

DIGITAL GUIDANCE AND RESTRICTION

Tips and Tools for Parents

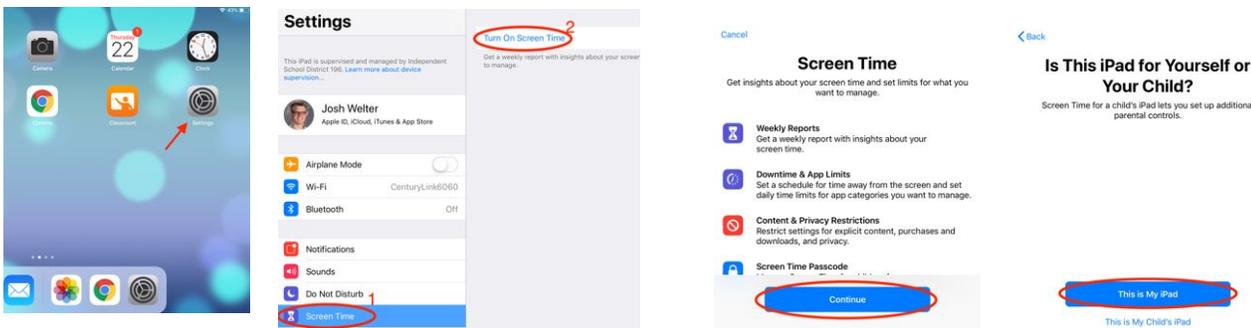
Important Home Conversations:

- Determine when and where can digital devices be used at home.
- Determine what devices can be used for at home
- Determine time for digital devices can be used for entertainment.
- Determine where should the school iPad be charged every night.

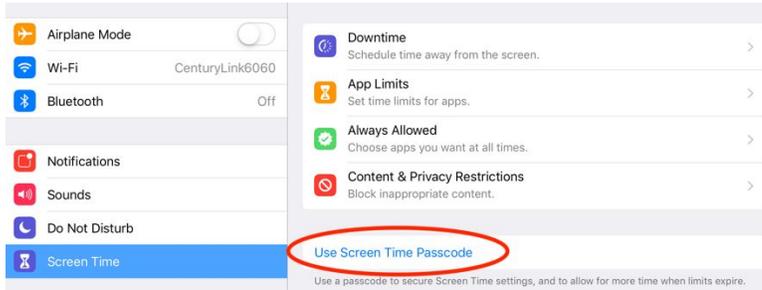
“Screen Time” Monitoring and Restrictions on Student iPads

District 196 limits which iPad apps students can download and uses web filtering to restrict certain internet content. Parents also have the ability to add additional restrictions and/or check their student’s iPad use.

- Open Screen Time:**
1. Log into your student’s iPad using his/her personal login code.
 2. Go to **Settings** and tap **Screen Time**, then **Turn on Screen Time**.
 3. Tap **This is My iPad** (do **NOT** tap *This is My Child’s Device*) >>>



Set a Screen Time Passcode:



Tap on **Use Screen Time Passcode**.
Make a new 4-digit secret passcode that you will **NOT** share with your child. Type it in **twice** to activate the passcode.

Note: If you ever forget your passcode, please contact the school and it can be cleared.

IMPORTANT: Whenever you are finished making changes in Screen Time, exit Screen Time so that your changes are password protected. To exit Screen Time, press the round home button.



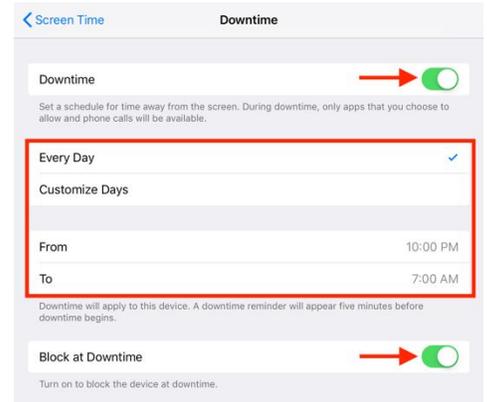
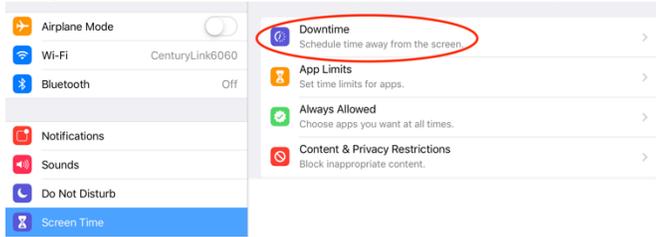


Downtime

Schedule time away from the screen.

Downtime gives parents the option of disabling the iPad at a certain time (such as right before bedtime). Unless you add apps to the “Always Allowed” list, nothing on the iPad will function during the set downtime period.

To turn it on, tap on **Downtime**, shift both buttons on to the right (see arrows), and select your days and times. Remember that your changes won't be password protected until you exit Screen Time.



App Limits

Set time limits for apps.

This allows you to set use limits for different types of apps. Note that most apps available on student iPads are apps used for educational purposes, so this will likely not be necessary.



Content & Privacy Restrictions

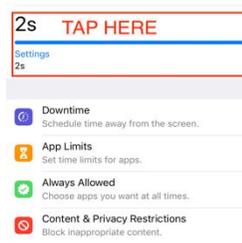
Block inappropriate content.

Here you have the option of adding internet content and privacy restrictions to your student's iPad. The district already restricts some content and functions, but this gives families an opportunity for additional controls.

Did you know that you can also set Screen Time restrictions on your child's iPhone?

Checking your child's iPad use every so often can lead to some important conversations.

Screen Time also allows you to see how much time is spent on the iPad and in each app. When looking at the Screen Time menu, tap the space above Downtime to see.



Also, you can check the browser **history** in both **Safari** and **Chrome** to see which websites your child has been on.

