How to Find and Remove VPN from Your Child's MacBook

Step 1: Check for VPN Applications

1. Open Finder:

    a. Click on the Finder icon in the Dock (usually a blue and white face).

2. Go to Applications:

    a. In the Finder sidebar, click on "Applications". This will show you all the applications installed on the MacBook.

3. Look for VPN Software

    a. Scan through the list of applications and look for any VPN software. Common VPN applications include NordVPN, ExpressVPN, CyberGhost, and TunnelBear. If you see any applications with "VPN" in the name, these are likely the ones you're looking for.

4. Remove the VPN Application

    a. If you find a VPN application, right-click on it and select "Move to Bin".

    b. You may be prompted to enter the administrator password to confirm the deletion.

Step 2: Check Network Settings

1. Open System Settings:

    a. Click on the Apple icon in the top-left corner of the screen and select "System Settings".

2. Go to Network Settings and Filters

    a. In System Settings, click on "Network", then "Filters".

3. Identify VPN Configurations

    a. Look for any network configurations that mention "VPN". These could be connections named something like "VPN" or specific VPN services like "NordVPN".

4. Remove VPN Configurations

    a. Select the VPN configuration by clicking on the "i" on the right of it, then click the "Remove Configuration..." button at the bottom of the list to remove it.

Step 3: Check Browser Extensions

1. Open Safari (or other browsers if used):

   a. Open the Safari browser. If your child uses another browser like Chrome or Firefox, open that instead.

2. Access Extensions:

   a. For Safari: Click on "Safari" in the menu bar, then select "Settings..." and go to the "Extensions" tab.

   b. For Chrome: Simply type in "chrome://extensions/" in the search/address bar.

   c. For Firefox: Click on the three horizontal lines in the upper-right corner, go to "Add-ons and themes", then "Extensions".

3. Look for VPN Extensions:

   a. Check the list of installed extensions for any that might be related to VPNs. Common names might include "NordVPN", "ExpressVPN", etc.

4. Remove VPN Extensions

   a. If you find any VPN extensions, click on the "Uninstall" or "Remove" button next to them.

Step 4: Monitor Network Activity

1. Open Activity Monitor:

    a. You can find Activity Monitor by going to "Applications" > "Utilities" > "Activity Monitor".

2. Check for VPN Processes

    a. In Activity Monitor, look through the list of processes for any that might be related to VPN services. These processes might include the name of the VPN application.

3. Quit VPN Processes

    a. If you find a process related to a VPN, select it and click the "Quit Process" button (an "X" in the top-left corner of the Activity Monitor window).

Step 5: Set Up Parental Controls

1. Open System Settings:

   a. Click on the Apple icon in the top-left corner of the screen and select "System Settings".

2. Go to Screen Time

   a. Click on "Screen Time" on the left side menu to access parental controls, alternatively, you can simply search "Screen Time" in the search bar.

3. Set Up Restrictions

   a. Use Screen Time to set up restrictions on app usage, internet access, and content. You can create a passcode to prevent changes to these settings without your permission.