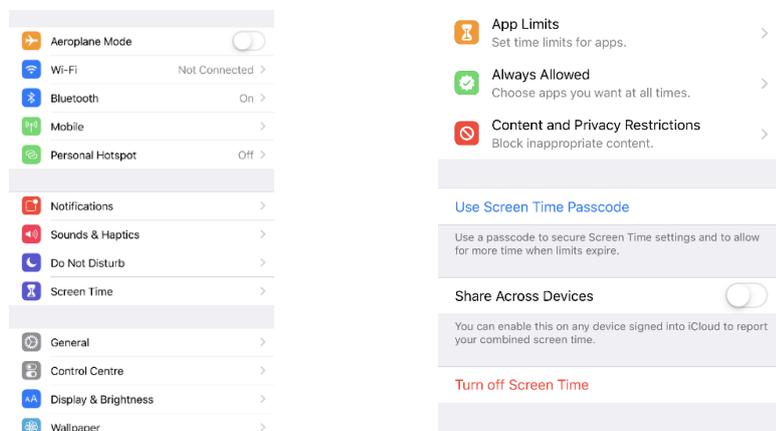# Appendix 1: Enabling Restrictions on the iPad

Restrictions need to be enabled by parents. This ensures certain controls can be exercised over what can and cannot be viewed on the iPad. Although the restrictions go some way towards filtering inappropriate material, it cannot be relied upon. Therefore, it is very important that students are monitored when using the iPad, especially when using the Internet. Please speak with your child about appropriate access and encourage them to inform you if they inadvertently come across something they should not have access to. Unfortunately, the makers of inappropriate material have ways around filtering systems, so it is important that students have strategies and know what to do if this situation occurs. Students should feel comfortable and be actively encouraged to inform their parents and teachers if they accidently access inappropriate material.

Screen time

The new IOS update now allows users to schedule blocks of time to limit device use. Parents have the option of setting downtime, in which apps will 'turn off' between certain hours of the day. Time limits can be set on certain apps and some apps like phone or books can be chosen to always be available. Each week, a screen time report is sent to better understand and manage your device usage. This gives parents an understanding of where their child spends their time and can assist them to set app limits for them. This feature is highly recommended to help students limit their screen time and keep good sleep hygiene. Shutting down electronics at least an hour before bed will help your child naturally produce melatonin and keep their circadian rhythm regulated.

Screen Time also allows you to turn off **in-app purchases** (in **Content and Privacy Restrictions> Content And Privacy Restrictions** see **Appendix 1**) which protects the student from inadvertently spending money whilst using apps. Some app developers use this function to entice users to download extra features for a cost. Often their apps are free to download initially and they use underhand ways of causing the user to inadvertently agree to in-app purchases. Turning off **deleting apps** will ensure that apps are not inadvertently deleted and have to be re-loaded. We also suggest **installing apps** be switched off throughout the program. Each term this may be switched temporarily back on as new apps will need installing and some apps may require updating.

You will need to go through each tab in **Allowed Content** and select **clean, G rated** and **restricted** where required. Be guided by the image above. At school the Education Queensland network will block any inappropriate content but you will need to manage content restrictions at home.

iMessage
We ask that notifications for iMessage be turned off during school hours. Time limits can also be set on the messages app to limit your child's access to instant messaging. We ask student to refrain from the use of iMessage and that the app be removed from the iPad. If the app does need to remain on the iPad it should be managed under screen time in settings.