

Appendix 2: Screen Time Explained

Wondering how to set up parental controls on an iPhone, iPad, or iPod Touch?

Need to block or limit access to apps, websites, and content? Look no further than Restrictions!

If you share your iPhone, iPad, or iPod Touch with your children or other family members and friends, you probably use the Restrictions feature. This feature allows us to put our iDevice into a Kids Mode, where we can prevent other users (i.e. our kids) from making unauthorized App and Music purchases, viewing adult content, or using specific apps. However, Restrictions in iOS 16 is not easy to find!

Follow These Quick Tips to Find and Update your iPad Restrictions

1. Find Restrictions in Screen Time's Settings
2. Open **Settings > Screen Time** and tap **Content & Privacy Restrictions**

Screen Time is a Setting, Not an App

One of the most confusing things about Screen Time is that it's not an app! You won't find screen time on your Home Screen. Instead, Screen Time is part of your Settings App (**Settings > Screen Time.**)

What is Screen Time?

Apple designed Screen Time to help all of us get a better handle on how we use and spend time on our devices.

Screen Time creates detailed Activity Reports, statistics, and graphs that break down the total time you (and any family members) spend in each app category (like games, social networking, entertainment, productivity, reading and references, creativity, and so forth.)

Screen Time Gathers Data from All Devices

The Screen Time Setting gives you an accurate snapshot of your iDevice use because it's set up across all your devices signed in with the same Apple ID. So, if you have an iPad or iPod Touch and an iPhone connected to the same Apple ID, all the stats are synced and updated between devices, including app usage, pickups, notifications, and so forth.

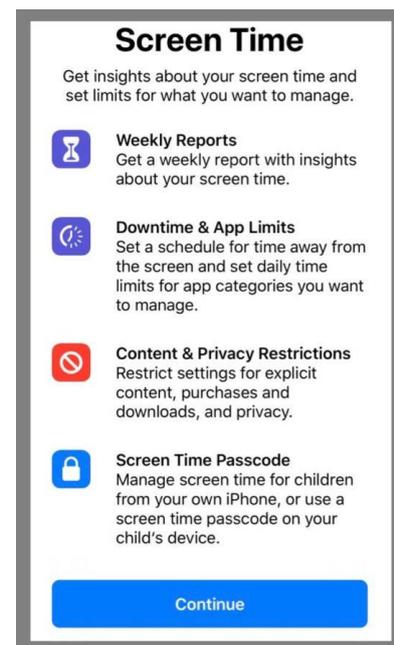
To collect all this data, the only requirement is that all your devices run iOS 12 or higher.

Screen Time Houses All the Parental Controls

Within Screen Time is a tab for Content & Privacy Controls. This location is where Apple stores our Restrictions feature from previous iOS versions.

To access these controls, you must create a Screen Time Passcode. Once you create one, you can limit the activities, settings, and content that's allowed on your device.

Apple provides parents with a lot of controls to filter content or restrict access, so take your time when reviewing its parental controls!



Opening Screen Time for the First Time? Set-Up Restrictions and Parental Controls When you open Screen Time (Settings > Screen Time> Turn On Screen Time) for the first time, select your parental control options

1. **If the iDevice is for your child only? Select This is My Child's (device)**Follow the on-screen prompts to set-up the different Screen Time services, including Downtime, App Limits, and Content & PrivacyChoose Not Now if you don't need to set-up the service or if you're not ready to set it up
2. Create a Parent Passcode and be sure to write this down or save it for times when you want to disable or make changes
If you forget your Screen Time passcode please look up
3. **How-To Reset the Screen Time Passcode**When the Device is yours but you intend to share it, select This is My iPhone

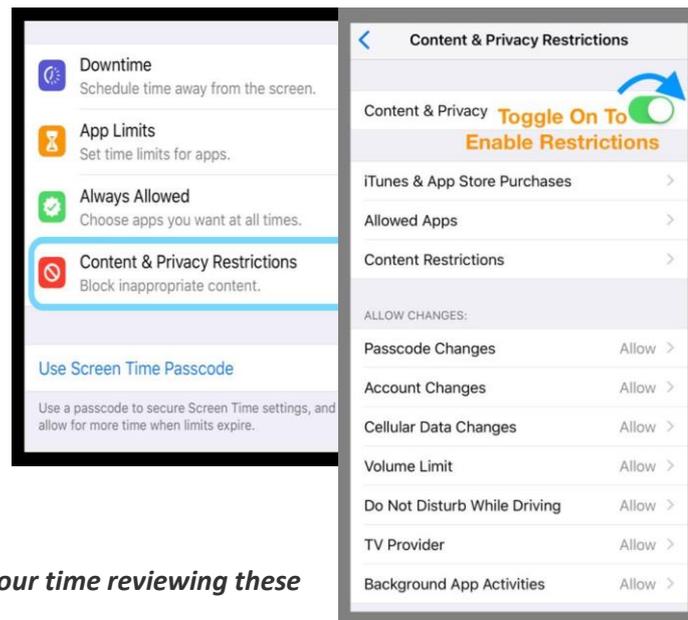


If your child (or someone else) uses your device,

1. Tap Content & Privacy Restrictions
2. Toggle Content & Privacy Restrictions to on
3. Select which services you want to disallow.

For example, tap iTunes & App Store Purchases to disallow these purchases and downloads. Tap on the items you want not to allow (like installing apps, deleting apps, or in-app purchases) and choose **Don't Allow**.

Go through the entire list of options and choose what to allow and what not to allow—the default is Allow so be mindful.



There are a lot of options in Content & Privacy so take your time reviewing these choices.

Once you make all your selections, go back to the previous screen and choose **Use**.

Screen Time Passcode

1. Enter a passcode you'll remember
2. Confirm the passcode
3. Write it down or save it for later to make changes and to disable these restrictions
4. Your restrictions are now active

- If you forget your Screen Time passcode, see this article for tips on [How-To Reset the Screen Time Passcode](#)
- To disable, tap Content & Privacy Restrictions again
- Enter your Screen Time Passcode
- Toggle Content & Privacy Restrictions Off to regain full access to your Device



Toggle Restrictions ON whenever you hand-off your device to your child or someone else

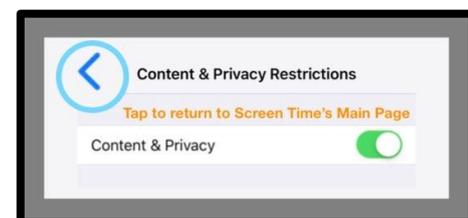
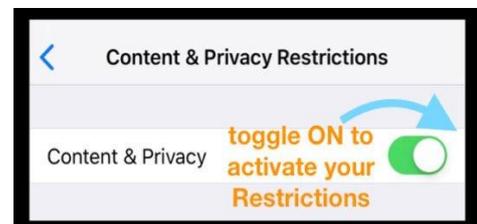
1. Just tap **Settings > Screen Time > Content & Privacy Restrictions**
2. Toggle **Content & Privacy Restrictions** on
3. Then go to your Home Screen
4. All those restrictions set-up earlier is active until you disable them using your Screen Time passcode



Already Using Screen Time But Need To Set-Up Restrictions and Parental Controls?

If you previously set-up Screen Time and did not put in any restrictions, you can add these in at any time!

1. If you have a Screen Time Passcode
2. Tap Content & Privacy Restrictions and toggle it on
3. Follow steps 3-4 listed in the section **"If the Device is yours"**
4. Once you make all your selections, tap the back button in the top-left to return to the main Screen Time Settings page
5. Go to your Home Screen
6. Your Restrictions are now active. To disable them, follow the directions from Step 6
7. If you do not have a Screen Time Passcode
8. Open **Settings > Screen Time**
9. Follow all the steps listed in the section **"If the Device is yours"**



Have A Family Sharing Plan?

If you have a family sharing plan and are the family organizer, you can also manage devices and Screen Time remotely.

Go to **Settings > Apple ID Profile > Family Sharing >** and select **Screen Time** under Shared Features

Want to Disable Restrictions on your iPhone, iPad, or iPod Touch?

Turning off Restrictions is really easy using Screen Time

1. Go to **Settings > Screen Time**
2. Tap **Content & Privacy Restrictions**
3. Enter your Screen Time passcode, if requested
4. Toggle **Content & Privacy Restrictions** off

When you disable Restrictions, it does save your previous Restrictions Settings. So the next time you enable Restrictions, it brings up your previous decisions on what to “allow” and what to “don’t allow.”

Want to Disable Screen Time?

If you’d rather your iPhone, iPad, or iPod Touch not collect data on how you use your device, you can indeed turn off Screen Time

1. Go to **Settings > Screen Time**
2. Scroll down to **Turn Off Screen Time**
3. Enter your Screen Time passcode, if requested

Turning off Screen Time on your device deletes all your app, website, and notification history. With Screen Time off, your device does not save any data. Only when you re-enable Screen Time does it collect any data.

