



# DIGITAL BOUNDARIES TOOL

## THE RULE

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*IF ACCESS IS EASY, RELAPSE IS EASY.*

## STEP 1: INSTALL A BLOCKER

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- DOWNLOAD A CONTENT-BLOCKING APP FROM THE APP STORE
- FOLLOW THE IN-APP SETUP
- BLOCK ADULT WEBSITES AND KEYWORDS
- TEST IT. TRY TO OPEN A BLOCKED SITE

## STEP 2: REMOVE ALL VPN'S

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- GO TO SETTINGS → SEARCH "VPN"
- DELETE ANY VPN APPS
- REMOVE ANY VPN PROFILES

*This removes the ease of hiding what you do.*

## STEP 3: SET SCREEN TIME BOUNDARIES

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### *iPhone(iOS)*

- SETTINGS → SCREEN TIME → CONTENT & PRIVACY RESTRICTIONS → TURN ON
- APP STORE, MEDIA, WEB & GAMES → WEB CONTENT → LIMIT ADULT WEBSITES
- SETTINGS → SCREEN → TIME APP LIMITS → ADD LIMIT → SELECT BROWSERS

### *Samsung / Android*

- SETTINGS → DIGITAL WELLBEING
- SET APP TIMERS FOR BROWSERS