

# APPLE SCREEN TIME

Step by step, for parents

This walks you through setting up Apple Screen Time on your child's iPhone or iPad, one tap at a time. You do not need to know anything about technology. If you can follow a recipe, you can do this. About 15 minutes.

## BEFORE YOU START

Do this with your child, not behind their back. Tell them what you are setting up and why. The settings hold far longer when the child understands the reason, and the trust matters more than any toggle. In each picture, the pink box shows exactly where to tap.

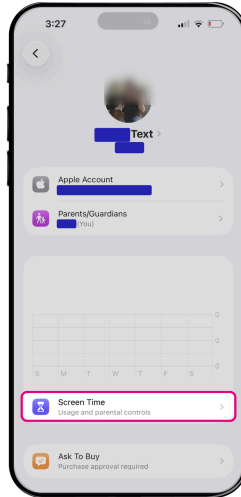
Layer 2 of the Castle Model, the controls on the device itself.

## FIND YOUR CHILD'S SCREEN TIME



**STEP 1**

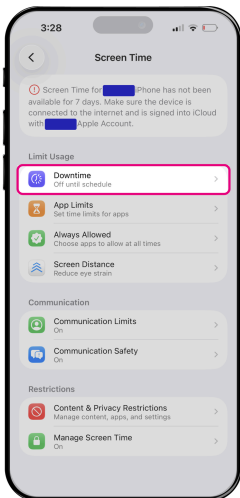
Open Settings and tap Family, then tap your child's name.



**STEP 2**

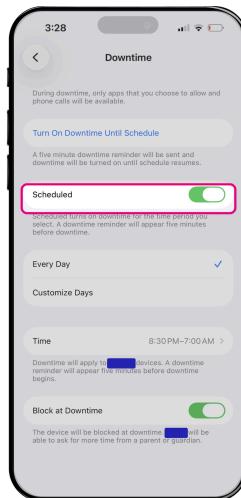
Tap Screen Time.

## SET QUIET HOURS



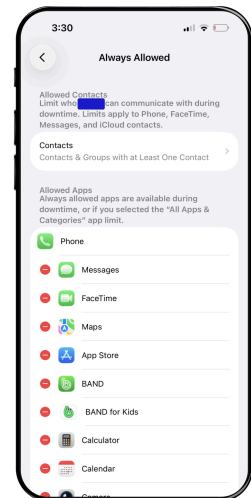
**STEP 3**

Tap Downtime. This sets the hours the phone goes quiet.



**STEP 4**

Turn on Scheduled, then set the hours (for example 8:30 PM to 7:00 AM).



**STEP 5**

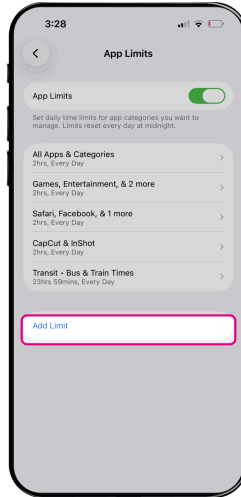
Open Always Allowed. These apps still work during downtime, phone and messages by default. Add or remove any with the green plus and red minus.

## SET DAILY APP LIMITS



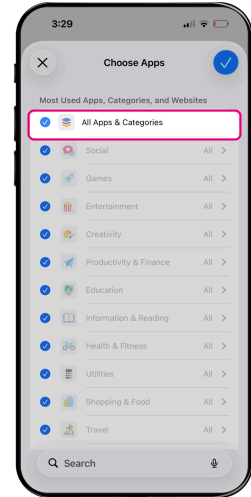
### STEP 6

Go back, then tap App Limits to cap daily time on apps.



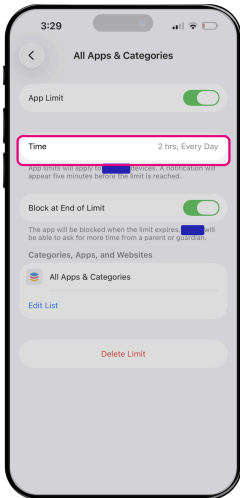
### STEP 7

Tap Add Limit.



### STEP 8

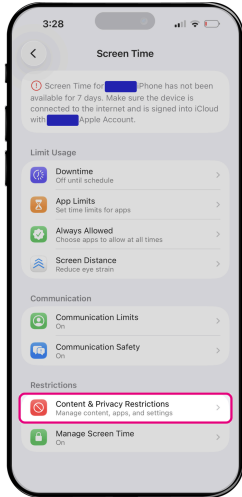
Choose All Apps & Categories, or pick specific ones, then tap Next.



### STEP 9

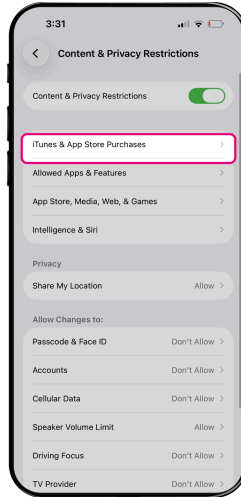
Set the daily time, then turn on Block at End of Limit.

## LOCK DOWN CONTENT



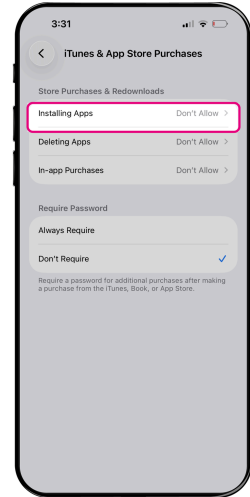
**STEP 10**

Go back, then tap Content & Privacy Restrictions.



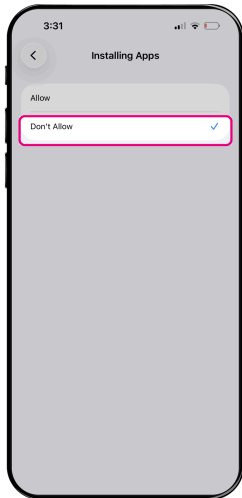
**STEP 11**

Turn on Content & Privacy Restrictions, then tap iTunes & App Store Purchases.



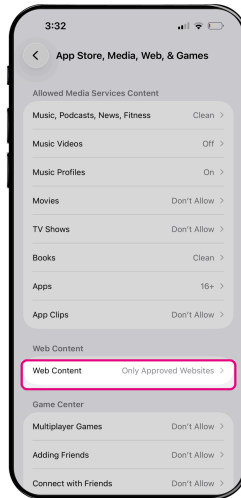
**STEP 12**

Tap Installing Apps.



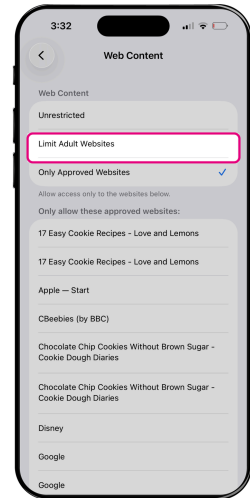
**STEP 13**

Tap Don't Allow so new apps can't be installed without you.



**STEP 14**

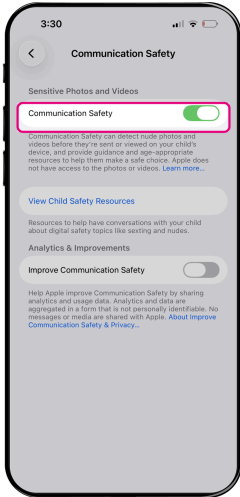
Back in App Store, Media, Web & Games, set the rating levels, then tap Web Content.



**STEP 15**

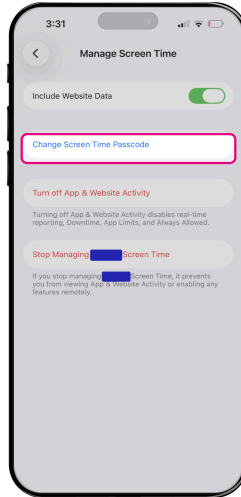
Tap Limit Adult Websites. For young kids, Only Approved Websites is stricter.

## SAFETY, THEN LOCK IT



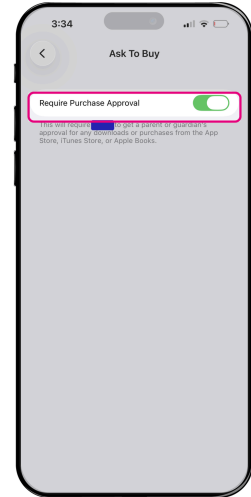
### STEP 16

Make sure Communication Safety is on. It blurs nude photos automatically.



### STEP 17

Set a Screen Time passcode your child does not know, so they can't undo these settings.



### STEP 18

Turn on Ask To Buy so every download needs your approval.

That is the device layer done. Your child's phone now has quiet hours, daily limits, locked-down content, and a passcode only you know.

## WHAT THIS CATCHES, AND WHAT IT DOES NOT

Screen Time is strong, but it is one layer. It catches app installs, daily time limits, quiet hours, content ratings, website filtering, and nude-photo blurring on this device. It does not reach the network once your child leaves home WiFi for cellular data, and a determined teen can still find gaps. The real lock is the passcode: skip it and your child can turn all of this off in under a minute. This is why we layer.

## WHAT SCREEN TIME CANNOT DO

Screen Time does not let you read your child's messages. Apple gives parents no access to message content, this surprises most people. The free option is a weekly scroll through their messages together, which also keeps the conversation open. The paid option is BrightCanary (in the Canadian App Store, independently reviewed by The White Hatter), which flags concerning messages for you.

## CHECK IT WORKED

Hand the phone back and try to open a blocked app, or change a Screen Time setting. You should be asked for your passcode, and during Downtime the apps you did not allow should be greyed out.

## KEEP GOING

This is one of five layers. The next one is your home router, which protects every device in the house at once. Ask us about the TP-Link Deco setup, and put the Safe Family Internet decal in your window so other families know they are not doing this alone.