

iPhone Users – Limiting Cell Phone Usage During School Hours

Note: All information is compiled from <https://support.apple.com>

Step One: Setting Up **Screen Time** for a family member

- *Screen Time lets you see how family members are using their devices, so you can structure the time they spend on them. You can do follow the remaining directions directly from your child's device, or if you have set up Family Sharing you can do it from your own device for your child.*
 - Helpful links: [Set up parental controls with Family Sharing on iPhone](#) and [Family Sharing and Apple ID for your child](#)

Step Two: Set **Downtime** and **App Limits** on your child's device

- *Downtime allows you to control when your student can use the various apps on their phone, including social media and the internet. App Limits allows you to control how many hours per day your child can spend on a particular app.*
- Open the Settings app and select Screen Time (if using Family Sharing and doing this from your own device, be sure to select Screen Time for the appropriate family member)
- Tap "Turn On Screen Time," then tap "Continue," and then tap "This Is My Child's iPhone."
 - To schedule downtime for your family member (time away from the screen), enter the start and end times, then tap "Set Downtime."
 - **To allow for full engagement in school activities, we highly recommend setting Downtime to be Monday through Friday, 8:30am to 3:18pm.**
- Tap "Show All Categories," then tap "Set," then enter the amount of time you want your child to be able to spend on a particular app on a daily basis, then tap "Set App Limit." During Downtime, all apps are disabled; when Downtime is not scheduled, your student will be locked out of an app once it reaches whatever time limit you have set.
- Tap "Continue," then enter a Screen Time passcode for managing your family member's Screen Time settings – pick a passcode your child will not be able to guess, otherwise they will be able to manage their own screen time.
- **Once set up, you can also [turn on downtime on demand](#) , which is helpful on days when there is a school closing or adjusted schedule.**

Step Three: Set **Communication Limits** on your child's device

- *Communication Limits allows you to block incoming and outgoing communication – phone calls, FaceTime calls, and text messages – from specific contacts either always or during certain periods.*
- Open the Settings app and make sure your child's contacts are turned on in iCloud – you will not be able to manage your child's communication if Contacts are not enabled in iCloud.
 - Settings > {child's name} > iCloud, then turn on Contacts
- Go to Settings, select "Screen Time." If Screen Time is not already turned on, do so and then tap "Continue," followed by "This is My Child's iPhone."
- Tap "Communication Limits," then do any of the following:
 - To limit communication at any time – tap "During Screen Time," then follow the prompts from there. You will be able to allow your student to communicate with "Contacts Only," which is the most restrictive, "Contacts and Groups with at Least One Contact," which is mid-level restrictive," or "Everyone," which is least restrictive.
 - To limit communication during Downtime – tap "During Downtime." Select "Specific Contacts," and then tap either "Choose From My Contacts" or "Add New Contact." This gives you the ability to select who your child can continue to receive communication from when in Downtime.
 - **To allow for full engagement in school activities while still providing access to essential family/emergency contacts, we highly recommend Specific Contacts includes only parents/guardians, siblings, and other emergency contacts as able to communicate during Downtime.**