



STEP ONE

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

STEP TWO

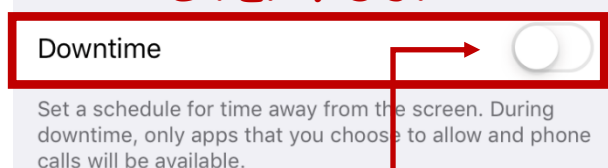


This is the "HOME SCREEN" for Screen Time, showing you your average usage of the phone and what you use it for most. Firstly, hit "DOWNTIME"

STEP THREE



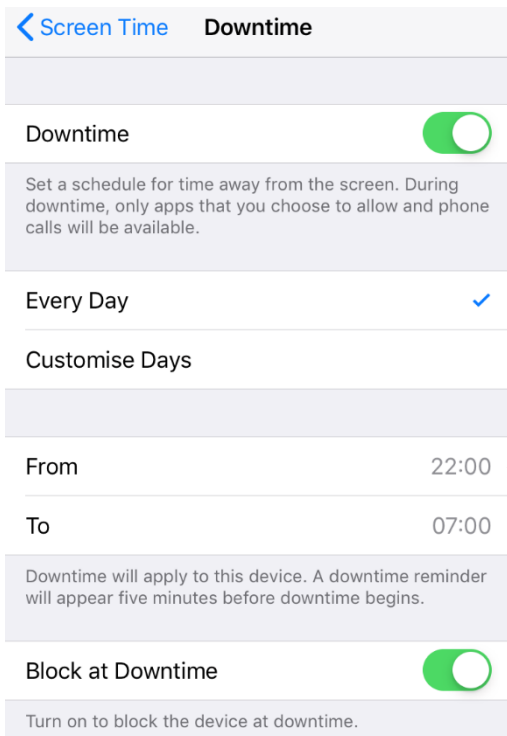
STEP FOUR



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

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 clicking "Customise Days"



Apple Screen Time Walkthrough
Requires iOS 12 or above



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Lee@OnlineSafetyUK.com



www.OnlineSafetyUK.com



STEP SIX

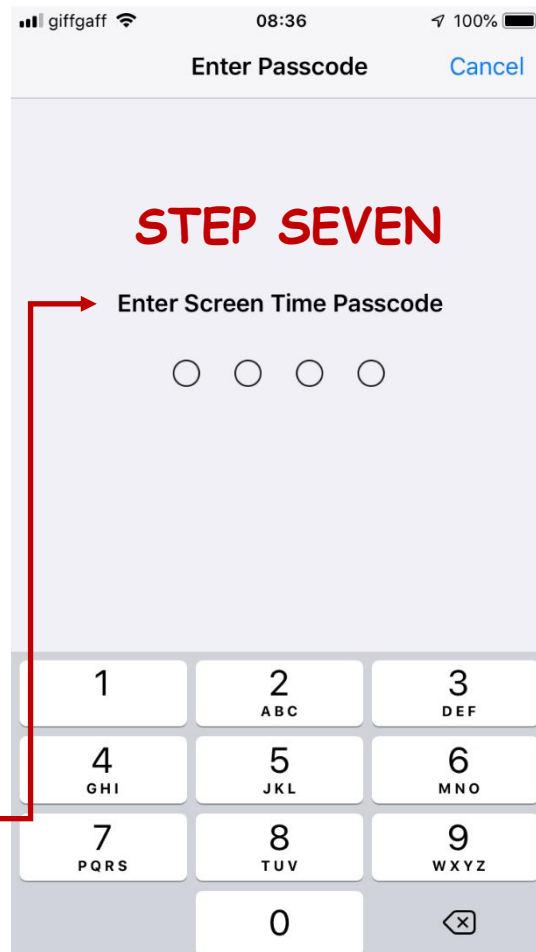
IMPORTANT:

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

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

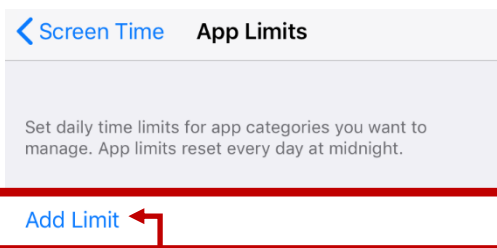


STEP EIGHT



App Limits

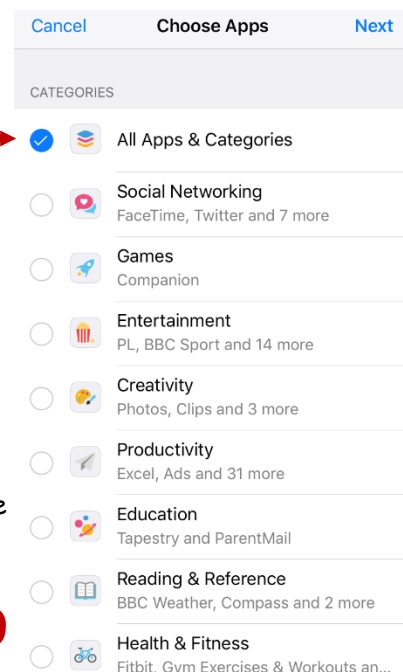
Set time limits for apps.



STEP NINE

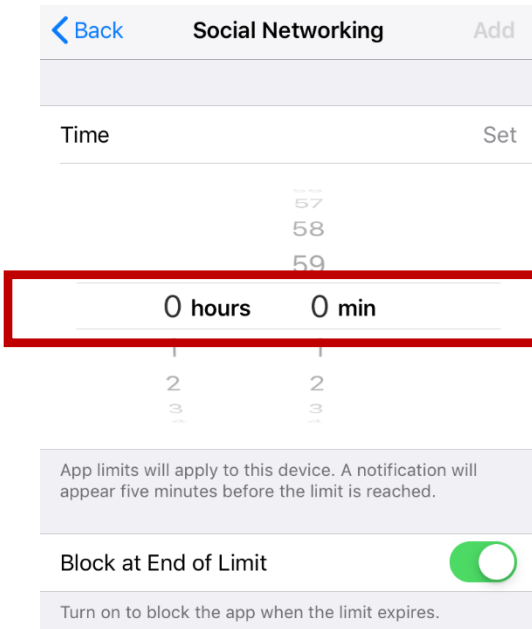
Hit "App Limits" as above in the Screen Time Home Screen. Select "Add Limit" where you will be presented with a screen similar to Step 10.

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



STEP 10

STEP 11



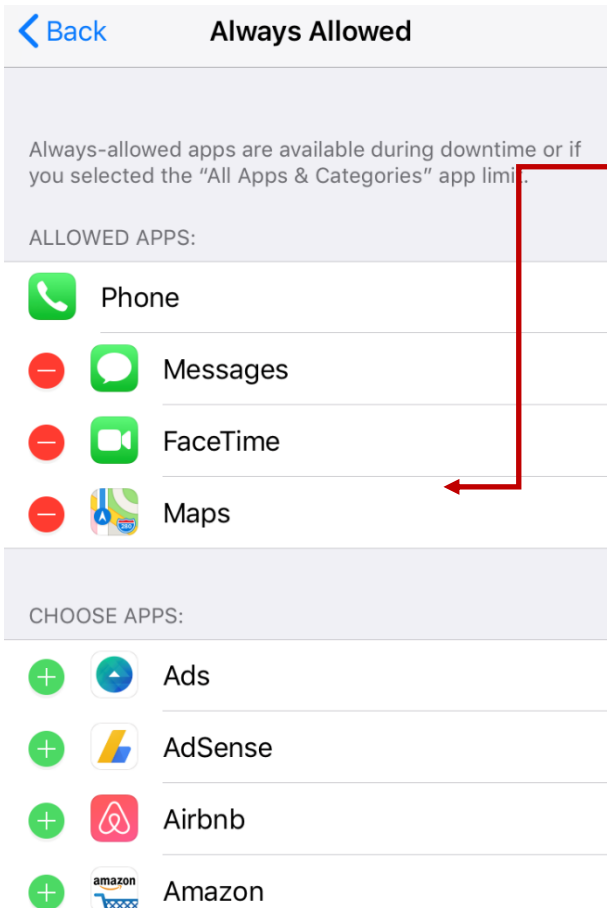
Set the time limit you want for these types of apps, ensure the button in green below is turned to "ON" as it shows on the picture so that the apps will no longer work or be accessible without the Screen Time Passcode you have already set.

STEP 12



Always Allowed

Choose apps you want at all times.



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.

IMPORTANT:

This option will restrict your child from purchasing anything from the AppStore without your permission, this stops any unwanted or surprising bills.

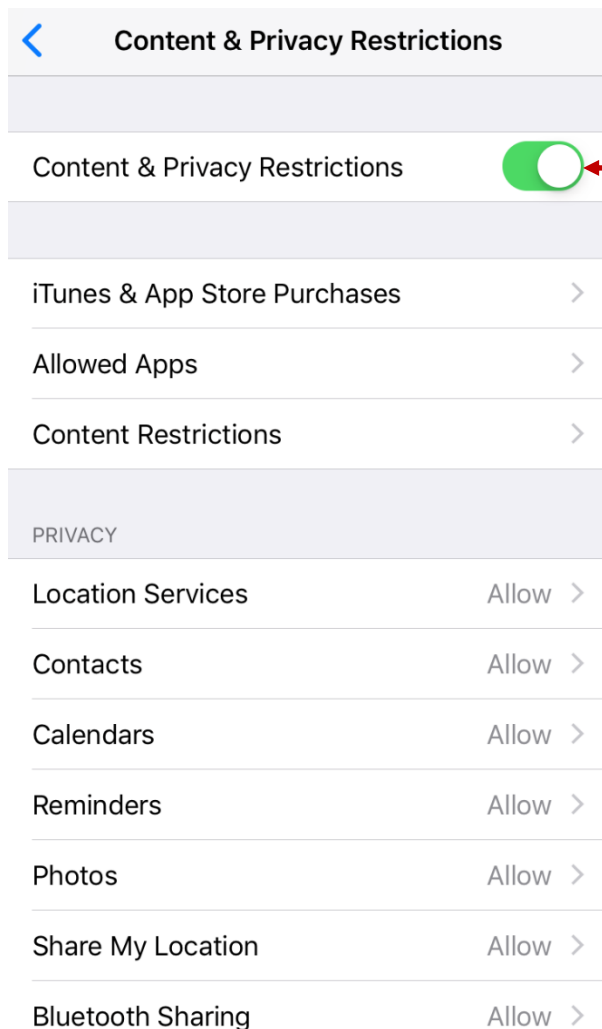
It will also stop them downloading any apps (free or otherwise) without your permission.

STEP 14



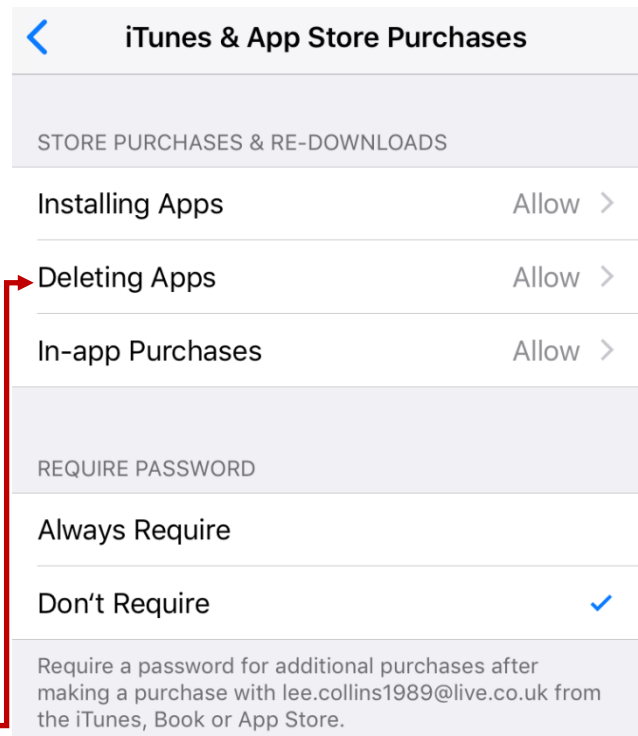
Content & Privacy Restrictions

Block inappropriate content.



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.



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.