age-appropriate ratings, automatically blocking content that exceeds the specified age level.

Why It's Important: Limiting access to mature content reduces the risk of exposure to inappropriate themes, such as violence or adult language, which can negatively impact emotional and psychological development. Age-appropriate content fosters a safer and more supportive gaming environment, especially for younger users.

3. Purchasing and Spending Controls

Requires adult approval for purchases and sets spending limits, preventing unauthorized or impulsive purchases within games.

Why It's Important: In-game purchases, including microtransactions or loot boxes,

can encourage impulsive spending, leading to financial issues and fostering unhealthy gaming habits. This feature helps prevent children from making unapproved purchases and supports financial responsibility by controlling spending.

4. **Communication and Multiplayer Access**

Controls online interactions by limiting or disabling communication with other players in multiplayer games.

Why It's Important: Online interactions in multiplayer games can expose users to potential cyberbullying, inappropriate content, and negative social comparisons. Limiting or disabling communication helps protect children and vulnerable users from these risks, creating a safer and more positive online experience.

5. **Activity Reports**

Provides a summary of the user's gaming habits, including total screen time and the games accessed.

Why It's Important: Activity reports give caregivers valuable insights into gaming habits, making it easier to identify excessive gaming or changes in behavior. These reports allow for better monitoring and adjustment of settings, helping both children and adults maintain a healthy and balanced approach to gaming.

Checklist For Playstation Parental Controls

Initial Setup

- Create a PlayStation Network (PSN) account if you don't already have one.
- Download and install the PlayStation app on your mobile device (available on iOS or Android).
- Add family members to your account by sending invites to their email addresses (for children, you will need their details).

Set Up PlayStation Family Management

- Once the family member accepts the invitation, go to the Family Management section in your account settings.
- Set Screen Time Limits by adjusting the daily playtime for each child user account on PlayStation.
- Set Content Restrictions based on the child's age, preventing access to games, apps, or content that is not age-appropriate.
- Enable Purchase Controls to limit or block in-game purchases or the ability to buy content from the PlayStation Store.

Control Online Interactions

- Set privacy settings for your child's account to control who can interact with them online, including friend requests, messages, and online gameplay.
- Set restrictions on voice chat, communication in games, and sharing personal information.
- Manage multiplayer game access by controlling whether or not your child can play with others online.

Monitor Activity

- Regularly check weekly activity reports in your PlayStation account settings to track how much time your child spends playing games and what games they play.
- Monitor in-game purchases, online interactions, and other relevant activities to ensure they align with your preferences.

Adjust Settings

- Revisit and adjust screen time limits as necessary based on your child's changing gaming habits or schedule.
- Update content restrictions as your child's gaming interests evolve or as they grow older.
- Modify communication and multiplayer game settings to match your child's maturity level and social needs.

Implementing parental controls on PlayStation through the Family Management system is an effective way to manage gaming habits and prevent gaming addiction in both children and adults. Excessive gaming can have serious consequences for mental health, contributing to anxiety, depression, social isolation, and impaired performance at school or work. For children, PlayStation's parental control features allow parents to set screen time limits, filter content, and restrict online interactions, fostering a healthier gaming environment. For adults, these tools also provide an opportunity for self-regulation, helping to prevent excessive gaming that could interfere with personal responsibilities or overall well-being.

By using features like screen time limits, PlayStation helps both children and adults avoid long, uninterrupted gaming sessions that may lead to unhealthy behaviors, such as sleep deprivation or neglecting important tasks. Setting daily or weekly playtime limits encourages balance, ensuring that gaming is integrated into a well-rounded lifestyle. Additionally, parental control tools offer playtime reminders, which gently prompt users to take a break, encouraging mindfulness about gaming duration and helping to maintain a healthy routine.

The content restrictions feature is essential for limiting exposure to inappropriate or overly immersive games that may fuel addictive behavior. Parents can block games that are unsuitable for their child's age, while adults can use these restrictions to avoid games that may include microtransactions or design features that encourage prolonged, compulsive play. PlayStation also provides **activity reports**, giving both parents and adults a comprehensive view of the time spent gaming. These reports offer valuable insights into

gaming habits, helping users recognize patterns of excessive play and providing a useful tool for self-reflection. This feature empowers adults to adjust their gaming behaviors, ensuring that gaming remains a positive, balanced part of their daily routine.