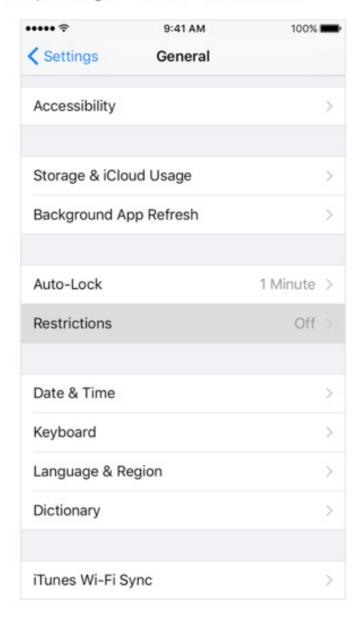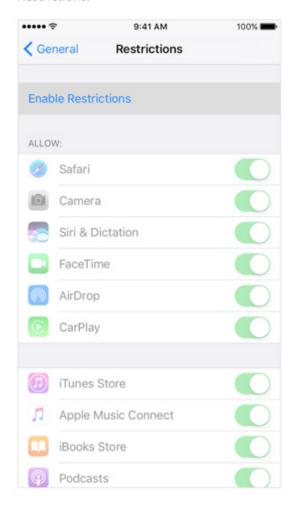# Use Restrictions on your iPhone, iPad, and iPod touch

You can use Restrictions, also known as parental controls, to block or limit specific apps and features on your iPhone, iPad, or iPod touch.

Turn on Restrictions

1. Tap Settings > General > Restrictions.

••••• 🛜	9:41 AM	100% ▬
‹ Settings	**General**	
Accessibility		›
Storage & iCloud Usage		›
Background App Refresh		›
Auto-Lock	1 Minute	›
Restrictions	Off	›
Date & Time		›
Keyboard		›
Language & Region		›
Dictionary		›
iTunes Wi-Fi Sync		›

2. Scroll down and tap Restrictions, then tap Enable Restrictions.
3. Create a Restrictions passcode. You need your Restrictions passcode to change your settings or to turn off Restrictions.

If you forget your Restrictions passcode, you need to erase your device, then set it up as a new device to remove the Restrictions passcode. Restoring your device using a backup won't remove the Restrictions passcode.

Change your Restrictions passcode

To change your Restrictions passcode after you turn on Restrictions, follow these steps:

1. Go to Settings > General > Restrictions.
2. Enter your current Restrictions passcode.
3. Tap Disable Restrictions, then enter your Restrictions passcode again.
4. Tap Enable Restrictions, then enter a new Restrictions passcode.

When you have Restrictions on, you might not see certain apps, features, or services. If you're missing an app or feature, or can't use a certain service, try turning Restrictions off. Also, make sure to check that you haven't removed certain built-in apps.