DIGITAL PARENTING MADE EASIER

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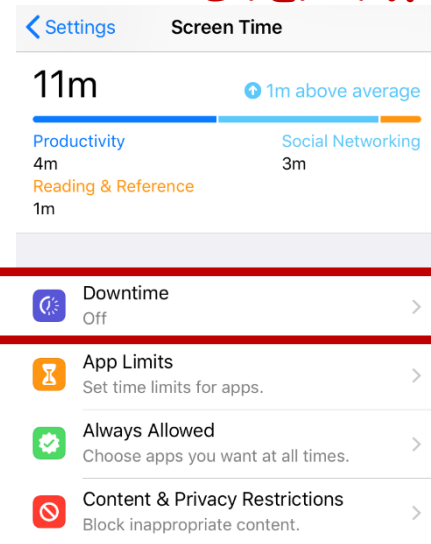**F A C T**

Apple Screen Time Walkthrough

Requires iOS 12 or above

STEP ONE

Settings
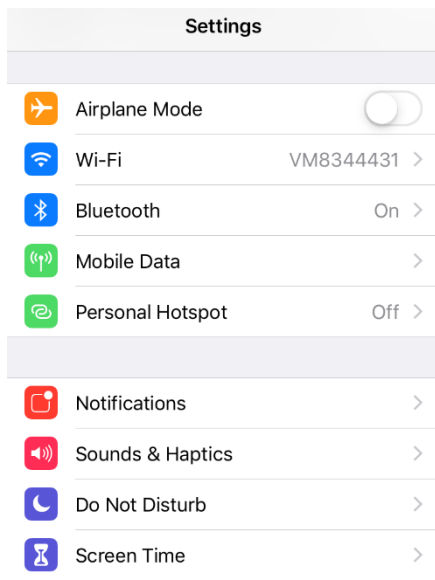
Airplane Mode		⚪
Wi-Fi	VM8344431	>
Bluetooth	On	>
Mobile Data		>
Personal Hotspot	Off	>
Notifications		>
Sounds & Haptics		>
Do Not Disturb		>
Screen Time		>

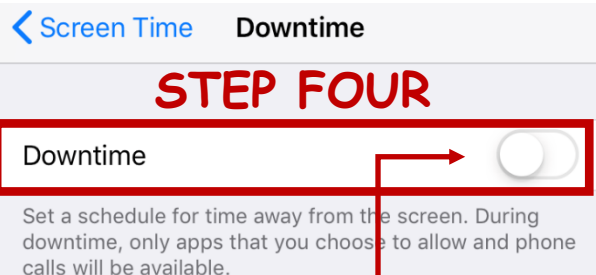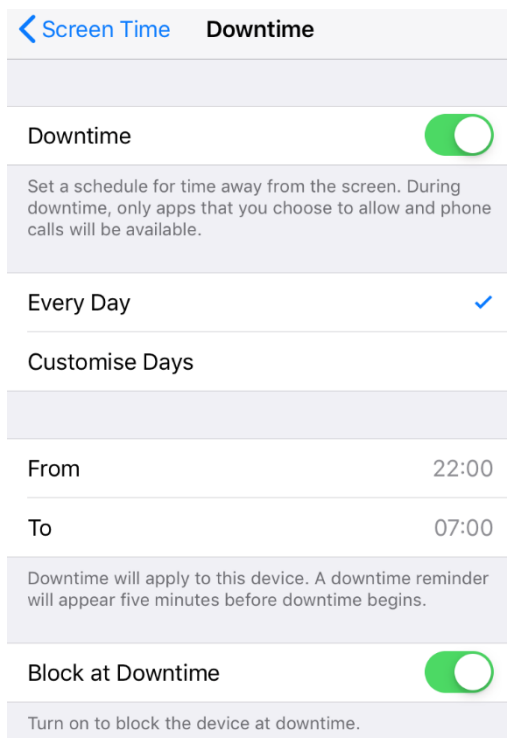Click "SETTINGS" ⚙ and scroll down slightly to "Screen Time"

This is the "HOME SCREEN" for Screen Time, showing you your average usage of the phone and what you use it for most. Firstly, hit "DOWNTIME"

STEP TWO

‹ Settings   Screen Time

11m   ↑ 1m above average

Productivity   Social Networking
4m   3m
Reading & Reference
1m

Downtime	Off	>
App Limits	Set time limits for apps.	>
Always Allowed	Choose apps you want at all times.	>
Content & Privacy Restrictions	Block inappropriate content.	>

STEP THREE

Downtime
Off   >

STEP FOUR

‹ Screen Time   Downtime

Downtime	⚪

Set a schedule for time away from the screen. During downtime, only apps that you choose to allow and phone calls will be available.

Downtime is only set to "ON" when the button shows green, click or swipe the button to turn it on/off

‹ Screen Time   Downtime

Downtime	🟢

Set a schedule for time away from the screen. During downtime, only apps that you choose to allow and phone calls will be available.

Every Day	✓
Customise Days	

From	22:00
To	07:00

Downtime will apply to this device. A downtime reminder will appear five minutes before downtime begins.

Block at Downtime	🟢

Turn on to block the device at downtime.

STEP FIVE

Now set to "ON" you can set a time to block the phone from working between the times you state. You can set different time limits for different days by clocking "Customise Days"
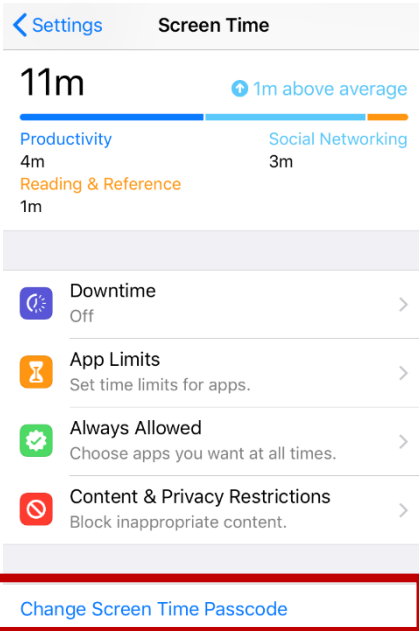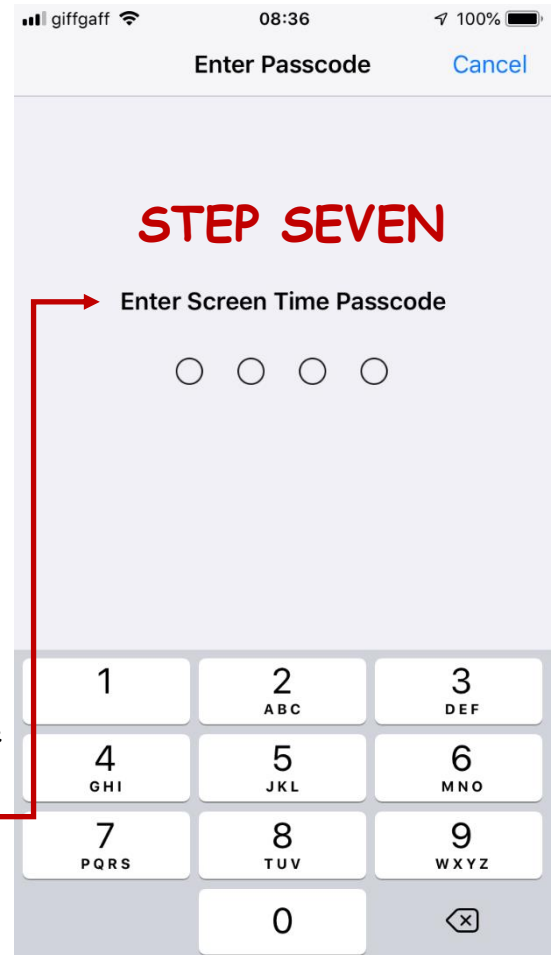
STEP SIX

IMPORTANT:

To stop your child from just changing the settings back, set a passcode to unlock the Screen Time APP

Select the button shown here at the Home Screen of Screen Time

Settings — Screen Time

11m — ⬆ 1m above average

Productivity — 4m | Social Networking — 3m
Reading & Reference — 1m

Downtime — Off
App Limits — Set time limits for apps.
Always Allowed — Choose apps you want at all times.
Content & Privacy Restrictions — Block inappropriate content.

Change Screen Time Passcode

STEP SEVEN

Enter Screen Time Passcode

○ ○ ○ ○

giffgaff — 08:36 — 100%

Enter Passcode — Cancel

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	⌫

Set the passcode, make sure it isn't easily guessed but make sure you can remember it too. As if you cannot remember it, you will need to reset your phone to factory settings to recover it.
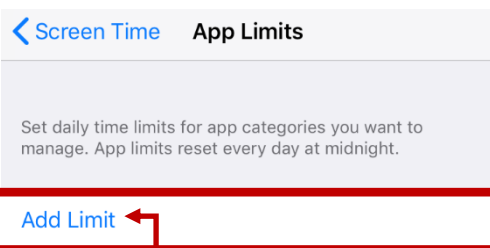
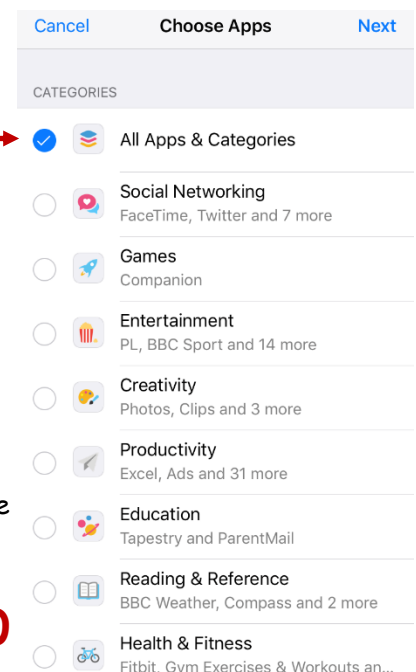**TOP TIP:** WRITE IT DOWN → Hide it

STEP EIGHT

App Limits
Set time limits for apps.

Screen Time — App Limits

Set daily time limits for app categories you want to manage. App limits reset every day at midnight.
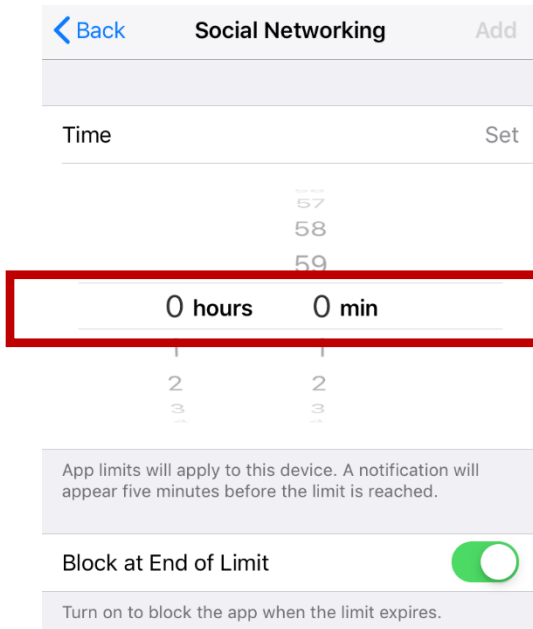
Add Limit

STEP NINE

Hit "App Limits" as above in the Screen Time Home Screen. Select "Add Limit" where you will presented with a screen similar to Step 10.

Select the type of apps you want to have a time limit set to them per day.

Cancel — **Choose Apps** — Next

CATEGORIES

✅ All Apps & Categories
○ Social Networking — FaceTime, Twitter and 7 more
○ Games — Companion
○ Entertainment — PL, BBC Sport and 14 more
○ Creativity — Photos, Clips and 3 more
○ Productivity — Excel, Ads and 31 more
○ Education — Tapestry and ParentMail
○ Reading & Reference — BBC Weather, Compass and 2 more
○ Health & Fitness — Fitbit, Gym Exercises & Workouts an…

STEP 10

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STEP 11

Back   Social Networking   Add

Time   Set

57
58
59
0 hours   0 min
2   2
3   3

App limits will apply to this device. A notification will appear five minutes before the limit is reached.

Block at End of Limit

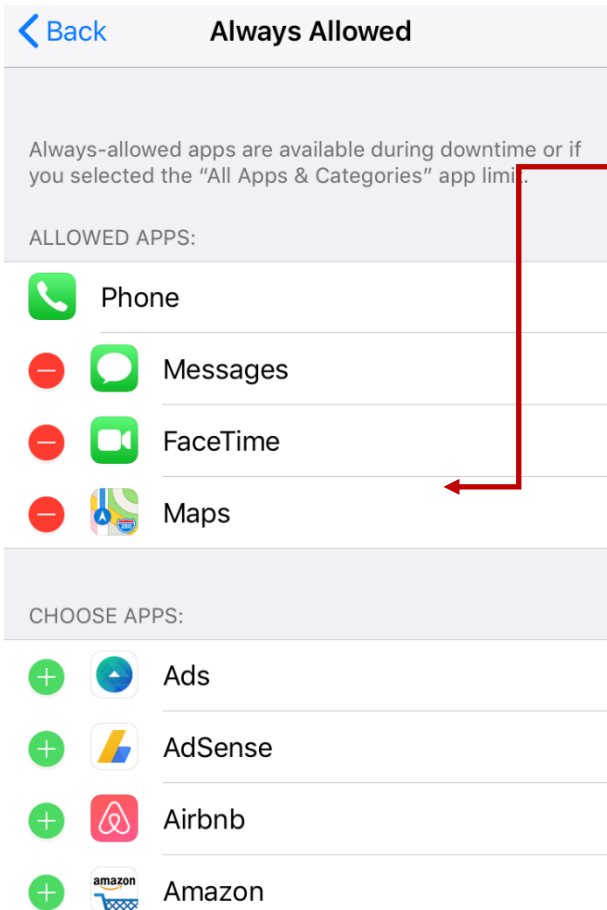Turn on to block the app when the limit expires.

Set the time limit you want for these types of apps, ensure the button in green below is turned to "ON" as it shows on the picture so that the apps will no longer work or be accessible without the Screen Time Passcode you have already set.

STEP 12

Always Allowed
Choose apps you want at all times.

Back   Always Allowed

Always-allowed apps are available during downtime or if you selected the "All Apps & Categories" app limit.

ALLOWED APPS:

Phone

Messages

FaceTime

Maps

CHOOSE APPS:

Ads

AdSense

Airbnb

Amazon

STEP 13

Back at the Screen Time Home Screen is the "Allowed Apps" option as shown above.

Here you can select the types of apps that will work no matter the restrictions you put on, so they can still phone, use maps, facetime you etc. if they're out.

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This option will restrict your child from purchasing anything from the AppStore without your permission, this sops any unwanted or surprising bills.
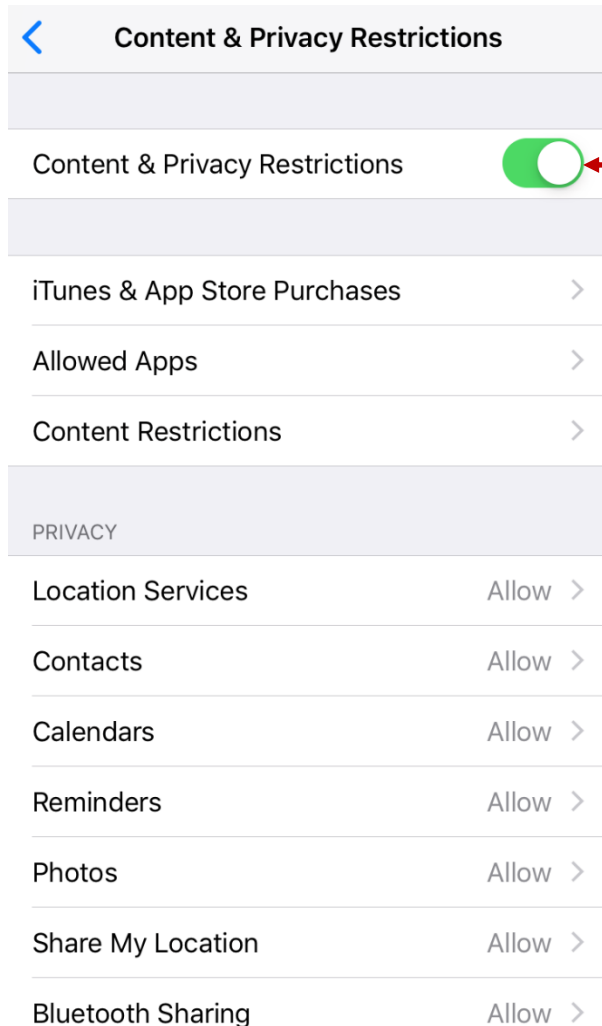
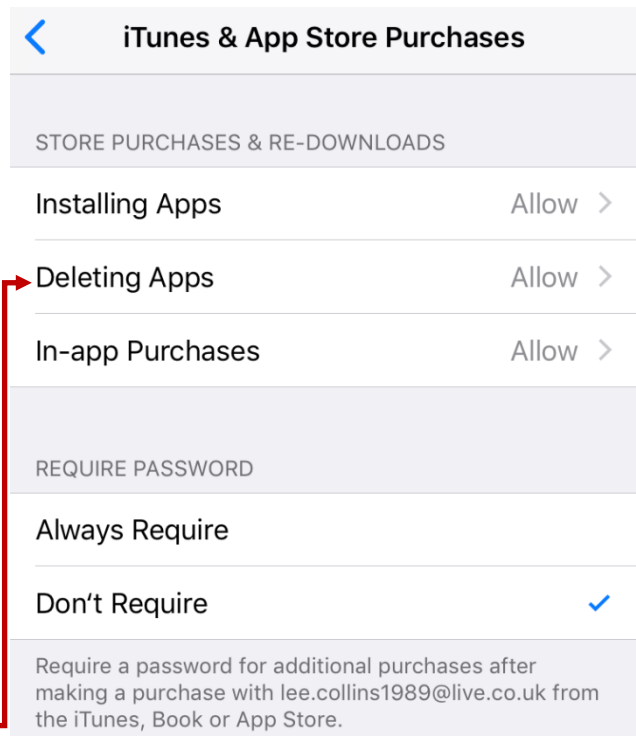It will also stop then downloading any apps (free or otherwise) without your permission.

STEP 14

🚫 Content & Privacy Restrictions
Block inappropriate content.   〉

‹ Content & Privacy Restrictions

Content & Privacy Restrictions   🟢

iTunes & App Store Purchases   〉

Allowed Apps   〉

Content Restrictions   〉

PRIVACY

Location Services   Allow 〉

Contacts   Allow 〉

Calendars   Allow 〉

Reminders   Allow 〉

Photos   Allow 〉

Share My Location   Allow 〉

Bluetooth Sharing   Allow 〉

STEP 15

Lastly, at the Screen Time Home Screen, select the button above and activate it by selecting the button to GREEN as shown on the left. From here you can allow or not allow anything that is listed in front of you, from being used by any apps, at any time.

‹ iTunes & App Store Purchases

STORE PURCHASES & RE-DOWNLOADS

Installing Apps   Allow 〉

Deleting Apps   Allow 〉

In-app Purchases   Allow 〉

REQUIRE PASSWORD

Always Require

Don't Require   ✓

Require a password for additional purchases after making a purchase with lee.collins1989@live.co.uk from the iTunes, Book or App Store.

STEP 16

You can set the password to "required" for downloading / deleting apps or in app purchases, or you can just not allow any of the three to be available. With or without a passcode.