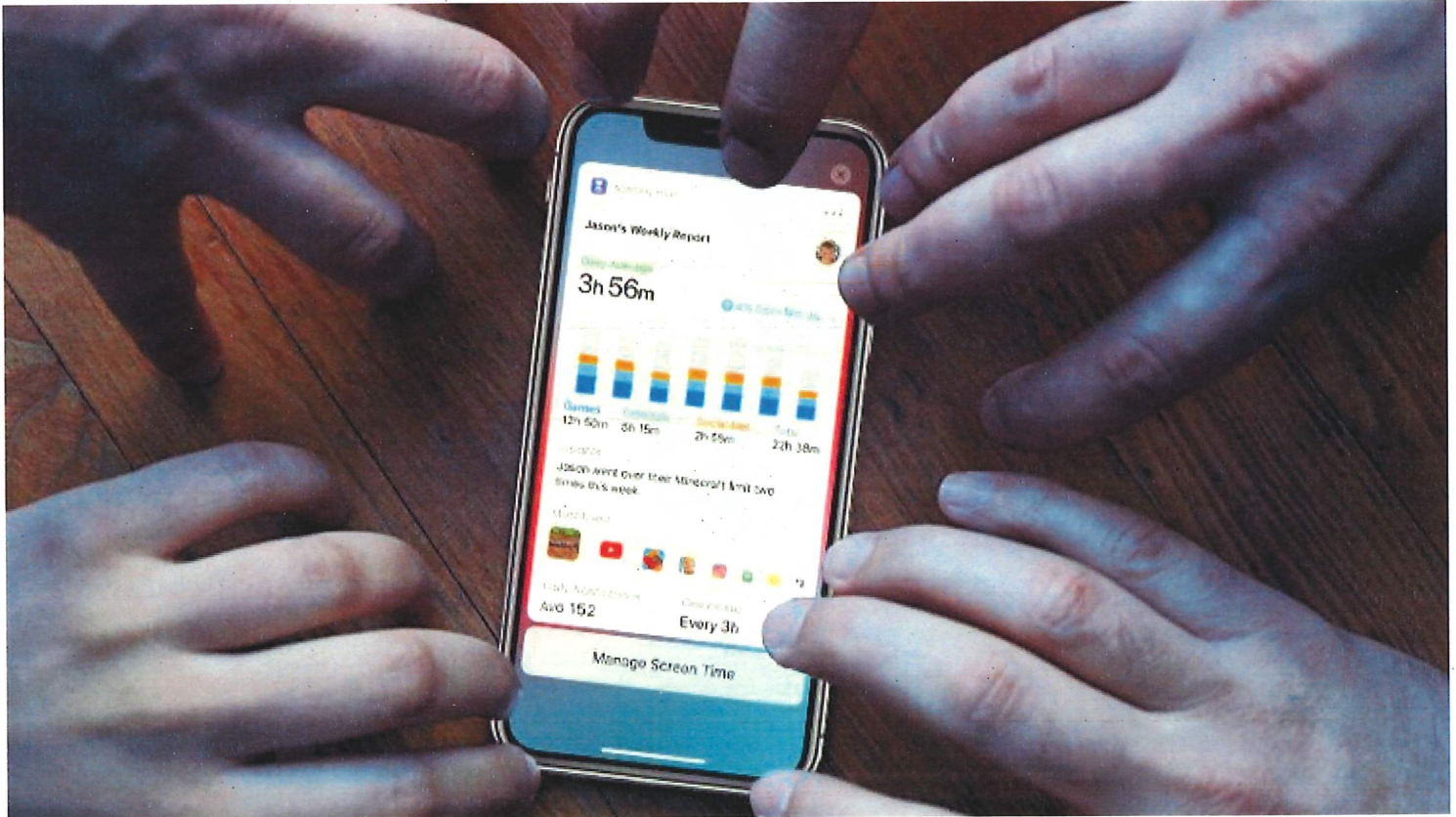




Safe Online Guide – iPhone



ALWAYS REMEMBER

- Check the age rating of the application you child wants to download. For example YouTube is a 15 rated application. There is a YouTube Kids app that is suitable for children which does not allow access to mature content.
- Do not allow your child unsupervised access to the Playstore or Applestore.
- Check your child's installed applications regularly.
- Read their messages, it is a slight invasion of their privacy but necessary to keep them safe.

ANDROID

For android there are many apps that you can install to offer the same protection. Some are free and some are subscription services. The most popular for Android is Screenlabs Screentime. www.screentimelabs.com

This application allows you to set limits and control your child's phone from your own device. This application can be downloaded from the playstore.

SCREENTIME

[Home](#) [Mission](#) [Pricing](#) [Blog](#) [Help](#) [Contact](#) [About](#) [Sign up](#) [Log in](#)

#1 Free Parental Control App

Two Million + Downloads | 20k 5★ Reviews

GET STARTED FREE

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2019 NATIONAL Parenting Product AWARDS WINNER

Apple Android Kindle

English

APPLE

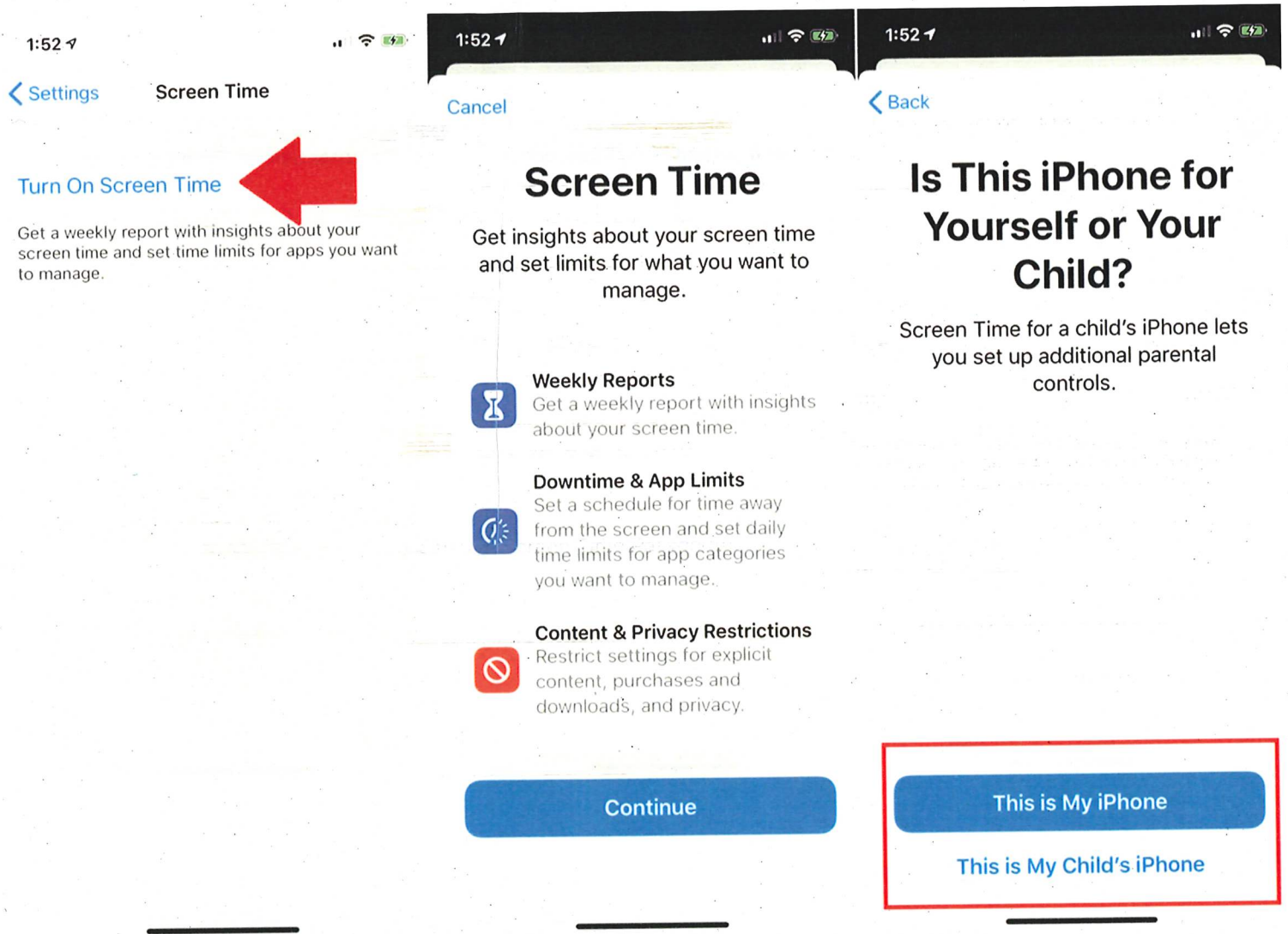
Apple have included Screentime in their latest software update. This allows parents to control many aspects of the phone use such as app restrictions, usage limits, downtime, etc. All are detailed below.

Apple have included Screentime in their latest software update. This allows parents to control many aspects of the phone use such as app restrictions, usage limits, downtime, etc. All are detailed below.

First, make sure you're running iOS 13.3 or higher. To check, open **Settings > General > About**.

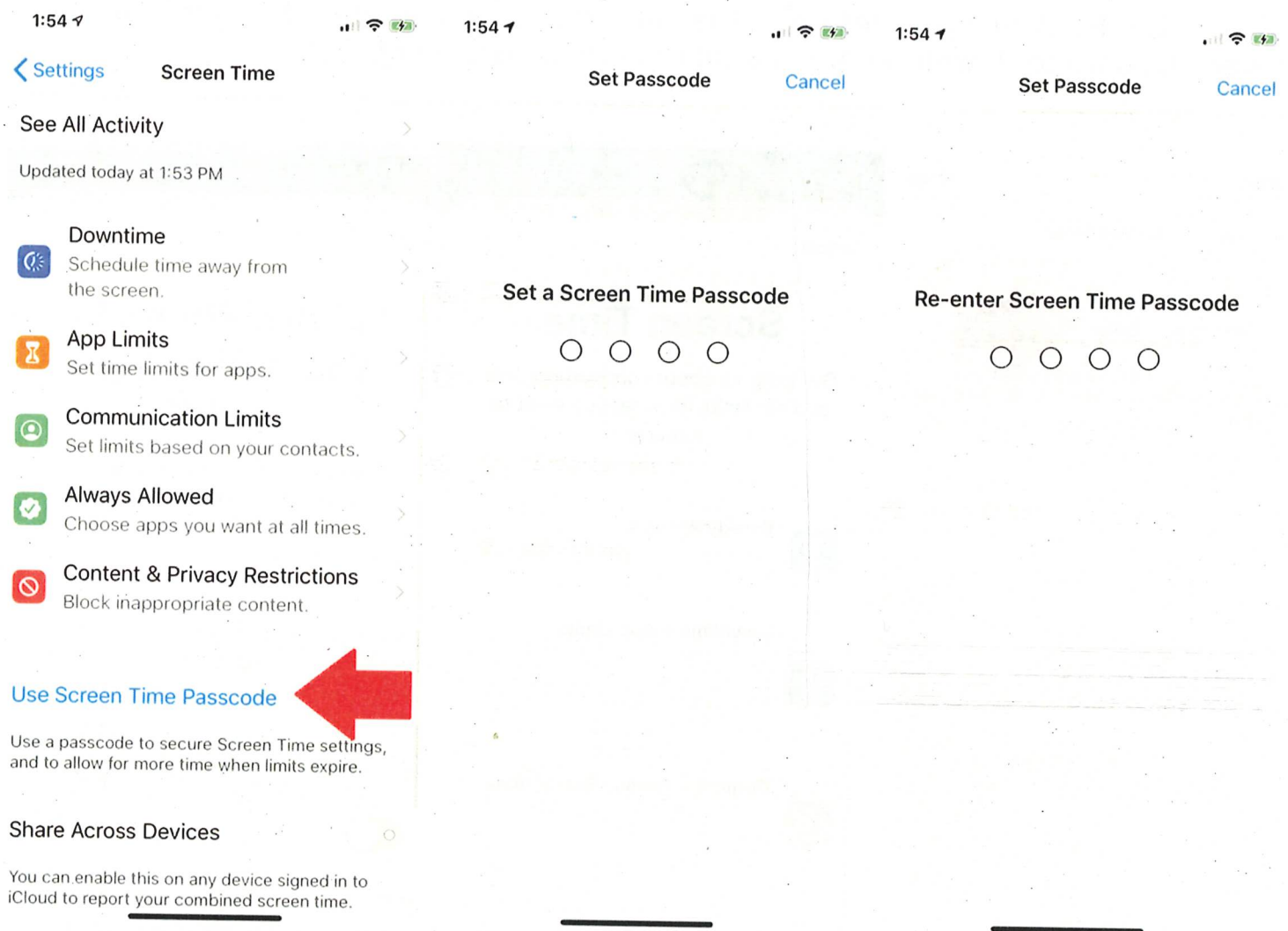
Scroll down the About screen to the entry for Version. If you see 13.3 or higher listed, you're set.

If not, tap the Back arrow to return to the General screen and tap the entry for Software Update to download and install the latest version of iOS.



Enable Screen Time

To enable Screen Time, navigate to **Settings > Screen Time** and tap the Turn On Screen Time option. Read the information at the Screen Time screen and tap Continue. The next screen asks if this device is for you or your child. If it's for you, tap This is My iPhone.



Set Screen Time Passcode

Screen Time will now monitor how much time you spend with individual apps, features, and settings on your phone, starting with the Settings app. Swipe down the screen. Tap Use Screen Time Passcode if you want to secure your Screen Time settings and finagle more time with an app if the set amount of time expires. Type and retype a passcode.

- Downtime**
Schedule time away from the screen.
- App Limits**
Set time limits for apps.
- Communication Limits**
Set limits based on your contacts.
- Always Allowed**
Choose apps you want at all times.
- Content & Privacy Restrictions**
Block inappropriate content.

Change Screen Time Passcode

Share Across Devices

You can enable this on any device signed in to iCloud to report your combined screen time.

Turn Off Screen Time



Monitor Multiple Devices

Next, turn on the switch to Share Across Devices if you have more than one iOS device and want to record and view your Screen Time information across them all. You'll need to enable two-factor authentication, if it's not already activated. If you set a passcode, you're prompted to enter it to enable sharing across devices.

- Downtime**
Schedule time away from the screen.
- App Limits**
Set time limits for apps.
- Communication Limits**
Set limits based on your contacts.
- Always Allowed**
Choose apps you want at all times.
- Content & Privacy Restrictions**
Block inappropriate content.

Use Screen Time Passcode

Use a passcode to secure Screen Time settings, and to allow for more time when limits expire.

Share Across Devices

You can enable this on any device signed in to iCloud to report your combined screen time.

See All Activity >

Updated today at 2:11 PM

Downtime
Off

App Limits
Set time limits for apps.

Communication Limits
Set limits based on your contacts.

Always Allowed
Choose apps you want at all times.

Content & Privacy Restrictions
Block inappropriate content.

[Change Screen Time Passcode](#)

Share Across Devices

You can enable this on any device signed in to iCloud to report your combined screen time.

[Turn Off Screen Time](#)

Downtime

Set a schedule for time away from the screen. During downtime, only apps that you choose to allow and phone calls will be available.

Every Day

Customize Days

From 10:00 PM
To 7:00 AM

Downtime will apply to all of your devices signed into iCloud with Share Across Devices enabled. A downtime reminder will appear five minutes before downtime begins.

Block at Downtime

Turn on to block the device at downtime.

Downtime

Set a schedule for time away from the screen. During downtime, only apps that you choose to allow and phone calls will be available.

Every Day

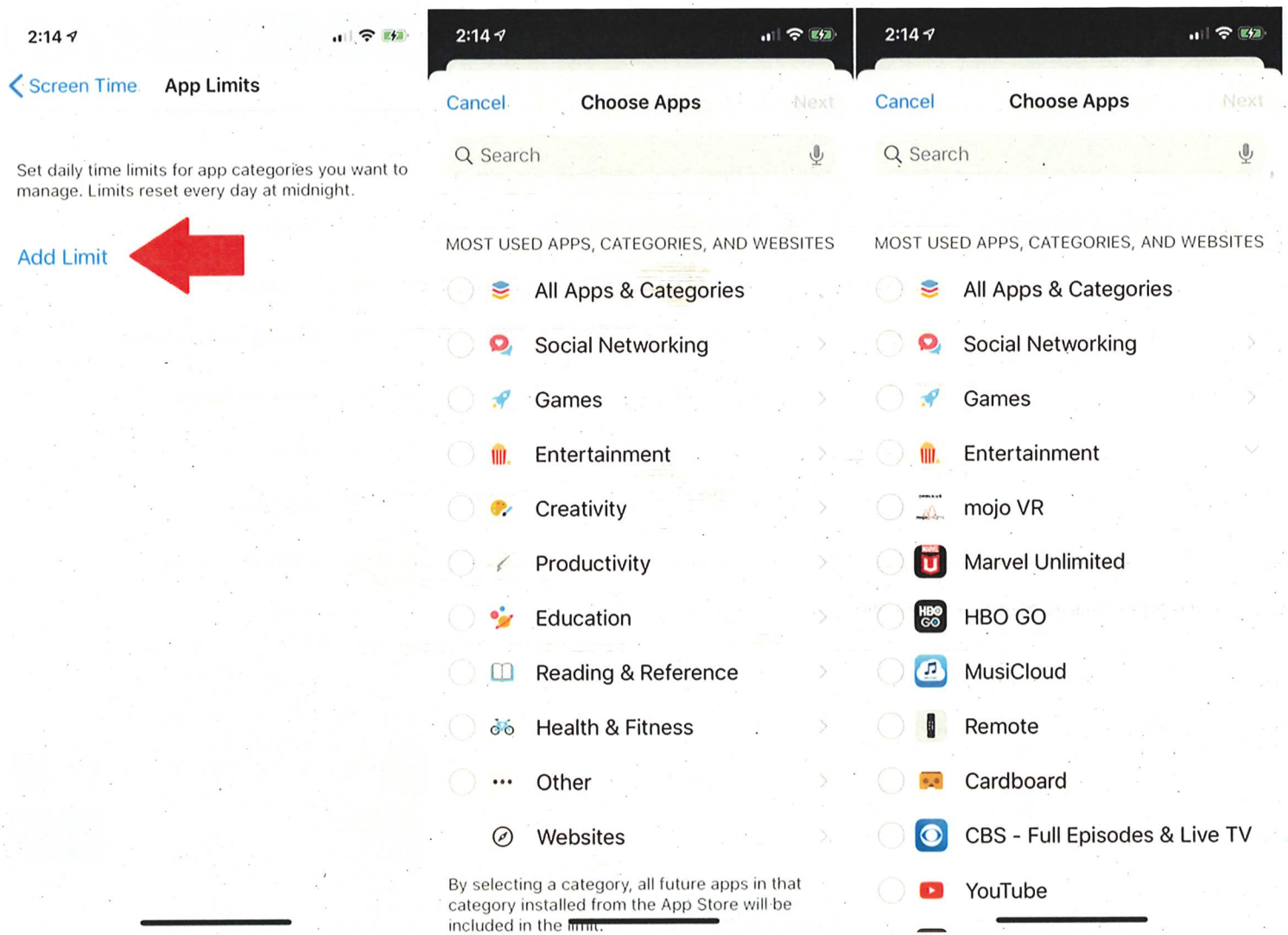
Customize Days

Sunday	10:00 PM – 7:00 AM >
Monday	10:00 PM – 7:00 AM >
Tuesday	10:00 PM – 7:00 AM >
Wednesday	10:00 PM – 7:00 AM >
Thursday	10:00 PM – 7:00 AM >
Friday	10:00 PM – 7:00 AM >
Saturday	10:00 PM – 7:00 AM >

Downtime will apply to all of your devices signed into iCloud with Share Across Devices enabled. A downtime reminder will appear five minutes before downtime begins.

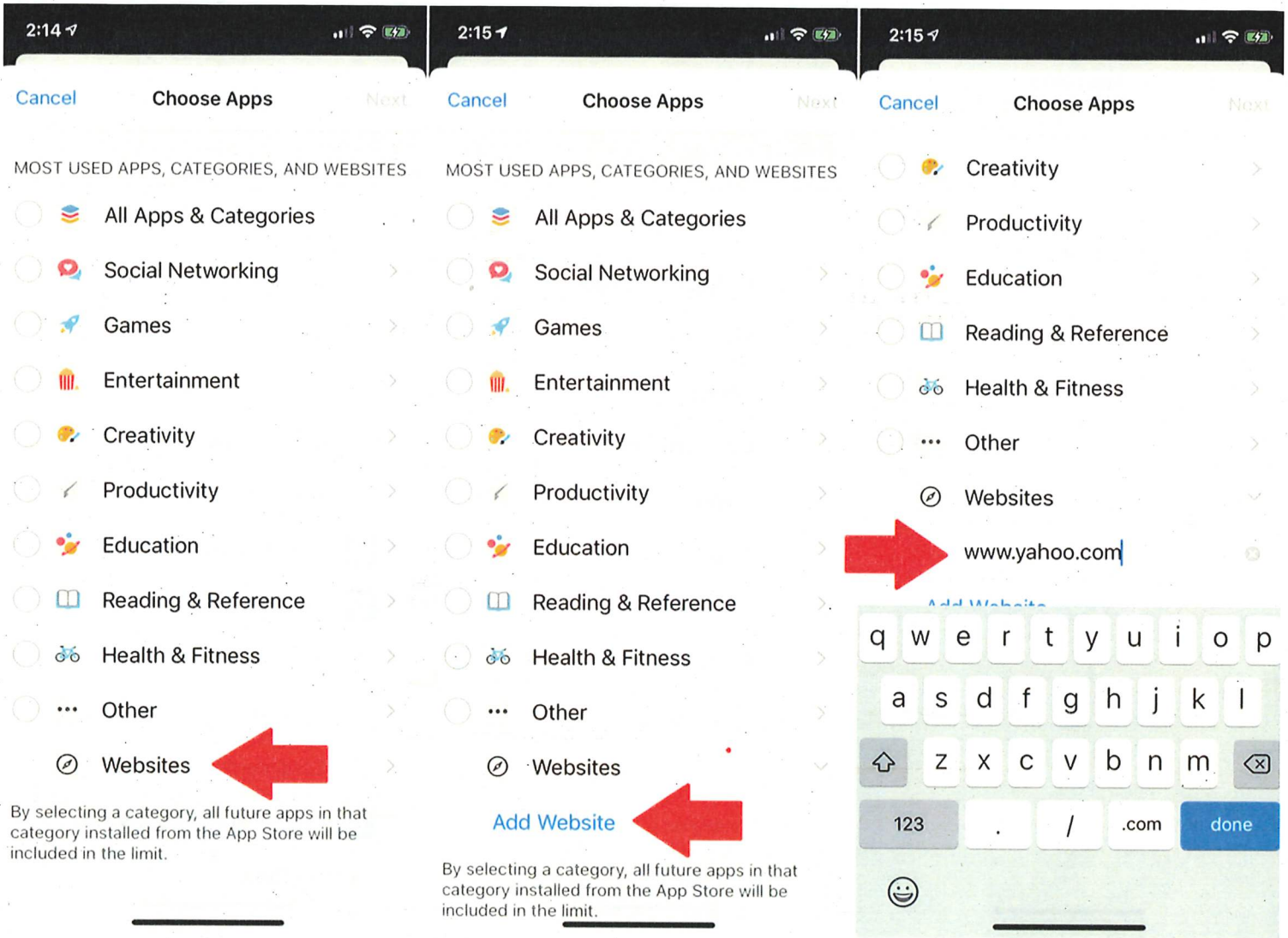
Set Downtime

Now you can set limits on which apps and features you can access and for how long. Tap the entry for Downtime and turn on the switch. You can create a time frame during which only certain apps will be allowed. Tap the From time and then the To time to set both for all days, or tap Customize Days to schedule different times for each day of the week.



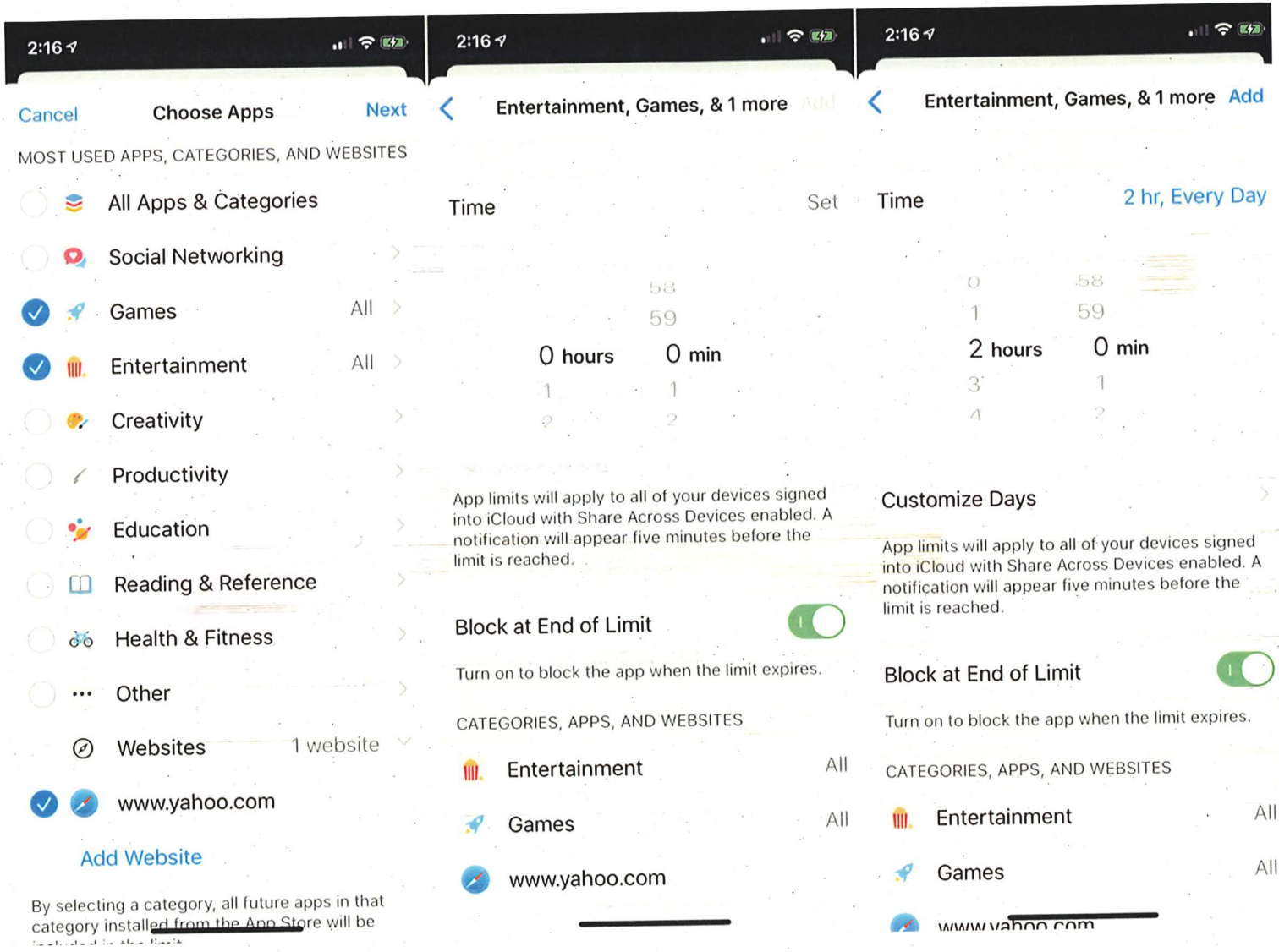
Set App Limits

Back at the Screen Time menu, tap **App Limits > Add Limit**. At the Categories screen, you can either leave the default setting for All Apps & Categories, or select individual apps to limit. Tap an app category to see all the apps inside. You can then choose either the entire category or specific apps.



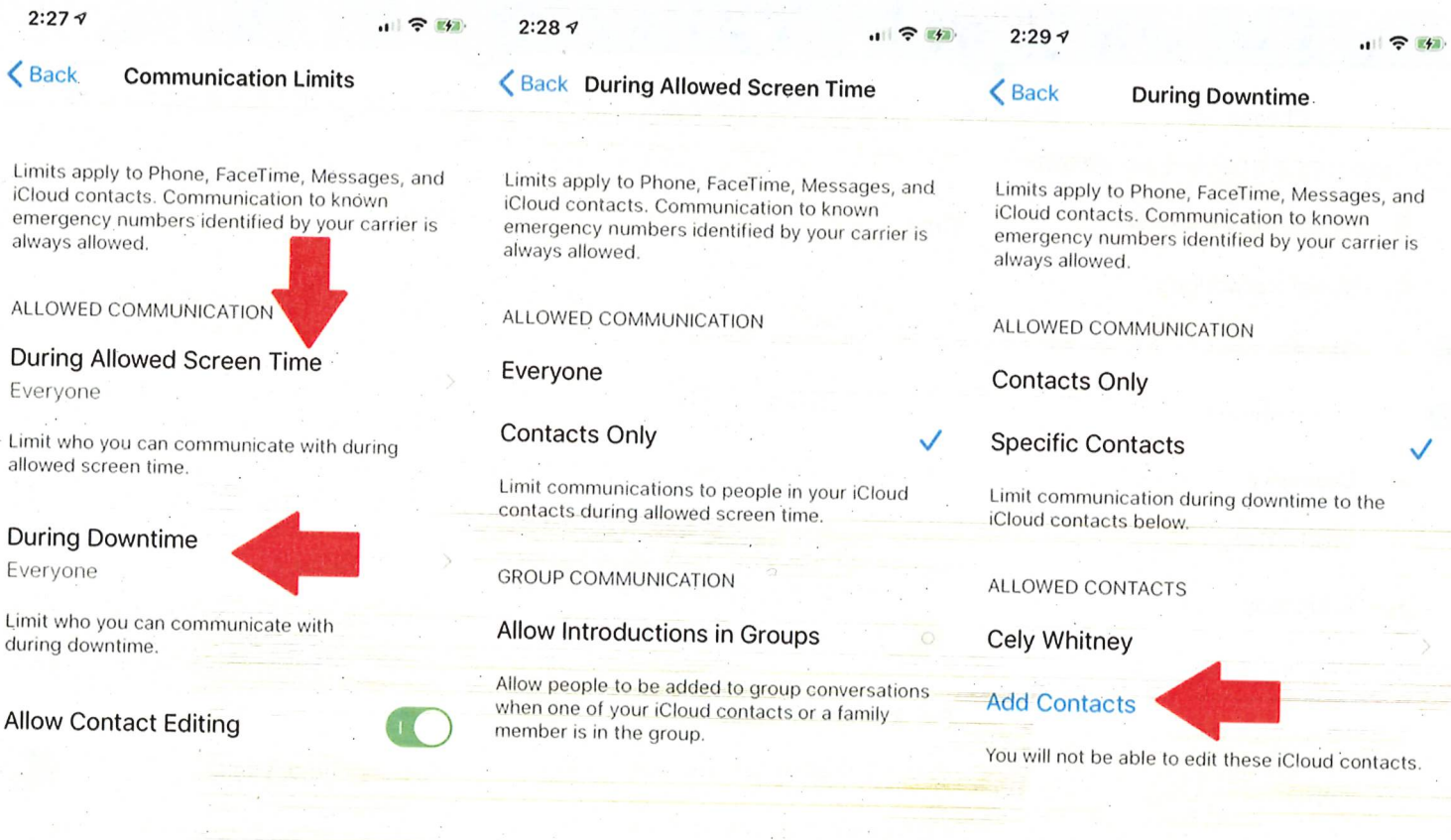
Set Website Limits

Swipe down further and tap the option for Websites. Tap Add Website and type the JRL for the website you want to include.



Set Time Limits

After your desired apps are selected, tap Next. At the Time screen, set the number of hours and/or minutes after which the apps in the categories you chose will be blocked from further use. You can choose a different duration for each day by tapping the option for Customize Days. Create different limits for different categories by setting them up separately. Tap Add to finish and view your settings.

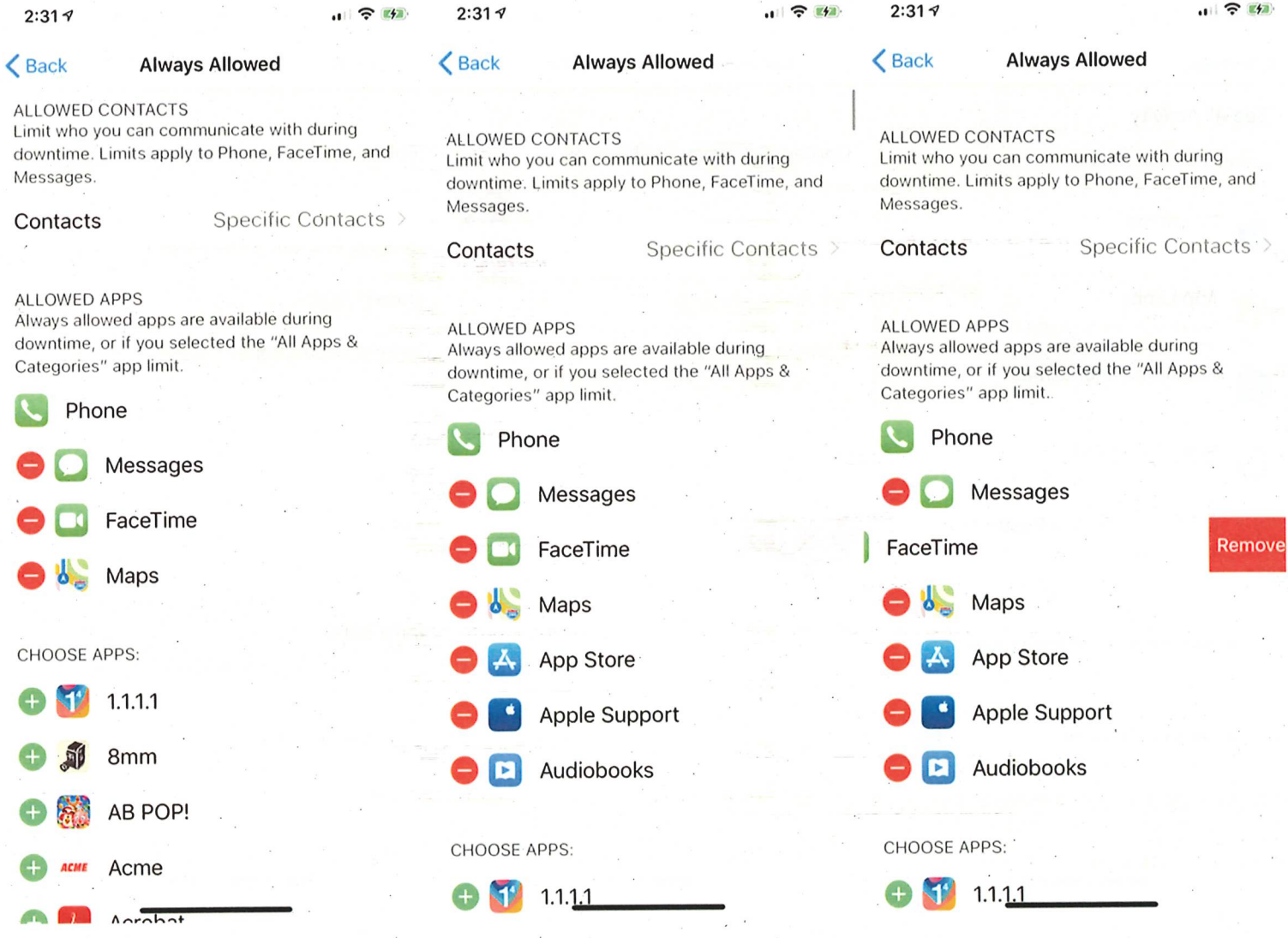


Communication Limits

At the main screen, tap the option for Communication Limits. Here, you can control communications from other people via phone calls, FaceTime, text messages, or Cloud. You can then set who has permission to contact you while Screen Time is activated.

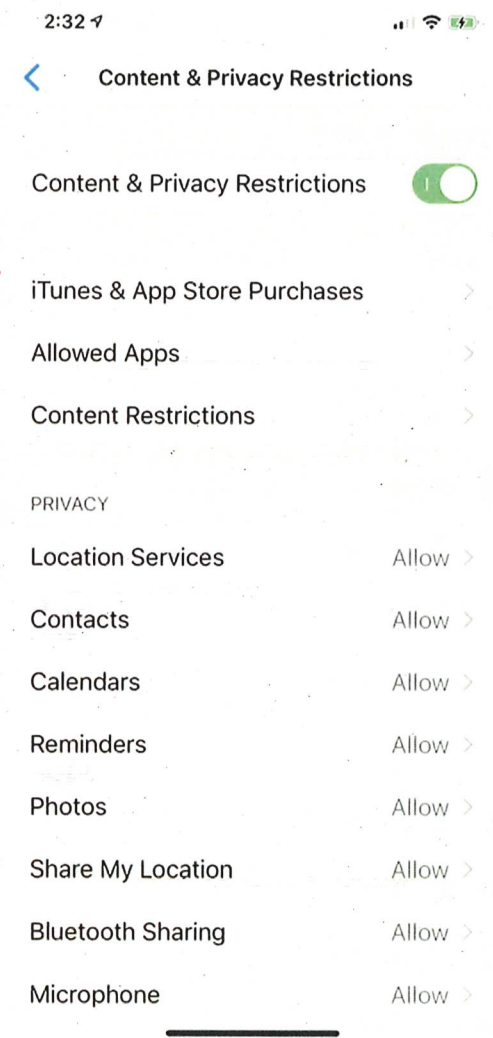
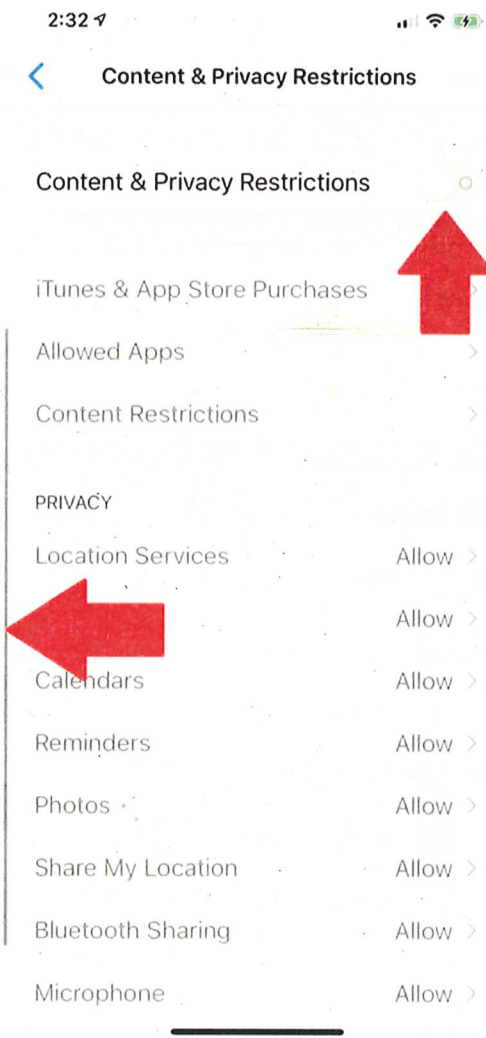
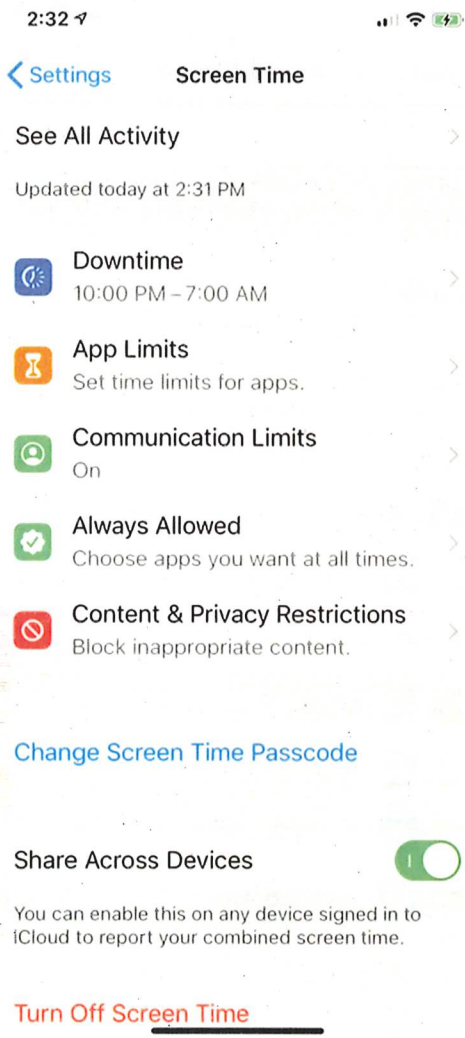
Tap During Allowed Screen Time to choose who can get through to you when Screen Time is active. Tap During Downtime to decide who can reach you during downtime hours. With Screen Time, you can block everyone but your contacts; Downtime gives you the ability to choose specific people.

If you choose Specific Contacts, tap Add Contacts from the menu below. You can then choose the contacts you wish to add and only those people will be allowed to call.



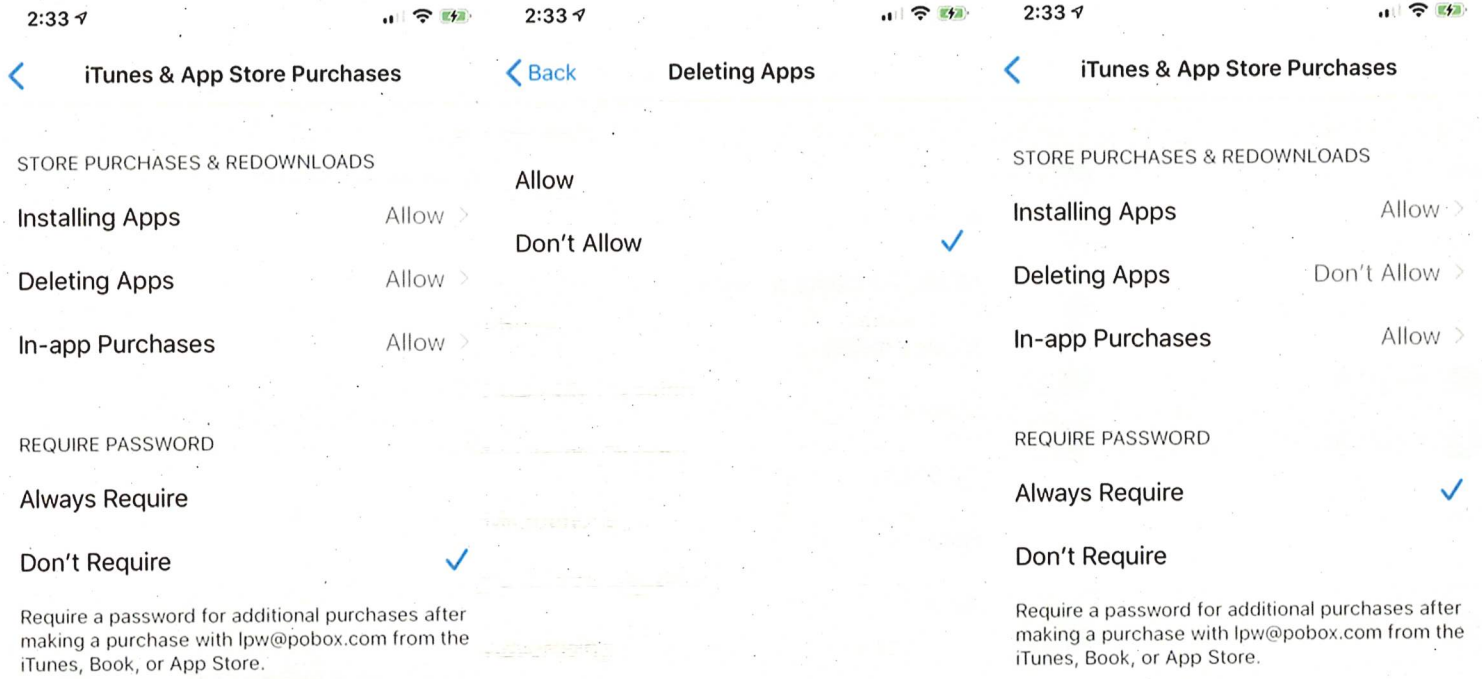
Always Allow Certain Apps

At the main Screen Time menu, tap the entry for Always Allowed. Here, you can fine-tune your limits to allow certain apps to bypass the block. To add an app to the allowed list, tap its plus sign. If you want to remove an app from the Always Allow list, tap the minus sign and tap Remove.



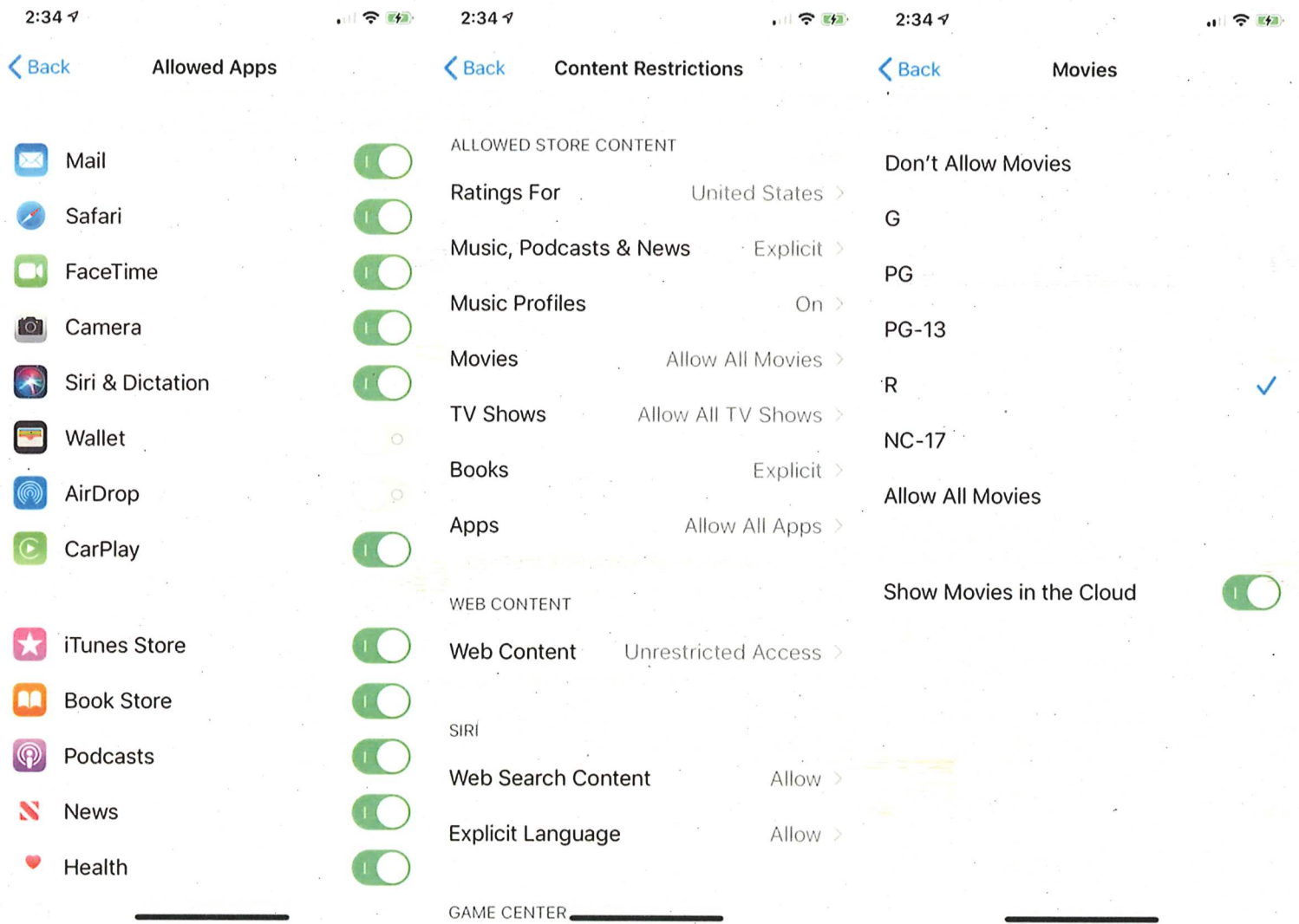
Set Content and Privacy Restrictions

Back at the main screen, tap the entry for Content & Privacy Restrictions. Here, you can allow or disallow specific content, privacy settings, and other changes. Turn on the switch for Content & Privacy Restrictions.



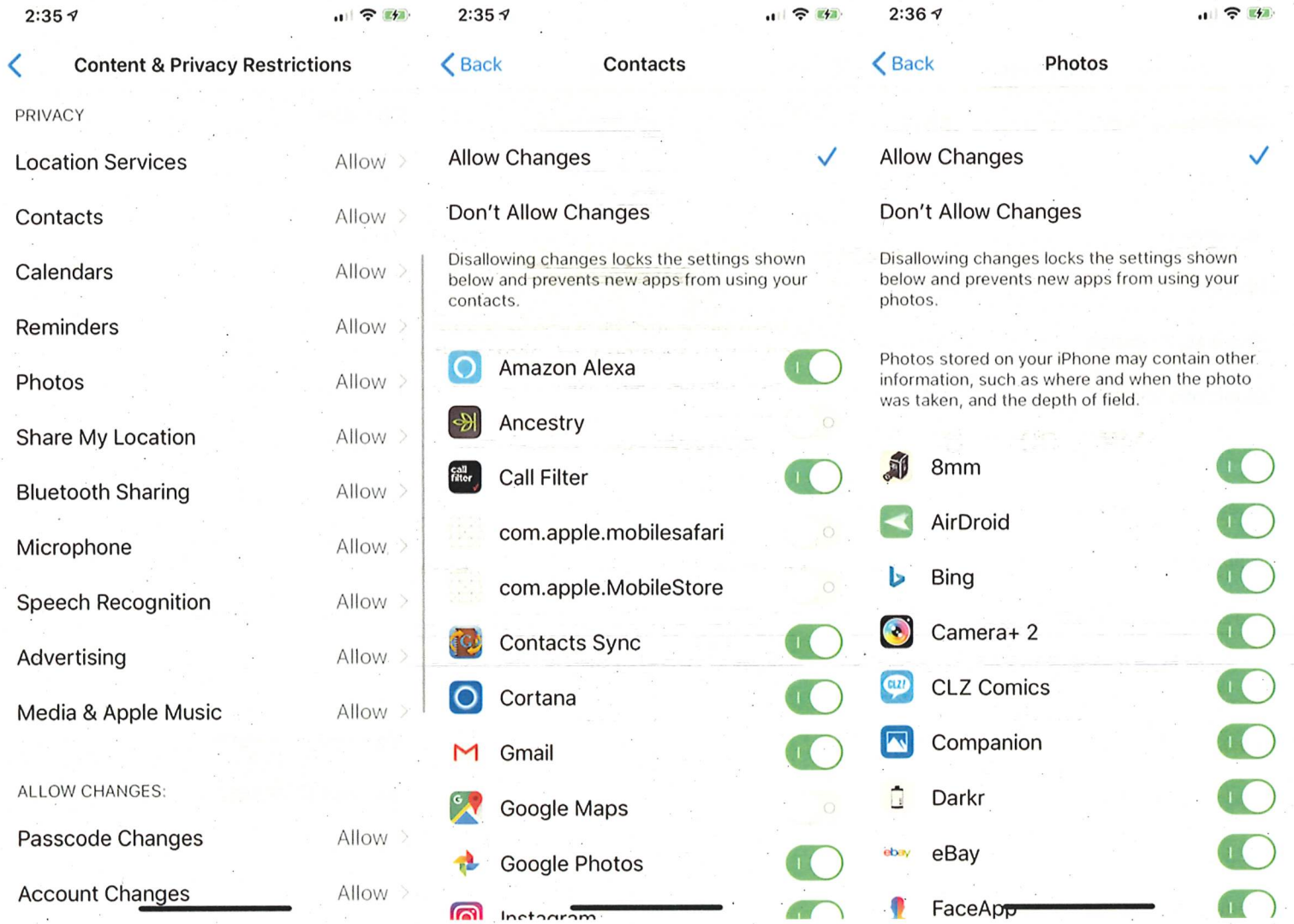
Restrict App Purchases

Tap the entry for iTunes & App Store Purchases from the Content & Privacy Restrictions menu. You can allow or disallow installing apps, deleting apps, and in-app purchases. You can also require a password to make in-app purchases on an app you've already downloaded.



Allow Specific Apps

If you want to enable or disable specific apps, tap **Content & Privacy Restrictions** > **Allowed Apps** and toggle apps on or off. If you want to allow or ban specific content from the App Store, the web, and other sources, tap **Content & Privacy Restrictions** > **Content Restrictions** and pick what you'd like to allow or block.



Privacy Settings

If you want to limit the data that's shared from certain apps, you can control your settings in the Content & Privacy Restrictions menu under the Privacy section. Tap each entry to allow or disallow it.

< Content & Privacy Restrictions

- Contacts Allow >
- Calendars Allow >
- Reminders Allow >
- Photos Allow >
- Share My Location Allow >
- Bluetooth Sharing Allow >
- Microphone Allow >
- Speech Recognition Allow >
- Advertising Allow >
- Media & Apple Music Allow >

ALLOW CHANGES:

- Passcode Changes Allow >
- Account Changes Allow >
- Cellular Data Changes Allow >
- Volume Limit Allow >

< Back

Advertising

- Allow
- Don't Allow

< Content & Privacy Restrictions

- Contacts Allow >
- Calendars Allow >
- Reminders Allow >
- Photos Allow >
- Share My Location Allow >
- Bluetooth Sharing Allow >
- Microphone Allow >
- Speech Recognition Allow >
- Advertising Don't Allow >
- Media & Apple Music Don't Allow >

ALLOW CHANGES:

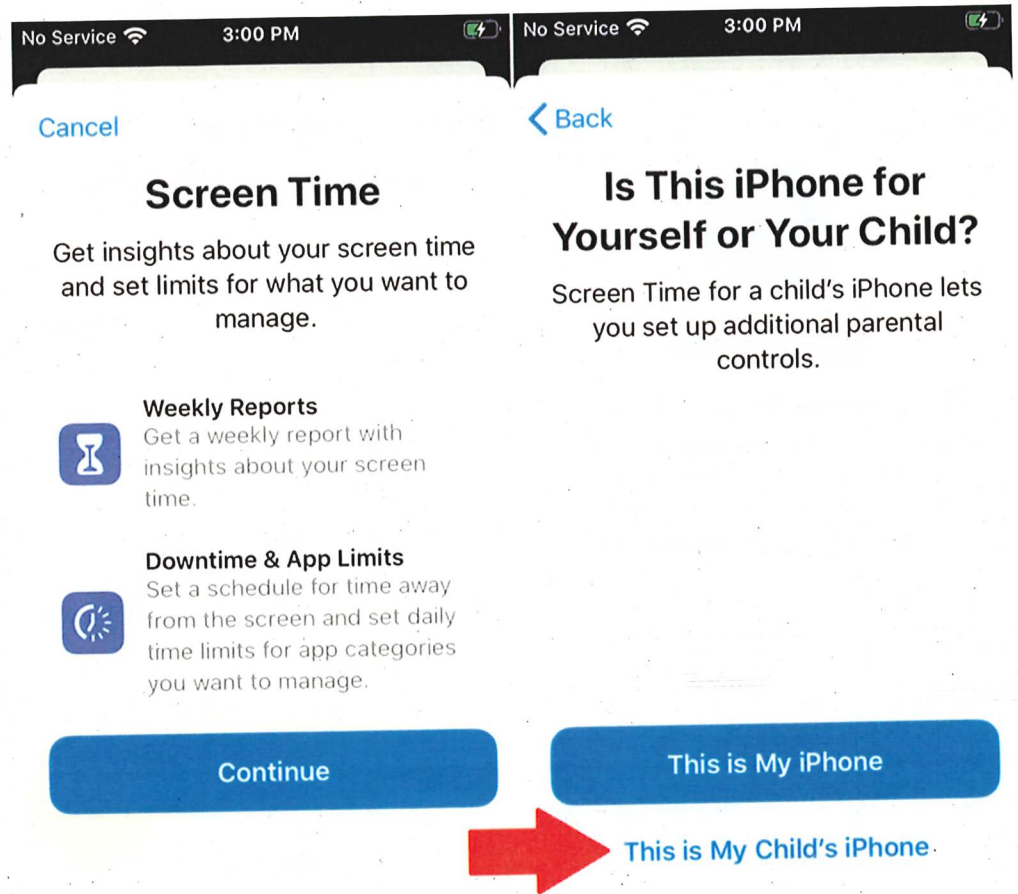
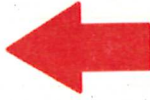
- Passcode Changes Allow >
- Account Changes Allow >
- Cellular Data Changes Allow >
- Volume Limit Allow >

Allow Changes

Once you make changes on the Content & Privacy Restrictions, those changes must be approved before they go into effect. In the Allow changes section, tap each change to allow or disallow it, and you're done.

Turn On Screen Time


Get a weekly report with insights about your screen time and set time limits for apps you want to manage.



Enable Screen Time for a Child

Now, let's say you want to create limits for a child's account. The easiest way to do this is on your child's iPhone or iPad. Turn on Screen Time and tap Continue. At the screen asking if this device is for yourself or your child, tap the button for This is My Child's iPhone.

[Back](#)



Downtime

Set a schedule for time away from the screen. Your permission will be required to allow more screen time. Calls, messages, and other apps you want to allow can still be used.

Start 10:00 PM

[Set Downtime](#)

[Not Now](#)

[Back](#) Downtime

want to allow can still be used.

Start 8:00 PM

6 58

7 59 AM

8 00 PM

9 01

10 02

[Set Downtime](#)

[Not Now](#)

[Back](#) Downtime

End 6:00 AM

4 58

5 59

6 00 AM

7 01 PM

8 02

[Set Downtime](#)

[Not Now](#)

Set Downtime for a Child

At the next screen, pick the Start and End times for Downtime. Tap the button to Set Downtime.

< Downtime App Limits

< Downtime App Limits

< Downtime App Limits

- All Apps & Categories
- Social Networking
- Games
- Entertainment
- Creativity

- Productivity
- Education
- Reading & Reference
- Health & Fitness
- Other

- Health & Fitness
- Other

Time Amount 2 hr, 15 min

0	13
1	14
2 hours	15 min
3	16

Set App Limit

Set App Limit

Set App Limit

Not Now

Not Now

Not Now

Set App Limits for a Child

At the screen for App Limits, keep the setting for All Apps & Categories or tap the specific categories you want to include. Tap Set. Choose the hours and/or minutes for the app limit. Tap Set App Limit.

< App Limits



Content & Privacy

You can customize content and privacy settings in Screen Time settings.

Restrict Content

You can restrict explicit and mature content in the iTunes and App Stores, Music, and websites.



Continue

< Back

Screen Time Passcode

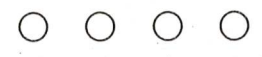
Create a passcode that will be required to allow for more time, or to make changes to Screen Time settings.



< Back

Screen Time Passcode

Re-enter your passcode.



Set Parent Passcode

At the Content & Privacy screen, tap Continue. At the Parent Passcode screen, enter and re-enter a passcode. Screen Time then goes into effect.

< Settings

Screen Time

See All Activity

Updated today at 3:04 PM

Downtime 10:00 PM - 7:00 AM

App Limits Set time limits for apps.

Communication Limits On

Always Allowed Choose apps you want at all times.

Content & Privacy Restrictions Block inappropriate content.

< Back

Downtime

Downtime



Set a schedule for time away from the screen. During downtime, only apps that you choose to allow and phone calls will be available.

Every Day



Customize Days

From 10:00 PM

To 7:00 AM

Downtime will apply to all of your devices signed into iCloud with Share Across Devices enabled. A downtime reminder will appear five minutes before downtime begins.

Block at Downtime

< Back

Communication Limits

Limits apply to Phone, FaceTime, Messages, and iCloud contacts. Communication to known emergency numbers identified by your carrier is always allowed.

ALLOWED COMMUNICATION

During Allowed Screen Time Contacts Only

Limit who you can communicate with during allowed screen time.

During Downtime Specific Contacts

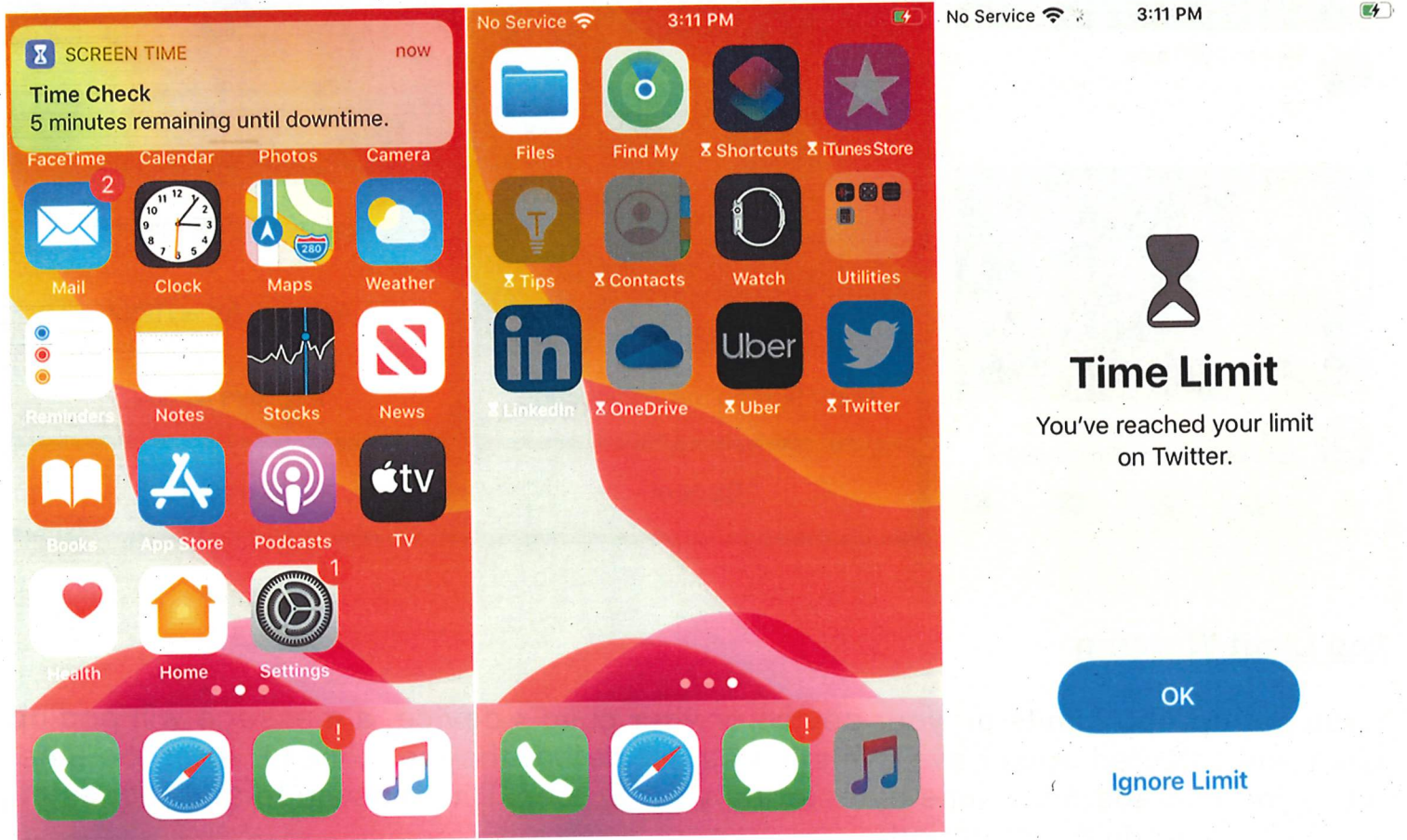
Limit who you can communicate with during downtime.

Allow Contact Editing



Modify Screen Time Settings

From here, you can drill down into the settings for Downtime, App Limits, Communication Limits, Always Allowed, and Content & Privacy Restrictions to make or modify further changes for your child's account.



Downtime Warning Message

If you set up App Limits on your device or your child's device, a message will pop up when any selected apps have five minutes left before they're blocked. After the time is up, you can add more time by entering your Screen Time passcode and requesting access for an additional period.

SCREEN TIME now

Time Check

5 minutes remaining for Social Networking, Games, & 2 more today.

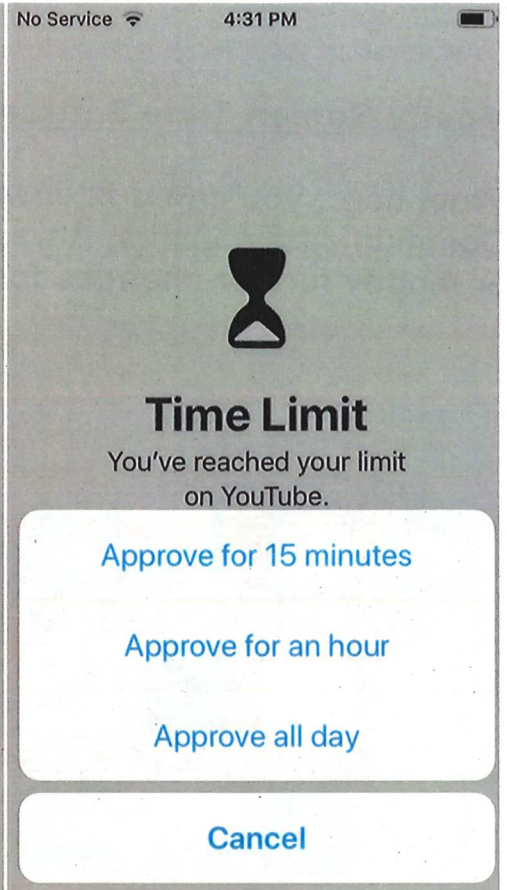
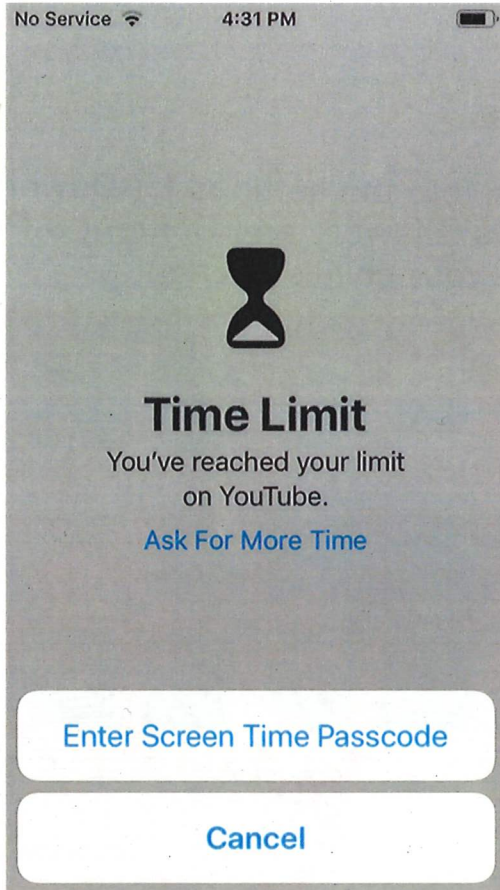


He has 1000 ping
Oh Long Johnson · 3.2M views · 5 days ago



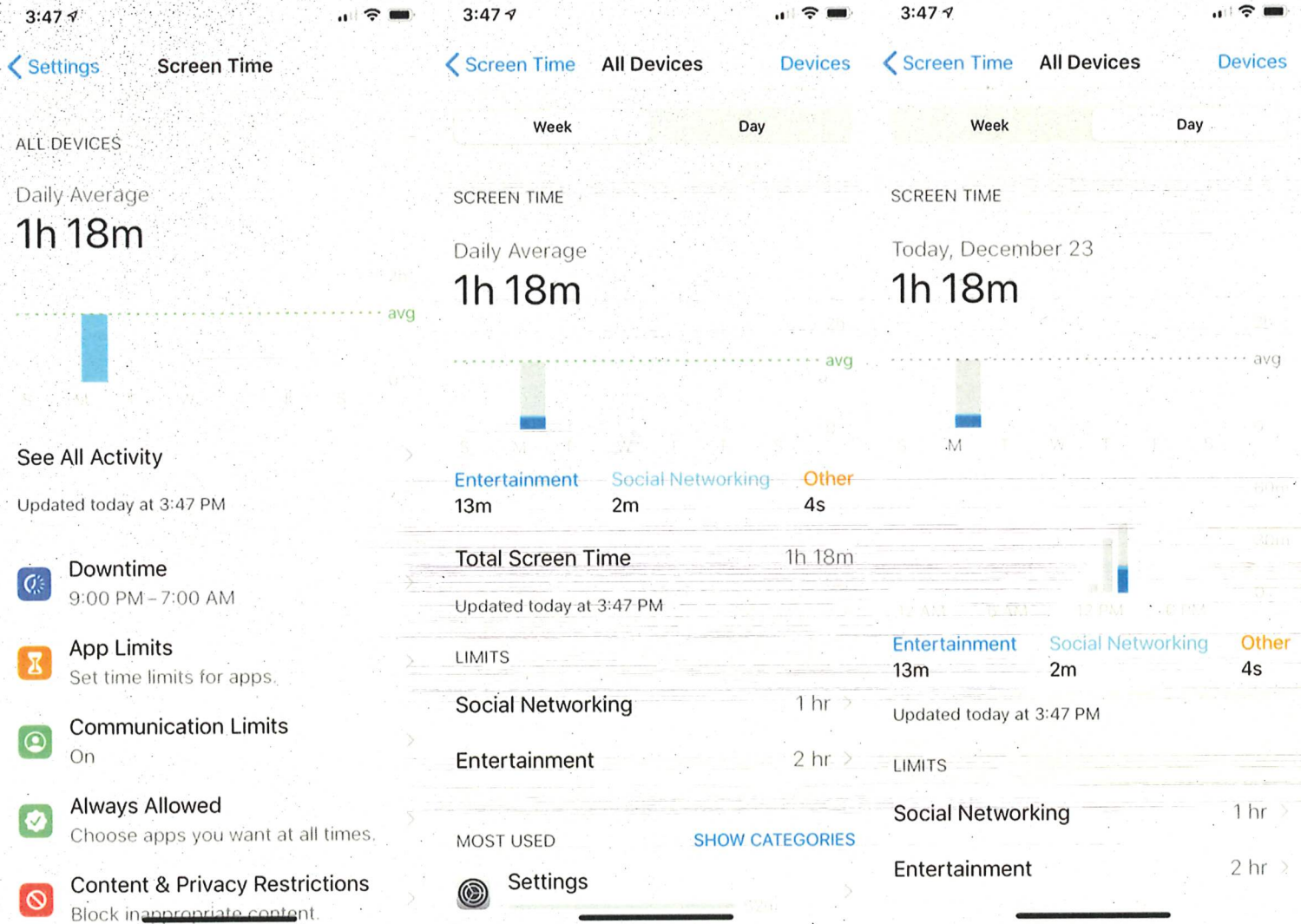
INCREDIBLES 2 - Baby Jack
Jack vs Raccoon Fight Scene (...)

Home Trending Subscriptions Inbox Library



App Limit Warning

If you set up App Limits on your device or your child's device, a message will pop up when any selected apps have five minutes left before they're blocked. After the time runs up, you can add more time by entering your Screen Time passcode and requesting access for an additional period.



Monitor App Usage

If you are worried about how much time you or your child spend using certain apps, you can monitor usage directly from Screen Time. The main screen displays the amount of time spent on each category. Tap the chart to drill down and see the amount of time for each app, either for the week or for the current day.

