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:

Dia China Ch	irplane Mode	C Downtime Schedule time away from the screen.	>
🛞 Bli	luetooth Off	Set time limits for apps.	>
C No	otifications	Always Allowed Choose apps you want at all times.	>
Sc	ounds	O Content & Privacy Restrictions Block inappropriate content.	>
C Do	o Not Disturb		
🛛 So	creen Time	Use a passcode to secure Screen Time settings, and to allow for more time when limits expire	

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.

Airplane Mode	\bigcirc	Downtime	
ᅙ Wi-Fi	CenturyLink6060	App Limits	
Bluetooth	Off	Set time limits for apps.	
		Always Allowed	
Notifications		Content & Privacy Restrictions	
Sounds		Block inappropriate content.	
C Do Not Disturb			
Screen Time			

Screen Time	ccreen Time Downtime	
Downtime		
Set a schedule for time away fre allow and phone calls will be av	om the screen. During downtime, only apps that you choose ailable.	e to
Every Day		~
Customize Days		
From	10:00) PM
То	7:00	AM
Downtime will apply to this devi downtime begins.	ce. A downtime reminder will appear five minutes before	
Block at Downtime		O
Turn on to block the device at o	rowntime.	



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.

2s	TAP HERE
Setti 2s	ings
Ø	Downtime Schedule time away from the screen.
Z	App Limits Set time limits for apps.
0	Always Allowed Choose apps you want at all times.
0	Content & Privacy Restrictions

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

