iOS Screen Time Tutorial

This is a tutorial on how to set up screen time on your Apple device

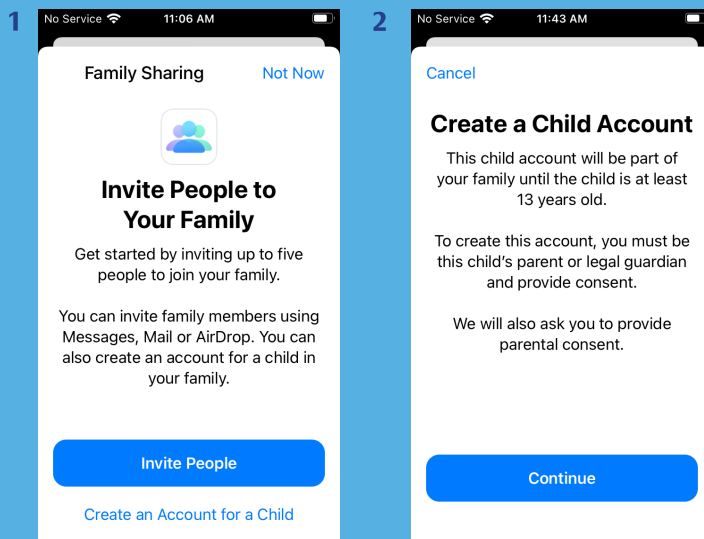**(eg. iPhone, iPad, iPod, and some limited functions on a Mac)**

Before you start make sure you are connected to the internet via LTE or Wifi

Make sure you have/know your Apple ID and password (click here to create one)

Manage a child's screen time on the parents device remotely:

Start on Parents Device go to:

- **Settings**
- **Click on your name**
- **Click family sharing** [1]

Either use child's Apple ID or create a new Apple ID

1

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Family Sharing   Not Now

Invite People to Your Family

Get started by inviting up to five people to join your family.

You can invite family members using Messages, Mail or AirDrop. You can also create an account for a child in your family.

Invite People

Create an Account for a Child

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Cancel

Create a Child Account

This child account will be part of your family until the child is at least 13 years old.

To create this account, you must be this child's parent or legal guardian and provide consent.

We will also ask you to provide parental consent.

Continue

Make sure the age is set between 9yr – 11yr [2]

If you are using the child's Apple ID then click INVITE:

Invite people (send link to device)

- **Email**
- **Text**
- **Airdrop**

If you are not using child's Apple ID then sign out and create a new Apple ID
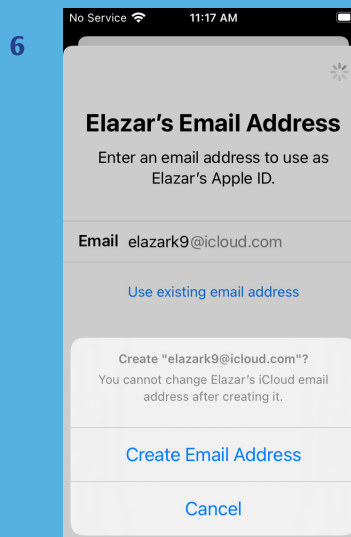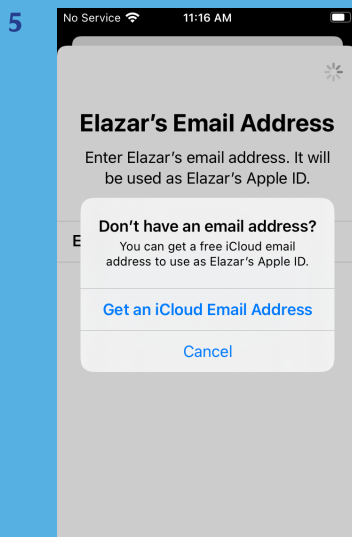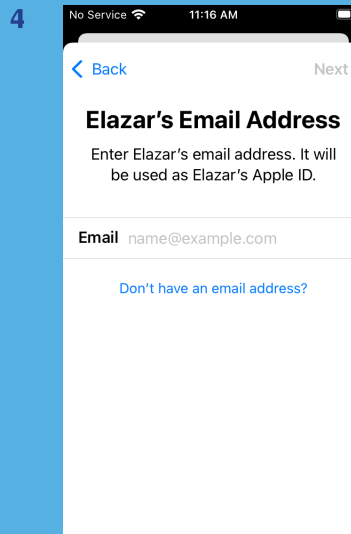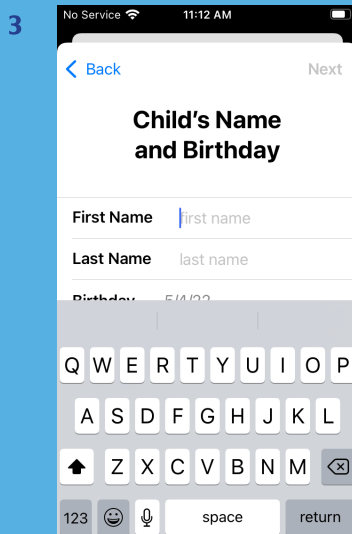
Create an account for a Child

- **Add Family Member**

- **Accept Terms and Conditions – Continue**

- **Fill out the parent consent**

- **Fill in child's name**

- **Fill in child's birthday (make them between the age of 9yr – 11yr.**
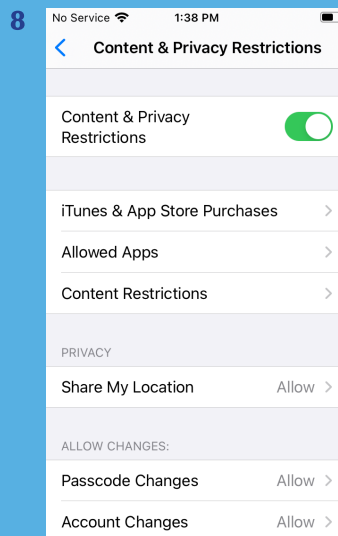**Once they turn 13 you won't be able to fully manage their device)[3]**

If you have an email, fill it in or click don't have an email address[.4]

- **Click get an icloud email address[5 & 6]**

- **Click create email address**

3

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< Back   Next

**Child's Name
and Birthday**

First Name   first name

Last Name   last name

Birthday   5/4/22

Q W E R T Y U I O P
A S D F G H J K L
⬆ Z X C V B N M ⌫
123 😀 🎤   space   return

4

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< Back   Next

Elazar's Email Address

Enter Elazar's email address. It will
be used as Elazar's Apple ID.

Email   name@example.com

Don't have an email address?

5

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Elazar's Email Address

Enter Elazar's email address. It will
be used as Elazar's Apple ID.

Don't have an email address?
You can get a free iCloud email
address to use as Elazar's Apple ID.

Get an iCloud Email Address

Cancel

6

No Service 📶   11:17 AM   🔋

Elazar's Email Address

Enter an email address to use as
Elazar's Apple ID.

Email   elazark9@icloud.com

Use existing email address

Create "elazark9@icloud.com"?
You cannot change Elazar's iCloud email
address after creating it.

Create Email Address

Cancel

TAG

- **Create password**
- **Use a phone number**
- **Ask to buy – click continue[7]**
- **Click Share location**
- **Now go to the child's device – sign in with the new icloud account.**
- **On the parent's device – Go to settings and tap screen time**
- **By family – click on the child's name you wish to restrict**
- **Turn on screen time**
- **Downtime click not now (you can turn on later see notes)**
- **App limits click not now (you can turn on later see notes)**
- **Content and privacy continue**
- **Continue from step 3 below**

Manage screentime on child's device not remotely:

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Ask To Buy

Requires Elazar to get your approval for any downloads or purchases in the App Store, iTunes Store, or Apple Books.

You will be responsible for all charges to your account. You can always turn this off in Settings.

Continue

Don't Use Ask To Buy

8

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< Content & Privacy Restrictions

Content & Privacy Restrictions ⬤

iTunes & App Store Purchases >
Allowed Apps >
Content Restrictions >

PRIVACY

Share My Location Allow >

ALLOW CHANGES:

Passcode Changes Allow >
Account Changes Allow >

1. **Go to Settings and tap Screen Time.**
2. **Tap Continue, then choose "This is My Child's Device"**
3. **Tap Use Screen Time Passcode to create a passcode, then re-enter the passcode to confirm.**
4. **If prompted put in your Apple ID and Password**
5. **Turn off share across devices**
6. **Tap Content & Privacy Restrictions**
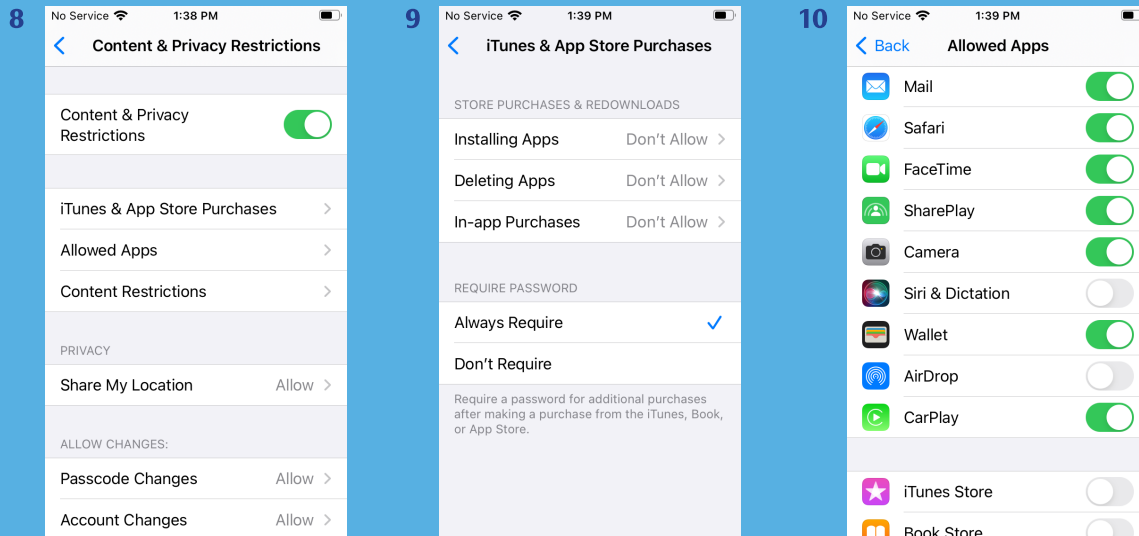7. **Top right corner enable the restrictions[8]**

TAG

Lets only Focus on three tabs.

 iTunes & App Store Purchases

Allowed Apps

Content & Restrictions[8]

8

No Service 1:38 PM

< **Content & Privacy Restrictions**

Content & Privacy Restrictions ⬤

iTunes & App Store Purchases >

Allowed Apps >

Content Restrictions >

PRIVACY

Share My Location   Allow >

ALLOW CHANGES:

Passcode Changes   Allow >

Account Changes   Allow >

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< **iTunes & App Store Purchases**

STORE PURCHASES & REDOWNLOADS

Installing Apps   Don't Allow >

Deleting Apps   Don't Allow >

In-app Purchases   Don't Allow >

REQUIRE PASSWORD

Always Require   ✓

Don't Require

Require a password for additional purchases after making a purchase from the iTunes, Book, or App Store.

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< Back   **Allowed Apps**

✉ Mail   ⬤

🧭 Safari   ⬤

📹 FaceTime   ⬤

👥 SharePlay   ⬤

📷 Camera   ⬤

🎙 Siri & Dictation   ◯

💳 Wallet   ⬤

📡 AirDrop   ◯

▶ CarPlay   ⬤

⭐ iTunes Store   ◯

📖 Book Store   ◯

iTunes & App Store Purchases[9]

- **Installing Apps – Don't Allow – will remove the app store from the screen – see notes**
- **Deleting Apps – Don't Allow – will disable the ability of deleting apps**
- **In-app Purchases Apps – Don't Allow – certain apps will not be able to be downloaded**
- **Required Password – Always require.**

Hit the back arrow

Allowed Apps[10]

- **Safari – Leave Open (see below allow websites only)**
- **Siri & Dictation – Turn Off**
- **AirDrop – Turn Off**
- **iTunes store – Turn Off**
- **Book Store – Turn Off**
- **Podcast – Turn Off**
- **News – Turn Off**
- **Health – Turn Off**

Even if you want no access to safari, however some apps need a url to function properly. When the app stops working it will send you to safari to add the url which you then will put in the password to allow it. Verify the url before hitting Allow Website.

Hit the back arrow

Content Restrictions[11]

- **Music, Podcasts, News, & Workouts – Clean**
- **Music videos from – Off**
- **Music profiles from – Off**
- **Movies – Choose an appropriate rating**
- **TV Shows – Choose an appropriate rating**
- **Books – Clean**
- **Apps – 9+ will remove social media, entertainment apps. See notes**
- **App Clips – Don't Allow**

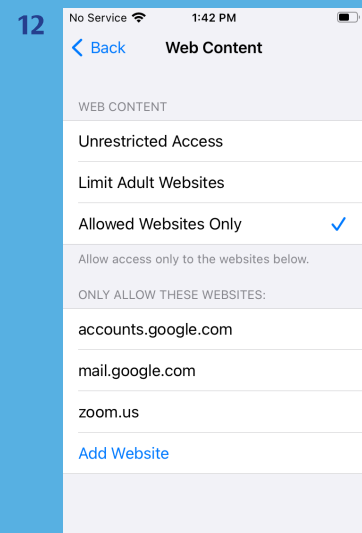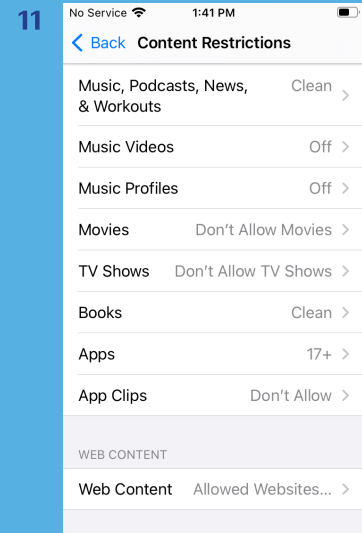## Web Content[12]

Be most cautious when deciding which tab you choose.

- **Unrestricted Access**
- **Limit Adult Websites**
- **Allowed Websites Only**

Unrestricted Access

Gives unfiltered access to search safari

Limit Adult Websites

- **Removes the known adult websites**
- **Allows access to Entertainment, Gambling, and Social Media**
- **This is not fool-proof in blocking out "Adult" sites. There are a lot of sites that are not in any category, and some that Apple mislabels.**

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‹ Back	**Content Restrictions**	

Music, Podcasts, News, & Workouts	Clean ›
Music Videos	Off ›
Music Profiles	Off ›
Movies	Don't Allow Movies ›
TV Shows	Don't Allow TV Shows ›
Books	Clean ›
Apps	17+ ›
App Clips	Don't Allow ›

WEB CONTENT

Web Content	Allowed Websites... ›

12

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‹ Back	**Web Content**	

WEB CONTENT

Unrestricted Access	
Limit Adult Websites	
Allowed Websites Only	✓

Allow access only to the websites below.

ONLY ALLOW THESE WEBSITES:

accounts.google.com
mail.google.com
zoom.us
Add Website

Allowed Websites Only

Our # 1 recommendation for children[13]

- **This will block any website not added to the allow list**
- **Slide the preloaded sites to the left and remove them from you list**
- **Some apps won't work if you don't add the URLs here e.g. nfl.com, nba.com**
- **You can add the URL's in safari to by typing the exact URL and then hit allow**

13
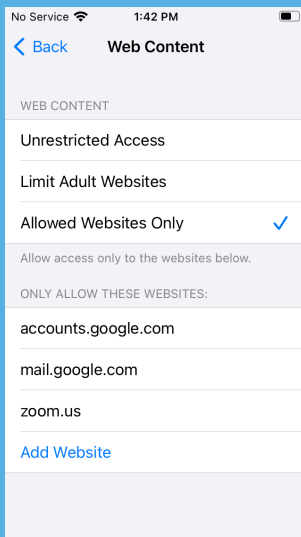
We suggest adding the following websites for basic usage of the device:

Accounts.google.com, Mail.google.com, Zoom.us

Be cautious: if you type in the wrong url, safari will send you to to google.com. If you allow it, then the main google search engine will be enabled, including the image tab.

Hit the back arrow

Siri

- **Web Search Content – Don't Allow**
- **Explicit Language – Don't Allow**

Hit the back arrow

Game Center[14]

- **Multiplayer Games from – allow friends only**

- **Adding Friends – Don't Allow**

- **Connect with Friends only**

- **Screen Recording – Don't Allow**

- **Nearby Multiplayer – Don't Allow**

- **Private Messaging – Don't Allow**

- **Profile Privacy Changes – Don't Allow**

- **Avatar & Nickname Changes – Don't Allow**

Hit the back arrow

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‹ Back Content Restrictions		

SIRI

Web Search Content	Don't Allow ›
Explicit Language	Don't Allow ›

GAME CENTER

Multiplayer Games	Allow with Ev… ›
Adding Friends	Allow ›
Connect with Friends	Allow ›
Screen Recording	Allow ›
Nearby Multiplayer	Allow ›
Private Messaging	Don't Allow ›
Profile Privacy Changes	Allow ›

Allow Changes – Recommended

- **Passcode Changes – Don't Allow**

- **Account changes – Don't Allow**

Passcode code – will not allow the child to change the passcode to open the device

Account change will not allow the child to change the Apple ID password

Notes:

★ **The app store has app icons, app descriptions and reviews that are searchable and can be inappropriate. The best practice would be to keep the app store closed and when a child needs an app you can open the store, download the app and then close the store.**

★ **If you decide to keep the store open, either rate it or have your child ask you to approve the app either by you putting the Apple ID or a message is sent to your iphone and hit approved.**

Downtime[15]
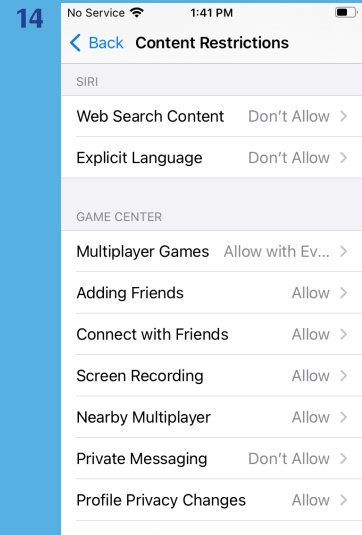
Scheduled – Enable it

Every Day is set by default

Choose the time the Internet will be disabled

App Limit[16]

- **Add limit**
- **Choose the All Apps or just a category or specific apps**
- **Next**
- **Choose the lotted time for the app to be in use a day**
- **Add**
- **We found that a child can override this by clicking one minute**

Always Allowed[17]

- **Apps you want the child to access all the time, like phone or calculator can added to the above list by hitting the plus sign near it.**
- **These Allowed Apps will be allowed even during Downtime**

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No Service 1:42 PM
‹ Back **Downtime**

Scheduled ⬤

Scheduled turns on downtime for the time period you select. A downtime reminder will appear five minutes before downtime.

Every Day ✓
Customize Days

From 10:00 PM
To 7:00 AM

Downtime will apply to Elazar's devices. A downtime reminder will appear five minutes before downtime begins.

Block at Downtime ○

The device will be blocked at downtime. Elazar

16

No Service 1:42 PM
Cancel **Choose Apps** Next

MOST USED APPS, CATEGORIES, AND WEBSITES

○ 🔷 All Apps & Categories
○ 🟣 Social ›
○ 🚀 Games ›
○ 🍿 Entertainment
○ 🎨 Creativity ›
○ ✈️ Productivity & Fin... ›
○ 🌐 Education ›
○ 📖 Information & Re... ›
○ 🚲 Health & Fitness ›
○ 🔲 Utilities

17

No Service 1:43 PM
‹ Back **Always Allowed**

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

📞 Phone
➖ 💬 Messages
➖ 📙 Books
➖ 🔳 Calculator
➖ 📅 Calendar
➖ 📷 Camera
➖ ✉️ Mail
➖ 🎵 Music
➖ 📒 Notes
➖ 🌸 Photos

TAG