

With the goal of proactively teaching our children how to properly use devices to support their learning and personal goals/values, ScreenSense suggests these **Tips for Families to Help Manage School iPad Use at Home:**

Suggested Best Practices:

1. Even though this is a school iPad, your family rules for device use at home should be applied. Limit student's use of the school iPad to align with your family values and as you find suitable for homework needs (e.g., do you want to limit when, or for how long, your child can use it? Do you want your child to ask permission first?).
2. Since students can log into their iPads anytime, clarify any family rules or expectations for use if your child is home alone, otherwise unsupervised, or is with a friend.
3. Ideally students use the iPad in a common area rather than in their bedroom. If used in a bedroom, consider a door-open policy. Or, start usage in a common area until you feel your child is ready to use it unsupervised.
4. Have student charge the iPad nightly in a common area outside of their bedroom. Do not allow the iPad to interrupt or displace your child's sleep – ensure it is stowed before bedtime.
5. Note student's iPad password and review iPad use with them as needed. Use the Screen Time feature (see reverse for details) to help student learn to manage their iPad usage.

Content and Filtering:

1. This iPad is not a private device - it is owned and monitored by your school district, but its use should also be monitored by parents. Your school iPad likely comes with filters installed by the school district to block inappropriate content at and away from school. No filter is perfect so Internet searching needs parental mentoring.
2. If students use inappropriate language on their iPad (e.g., bad words, self-harm, threats), such language is likely flagged by a content monitoring service and shared with the school administration. Ask your school what they use.
3. Typically, school-related apps come preloaded on a school iPad along with a catalog of additional apps that students may choose or be asked by a teacher to download. It's a good idea to have your child show you what apps they use.
4. Ask your school whether YouTube is accessible. Even if blocked, some students find ways to access it from video links sent from teachers. YouTube Kids may be available but needs parental permission to install. YouTube Kids can become a virtual black hole so you may want to consider whether you want your child to use it if it's optional.
5. Consider turning off notifications from apps to avoid needless disruptions (visit: Settings > Notifications).

Conversations to have with your child:

1. Clarify this iPad is for productive and collaborative school work only. It is not intended for games or Internet surfing. Parents can use this iPad to help teach students about productive vs. consumptive use of screens, and how to manage time well and avoid distractions.
2. Explain that your school district is likely alerted if students use inappropriate language on their iPad. Reinforce that your child should be respectful, considerate, and a good digital citizen.
3. Explain the expectation that students should use this iPad at school only when requested by a teacher—and not between classes or during lunch/recess.
4. Encourage student to reflect on how they feel after excess use of the iPad or after getting sidetracked, even when using the iPad in a "productive" way. Discuss the opportunity costs and how excess screen time could be redirected.
5. As issues come up, try asking questions from an inquisitive rather than combative standpoint. Optimizing device use is an ongoing learning process for all of us. Expect some learning pains and ongoing parenting/conversations.

Watch out for:

1. Motivated students can find ways to work around filters, access Internet-based video games and other content, and access non-school email accounts—which could lead to issues. Clarify family rules and expectations for iPad use.
2. Some parents complain that students spend too much free time on their iPads (aside from school work) when they could be pursuing other more meaningful interests. They can typically access Google, Amazon, eBay, etc. Notice when bad habits begin happening and determine a course of action that suits your family's values.
3. To avoid hunt-and-peck typing habits, encourage students to use a compatible keyboard (some come attached).
4. Encourage good sitting posture and consider the ergonomics of a student's iPad setup - when possible.
5. Be prepared with your rules about reading books online. If you allow or encourage reading online, you may want to think through whether you'll allow this in the bedroom (e.g., at bedtime) or only in common areas/up to a set time.

School iPad Screen Time Management

You can monitor, manage, and limit your child's school iPad use via Apple's built-in "Screen Time" tool!

Every iPad has a "Screen Time" tool on it (under Settings), which should be turned on to track use and to optionally set time limits and/or downtimes. Turning on Screen Time is a good step for you to take in collaboration with your child.

Go to: *Settings > Screen Time > Continue*

Either of the options below triggers the device to begin collecting and summarizing screen time data for your child's iPad. This is a useful (and free) teaching tool for you to occasionally review with your child to promote self-awareness, optimize tech habits, and align with family rules and values. While the Screen Time tool summarizes screen time overall and by app "category," it also breaks down usage data by specific app if you click on "show apps and websites."

- a. Select "This is my iPad" if you'd like management of the iPad to be under the control of your child. You can show your child how to review and monitor their own iPad use and optionally set downtimes or limits (which they can choose to ignore). Encourage your child to review their usage data occasionally to get a sense of habits and points of distraction.
- b. Select "This is my child's iPad" if you (as parent) would prefer to control and manage iPad use. You can then set downtimes and limits directly on your child's iPad with passcode protection so your child can not ignore or override any limits you set.

Visit [ScreenSense.org](https://www.screensense.org) for more tools and tips to keep tech in check! Subscribe to "One Step," our newsletter sent every 3 weeks that provides one simple step towards healthy tech use.

My child's iPad password is: _____

We recommend inputting your child's password as a "contact" in your own phone so you always have it handy. Remind your child not to change their iPad password so you have access to it anytime.