
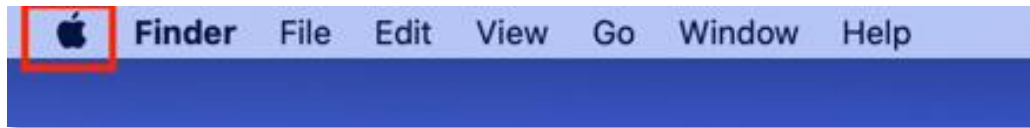
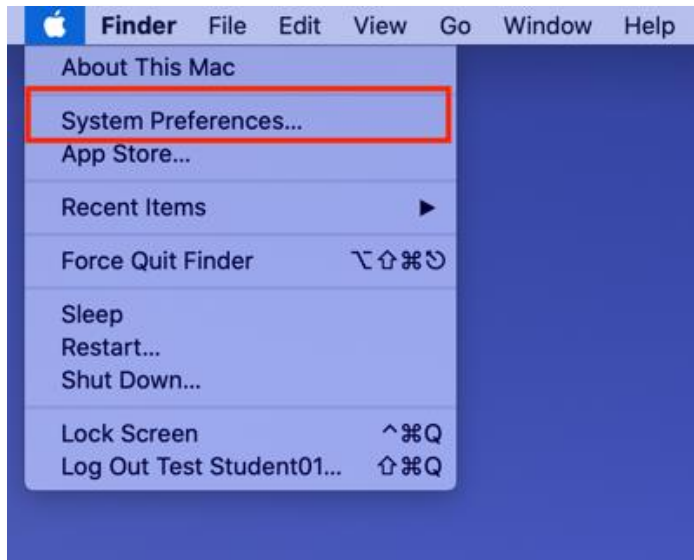


# Setting Up Screen Time on a MacBook

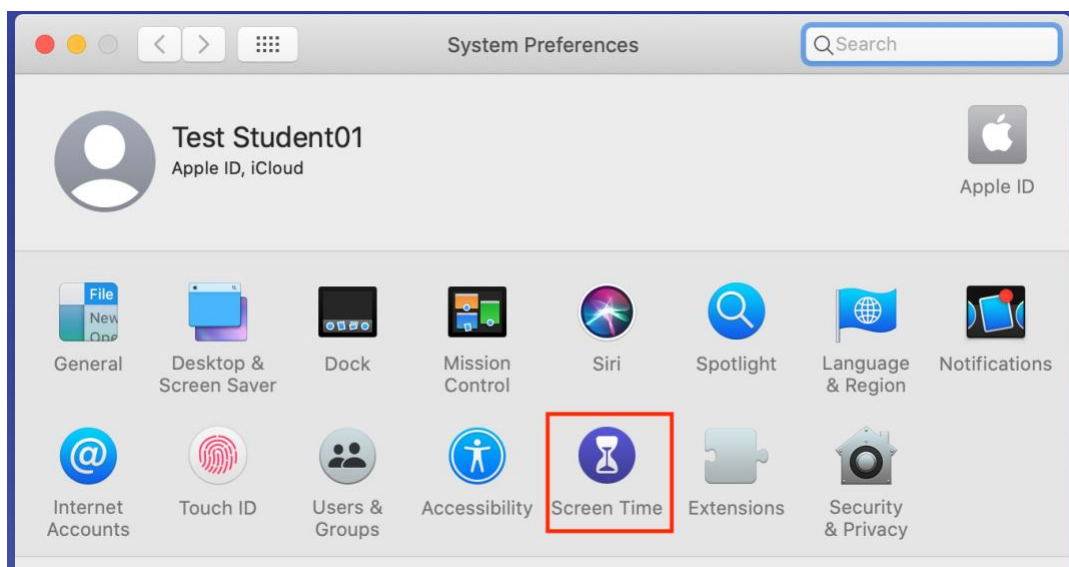
1. To begin setting up Screen Time, click on the black apple  in the top left corner of the screen.



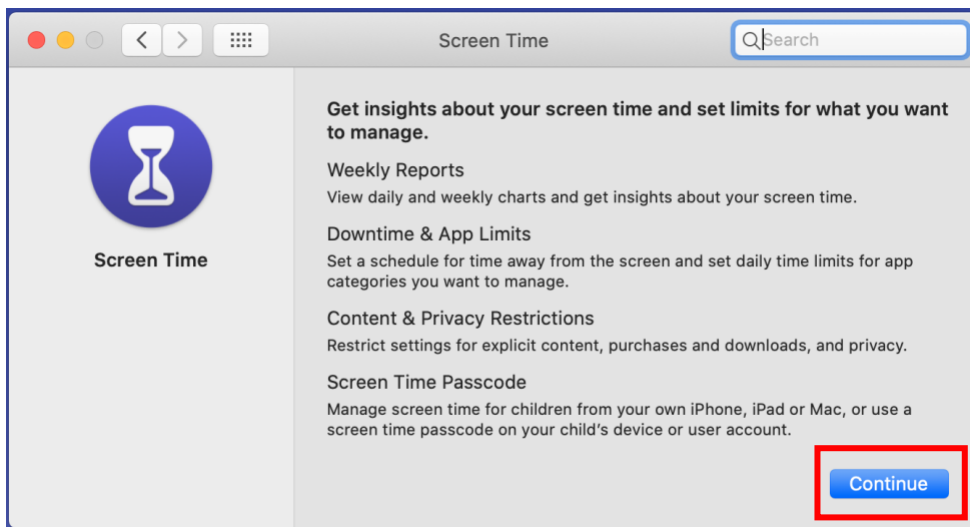
2. Click on "System Preferences".



3. Click on "Screen Time".



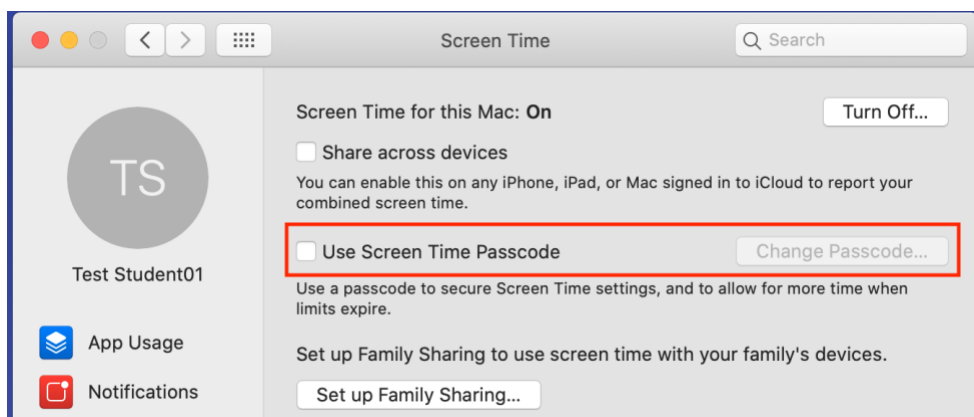
4. Click “Continue” to set up.



5. Click “Turn On” to start setting up the different features of Screen Time.

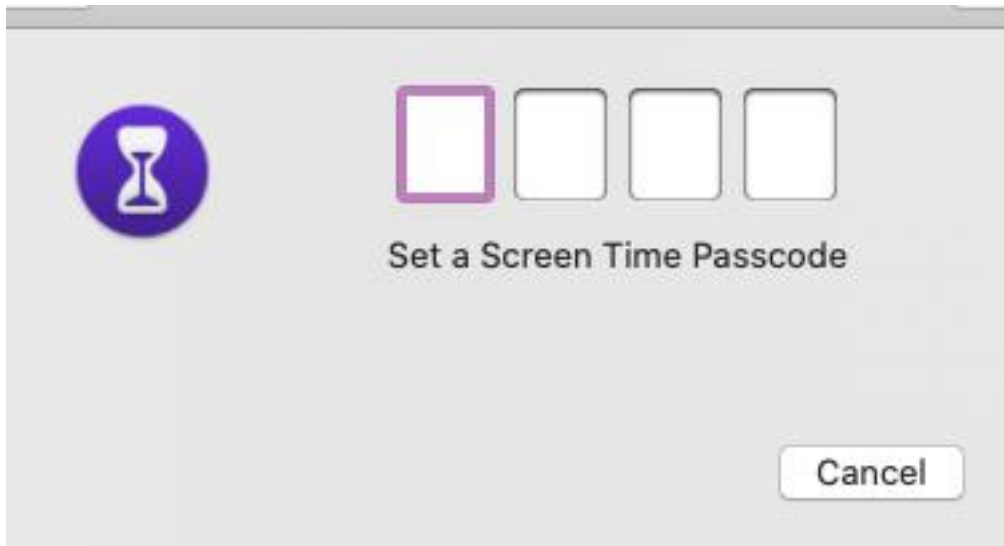


6. Check the box next to “Use Screen Time Passcode”. This enables you to secure the settings and to allow for more time when set limits expire.



7. Enter in a 4-digit passcode. It will require you to enter the passcode in twice.

**IMPORTANT:** Write this code down or record it in a safe place!



8. It will prompt you to enter in an Apple ID. This is in case you forget your Screen Time passcode, you can log in with your Apple ID instead. If you do not have an Apple ID, you can create one here: <https://appleid.apple.com/account>.

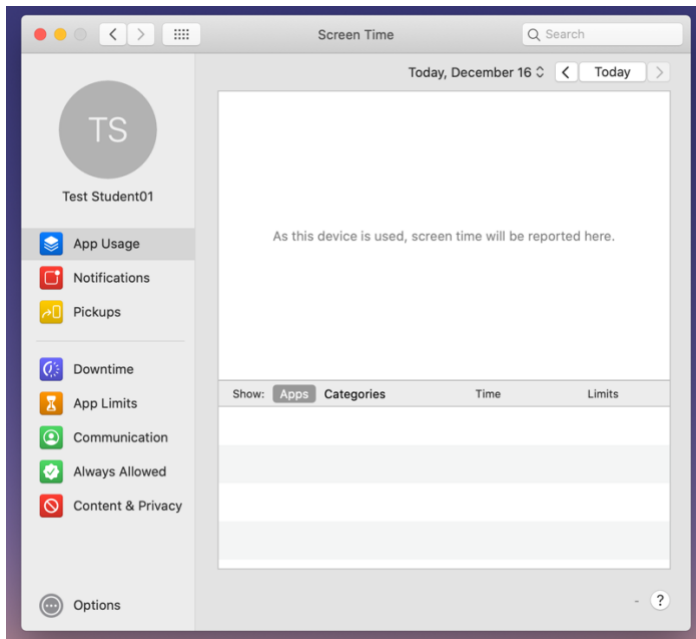
**IMPORTANT:** If you skip this step and forget your passcode, the only way to change or remove the Screen Time settings will be to erase all the data on the computer.



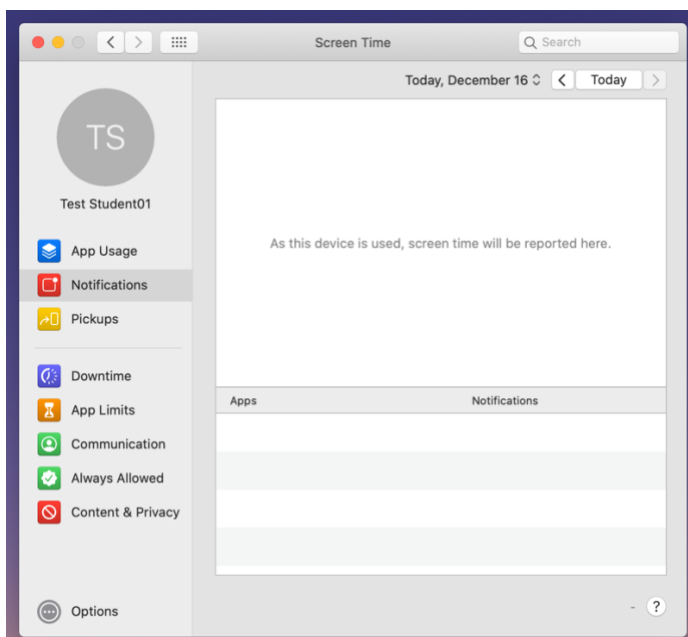
# Screen Time Reports

The following are reports that you get when using Screen Time.

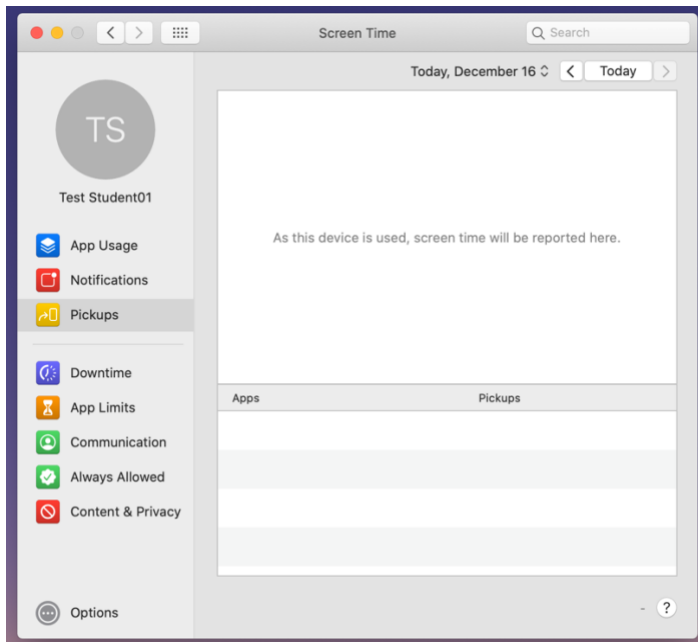
1. **App Usage** reports the time spent in each application.



2. **Notifications** reports how many notifications pop up while the computer is in use.

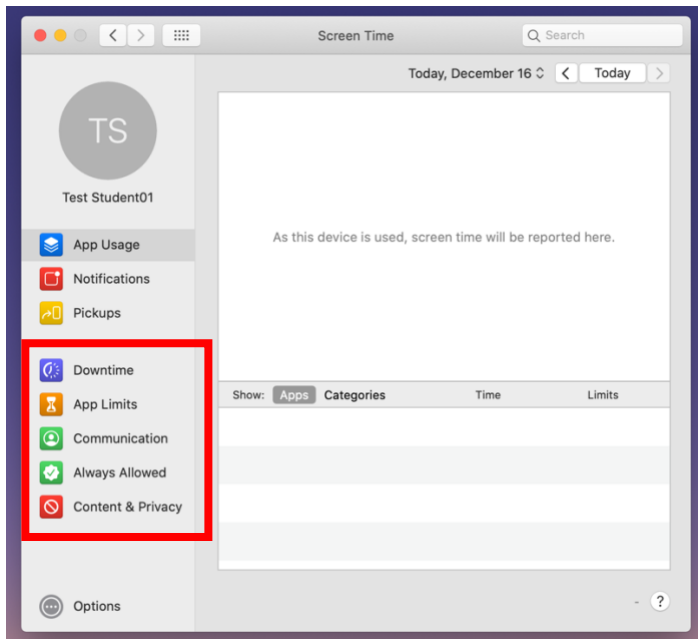


**3. Pickups** reports how many times the device was opened or turned on.



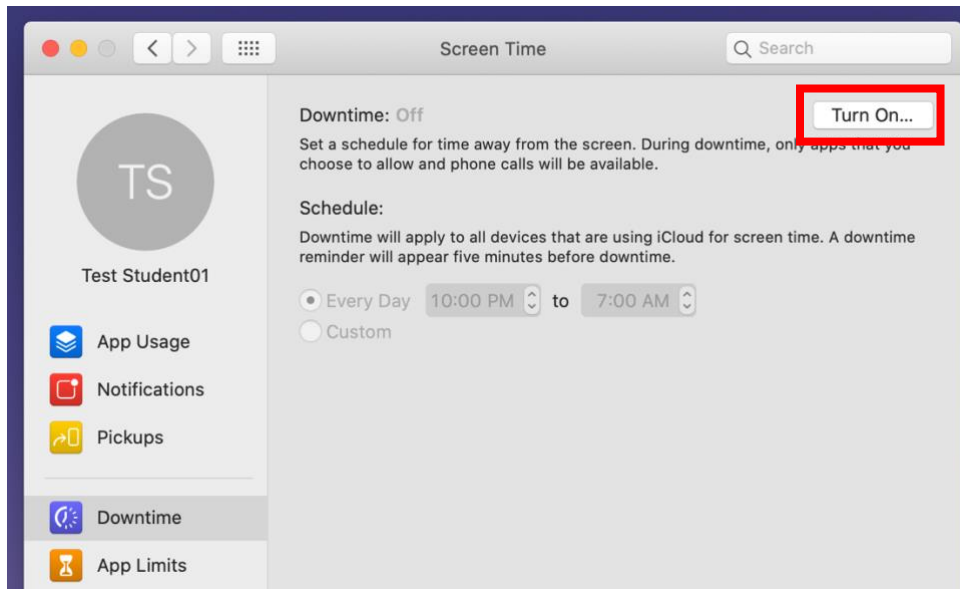
## Settings

The following settings are available to manage your child's device. You set-up and change the settings by clicking on them in the menu on the left-hand side.

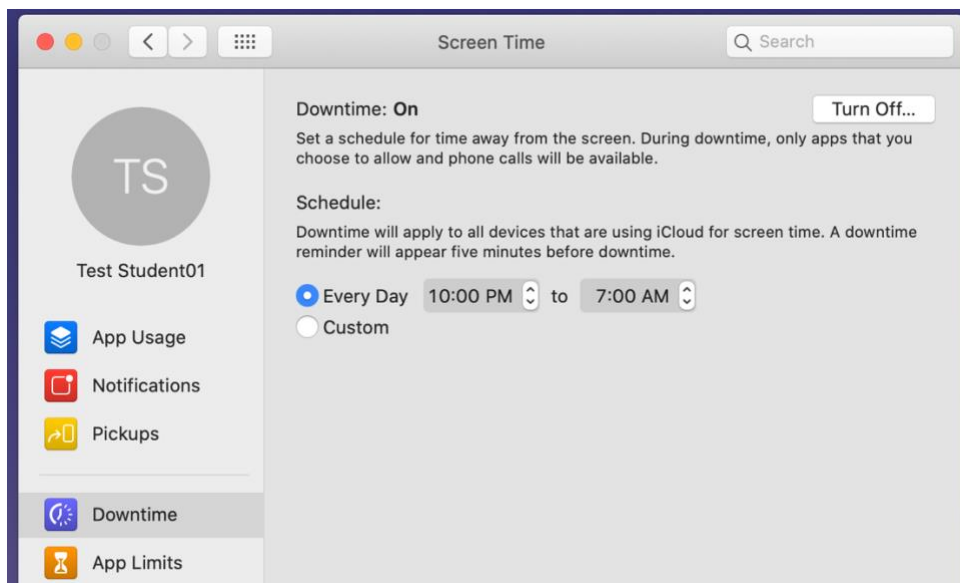


# Downtime

1. To set up Downtime, click Turn On.



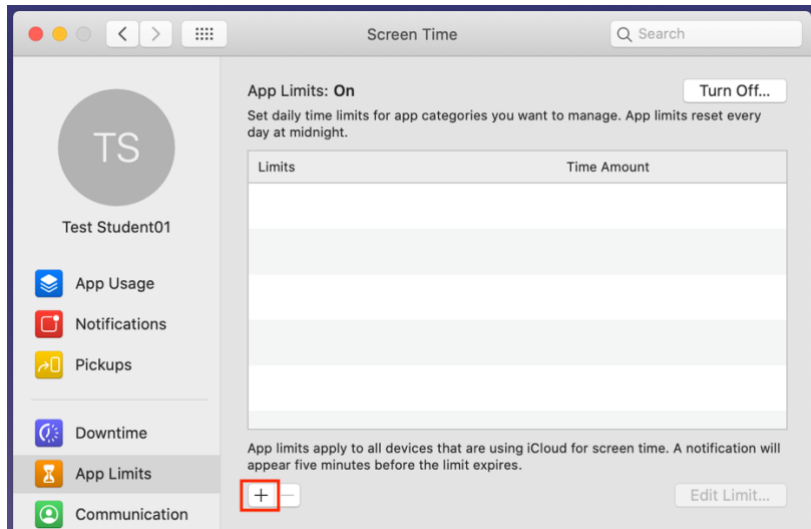
2. Schedule time where the computer, or certain apps, are inaccessible. You can schedule a daily downtime or customize it.



# App Time

App Time allows you to manage the amount of time your child spends on specific applications.

1. Click “Turn On” in the upper right corner, then click the + sign at the bottom to add limits.



2. Click the checkbox next to any application you wish to put a restriction on and indicate the maximum amount of time spent daily. This can also be customized by clicking on custom.

**Create a new app limit:**

App limits apply to all devices that are using iCloud for screen time. A notification will appear five minutes before the limit expires. By selecting a category, all future apps in that category installed from the App Store will be included in the limit.

Apps, categories, and websites:

		Daily Average
<input type="checkbox"/>	All Apps & Categories	7s
<input checked="" type="checkbox"/>	Games 1 app and all future apps	0s
<input type="checkbox"/>	Social Networking	0s
<input type="checkbox"/>	Entertainment	0s
<input type="checkbox"/>	Creativity	0s

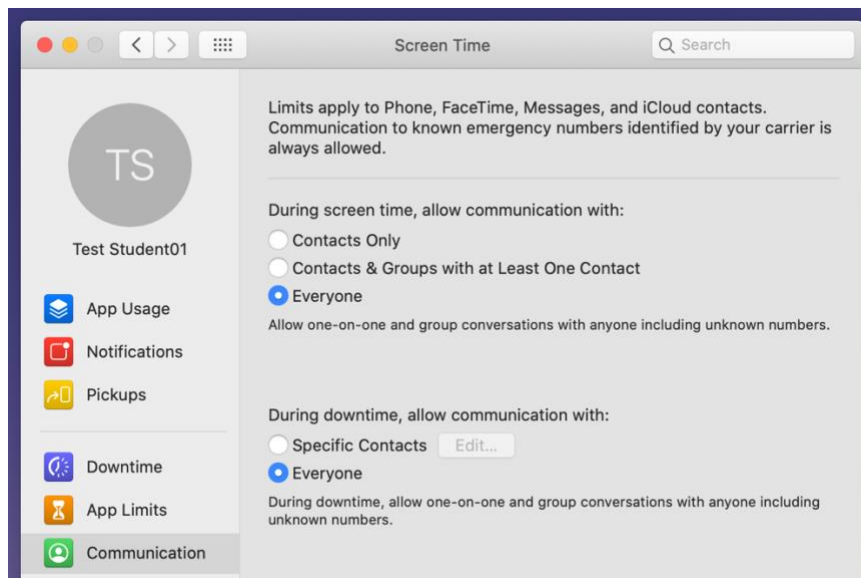
Time: ☒ Every Day

☐ Custom

# Communication

Communication allows you to manage communication apps.

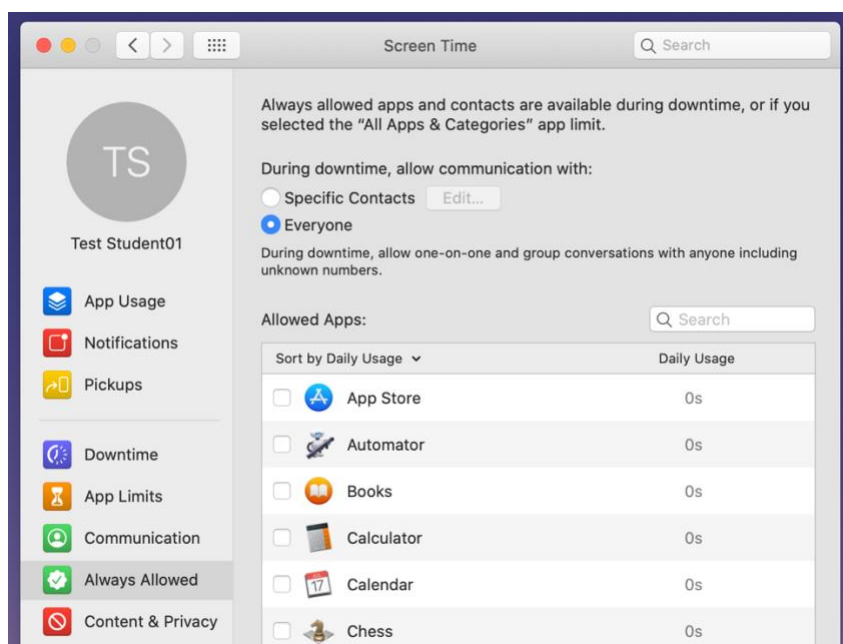
1. Click on the allowances or restrictions you wish to set up.



## Always Allowed

The Always Allowed menu allows you to choose which applications will be accessible, even during Downtime or regardless of limits created on App Limits.

1. Click on the checkbox next to the app that you would like to Always Allow.





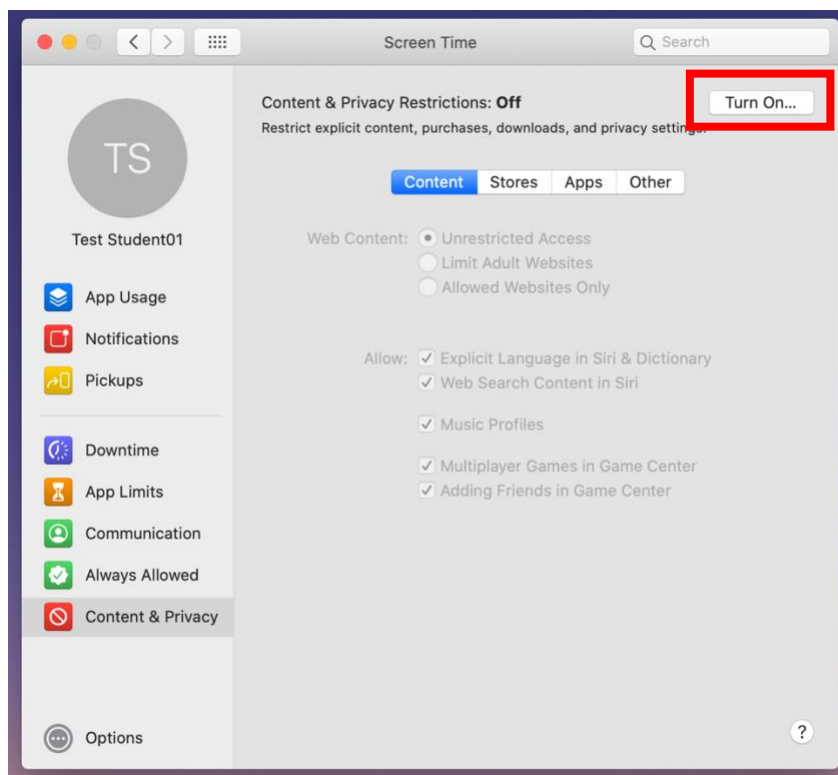
## Content and Privacy

Content and Privacy can be used to change the settings on what is restricted or allowed. These settings mainly affect Safari, and **NOT** Chrome or Firefox.

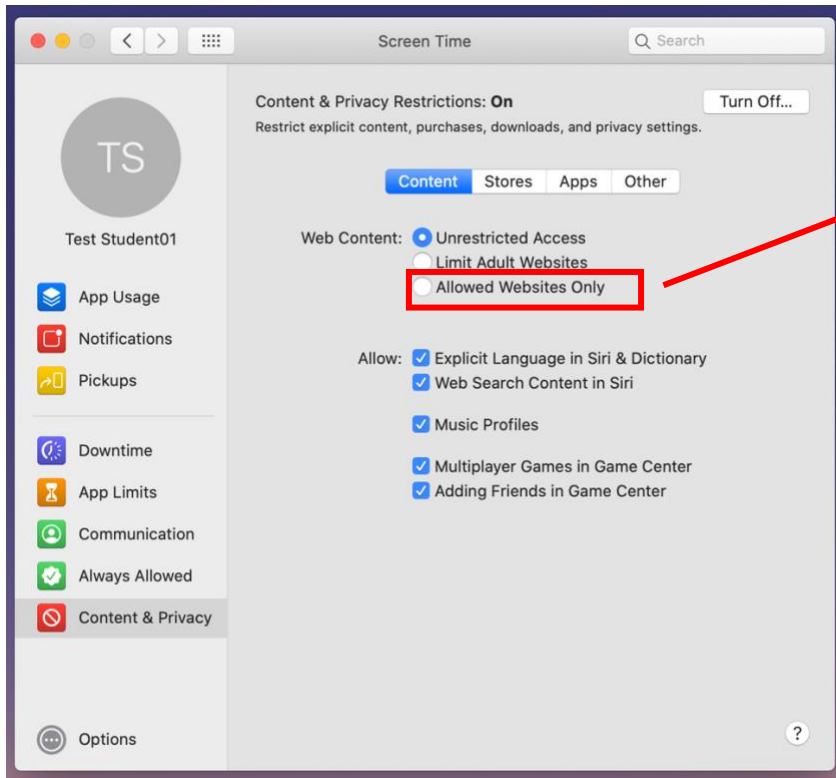
**IMPORTANT:** The tech office does not recommend modifying the “Content” restrictions setting at this time due to possible conflicts with settings we have already enabled for all devices.

Also, if the **Allowed Websites Only** function is enabled, it will cause most websites to show errors when loading, keeping students from accessing their district logins.

1. Click “Turn On” in the upper right corner.



## 2. Click on the options you wish to allow or restrict.



**REMINDER:** “Allowed Websites Only” restricts users to just the websites listed. This will interfere with research, class projects, and other instructional assignments. It is **NOT** recommended.

