

## How to set limits on smartphones during the school day for your student

## **Android**

Using Google Family Link, parents can utilize the "Downtime" feature and the "School Time" setting. Downtime locks the device during specific hours, while School Time allows you to choose which apps are allowed during those hours.

Here's how to set it up:

- 1. Open the Family Link app.
- 2. Select your child.
- 3. Go to "Controls" and then "Downtime" or "School Time."
- For Downtime: Set the start and end times for the downtime schedule.
- For School Time: Select the school day and the time range, then choose which apps should be allowed.
- 6. Tap "Done"

## Apple

Here's a step-by-step guide:

Set up Downtime:

- 1. Open the Settings app on your device.
- 2. Tap Screen Time.
- Choose your child's name from the Family section.
- 4. Tap Downtime.
- 5. Tap Turn On choose a custom schedule.
- Customize the schedule: Select the days and times when Downtime should be active during the school day.
- 7. Choose Allowed Apps: Tap Always Allowed and ensure that any apps your child needs for school (like Google Classroom, a bus tracker app, etc.) are included, as they will be accessible during Downtime.
- 8. **Turn on Downtime:** Tap the toggle to turn on Downtime.

https://support.apple.com/en-us/105121

## Expectations

- Mobile devices are a major distraction when misused in the learning environment
- Cell phones must be turned off during the school day.
- All emergency calls must be directed to and from the school office
- The use of personal music devices/electronics is never allowed during class time or passing time, project-based activities, or cooperative learning experiences..