

Phone addiction

Posted by imohamed - 18 Nov 2024 15:07

Hello I'm Tom addiction to phone and pornography, given the context I'm using iPhone can someone suggest an app lock where a friend can set a password that I don't know, to help block destructive apps and porno.

Thanks!

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Re: Phone addiction

Posted by bt again - 18 Nov 2024 19:32

Hello and welcome! I believe there are settings built into the iPhone that you can use for restricting apps. The Screen Time settings can have their own passcode and you should be able to block many apps entirely. Here's a page from Apple on that: support.apple.com/en-us/108806 For content filters and more blocking, you can set up parental controls within the built-in iPhone settings. However, TAG, as mentioned in your other thread, is going to be more solid.

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