IOS

I.   GETTING STARTED

STEP ONE: Go to **Settings** Tap **Turn on Screen Time**, then tap it again. Choose "**This is My [Device]**" or "**This is My Child's [Device]**."

NOTE: To prevent another family member from changing your settings, tap **Use Screen Time Passcode** to create a passcode, then re-enter the passcode to confirm. After you confirm your passcode you'll be asked to enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.

- Make sure to choose a passcode that's different from the passcode that you use to unlock your device.
- To change or turn off the passcode on your child's device, tap **Settings > Screen Time > [your child's name].** Then tap **Change Screen Time Passcode** or **Turn Off Screen Time Passcode**, and authenticate the change with Face ID, Touch ID, or your device passcode.

STEP TWO: Tap **Content & Privacy Restrictions**. If asked, enter your passcode, then turn on Content & Privacy Restrictions.

II.   COMMUNICATION LIMITS

Settings > Screen Time > Communication Limits.

Here you can limit communication **During Screen Time** or **During Downtime** to **Everyone**, **Contacts & Groups With At Least One Contact** or **Contacts Only**.

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III.   DOWNTIME

Settings > Screen Time > Downtime

OPTION ONE: Turn On Downtime <right now> Until Tomorrow

OPTION TWO: Schedule Downtime

From Settings > Screen Time > Downtime select **Scheduled** From there you have choices for

Every Day or **Customize Days** and **Start Time** and **Stop Time**

IV.   APP LIMITS

Settings > Screen Time > **App Limits**

In there you can go app by app setting time limits. Apps are organized by Social, Games,

Entertainment etc. You can also add specific websites or just select all apps and categories

V.   ALWAYS ALLOWED

Settings > Screen Time > **App Limits**

STEP ONE: Allowed Contacts
In here you can limit contacts that can "get through" during scheduled downtime for Phone,
FaceTime, Message and iCloud Contacts. Choose **Everyone** or **Specific Contacts**

STEP TWO: Allowed Apps
In here choose which apps (if any) can still be accessible during downtime. **The answer might
be none except Phone.**

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VI.   CONTENT & PRIVACY RESTRICTIONS

Settings > Screen Time > Content & Privacy Restrictions

STEP ONE: Select Content & Privacy Restrictions

STEP TWO: Get to work on the following:

iTunes & App Store Purchases	Allowed Apps
Content Restrictions	Location Services
Share My Location	Media & Apple Music
Passcode Changes	Account Changes