

How to Use Apple Screen Time

This guide offers features for added protection of any parent, grandparent, or caring adult who wants to help a child (or even a senior) use their iPhone or iPad safely.

No tech skills required.

(est. time to complete ~5mins)

What is Screen Time?

Screen Time is a free tool on iPhones and iPads that lets you:

- Set daily time limits for specific apps (like TikTok, YouTube, or games)
- Block adult content and downloads
- Schedule "downtime" (like bedtime hours)
- See reports of what your child is using
- Keep control with a passcode so settings can't be changed

Step-by-Step: Set Up Screen Time for a Child

1. Go to **Settings > Screen Time**
2. Tap **'Turn On Screen Time'**
3. Choose **'This is My Child's iPhone'**

Then follow the prompts to:

- Set a **downtime schedule** (when most apps are blocked)
- Choose **which apps are always allowed** (like Phone or Messages)
- Set **daily app limits** (e.g. 1 hour of YouTube)
- Create a **4-digit passcode** to lock settings

How to Manage Your Child's Device Remotely

After you finish setting up Screen Time on your child's phone and choose "This is My Child's iPhone," you can link their phone to yours for remote access and control.

To do that:

1. Still on your child's device, go back to **Screen Time settings**
2. Scroll down and tap '**Set Up Family Sharing**'
3. Follow the prompts to send a Family Sharing invitation to your Apple ID (the parent's phone)

Next, on your own phone:

1. Open **Settings > [Your Name] > Family Sharing**
2. Accept the invitation that was sent from your child's device
3. Then go to **Settings > Screen Time > [Child's Name]**

From here, you can:

- View what apps they use and for how long
- Set or change time limits and schedules
- Block or allow apps and content
- Lock any settings with your Screen Time passcode

How to See What Your Child is Doing Online

Once Screen Time is on:

1. Go to **Settings > Screen Time**
2. Select the supervised child's name
3. Select **See All App & Website Activity** to view time spent on apps, websites, and more

Need more help? Visit: support.apple.com/screentime