Screen Time and Cyberbullying 屏幕使用時間以及網路霸凌
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OBJECTIVES 目標：

- Why are we talking about screen time? 我們爲何討論屏幕時間？

- Risks of excessive screen time 過度使用屏幕的風險

- What is Cyberbullying 什麼是網路霸凌？

- What can parents do? 家長可以怎麼做？

RESOURCES 資源：
https://www.commonsensemedia.org/parents-ultimate-guides

https://youngwomenshealth.org/2015/01/07/cyberbullying-and-bullying/

https://www.healthychildren.org/English/family-life/Media/Pages/Tips-for-Parents-Digital-Age.aspx

https://www.stopbullying.gov/cyberbullying/digital-awareness-for-parents/index.html

https://kidshealth.org/en/parents/cyberbullying.html?WT.ac=p-ra

https://www.commonsensemedia.org/cyberbullying/what-should-i-do-if-my-kid-is-bullied-online

https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html

https://www.mentalhealth.gov/talk/young-people

https://www.pacer.org/bullying/resources/cyberbullying/

https://www.consumer.ftc.gov/articles/0028-cyberbullying

https://www.adl.org/resources/tools-and-strategies/cyberbullying-warning-signs

https://infoaboutkids.org/blog/lets-talk-about-bullying-not-bullies/

https://www.apa.org/news/press/releases/2010/04/bullying

Parenting, Media, and Everything In Between

Step-by-Step Tips to Set Up Your Kid's iPhone

Learn how to set up Family Sharing, Screen Time, and more. By Christine Elgersma 4/30/2019

Topics: **Cellphone Parenting**, **Digital Citizenship**, **Healthy Media Habits**, **How-To**, **Privacy and Internet Safety**, **Screen Time**, **Social Media**

You've done all the hemming and hawing about whether or not to get your kid an iPhone and you've decided to take the plunge. Now what? There's so much to figure out, from Safari to iMessage, not to mention the Wild West of the App Store, where kids have access to everything from Candy Crush to Tinder. How can you possibly keep them safe, out of trouble, and away from content that's too intense for them?

It's possible. And it might be easier than you think. Apple devices have some super-useful settings and features that help parents shape their kids' experiences and block access to things they might not be ready for. Though no tech-based solutions can ever replace the ongoing conversation we need to have with our kids about using devices and media responsibly, the built-in parent controls can point you in the right direction, start a conversation, and help you set limits that work for your family. We'll walk you through the essential questions every parent has about managing their kids' iPhones and explain, step by step, how to do it.

Q: Before I hand over the phone, how do I make sure I have some control?

A: Set up Screen Time.

Here's why you want to:

- Lets you block or limit apps.
- Gives you an idea of how your kid is using the phone.
- Stops them from making changes to the settings.

The first thing you want to do before giving your kid a device is set up Screen Time so you can set restrictions on content and time limits on general use and specific apps. There are two ways to set up Screen Time: You can set it up right on your kid's device, or you can set up Family Sharing first so you can control your kid's settings from your own phone. Setting up Family Sharing means creating an Apple ID for your kid. If you want to use Family Sharing, skip down to that section.

How to set up Screen Time on your kid's device:

1. Tap Settings.
2. Tap Screen Time.
3. Tap "This is My Child's iPhone."
4. Follow the prompts and then create a pass code.
   a. This code is different from the one you use to unlock your phone. Instead, it's a code you set so kids can't change the settings. Remember to write down the pass code in a safe place because it's a real pain if you lose it. And don't share it with your kids.

How to set up Screen Time using your device:

1. Tap Settings.
2. Tap your Apple ID.
3. Tap Set Up Family Sharing (this is the option you'll see if you don't have a family group set up already).
4. Tap Add Family Member and then tap Create a Child Account. Then follow the prompts to create the account and read the privacy agreement.
5. On the Family Sharing page, tap Screen Time and then tap Add Child.
6. Enter your kid's Apple ID and a password. Note: This is *their* Apple ID password, not the one you'll use to control Screen Time.
7. On your kid's device, make sure to enter the Apple ID you've created.

Q: How do I make sure my kid gets permission before downloading and purchasing content?

A: Set up Ask to Buy.

Here's why you want to:

- Lets you approve or deny purchases even when you're not with your kid.

By default, kids under 13 have to ask to buy or download if they're part of Family Sharing. Parents have the option to set up Ask to Buy for kids under 18.

1. Tap Settings.
2. Tap your Apple ID.
3. Tap Family Sharing.
4. Tap your kid's name.
5. Tap Ask to Buy.

Q: Now how do I limit time and content?

A: Use Screen Time to access all those settings.

Here's why you want to:

- Prevents access to mature content.
- Limits time using device and particular apps.

Within Screen Time, you can control lots of elements of your kid's phone, including everything from access to mature websites to a little more device time for your kid on the weekends.

1. Tap Settings.
2. Tap Screen Time.
3. Tap your kid's name.

Q: How do I limit the times of day my kid can use her phone, like during homework and at bedtime?

A: Set up Downtime.

Here's why you want to:

- Stops device use during a set block of time.

Downtime is best used for a regular span of time, but you can adjust that chunk of time on various days. It's probably most easily applied to bedtime.

1. Tap Downtime.

2. Set a start and end time. Your kid will get a reminder five minute before Downtime starts.
3. Toggle on Block at Downtime.

Q: How do I limit access to certain types of apps, like games, or specific apps, like Instagram?

A: Set App Limits.

Here's why you want to:

- Lets you control time limits on particular apps on certain days.

This is where you can customize a bit more around specific time limits for particular apps on certain days. So, if your kid spends lots of time on Instagram, you can give her 30 minutes Monday through Friday and one hour on the weekends.

1. Tap App Limits.
2. Tap the app categories you want to limit, or tap All Apps & Categories.
3. Tap Customize Days to set specific limits for certain days.
4. Go back to the general Screen Time page.
5. Tap the name of the device or bar graph that shows how much time your kid has spent on the device.
6. Tap the name of a specific app.
7. Tap Add Limit.
8. Set a time limit for that specific app.
9. Tap Customize Days.
10. Set time limits for other days of the week.
11. Toggle on Block at End of Limit.

Q: Is there a way to let my kid access the stuff on her phone that I don't mind for her to access, even at bedtime?

A: Set up Always Allowed.

Here's why you want to:

- Lets you choose specific, approved apps your kid can access anytime.

If your kid uses music or a meditation app to help them go to sleep, it will be helpful to let them access it, even during Downtime. So, you can set it up so those apps are available but nothing else is.

1. Tap Always Allowed.
2. Tap the green plus sign next to the apps you want your kids to be able to access during Downtime.

Q: I'm afraid to hand over a phone because of all the mature content that's out there. Is there a way to limit my kids' access to it?

A: Set Content & Privacy Restrictions.

Here's why you want to:

- Lets you adjust ratings on content like movies and books and restrict access to certain websites.

The ability to choose ratings for movies (or allow movies at all); choose "clean" music; and create a list of websites your kid can access won't prevent them from ever seeing or hearing anything objectionable, but it will limit their direct access on their own devices.

1. Tap Content & Privacy Restrictions.
2. Tap Content Restrictions.
3. Choose your settings for the level of mature content your kid can see in music, movies, apps, and more.
4. Tap Web Content to choose settings limiting access to adult websites or to create a list of websites you'll allow.
5. Tap on Web Search Content and Explicit Language to control the search results Siri delivers.
6. Tap Multiplayer Games if you want to control access to them.

Q: Is there a way to make sure my kid got home safely? What about if my kid can't find her phone?

A: Set up Location Services.

Here's why you want to:

- Keeps track of your kids -- and their phones.

Using Location Services like Share My Location, Find Friends, and Find iPhone, you can see where your kids and their devices are.

1. Tap Content & Privacy Restrictions.
2. Tap Location Services and make sure it's toggled on (green).
3. Tap Share My Location and toggle it on if you want to see your kid's location.
4. Tap Find Friends and "While Using the App."
5. Tap Find iPhone and "While Using the App."
6. Tap Don't Allow Changes if you don't want your kid to be able to change these settings.
7. Tap other app titles to control whether or not those apps can access your kid's location.

Q: Is there a way to make sure my kid can't change the password or Touch ID to unlock the phone?

A: Change the setting for Passcode Changes.

Here's why you want to:

- Prevents kids from changing overall access to the device.

Even with the remote controls Screen Time gives you, you still want to be able to access your kids' devices, so if you want to maintain a shared pass code, you can make sure they can't change it.

1. Tap Content & Privacy Restrictions.
2. Scroll down to Allow Changes.
3. Tap Passcode Changes.
4. Tap Don't Allow.
5. Explore the other settings to see if there are other settings you want to lock.

Q: I'd love to check in with my family every week to talk about how much we're all using devices. Is there an easy way to do that?

A: Use Share Across Devices.

Here's why you want to:

- Continues a conversation about device use as a family.

Approaching device use as a team and setting goals to reach together -- if you feel things are out of balance -- can be a great way to use the time tracking Screen Time offers.

1. Tap on Screen Time.
2. Toggle on Share Across Devices.

Setting up your kid's device is only one step in a process that includes an ongoing conversation with your kid. And it's worth noting that there are ways kids have found to get around Screen Time, including:

- Changing the date and time to reset how much time they have (you can prevent this by setting a Screen Time passcode on their phone).
- Downloading a previously installed (and approved) app to circumvent a time limit (you can block the App Store, but then no apps will update).
- Using the embedded version of YouTube in iMessage to send videos to yourself.

And it's not just Screen Time: Kids have a knack for hacking most parental controls (or Googling to see how to do it). So, after you set up your kid's phone, remember that your relationship with your kid is going to be the most powerful tool you have in keeping them responsible and safe.

About Christine Elgersma

Christine Elgersma wrangles learning and social media app reviews and creates parent talks as Senior Editor, Parent Education. Before coming to Common Sense, she helped cultivate and create ELA curriculum for a K-12 app... Read more

Comments (13)

Adult written by Kara.e

October 27, 2018

My 13 year old daughter has been using the iPhone 7+ with no parental restrictions for 2 years as my husband and I think that she is responsible enough. However, my son who recently bought a iPhone xs isn't willing to let us place restrictions on his phone. What do we do?

Adult written by [mobilockpro](#)

September 11, 2018

Excellent Blog. Thanks for sharing

Parent written by [Missy S.](#)

April 15, 2018

Can these tips be used with an android phone also?

Teen, 13 years old written by [Fguerouate](#)

January 28, 2018

I am feeling rather disappointed with this article. Why buy a kid an iPhone when you have no prior technical knowledge, and when you will restrict it so heavily? I bypassed the restrictions on my old iPod Touch in third grade(I am very good with tech), and now, I have an iPhone, but I don't use social media(I have before, but I realized that it was a waste of time). Early trust can go a long way. A kid will feel untreated with all of this stupid crap, thus creating more issues. If you limit screen time and don't be a helicopter parent, your child should be fine, trust me.

Kid, 8 years old October 12, 2017

Awesome! I'll show this to my mom later on.

Adult written by [NinJang](#)

May 6, 2019

There goes all your freedom.

Parent written by [Dani A.](#)

October 7, 2017

Hi Christine, This article is fantastic! Came across it just in time when I'm thinking about giving my soon to be 11 year old son an iPhone. Although Apple just updated the iOS and navigation is a bit different I was able to get around, and set up my son's phone with no issues. He hasn't used it yet, so I can't say how well enabling restriction works. I did do some testing and found, for example, the App store does let you view apps rated +17 when this restriction is disabled, however it does not let you get/install the app. My expectation was to hide +17 apps, but unfortunately not. There might be a workaround if you would like to share this with us. If not, this is definitely something Apple needs to work on. I work in IT and understand the gap between system behavior and user expectations - sometimes they are not the same. We can only make the suggestion to Apple and hope they will listen to us. Hopefully we can see this in the next update. God bless you, Daniela

Parent of a 11 year old written by [Leanne C.](#)

October 6, 2017

I do not have an iPhone, I'm an android user. I do however have an itunes account can all this be done there as well as my child's iphone?

Teen, 13 years old written by [Fguerouate](#)

January 28, 2018

You can log on to your Apple ID on his/her IPhone and do what you want.

Parent written by [Dani A.](#)

October 7, 2017

I don't think so this article tailored for iPhones, and the software that come with it. There might be something similar for Android devices out there.

Parent written by [Nathan S.](#)

October 6, 2017

After 10 years of iPhones and iPads, it's still a widely held misconception that Apple iOS devices (iPhone, iPad, iPod) with parental controls set up like this post describes is relatively safe from kids accessing very mature content. Sadly, even with all of this set up, the device is likely still WIDE OPEN to any content of any kind if it has just 1 app that contains an embedded browser (or 'In-App' browser) or if at any point an app with an embedded browser gets installed. It has decreased some over the years, but the apps that have these browsers built into them so that a user can effectively bypass the 'Restrictions' settings and surf the entire web even if Safari is turned off, the ability to install apps is turned off or a filtering browser like NetNanny, Covenant Eyes, etc. is being used is still quite large. Now how this works within each iOS version and which apps have it is changing regularly, but plenty of the apps that have these embedded browsers are very popular and seemingly innocuous ones and it's very easy to miss which apps have them. It's possible there might be something in iOS 11 that was

recently released that completely closes this backdoor loophole to unrestricted, unfiltered and untraceable internet access, but I highly doubt it. I wish journalists (and especially Apple!) would make sure parents know this, because, as has always been the case with evolving technology, their children often do...

Teen, 13 years old written by [Fguerouate](#)

January 28, 2018

What version of iOS 11? And some of these browsers are 17 plus on the App Store, unless you use another source to download ipa's online or through an app. Due to iOS's increasing security, this has become very difficult

Parent of a 10 and 18+ year old written by [Crashcartjockey](#)

October 6, 2017

Our household is slightly unique from most. I have my two older children (Son-30 and daughter-26) living with us, as well as my wife's 10 year old daughter. The 10 y.o. has an older iphone that I bought used and it has limited storage on it. She rarely uses it at home, but MUST take it with her whenever she leaves the house. Most of the time it's to go play with friends in the neighborhood. We use Life360 on all of our phones (not all are iphones) so we know where everyone is at all time. We also use the Cozi calendar for keeping track of appointments and each others schedules. We tried using Google calendar for a few years but ran into troubles with calendars updating correctly.

Parenting, Media, and Everything In Between

How to Turn Kids' Phones Off at Night (or Anytime, Really)

Simple settings that let you manage screen limits from your phone. By Caroline Knorr 4/19/2019

Topics: **Cellphone Parenting**, **How-To**, **Screen Time**

Taking away your kid's phone at night isn't the only way to make sure they get a good night's sleep (and avoid any inappropriate late-night use). You can also enable settings that lock phones from dusk 'til dawn -- or any other time you want to make them unavailable. (Get tips on the best practices for using parental controls.) Here are a few methods to turn off kids' phones at night.

Turn off iPhones

You can cut your kid off by enabling Downtime in the OS. Located in the Screen Time settings, Downtime makes an iPhone more like a regular phone: Kids can still call, text, FaceTime, and use any apps that you allow, such as a music-streaming app. But you can also turn off everything but the calling feature if you wish. You can enable Screen Time on your kid's phone and protect the settings with a pass code, or you can remotely manage your kid's phone by setting everyone up on Family Sharing.

- Go to Settings on your kid's phone.
- Tap Screen Time.
- Tap Use Screen Time Passcode and enter a pass code (this locks the setting so kids can't change it back).
- Tap on Downtime, toggle it on, and set a Start and End Time.
- If you want to turn off messaging and FaceTime during Downtime, go to Screen Time/Always Allowed/Allowed Apps and remove them.
- If you want to manage your kid's phone using your own phone, first set up Family Sharing and then enable Screen Time settings.

Turn off Android phones

Google's Family Link app allows you to schedule a span of time for the phone to be off, such as bedtime. But you can also completely lock the device so kids can't even get into it. Family Link requires two downloads, one for your phone and one for your kid's.

- Download the Family Link for Parents app on your phone (available for iOS or Android).
- Download the Family Link for Children & Teens on your kid's phone (available for Android only).

- On your phone, create a family manager account.
- Once your kid's profile is set up, select Bedtime and set the span of time your kid can't use their phone.
- If you want to completely shut down your kid's device, go to their profile and tap "lock."

Turn off any phone on the network

If you're somewhat tech savvy, you can see if your router software (which you can find on your main home computer) offers the ability to disconnect devices from the network. Otherwise, look to your internet service provider. Some ISPs also offer robust parental controls, such as content filtering, website blocking, and location services, as a built-in feature or a service that you can access through an app. Here's a sampling; if you don't see your carrier, give them a call.

AT&T Secure Family, **$7.99/mo.**

Offers a full suite of parental controls in addition to letting you disconnect devices. Requires two apps: the AT&T Secure Family app, which you download onto your phone, and the Secure Family Companion App, which you download onto your kid's phone.

Comcast Xfinity XFi, **free**

Allows you to pause the internet whenever you want as well as schedule a time for the device to disconnect from the network. You can also remotely manage access to other content (for example, videos).

Verizon Smart Family, **$9.99/mo; included with Verizon Smart Family phone plan**

Offers an array of parental controls. Requires two apps: the Verizon Smart Family, which you download onto your phone, and the Smart Family companion app, which you download onto your kid's phone.

About Caroline Knorr

As Common Sense Media's parenting editor, Caroline helps parents make sense of what's going on in their kids' media lives. From games to cell phones to movies and more, if you're wondering "what's the right age for...?"... Read more