

# Apple Screen Time

For the Screen Smart Family

March 2025

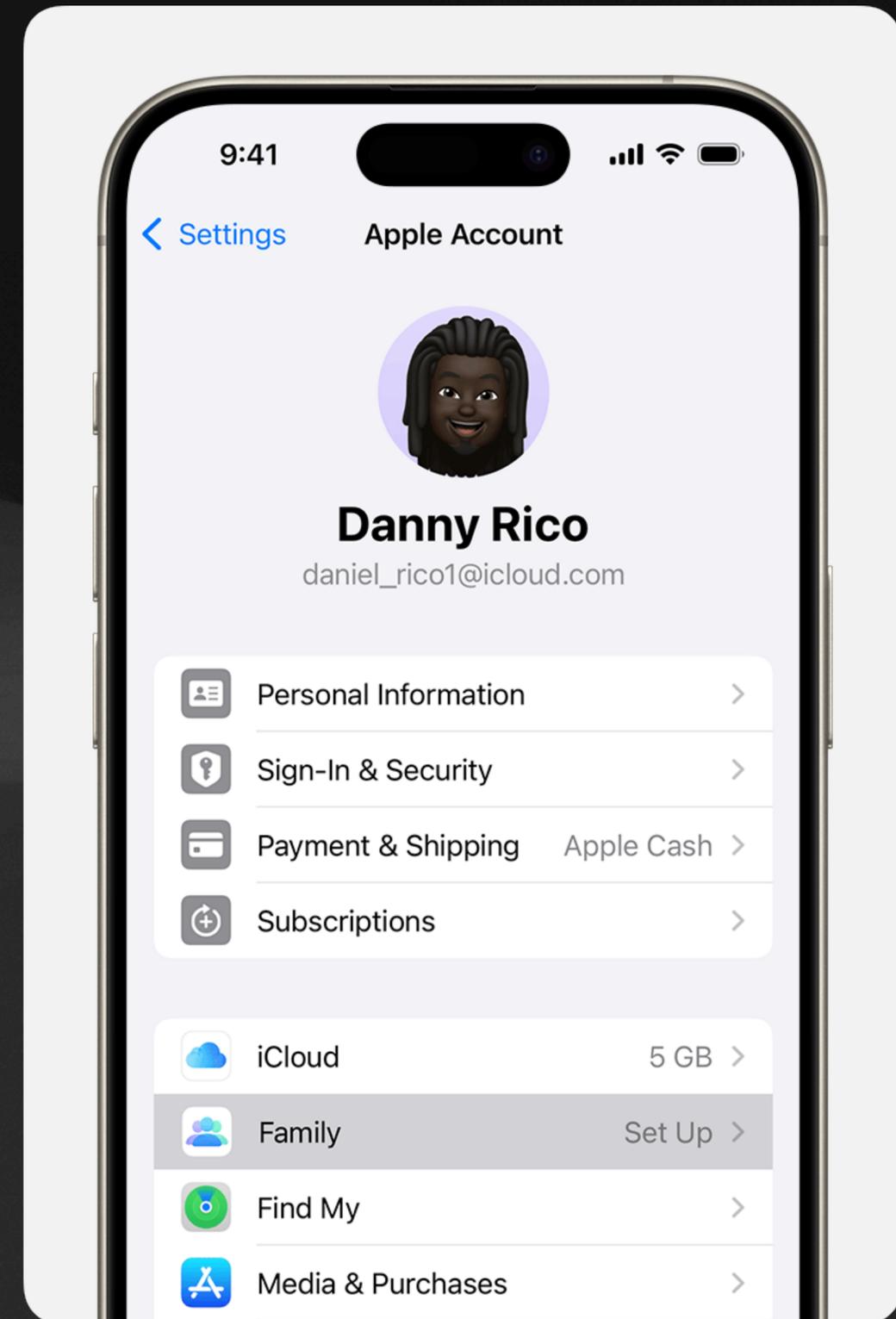
# Topics

- Setup a Family on Screen Time
- Create a Child Account
- Configure a Downtime Schedule
- Configuring App Time Limits
- Recommended Settings
- Approval requests for more time, etc
- Allowing web sites

# Setting up a Family

# Set up the Family Feature

1. Open the Settings app and tap on your name
2. Tap Family (or Family Sharing), then tap Set Up Your Family



# Add a Child

1. Tap the Add Member button 
2. If your child doesn't have an Apple Account, tap Create an Account for a Child. But if your child already has an Apple Account, tap Invite People
3. Follow the onscreen instructions to set up parental controls, location sharing, and more



**Enable Screen Time Controls**

# Enable Parental Controls

- Go to Settings > Family > [child's name] > Screen Time



## What content can Adam access?

Choose an age for suggested content restrictions, or customize for each type of content.

Age: 12



Web Content Limit A...bsites

Apps 12+

Movies G

Continue

# Track Activity

- App & Website Activity must be enabled to set usage limits and a daily downtime



## Keep track of Adam's screen time?

Get insights and set limits for Adam's screen time.

### Screen Time Insights



Weekly reports let you know the amount of time spent on apps, websites, and more.

### Scheduled Downtime



Set a schedule for time away from the screen.

### App Limits



Set daily time limits for app usage.

[Turn On App & Website Activity](#)

[Set Up Later](#)

# Downtime

- Start is when the screen will begin to be locked
- End is when the screen will be enabled



## Set time away from screens?

Set a schedule for time away from the screen. Your permission will be required to allow more screen time. Phone calls, and other allowed apps can still be used during downtime.

Start	20:00
End	07:00

[Turn On Downtime](#)

[Set Up Later](#)

# App Limits

- The wizard will allow creation of a single limit
- Later we'll show how to set additional limits

[Back](#) Set app and website limits?

-  Education
-  Information & Reading
-  Health & Fitness
-  Utilities
-  Shopping & Food
-  Travel
-  Other

Time Amount 1 hr

57  
58

[Set App Limit](#)

# Set a PIN

- The passcode should not be the same as your phone passcode
- It can be used directly on the child's device to extend time limits or make changes
- You will need to enter it on your device if changing the child's settings

# Parental Controls Lock

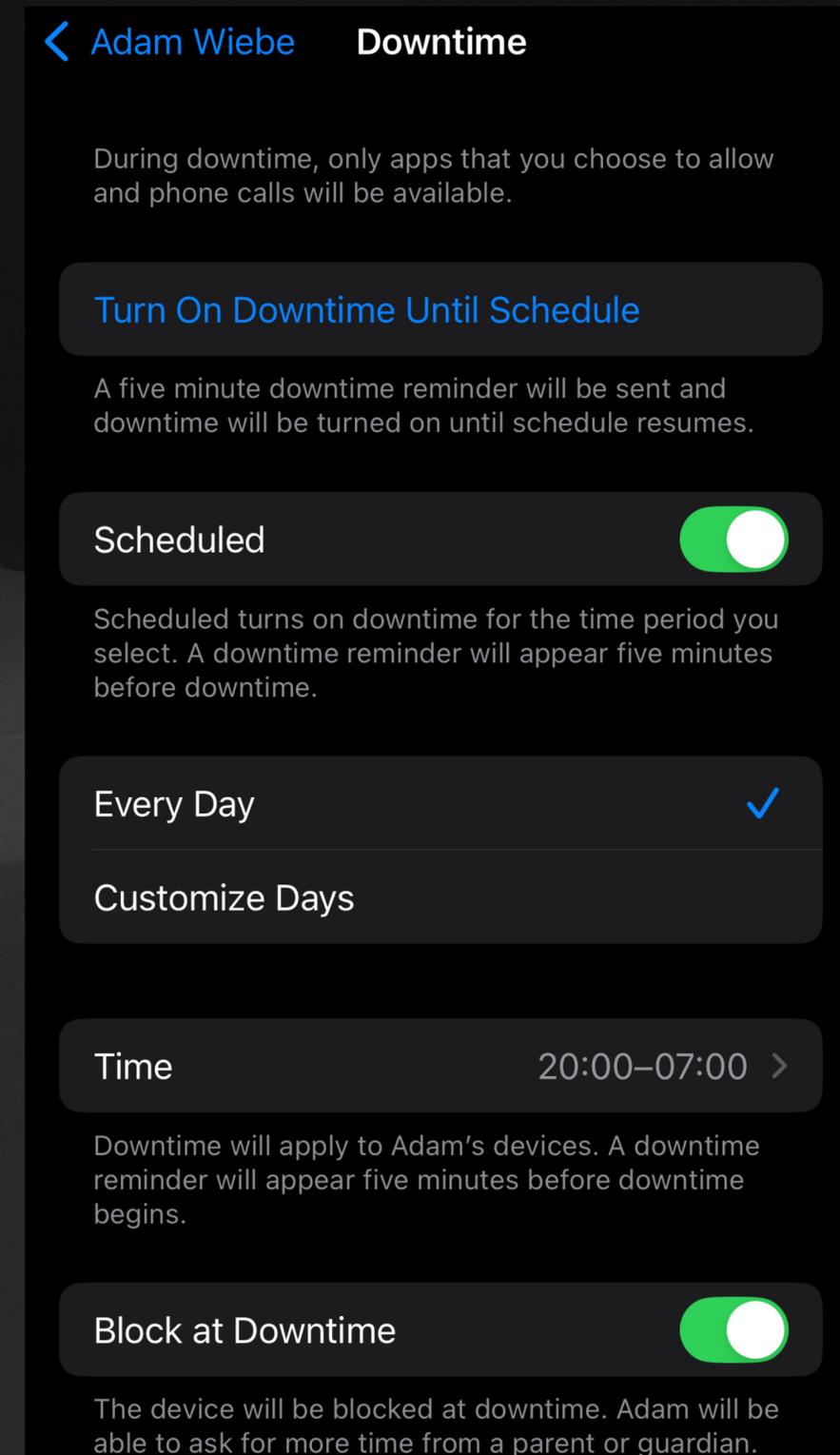
Require a passcode to make changes to Screen Time settings. Make sure your child can't easily guess this passcode.



# Recommended Settings

# Block at Downtime

- Go to Settings > Family > [child's name] > Screen Time > Downtime
- Block at Downtime should be On  
Otherwise the child will only get a warning and be able to simply press a button to continue



# Block after App Limit

- Just as with Downtime, any App Limits you create should have “Block at End of Limit” turned on

App Limit

Time 1 hr, Every Day

57  
58  
0 59  
1 hour 0 min  
2 1  
3 2  
4 3

Customize Days >

App limits will apply to Adam's devices. A notification will appear five minutes before the limit is reached.

Block at End of Limit

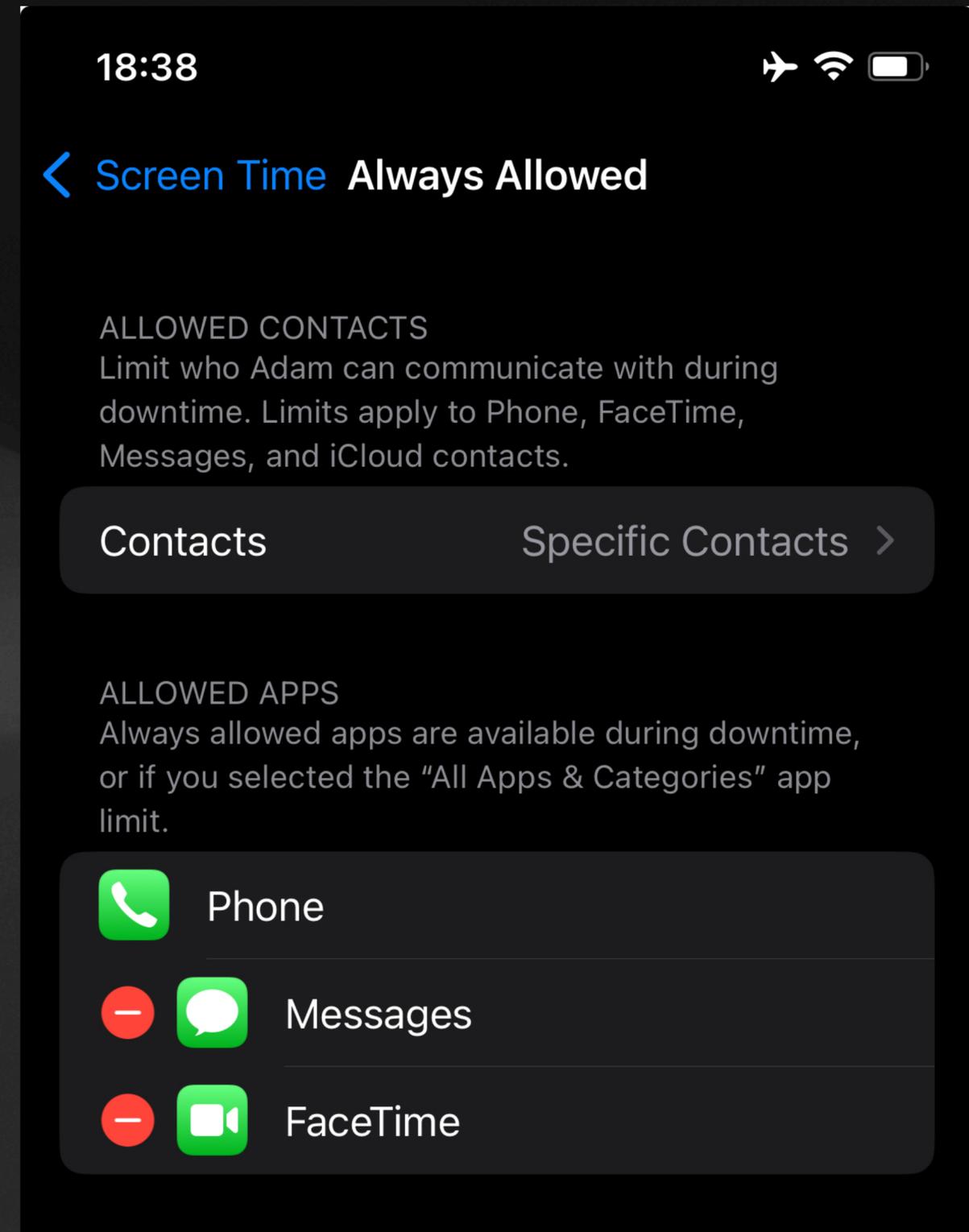
The app will be blocked when the limit expires. Adam will be able to ask for more time from a parent or guardian.

CATEGORIES, APPS, AND WEBSITES

Education All

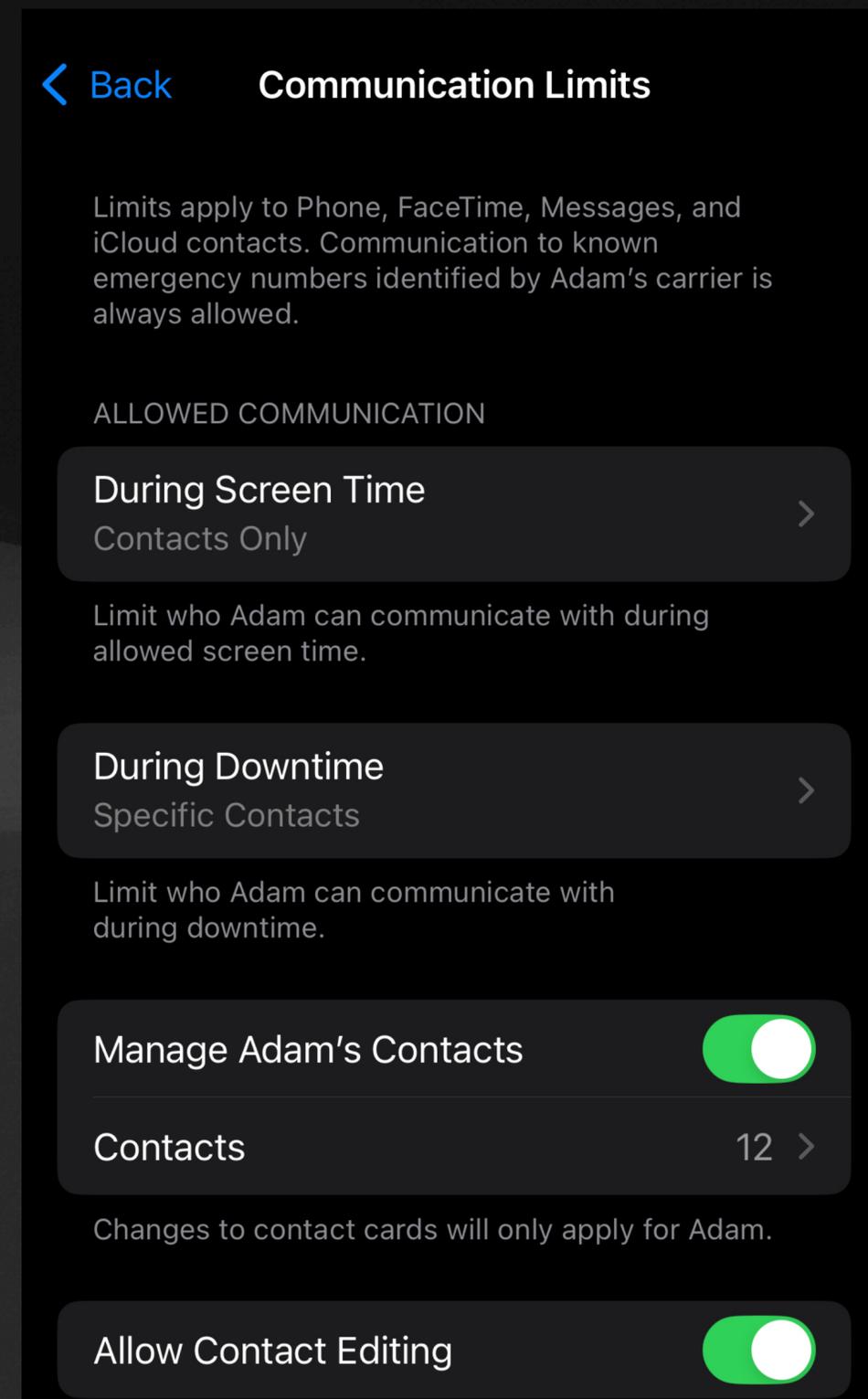
# Always Allowed Contacts

- Go to Settings > Family > [child's name] > Screen Time > Always Allowed
- Parents and other emergency contacts should be added here
- The child will be able to contact these people regardless of downtime or app limits



# Manage Contacts

- Go to Settings > Family > [child's name] > Screen Time > Communication Limits
- Only allow the child to communicate with Contacts
- Enable the option to manage the child's Contacts
- Possibly disable Contact Editing



# Prevent Passcode Changes

- Go to Settings > Family > [child's name] > Screen Time > Content & Privacy Restrictions
- Set Passcode & Face ID to "Don't Allow"
- This ensures that the device is always accessible to you as the parent if needed

App Store, Media, Web, & Games >

Intelligence & Siri >

PRIVACY

Share My Location

Allow >

ALLOW CHANGES TO:

Passcode & Face ID

Don't Allow >

Accounts

Allow >

Cellular Data

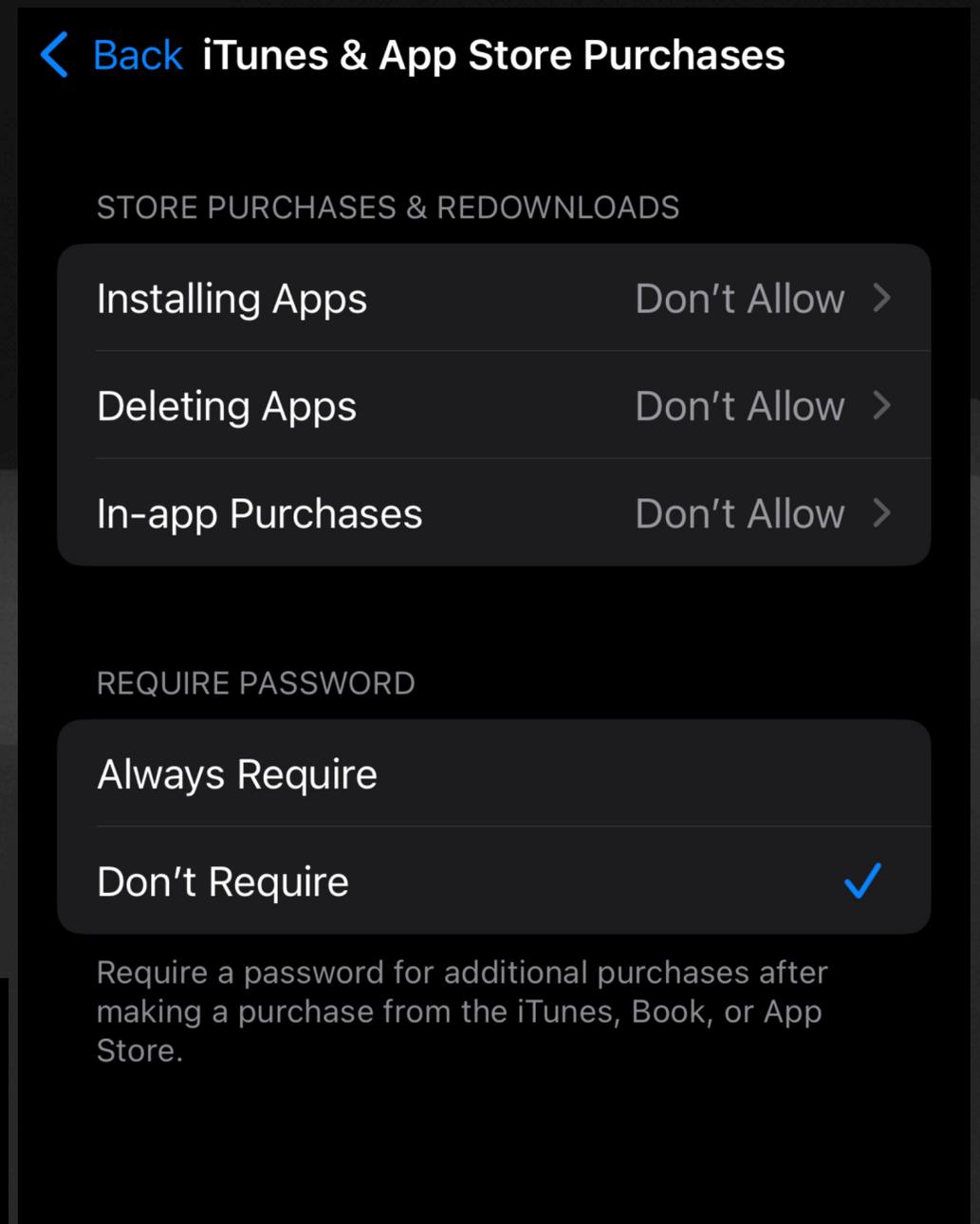
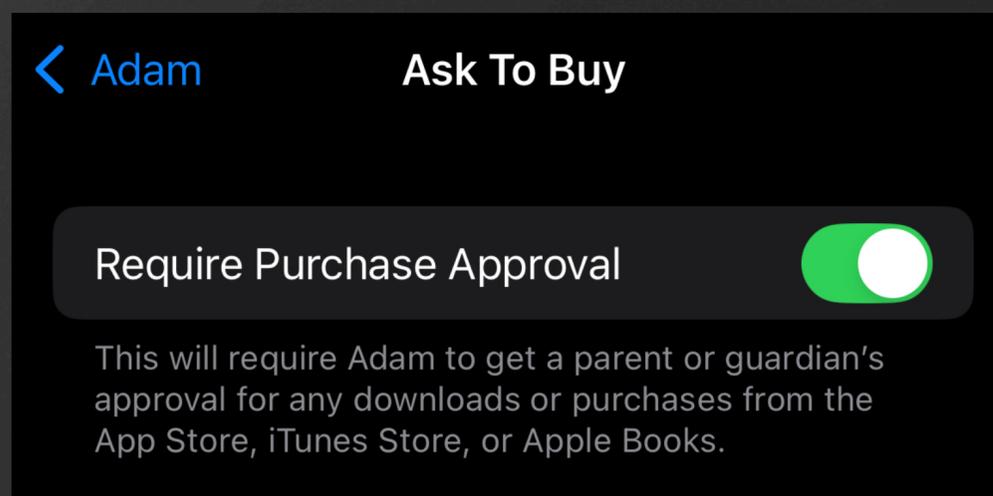
Allow >

Speaker Volume Limit

Allow >

# Limit App Installs

- To block installs go to Settings > Family > [child's name] > Screen Time > Content & Privacy Restrictions > iTunes & App Store Purchases
- For reviewed installs go to Settings > Family > [child's name] > Ask to Buy



# Request Approvals

# How it Works

When time limits are reached or a new app install is being attempted, the child can send a request to the parent



## Time Limit

You've reached your limit on  
Shopify Inbox.

OK

Ask For More Time

# New Request

- Send Request sends a notification to each of the parents devices where they can action the request
- If the parent has the device the passcode can be entered and action taken immediately



## Time Limit

You've reached your limit on  
Shopify Inbox.

One More Minute

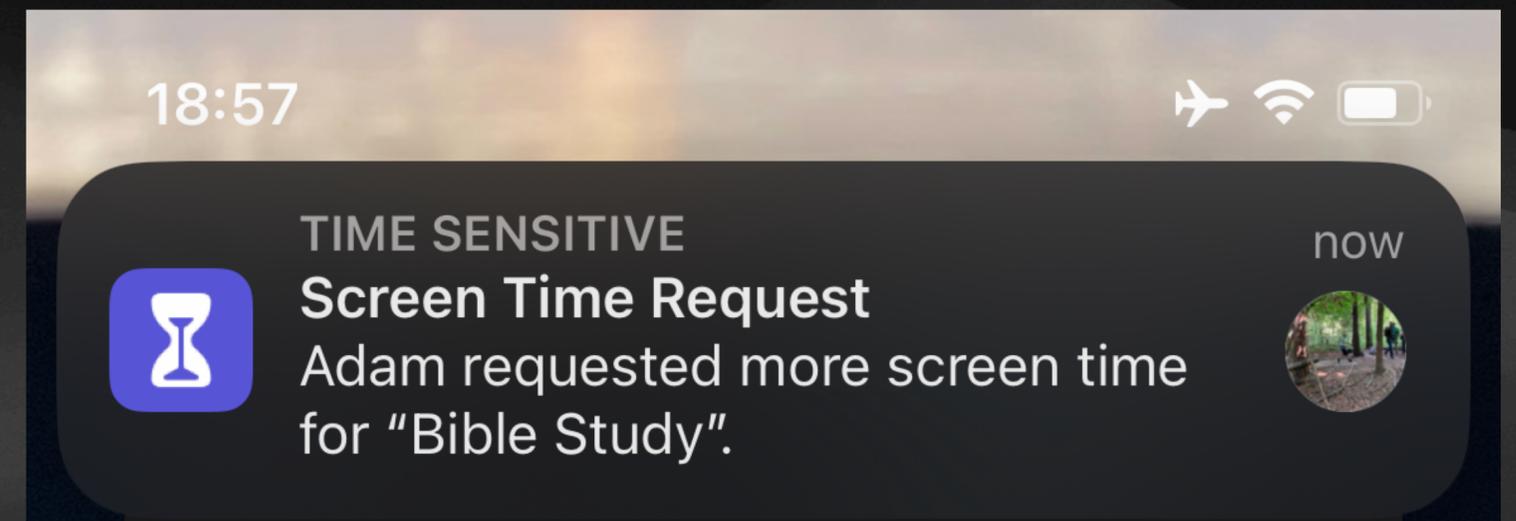
Send Request

Enter Screen Time Passcode

Cancel

# Push Notification

- Parents Receive a Screen Time Request on their devices, they can simply tap on it



# Approval

- Simple actions ranging from Don't Approve to approving for the remainder of the day

Approve for 15 minutes

Approve for an hour

Approve all day

Don't Approve

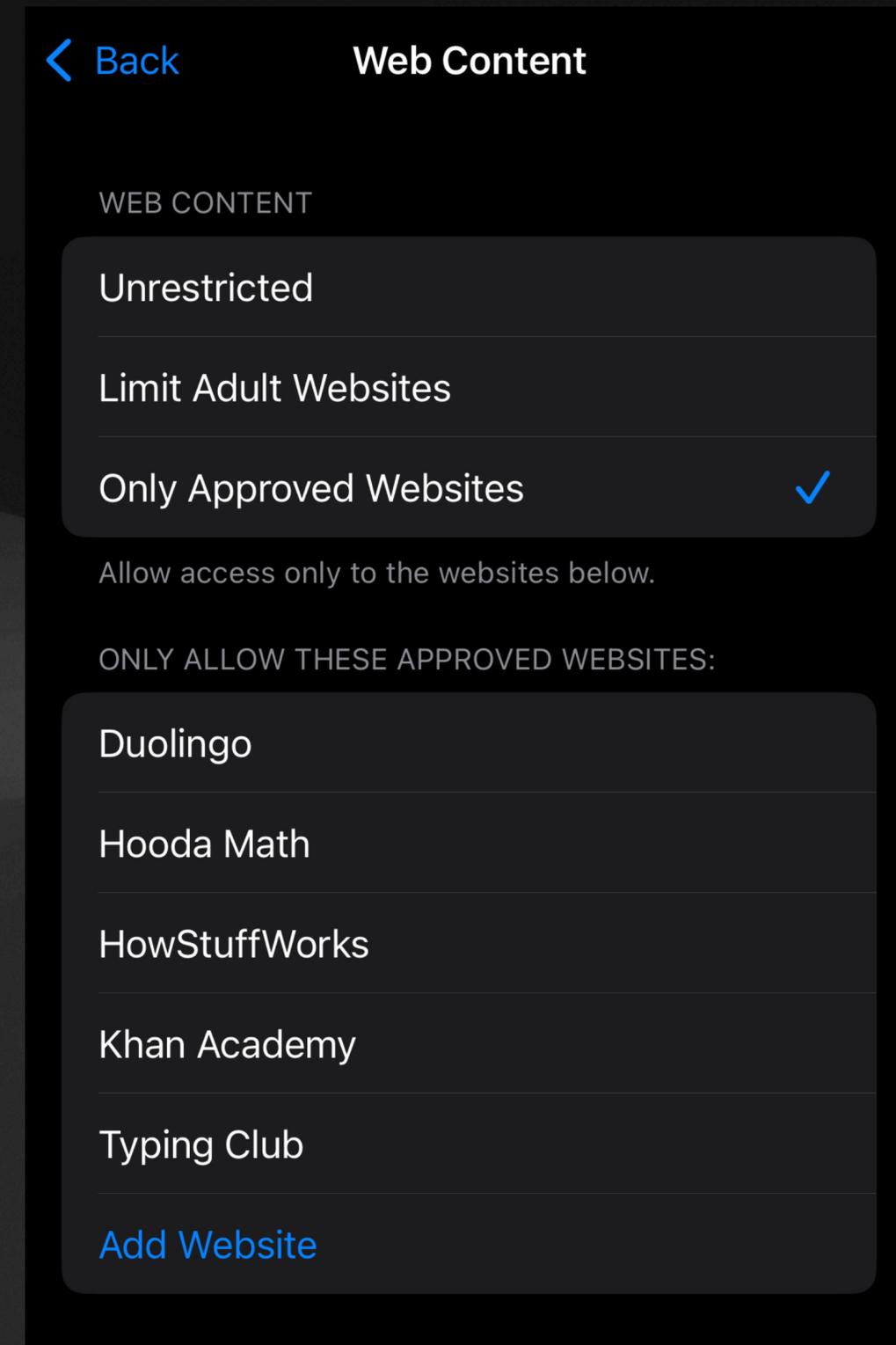
Cancel

Choose apps to allow at all times

# Web Site Limits

# Web Content

- Go to Settings > Family > [child's name] > Screen Time > Content & Privacy Restrictions > App Store, Media, Web & Games > Web Content
- Set to: Only Approved Websites
- Add any web sites that you'd like the child to access



# Handling Blocked Sites

- When accessing a blocked web site that is desired to be allowed, tab on “Allow Website”

You cannot browse this page at  
“printables.com”  
because it is restricted.

[Allow Website](#)

# Allow Site

- There is unfortunately no remote request method like there is for time limits and apps
- When you enter in the Screen Time passcode, it also adds the web site to the list of approved sites for this child

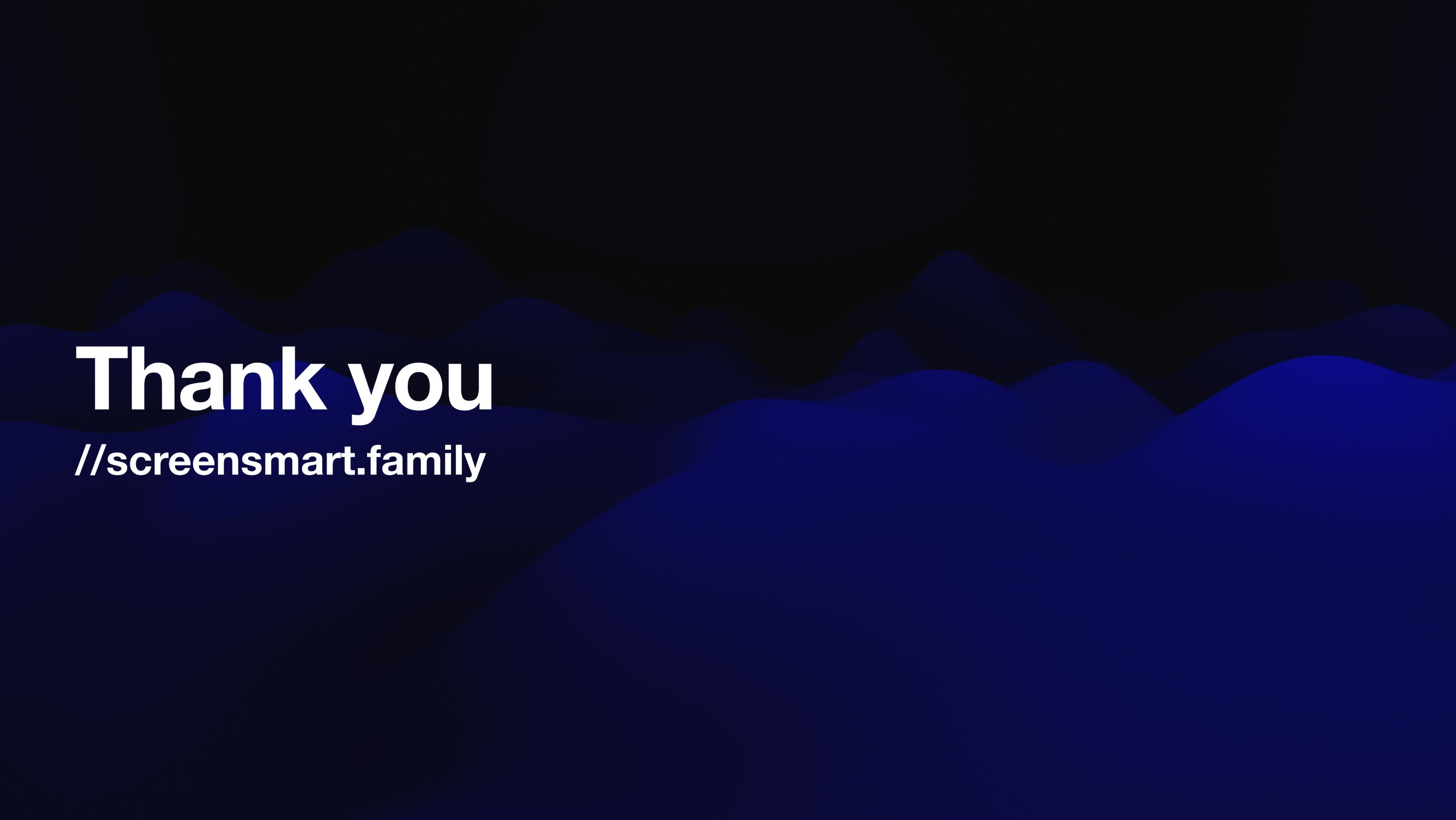
Enter Screen Time Passcode



# Limitations

- Limited content filtering
- Requires Apple devices
- No screen monitoring





**Thank you**

**//screensmart.family**