

METROPOLITAN

POLICE

<u>Safe Online Guide – iPhone</u>

Mind in the stille



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 childs 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. <u>www.screentimelabs.com</u>

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.



<u>APPLE</u>

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.

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	Communication Limits Set limits based on your contacts	>						
	Always Allowed Choose apps you want at all time	s. >						
	Content & Privacy Restrictions Block inappropriate content.	s >						
Use S	Screen Time Passcode							
Use a pand to	passcode to secure Screen Time sett allow for more time when limits expir	ings, e.						
Share	e Across Devices	00						
	n enable this on any device signed in to report your combined screen time		-					

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.

1:54 🕫 💶	1:54 🕫 👊	1:54 🕫 🖬
Settings Screen Time	Enter Passcode Cancel	Settings Screen Time
See All Activity >		See All Activity
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Schedule time away from > the screen.	Enter Screen Time Passcode	Schedule time away from > the screen.
App Limits > Set time limits for apps. >	0 0 0 0	Set time limits for apps.
Communication Limits Set limits based on your contacts.		Or Communication Limits Set limits based on your contacts.
Always Allowed Choose apps you want at all times.		Always Allowed Choose apps you want at all times.
Solution Content & Privacy Restrictions Block inappropriate content.		O Content & Privacy Restrictions Block inappropriate content.
Change Screen Time Passcode		Use Screen Time Passcode
Share Across Devices		Use a passcode to secure Screen Time settings, and to allow for more time when limits expire.
You can enable this on any device signed in to iCloud to report your combined screen time.		Share Across Devices
		You can enable this on any device signed in to iCloud to report your combined 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 <u>enable two-factor authentication</u>, if it's not already activated. If you set a passcode, you're prompted to enter it to enable sharing across devices.

2:11	l⊿ .⊪≎		2:12 🕫		2:12 🕫		
Set	tings Screen Time		Screen Time Downtime		〈 Screen Time D	owntime	
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Upda	ted today at 2:11 PM		Downtime		Downtime		
Q.s	Downtime Off	>	Set a schedule for time away from th During downtime, only apps that you allow and phone calls will be availab	l choose to		ne away from the screen. ly apps that you choose to s will be available.	
I	App Limits Set time limits for apps.	>	Every Day	~	Every Day		
•	Communication Limits Set limits based on your contacts.	>	Customize Days		Customize Days	~	
Ø	Always Allowed Choose apps you want at all times.	>	From	10:00 PM	Sunday	10:00 PM-7:00 AM >	
_	Content & Privacy Restrictions		То	7:00 AM	Monday	10:00 PM-7:00 AM >	
0	Block inappropriate content.	>	Downtime will apply to all of your de into iCloud with Share Across Device	es enabled. A	Tuesday	10:00 PM-7:00 AM >	
			downtime reminder will appear five r before downtime begins.	ninutes	Wednesday	10:00 PM-7:00 AM >	
Cha	nge Screen Time Passcode		Block at Downtime	0	Thursday	10:00 PM-7:00 AM >	
Sha	re Across Devices		Turn on to block the device at down	time.	Friday	10:00 PM-7:00 AM >	
	You can enable this on any device signed in to				Saturday	10:00 PM-7:00 AM >	
iCloud to report your combined screen time.					Downtime will apply to all of your devices signed into iCloud with Share Across Devices enabled. A		
Turn	Off Screen Time				downtime reminder w before downtim e beg	vill appear five minutes	

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.

2:14 7	2:14 🕫		? 🕅	2:14 🕫		.1 ? 5
Screen Time App Limits	Cancel	Choose Apps	Next	Cancel	Choose Apps	Next
Set daily time limits for app categories you want to manage. Limits reset every day at midnight.	Q Sear	ch	Ŷ	Q Searc	h	Ŷ
Add Limit	MOST US	ED APPS, CATEGORIES, ANI	D WEBSITES	MOST USE	ED APPS, CATEGORIES, AND	WEBSITES
	0 📚	All Apps & Categories	6		All Apps & Categories	
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	category	ng a category, all future app installed from the App Store n the mnt.			YouTube	

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.

2:14 🔊			2:15 🕇			2:15 ৵		.ı † 52
Cancel	Choose Apps	Next	Cancel	Choose Apps	Next	Cancel	Choose App	os Next
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category in	ng a category, all future apps nstalled from the App Store v		Ad	d Website		123	. /	.com done
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Set Website Limits

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

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Cancel	Choose Apps	Next	Entertainment,	Games, & 1 more Add	Entertainment	, Games, & 1 more Add	
MOST US	ED APPS, CATEGORIES, AND	WEBSITES					
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0 56	Health & Fitness	>	Block at End of Lim	it 🕕	limit is reached.	inve minutes before the	
0	Other	>	Turn on to block the app	when the limit expires.	Block at End of Lim	nit 🚺	
\oslash	Websites 1 we	ebsite 🗸	CATEGORIES, APPS, AN		Turn on to block the ap	p when the limit expires.	
	www.yahoo.com		🐘 Entertainment	All	CATEGORIES, APPS, AN	ND WEBSITES	
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	ng a category, all future apps installed from the App Store v						

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.

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<pre> Back Communication </pre>	n Limits	K Back During Allowed Screen Time		<pre>K Back During</pre>	Downtime	
Limits apply to Phone, FaceTir iCloud contacts. Communicati emergency numbers identified always allowed.	ion to known	Limits apply to Phone, FaceTime, Message iCloud contacts. Communication to known emergency numbers identified by your carr always allowed.		Limits apply to Phone, F iCloud contacts. Comm emergency numbers ide always allowed.	unication to known	
ALLOWED COMMUNICATION		ALLOWED COMMUNICATION		ALLOWED COMMUNIC	ATION	
During Allowed Screen T Everyone	Time >	Everyone		Contacts Only		
Limit who you can communicate with during allowed screen time.		Contacts Only	\checkmark	Specific Contacts		\checkmark
		Limit communications to people in your iCle contacts during allowed screen time.	Limit communication during downtime to the iCloud contacts below.			
During Downtime Everyone	>	GROUP COMMUNICATION		ALLOWED CONTACTS		
Limit who you can communica during downtime.	ate with	Allow Introductions in Groups	$\bigcirc \circ$	Cely Whitney		>
		Allow people to be added to group convers when one of your iCloud contacts or a fami		Add Contacts		
Allow Contact Editing		member is in the group.	ily.	You will not be able to edit these iCloud contacts.		

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 iCloud. 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.

ALLOWED APPS Always allowed apps are available during downtime, or if you selected the "All Apps & Categories" app limit. Phone	nicate with during
Limit who you can communicate with during downtime. Limits apply to Phone, FaceTime, and Messages. ALLOWED CONTACTS ALLOWED CONTACTS Limit who you can communicate with during downtime. Limits apply to Phone, FaceTime, and Messages. ALLOWED CONTACTS Limit who you can communicate with during downtime. Limits apply to Phone, FaceTime, and Messages. ALLOWED CONTACTS Limit who you can communicate with during downtime. Limits apply to Phone, FaceTime, and Messages. ALLOWED CONTACTS Limit who you can communicate with during downtime. Limits apply to Phone, FaceTime, and Messages. ALLOWED APPS ALLOWED APPS Always allowed apps are available during downtime, or if you selected the "All Apps & Categories" app limit. ALLOWED APPS ALLOWED APPS ALLOWED APPS Always allowed apps are available during downtime, or if you selected the "All Apps & Categories" app limit. ALLOWED APPS ALLOWED APPS ALLOWED APPS Always allowed apps are available during downtime, or if you selected the "All Apps & Categories" app limit. ALLOWED APPS ALLOWED APPS Always allowed apps are available during downtime, or if you selected the "All Apps & Categories" app limit. ALLOWED APPS	Phone, FaceTime, and
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Always Allow Certain Apps

At the main Screen Time menu, tap the entry for Always Allowed. Here, you can finetune 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.

2:32	24		2:32 7	🗢 🚥	2:32 1	🗢 🚥
< Set	tings Screen Time		Content & Privacy Restriction	ons	Content & Privacy Restriction	ons
See	All Activity	>				
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	Downtime					
Q3	10:00 PM-7:00 AM	>	iTunes & App Store Purchases		iTunes & App Store Purchases	>
I	App Limits Set time limits for apps.	>	Allowed Apps	>	Allowed Apps	>
		_	Content Restrictions	>	Content Restrictions	>
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	Always Allowed		PRIVACY		PRIVACY	
	Choose apps you want at all times.	>	Location Services	Allow >	Location Services	Allow >
\otimes	Content & Privacy Restrictions Block inappropriate content.	>		Allow >	Contacts	Allow >
			Calendars	Allow >	Calendars	Allow >
Cha	nge Screen Time Passcode		Reminders	Allow >	Reminders	Allow >
			Photos	Allow >	Photos	Allow >
Shar	re Across Devices	D	Share My Location	Allow >	Share My Location	Allow >
	an enable this on any device signed in to d to report your combined screen time.		Bluetooth Sharing	Allow >	Bluetooth Sharing	Allow >
Turn	Off Screen Time		Microphone	Allow >	Microphone	Allow >

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.

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iTunes & App Store Purcha	ses	K Back	Deleting Apps		iTunes & App Store	Purchases
STORE PURCHASES & REDOWNLOADS	S	Allow			STORE PURCHASES & REDOW	/NLOADS
Installing Apps	Allow >			,	Installing Apps	Allow >
Deleting Apps	Allow >	Don't Allow		~	Deleting Apps	Don't Allow >
In-app Purchases	Allow >				In-app Purchases	Allow >
REQUIRE PASSWORD					REQUIRE PASSWORD	
Always Require					Always Require	\checkmark
Don't Require	\checkmark				Don't Require	
Require a password for additional purch making a purchase with lpw@pobox.co iTunes, Book, or App Store.				Require a password for additio making a purchase with lpw@p iTunes, Book, or App Store.		

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 inapp purchases. You can also require a password to make in-app purchases on an app you've already downloaded.

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< Bac	k Allowed Apps		Kerk Cor	ntent Restrictions		Back	Movies	
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101	Camera		Music Profiles	3	On >	PG-13		
	Siri & Dictation		Movies	Allow Al	Movies >	R		~
			TV Shows	Allow All T	/ Shows >			· ·
	Wallet	$\bigcirc \circ$	Books		Explicit >	NC-17		
	AirDrop	$\bigcirc \circ$	Apps	Allow	All Apps >	Allow All Mo	ovies	
E	CarPlay		Аррз	Allow	All Apps 7			
			WEB CONTENT			Show Movie	es in the Cloud	
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	Book Store							
P	Podcasts		SIRI					
N	News		Web Search C	Content	Allow >			
			Explicit Langu	lage	Allow >			
	Health		GAME CENTER					

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.

2:35 1	🌣 🚱	2:35 7 .11 3	2	2:36 1 ? 🕫	Þ	
Content & Privacy Restric	tions	<pre>Sack Contacts</pre>	<	Back Photos		
PRIVACY						
Location Services	Allow >	Allow Changes	V Al	llow Changes 🗸	'	
Contacts	Allow >	Don't Allow Changes	D	Don't Allow Changes		
Calendars	Allow >	Disallowing changes locks the settings shown below and prevents new apps from using you contacts.	r be	Disallowing changes locks the settings shown below and prevents new apps from using your photos.		
Reminders	Allow >	contacto.				
Photos	Allow >	O Amazon Alexa	inf	Photos stored on your iPhone may contain other information, such as where and when the photo was taken, and the depth of field.		
Share My Location	Allow >	Ancestry) 0			
Bluetooth Sharing	Allow >	Call Filter		8mm (C)	
Microphone	Allow >	com.apple.mobilesafari		AirDroid)	
Speech Recognition	Allow >	com.apple.MobileStore		Bing)	
Advertising	Allow >	Contacts Sync		Camera+ 2)	
Media & Apple Music	Allow >	O Cortana		CLZ Comics)	
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ALLOW CHANGES:		🥂 Google Maps		Darkr)	
Passcode Changes	Allow >	🚸 Google Photos	•	eBay)	
Account Changes	Allow >			FaceAp p)	

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.

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Content & Privacy Rest	trictions	Kertisin Advertisin	g	Content & Privacy Restrictions							
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Photos	Allow >			Photos	Allow >						
Share My Location	Allow >			Share My Location	Allow >						
Bluetooth Sharing	Allow >			Bluetooth Sharing	Allow >						
Microphone	Allow >			Microphone	Allow >						
Speech Recognition	Allow >			Speech Recognition	Allow >						
Advertising	Allow >			Advertising	Don't Allow >						
Media & Apple Music	Allow >			Media & Apple Music	Don't Allow >						
ALLOW CHANGES:				ALLOW CHANGES:							
Passcode Changes	Allow >			Passcode Changes	Allow >						
Account Changes	Allow >			Account Changes	Allow >						
Cellular Data Changes	Allow >			Cellular Data Changes	Allow >						
Volume Limit	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.



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.

No Service 🗢 3:01 PM	No Service ᅙ		3:01 PM		No Service	(î-	3:02 PM			
Back	Back Downtime			Back Downtime						
C.L.	want									
QE					End				6:00 AM	
Downtime	Start			8:00 PM		3	57			
Set a schedule for time away from						4 5	58 59			
the screen. Your permission will be		5	57 58			6	00	AM		
required to allow more screen time. Calls, messages, and other apps you		7	59	AM		7	01	PM		
want to allow can still be used.		8	00	PM		8	02			
		9	01			9	03			
	1	0	02							
Start 10:00 DM		11	03							
Set Downtime		Set Downtime								
Not Now	Not Now				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.



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	K Back	Back					
	Screen Time Passcode	Screen Time Passcode Re-enter your passcode.					
Content & Privacy	Create a passcode that will be required to allow for more time, or to make changes to Screen Time						
You can customize content and privacy settings in Screen Time settings.	settings.	0 0 0 0					
Restrict Content You can restrict explicit and mature content in the iTunes and App Stores, Music, and websites.							
Continue							

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.

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Updated today at 3:04 PM		Set a schedule for time During downtime, only a allow and phone calls w	apps that you choose to	emergency numbers identified by your carrier is always allowed.
Downtime	5	allow and phone calls w	in be available.	ALLOWED COMMUNICATION
10:00 PM-7:00 AM		Every Day	~	During Allowed Screen Time
App Limits	>	Quetersite Deve		Contacts Only
Set time limits for apps.		Customize Days		Limit who you can communicate with during allowed screen time.
Communication Limits	>			allowed screen time.
On		From	10:00 PM	During Downtime
Always Allowed			7.00 414	Specific Contacts
Choose apps you want at all times.	>	То	7:00 AM	Limit who you can communicate with
		Downtime will apply to a signed into iCloud with		during downtime.
Ontent & Privacy Restrictions Block inappropriate content.	>	enabled. A downtime re minutes before downtim	minder will appear five	Allow Contact Editing
		Block at Downtime		

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.



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 is up, you can add more time by entering your Screen Time passcode and requesting access for an additional period.

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Downtime 9:00 PM - 7:00 AM		>	Total Screen Time1h 18m													30m			
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I	App Limits Set time limits for apps.				LIMITS						EntertainmentSocial NetworkingOt13m2m4s								
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On			Entertainment 2 hr >						LIMITS										
Ø		Allowed apps you want at al	ll times.	MOST USED SHOW CATEGORIES						Ũ							1 hr >		
0	Solution Sector			Settings > 52m				Entertainment 2 h							2 hr >				

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.