

HANDY HINTS FOR MANAGING SCREEN TIME AT HOME

Tools for managing screen time:

1. Apple Screen Time can be found here: <https://support.apple.com/en-au/HT208982>
2. Android/Samsung can be found here: <https://www.lifewire.com/check-screen-time-on-android-5069900>
3. Google Nest Wifi system that allows for separate, controllable wifi networks within your house with full control. These are easily available at JB HIFI and will show all devices connected to the wifi at all times with the ability to lock out the device. See here: <https://store.google.com/au/product/nest-wifi?hl=en-GB>

Suggested management of screen time for your child:

- Downtime from 7:00pm to 7:00am
- App limits on everything for 2 hrs everyday with exceptions for Safari for Remote Learning
- Communication Limits to friends only (all friends must be screened by us first)
- Content and Privacy restrictions ON
- o Apps only up to 12+ rating
- o No adult websites
- o No explicit language
- o No Social Media at all
- o Multiplayer games with friends only