

# Screen Time Master

## Installation and Setup



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# Prerequisites

- iOS 15.4 or higher
- The device where the app is installed must belong to a member of a family group, and the member must be signed in to iCloud
- Internet connection
- After installation and account set up the app will ask you to choose a subscription level. The app requires a subscription, however, the first month is free without obligation, you can cancel your subscription anytime
- **Important:** Install on a parent device first!



# Installation on a parent device

## Registration

The app will ask you to allow Notifications. Please allow notifications as without that the apps functionality will be diminished

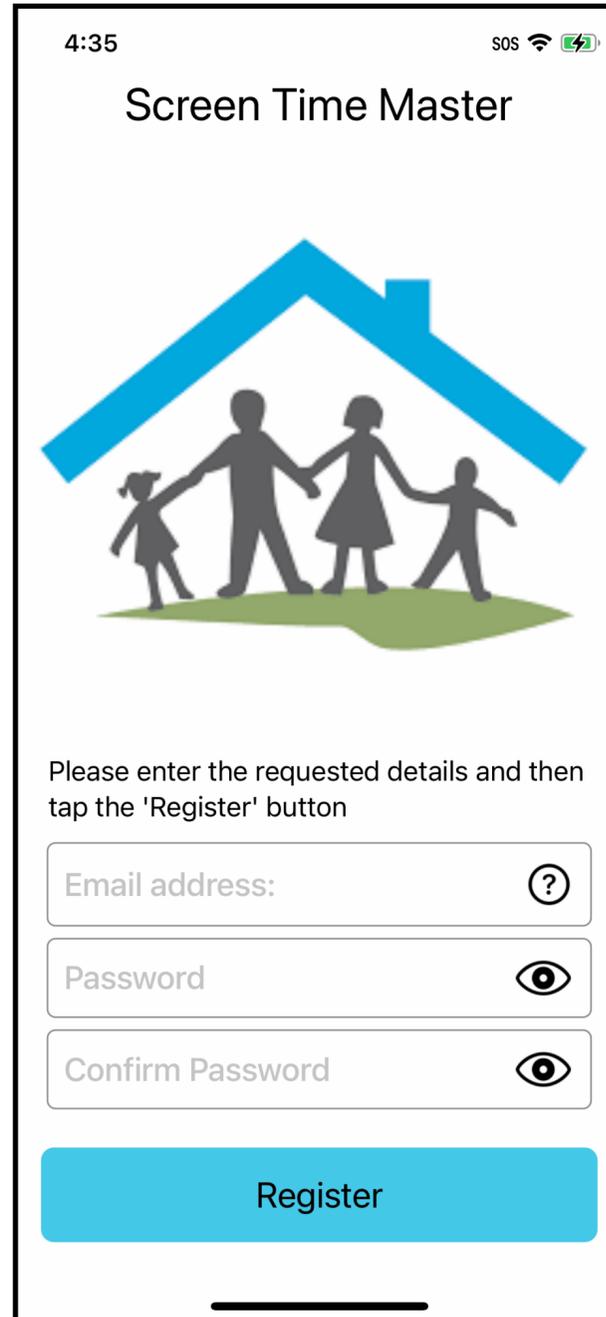
After installation this is the first screen you will see.

Enter the requested details and then tap the “Register” button

The email address you supply doesn't have to be your apple id, it can be any email address you own

We will use the provided details to create an account and send you a verification email

You will need the verification email in the next step



4:35 SOS 5G

### Screen Time Master



Please enter the requested details and then tap the 'Register' button

Email address:

Password

Confirm Password

Register



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# Installation on a parent device

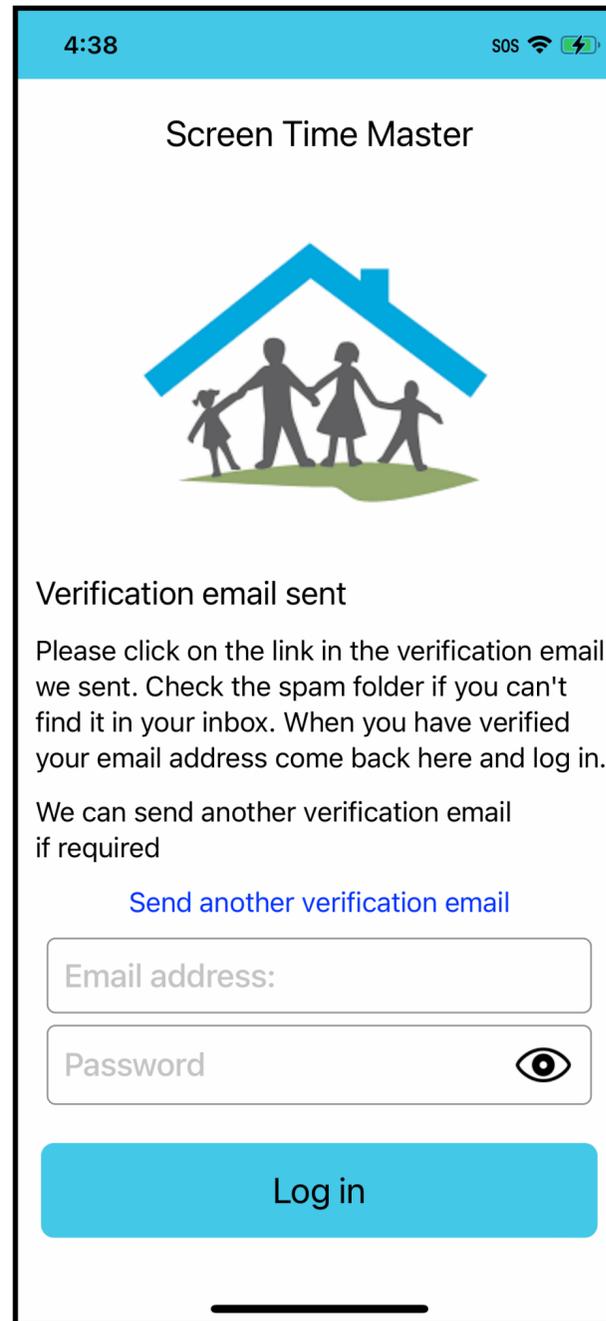
## Email address verification

Please find the verification email we sent you and click on the link in the email. You may need to check your spam folder

Clicking on the verification link will take you to a website which will confirm the email is verified and you can now log in

Enter your email address and password and tap the “Log in” button

Now your email address is verified, your account has been created and you are logged in.

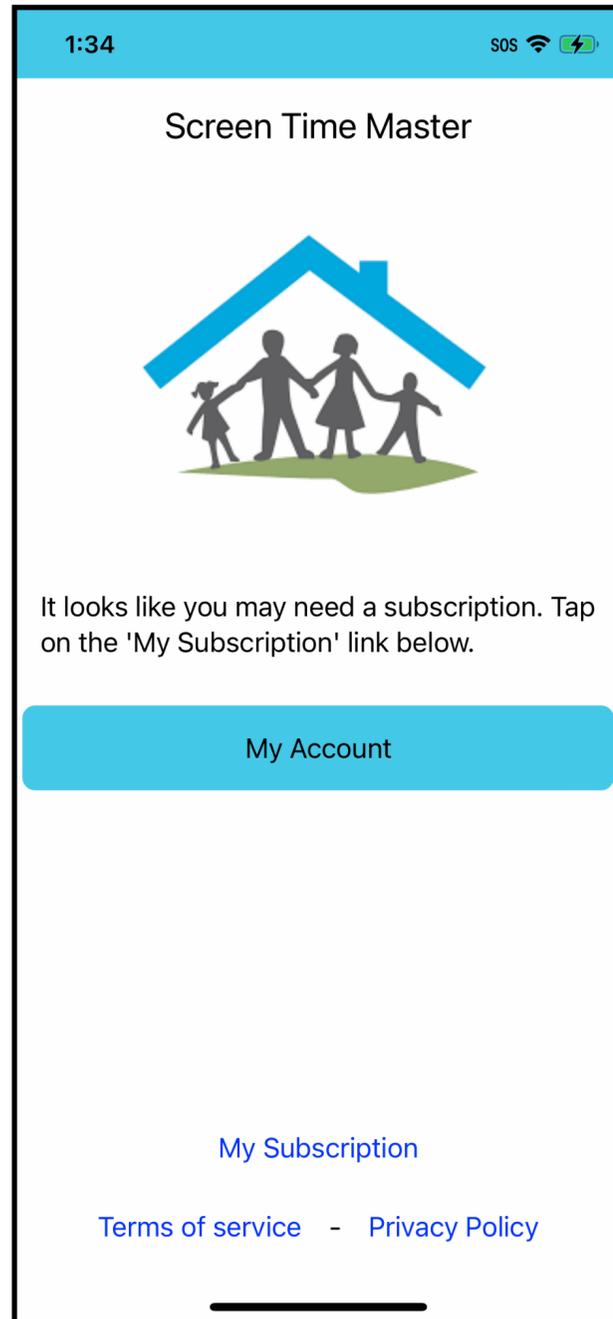


The screenshot shows the 'Screen Time Master' app interface. At the top, the status bar displays the time 4:38, signal strength, SOS, Wi-Fi, and battery icons. The app title 'Screen Time Master' is centered at the top. Below the title is a logo featuring a blue house outline with a chimney and a grey silhouette of a family (two adults and two children) holding hands on a green patch of grass. The text 'Verification email sent' is displayed, followed by instructions: 'Please click on the link in the verification email we sent. Check the spam folder if you can't find it in your inbox. When you have verified your email address come back here and log in.' Below this is a link that says 'We can send another verification email if required' with a blue text link 'Send another verification email'. There are two input fields: 'Email address:' and 'Password' (with an eye icon for visibility). At the bottom is a large blue button labeled 'Log in'.

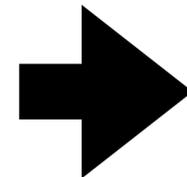


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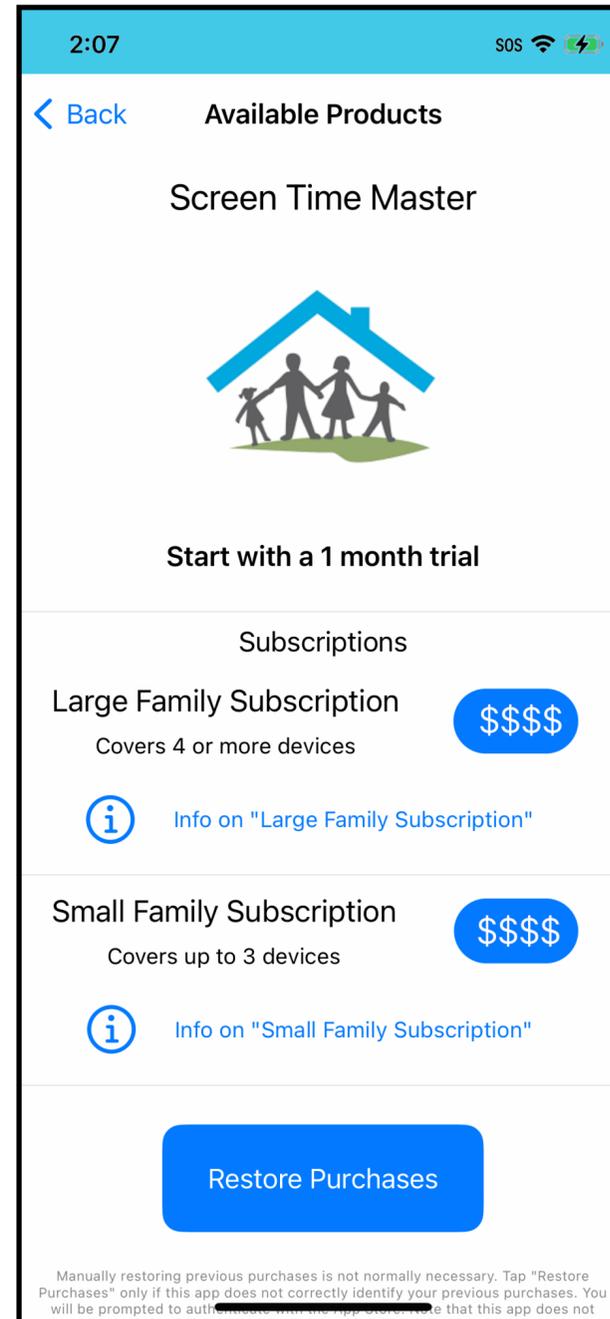
# Installation on a parent device



As you don't have a subscription yet you will see the screen on the left. Tap the "My Subscription" link to proceed

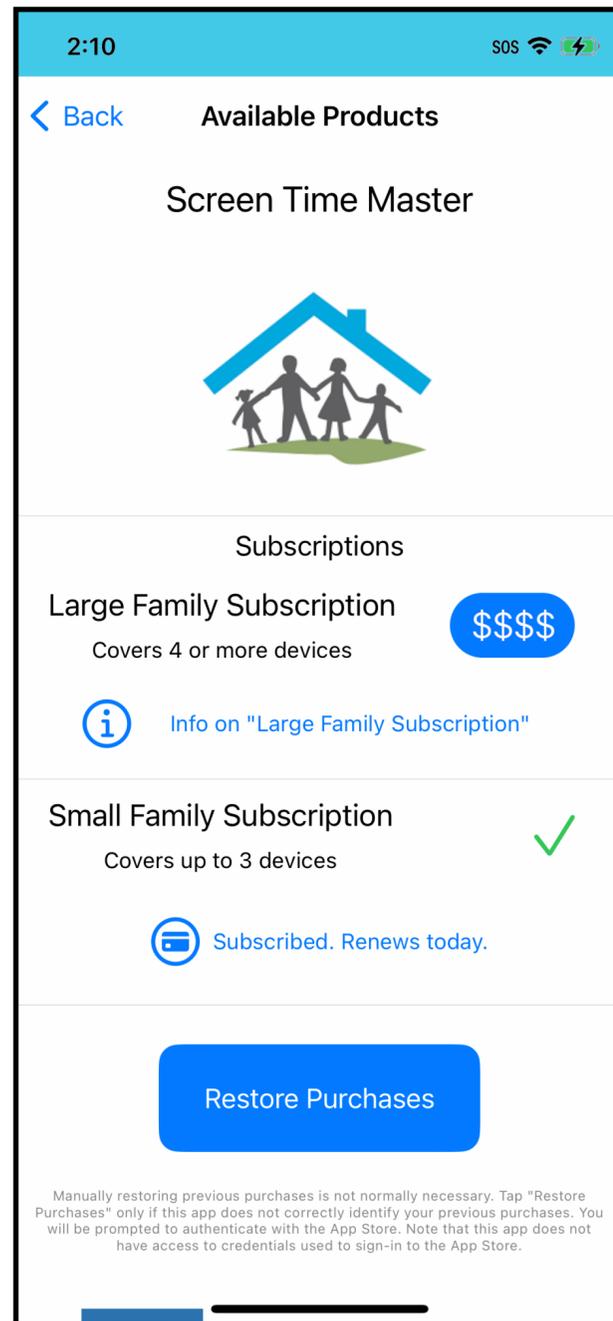


Please select your desired subscription level and proceed to purchase. You may be asked by the Apple app store for your apple id and password



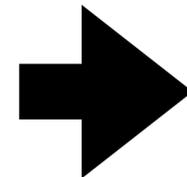
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# Installation on a parent device

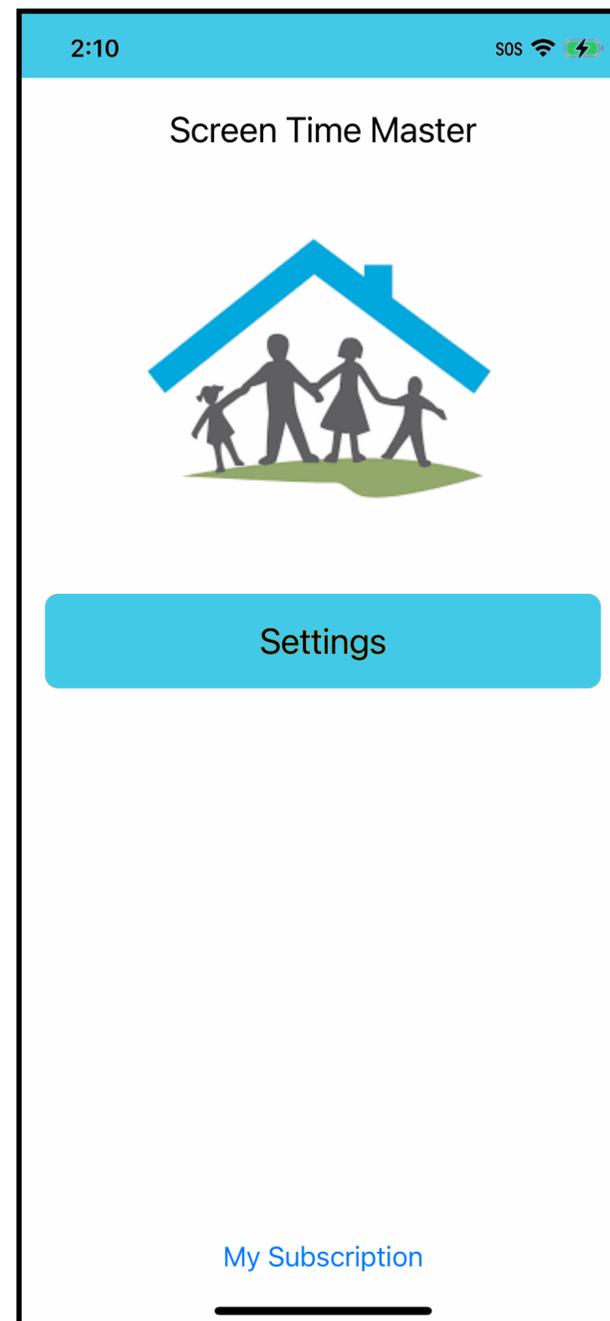


After you have completed the subscription purchase you will see the screen on the left

Tap on the "Back" link in the top left to go to the previous screen



The screen on the right is where the app will normally open after the installation is complete. Tap on the "Settings" button to proceed



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# Installation on a parent device

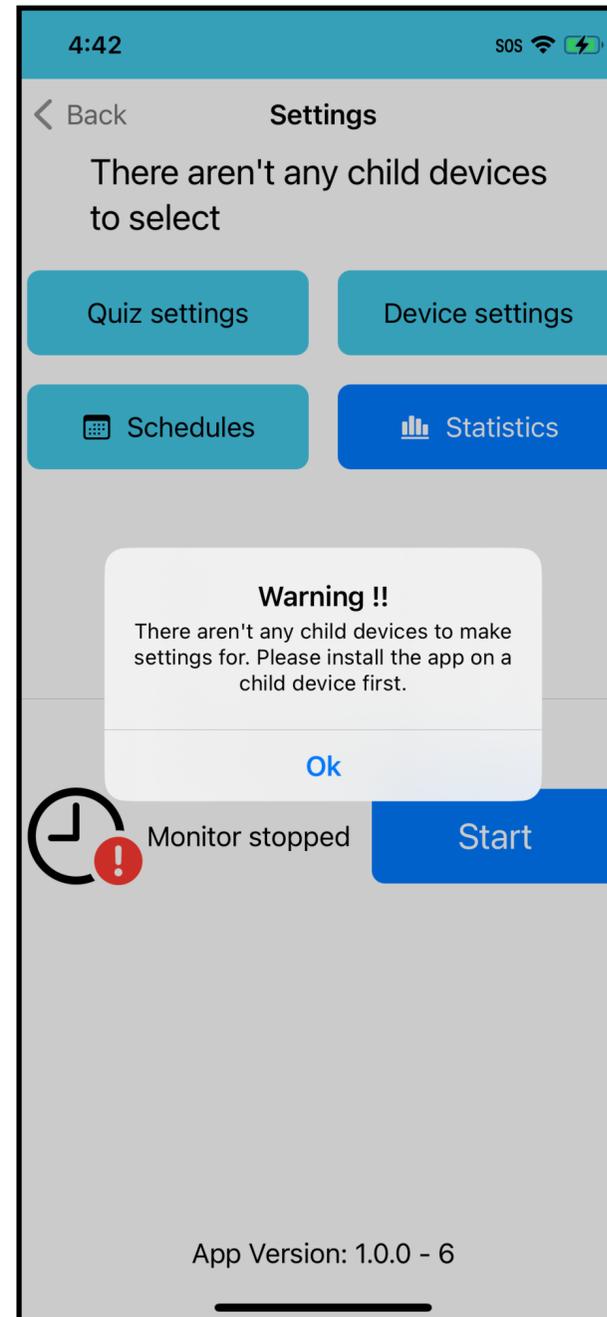
## Installation complete

The installation on the parent device is now complete

The settings screen you see here has a warning alert displayed. This is because no child devices have been registered yet

Until a child device is registered there is nothing you can do here

So let us proceed to installation on a child device



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# Installation on a child device

## Registration

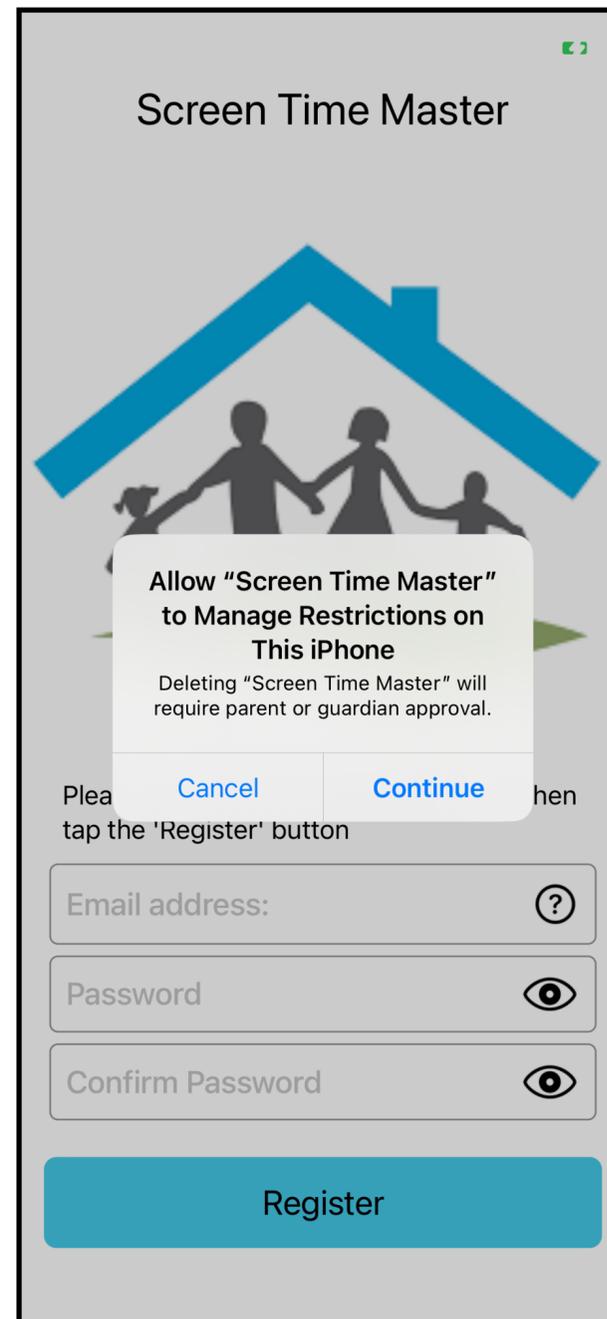
Installation on a child device is a bit more involved

The app will ask you to allow Notifications. Please allow notifications as without that the apps functionality will be diminished

We can't predict exactly when you will see the alert to allow Notifications, it will look similar to the alert you see in the screenshot

You will see a screen similar to the screenshot on the right, asking you to allow Screen Time Master to manage restrictions on this iPhone

Since that is what we want to do tap on "Continue"



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# Installation on a child device

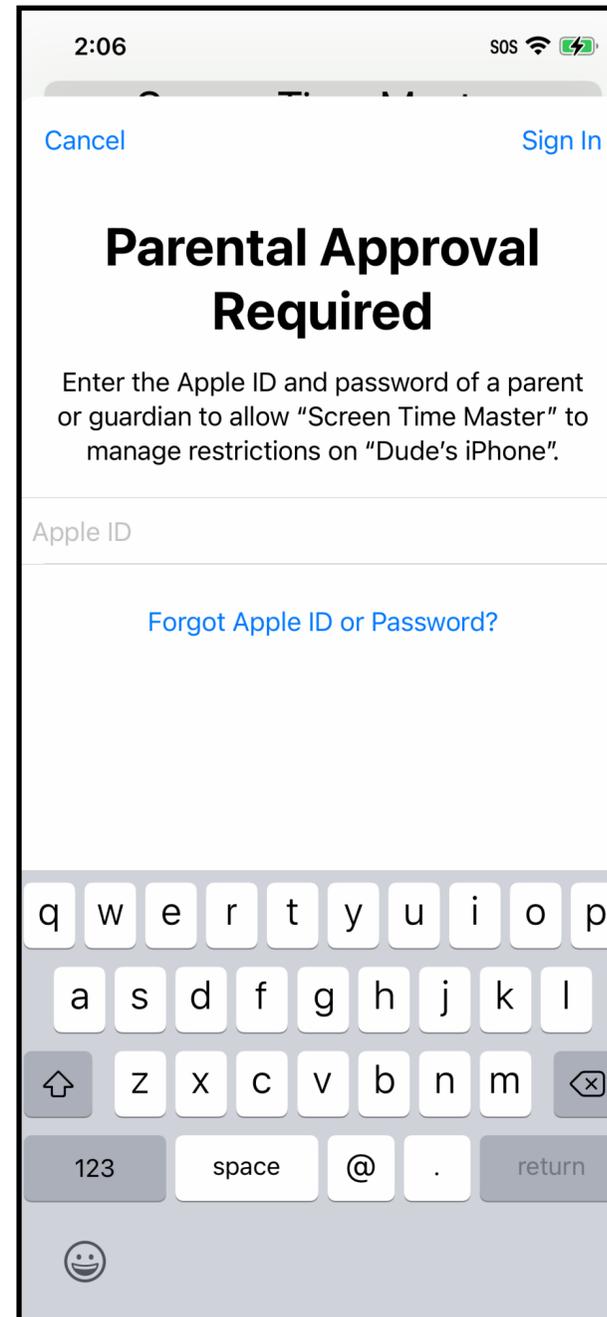
## Parental Approval

Here you are requested to provide your apple id and password

That will authorise the app to manage restrictions on this device

Enter your apple id and password as requested and tap on the “Sign in” link in the top right

You can also tap the “return” button on the keyboard



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# Installation on a child device

## Approved to manage restrictions

The app is now approved to manage restrictions on this device

Your child will not be able to remove the app. In order to remove the app a parent will have to supply their apple id and password again

Tap on the blue “Done” button to proceed



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# Installation on a child device

## Registration

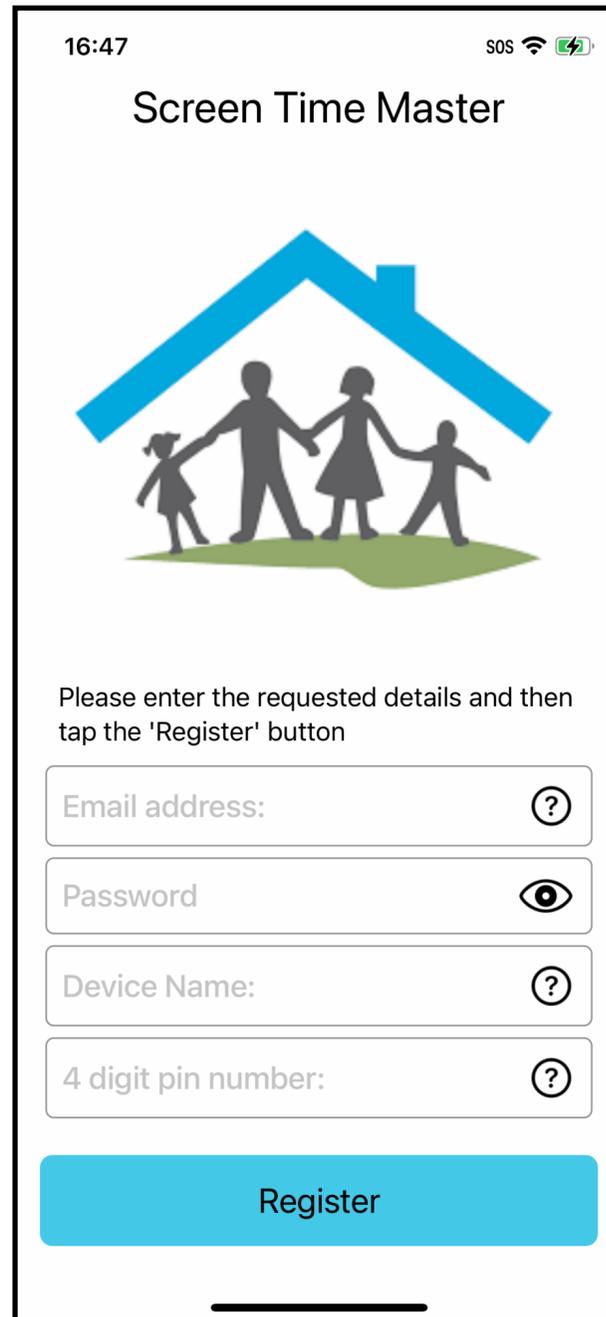
This is the registration screen as it looks on a child device

Please supply the same email address and password you have used when you installed the app on the parent device

Then supply a device name, this can be any text of your choosing, for example “Tom’s iPhone” or similar

Enter a 4 digit pin number. The pin number protects the settings screen on a child device. That way the child cannot manipulate screen time settings

When all data is entered tap the “Register” button to proceed



16:47 SOS

### Screen Time Master



Please enter the requested details and then tap the 'Register' button

Email address: ?

Password ?

Device Name: ?

4 digit pin number: ?

Register



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# Installation on a child device

## Installation complete

When the installation process is complete you will see this screen on a child device

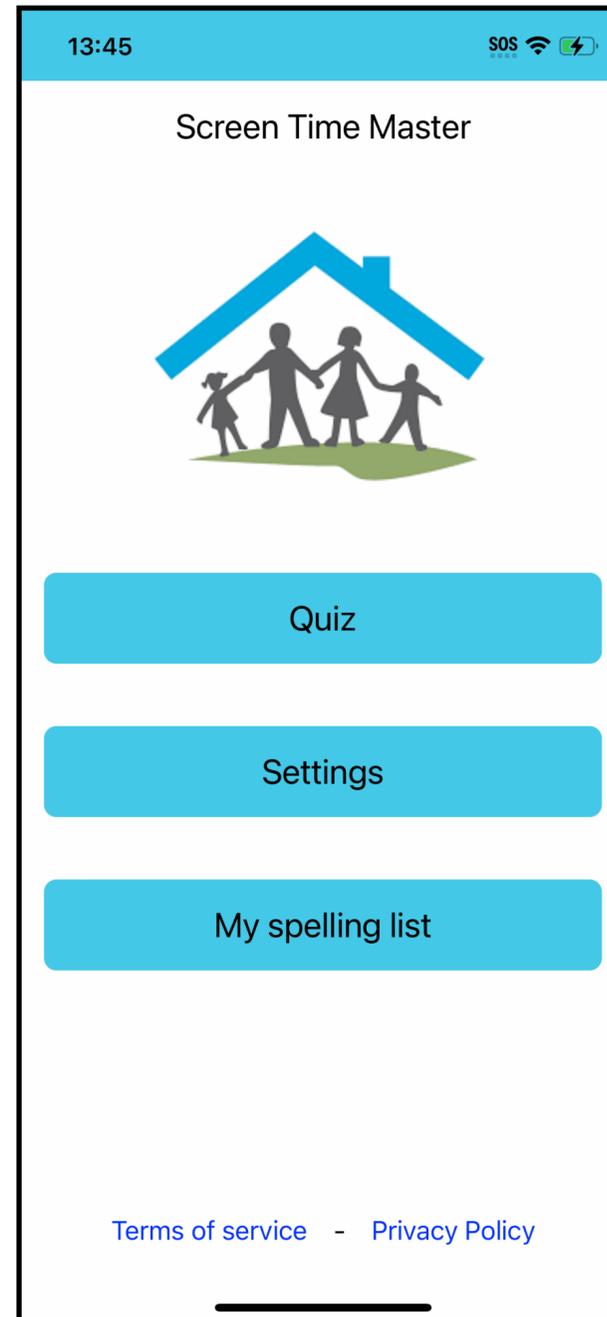
The child will tap the “Quiz” button when screen time has been depleted

Parents can tap the “Settings” screen to update device and quiz settings for this particular device

A current subscription is required, if there is no subscription or the subscription has expired you will see a notice to that effect

Subscriptions can only be purchased on a parent device

Move on to the “Setup” section of this manual to learn how to set up your devices



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# Setting up the devices

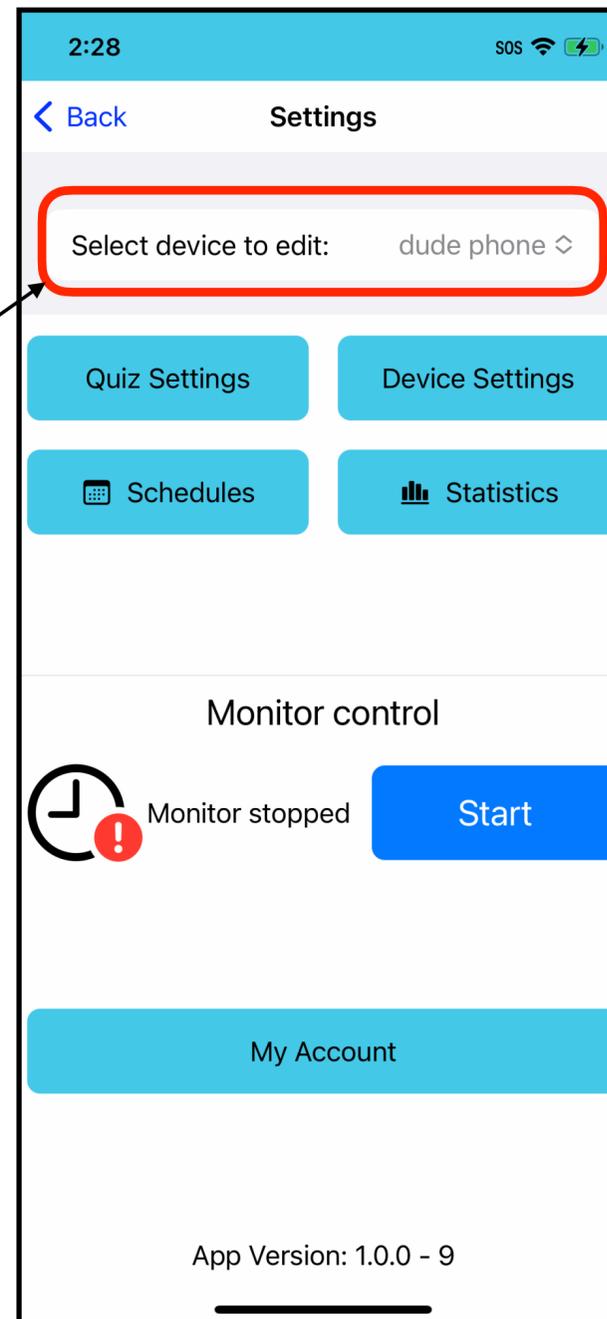
## Settings

The settings for all child devices can be controlled from the parent device, as shown here. The parent device itself has no settings

Select the child device to edit from the selector near the top of the screen. The monitor control may change to indicate the current running status of the monitor on the selected child device

This screen will look almost the same on the child device, except there is no device selector near the top

Let us examine the Quiz settings first. Tap the button "Quiz settings"



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# Setting up the devices

## Quiz Settings

Select the School Year at the top, this may download the database of questions for the selected year

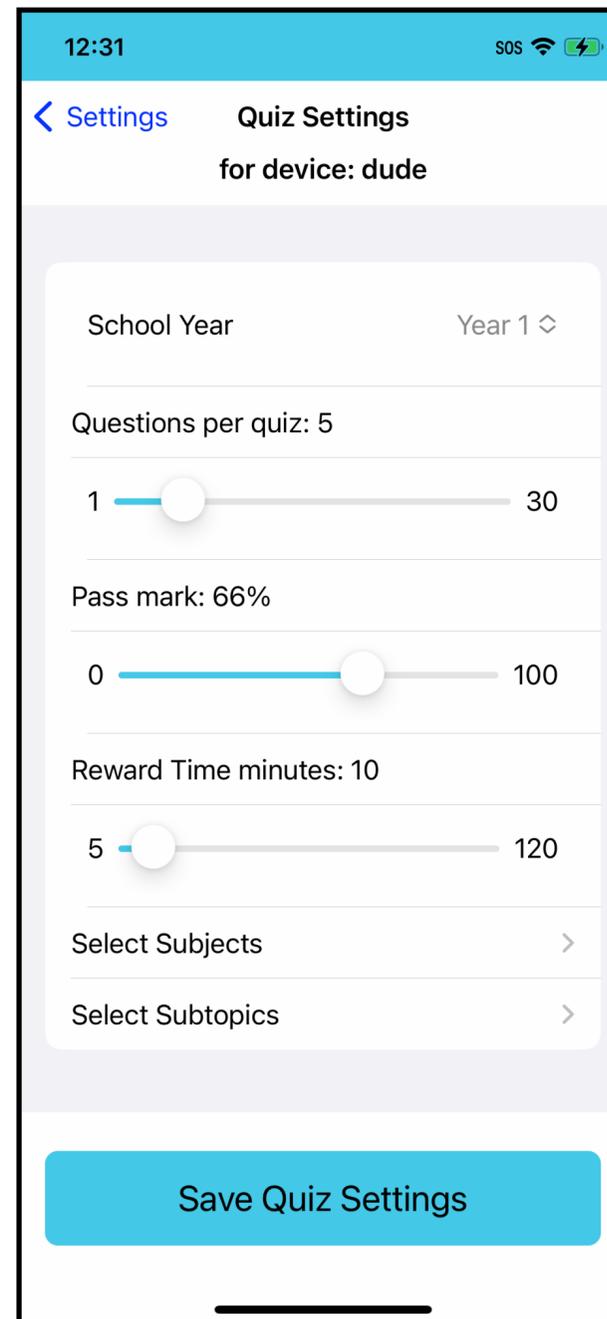
Next is the number of questions in a quiz

Set the passmark for the quiz, in percent

Set the screen time rewarded if the quiz has finished and passmark has been achieved

Select the Subjects and Subtopics of questions in the quiz

Finally, tap the “Save Quiz Settings” to save the quiz settings



The screenshot shows the 'Quiz Settings' screen for a device named 'dude'. At the top, the time is 12:31 and there are icons for signal strength, Wi-Fi, and battery. Below the title 'Quiz Settings', there is a back arrow and the text 'Settings'. The settings are as follows:

- School Year: Year 1 (with a dropdown arrow)
- Questions per quiz: 5 (with a slider from 1 to 30)
- Pass mark: 66% (with a slider from 0 to 100)
- Reward Time minutes: 10 (with a slider from 5 to 120)
- Select Subjects: (with a right arrow)
- Select Subtopics: (with a right arrow)

At the bottom, there is a large blue button labeled 'Save Quiz Settings'.



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# Setting up the devices

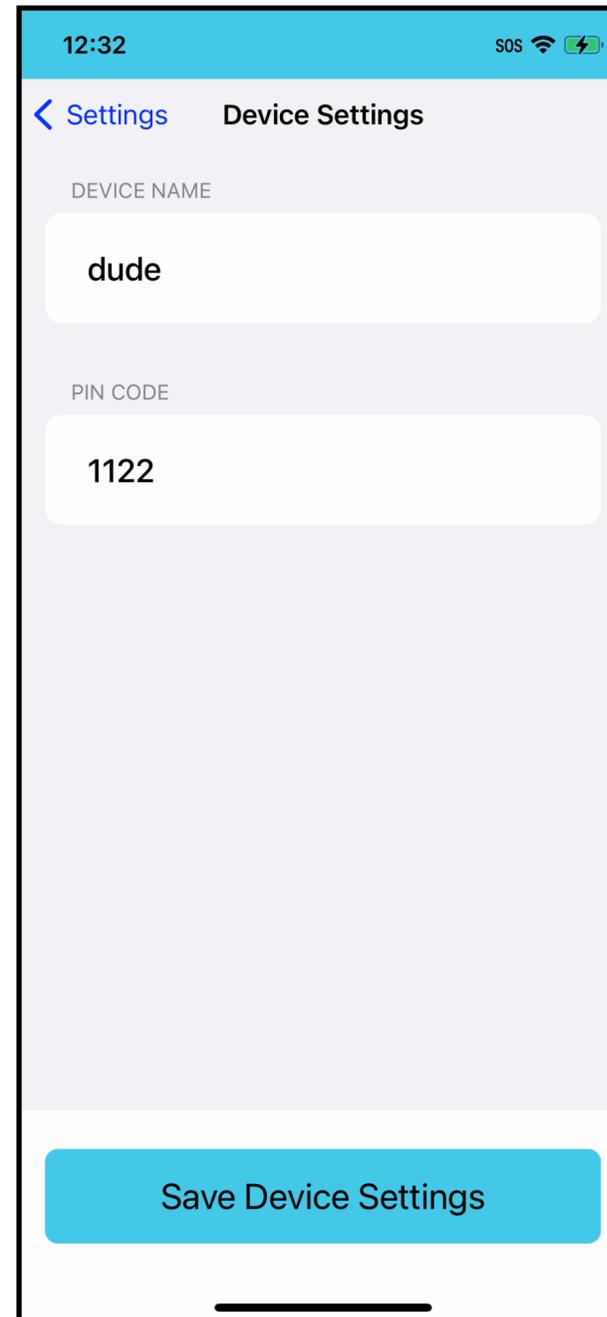
## Device Settings

Here you can edit the name of the device you are editing

and

the 4 digit pin code that protects the device from un-authorized settings manipulations

Tap the “Save Device Settings” button to save the device settings



12:32 SOS Wi-Fi 🔋

< Settings Device Settings

DEVICE NAME

dude

PIN CODE

1122

Save Device Settings



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# Setting up the devices

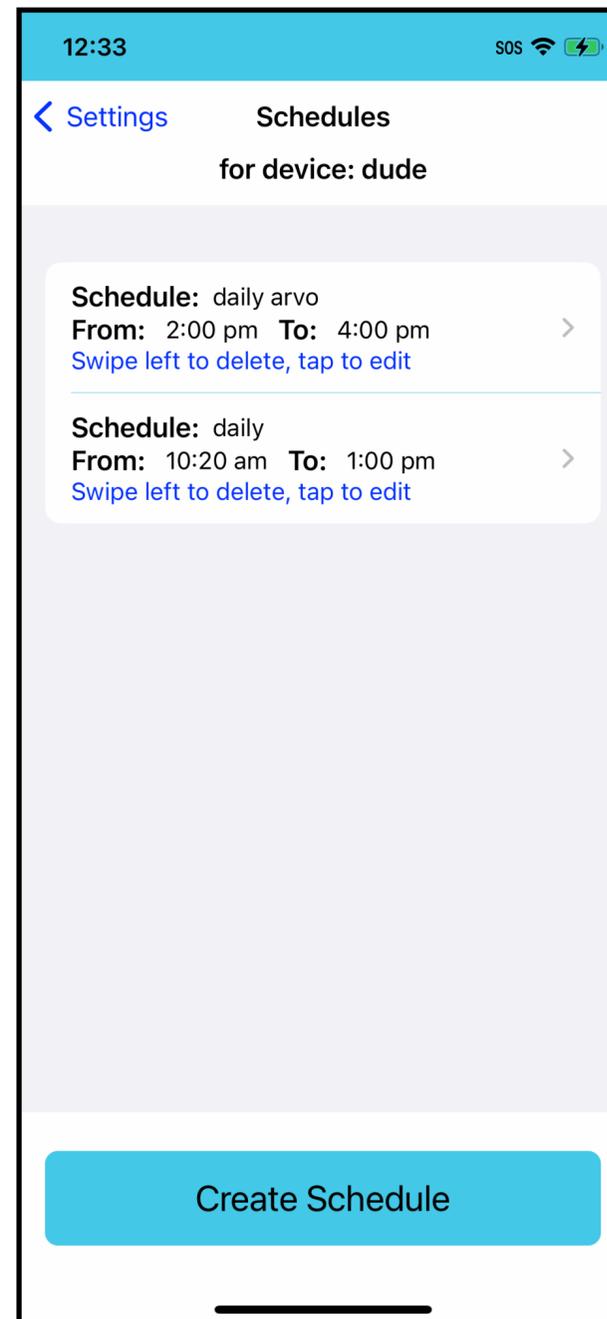
## Schedules

When you first come to this screen, there won't be any schedule set up, unlike the screenshot on the right which has 2 schedules, "daily arvo" and "daily"

Tap the "Create Schedule" button to create a new schedule

You can edit and delete existing schedules as needed. When you delete a schedule its associated activities will also be deleted. We will explain what activities are shortly

A maximum of 4 schedules can be created. Schedules repeat on a weekly basis



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# Setting up the devices

## Creating and editing schedules

There are two parts to creating and editing schedules.

Firstly there is the schedule itself, the start and end time, days of the week and the warning time

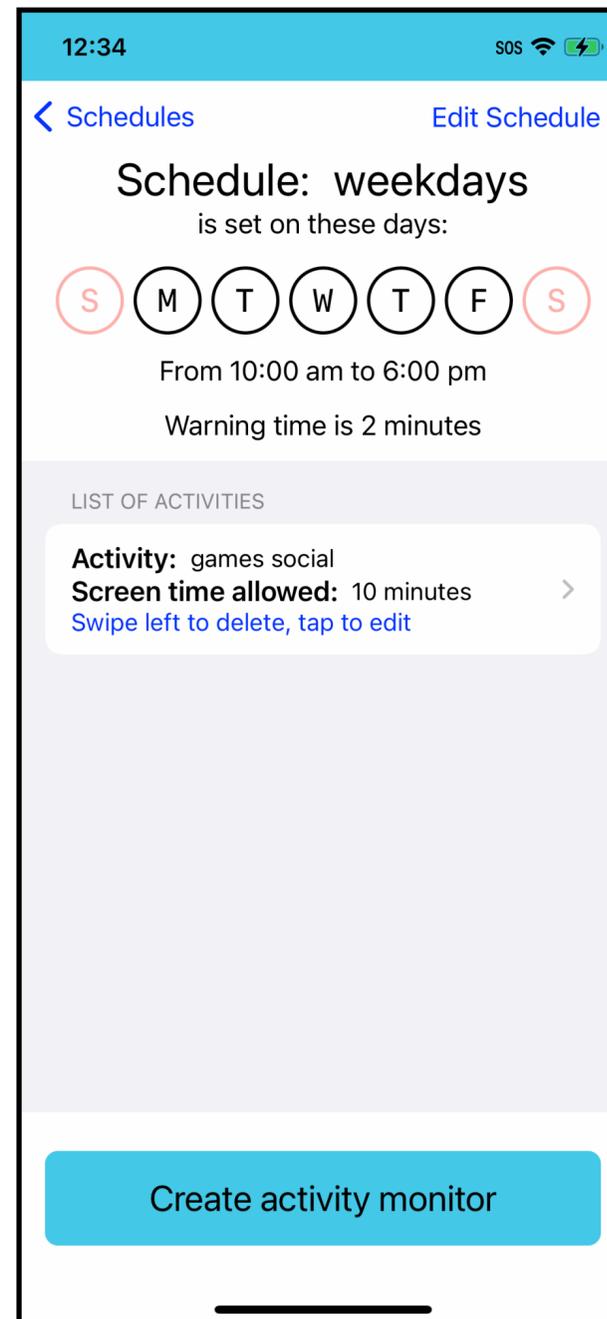
Secondly, the activities that are associated with a schedule

Here, we are looking at schedule weekdays, which has one activity (games social) associated

To edit the schedule tap the blue “Edit Schedule” link at the top right

To edit the activity, tap the activity listing

To create a new activity for this schedule, tap the “Create activity monitor” button



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# Setting up the devices

## Creating and editing schedules

The screens for editing and creating schedules are the same

Change the name of the schedule by editing the text field at the top

Tap the day of the week symbols to turn them on or off

Tap the start and end time to edit

Select a warning time from the available choices

The warning time is the time before screen time is depleted. A notification will be shown on the child device when the warning time is up

Finally, tap the “Save Schedule” button to save this schedule

12:37 SOS Wi-Fi battery

< Back

Set Schedule

weekdays

S M T W T F S

Start time: 10:00 am

End time: 6:00 pm

Warning time:

2 mins 5 mins 10 mins 15 mins 20 mins

Save Schedule



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# Setting up the devices

## Creating and editing activities

The screens for editing and creating activities are the same

Change the name of the activity by editing the text field at the top

Tap the blue “Show Activity Picker” button to select activities to monitor. We will show the activity picker in the next slide

Select the amount of screen time allocated to this activity monitor. This is the time the child can do this activity before they have to do a quiz to get more screen time

Finally, tap the “Save Activity” button to save the activity

12:39 SOS

< Back

Set Activity monitor for schedule: **weekdays**

games social ?

Show Activity Picker

Select screen time allowance for this activity

	8 min
	9 min
0 hours	10 min
1 hours	11 min
2 hours	12 min

Save Activity



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# Setting up the devices

## Selecting activities to monitor

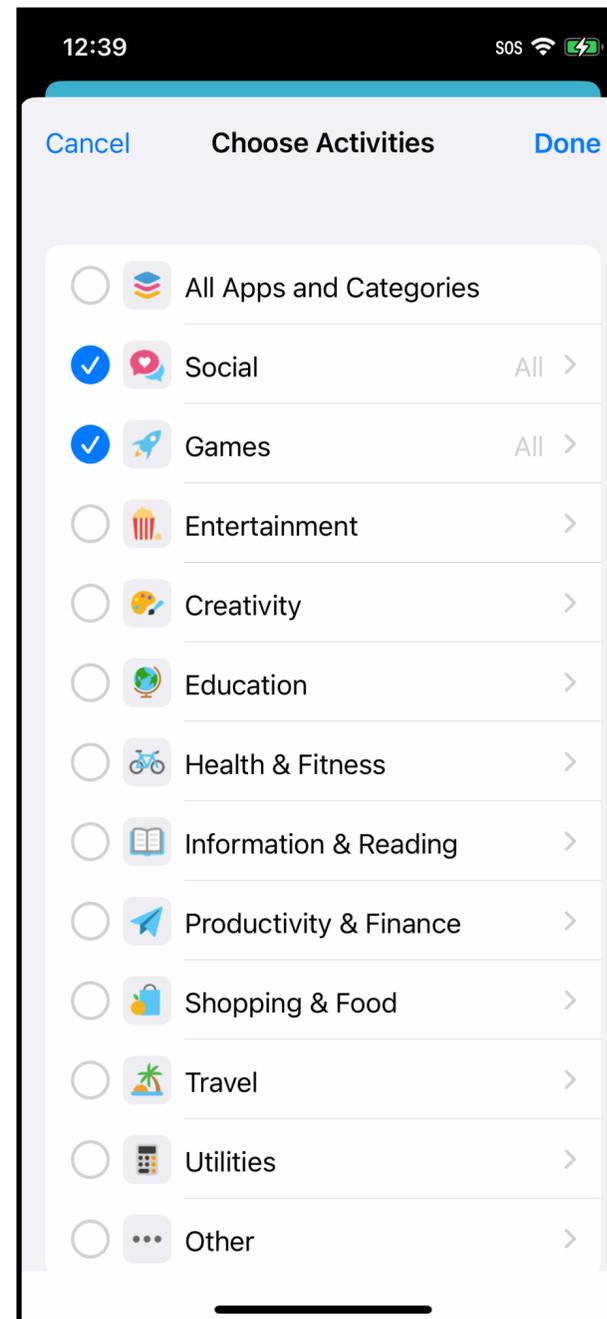
What you see here is the activity picker. It shows a list of app categories

Select the activities you'd like to monitor, then tap the blue "Done" link in the top right

The activity picker is provided by iOS. Some of these categories can be expanded to show specific apps. This will be different from device to device, and likely depends on usage patterns

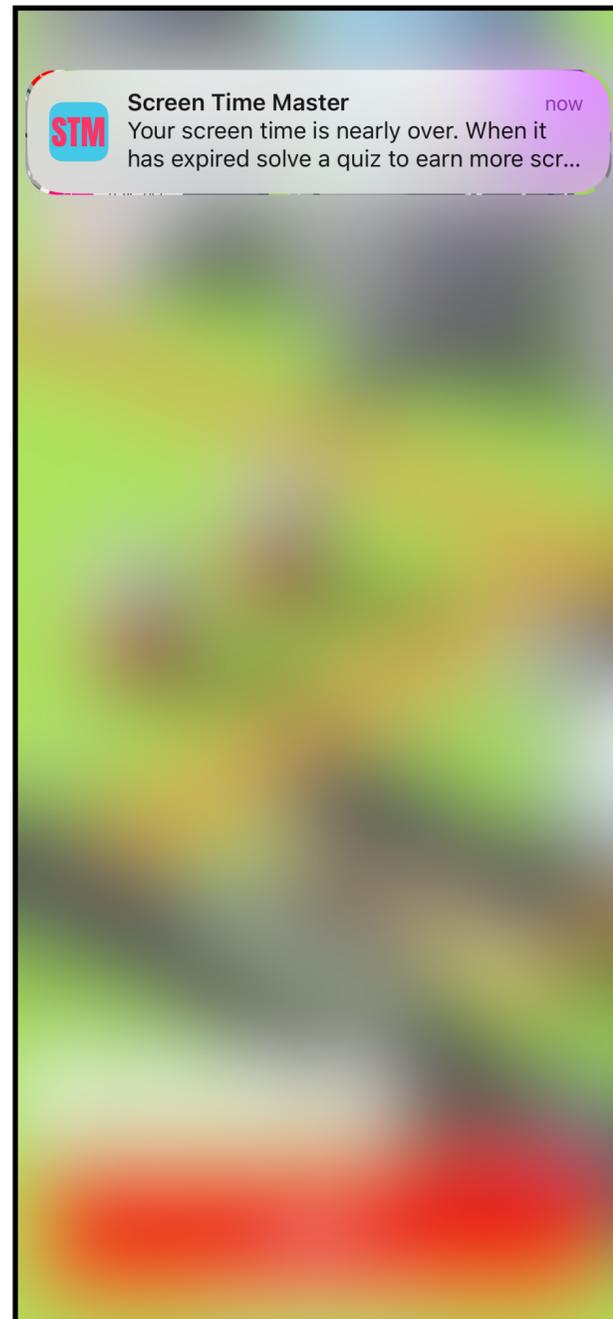
You can select multiple activities to monitor. In that case the screen time allowance is shared between the selected activities

The picker can also show website links, but only if that website has been visited in the recent past. You can select these as well for monitoring



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# In daily operation

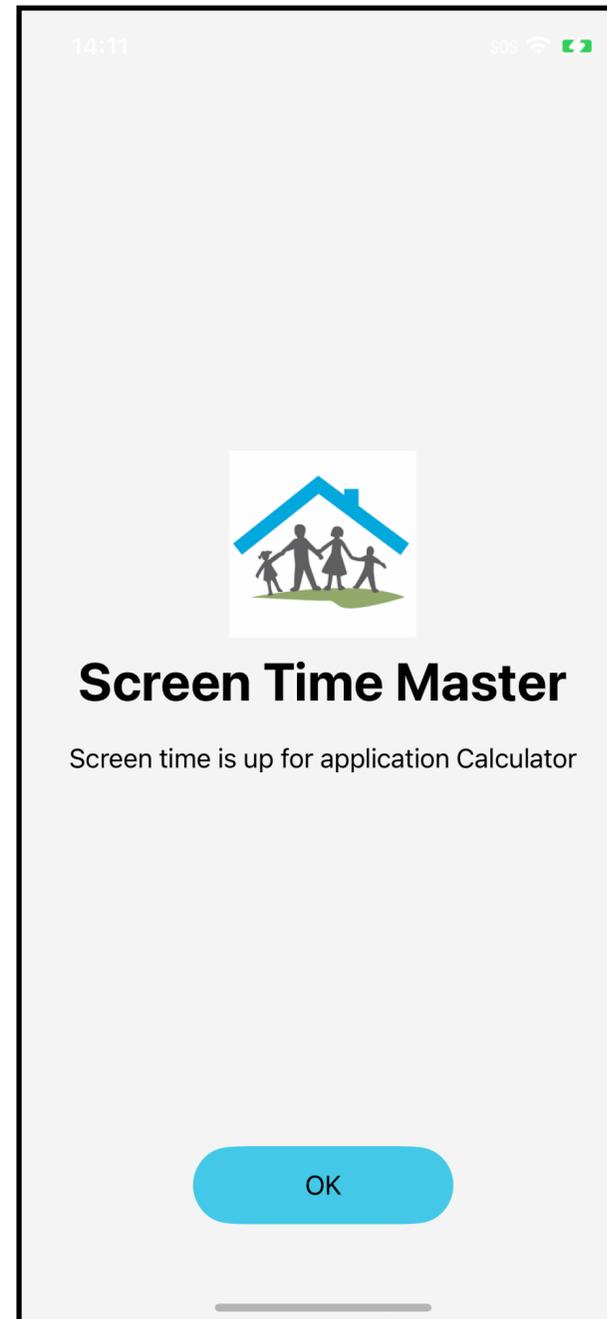


In the screen on the left we can see the notification that is shown on a child device when the warning time is up

If for example the screen time allowance is 10 minutes and the warning time is 2 minutes then this notification is shown after 8 minutes, when there are 2 minutes of screen time remaining

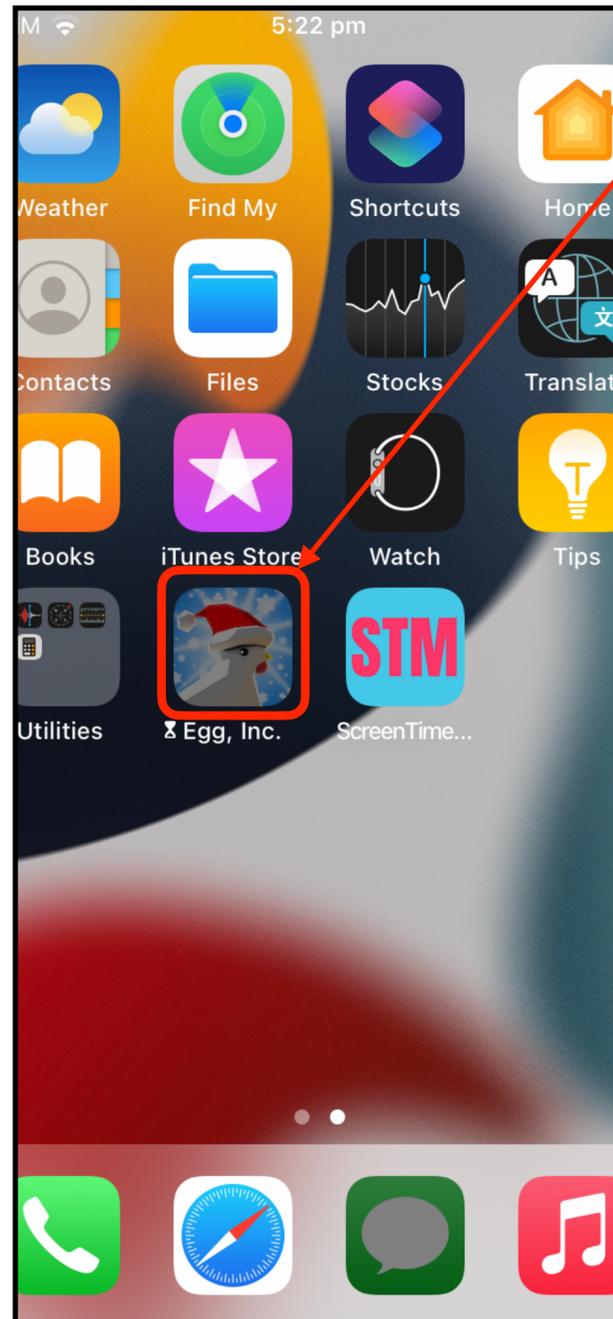
In the screen on the right we see the shield that is shown when the screen time allowance has been used up. Any app that belongs to the currently expired activity is covered by this shield. For example if the expired activity monitor is for category games then all games on the phone will be covered by this shield

Doing a quiz and achieving the passmark will reward screen time and apps will become available again



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# In daily operation



Apps that are shielded are dimmed and have a little hourglass to the left of their name

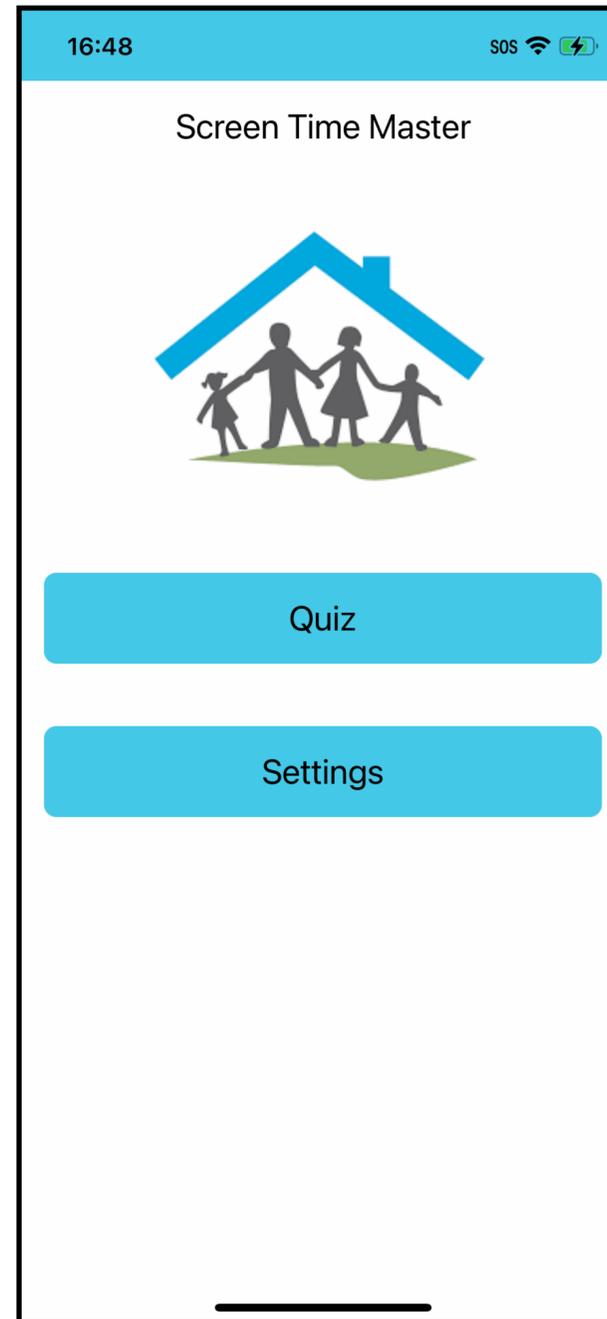
As the allowed screen time for this app has been used up, the child can do a quiz to earn more screen time

To earn more screen time, open the Screen Time Master app and tap on the “Quiz” button

It can take a second or two to prepare the quiz

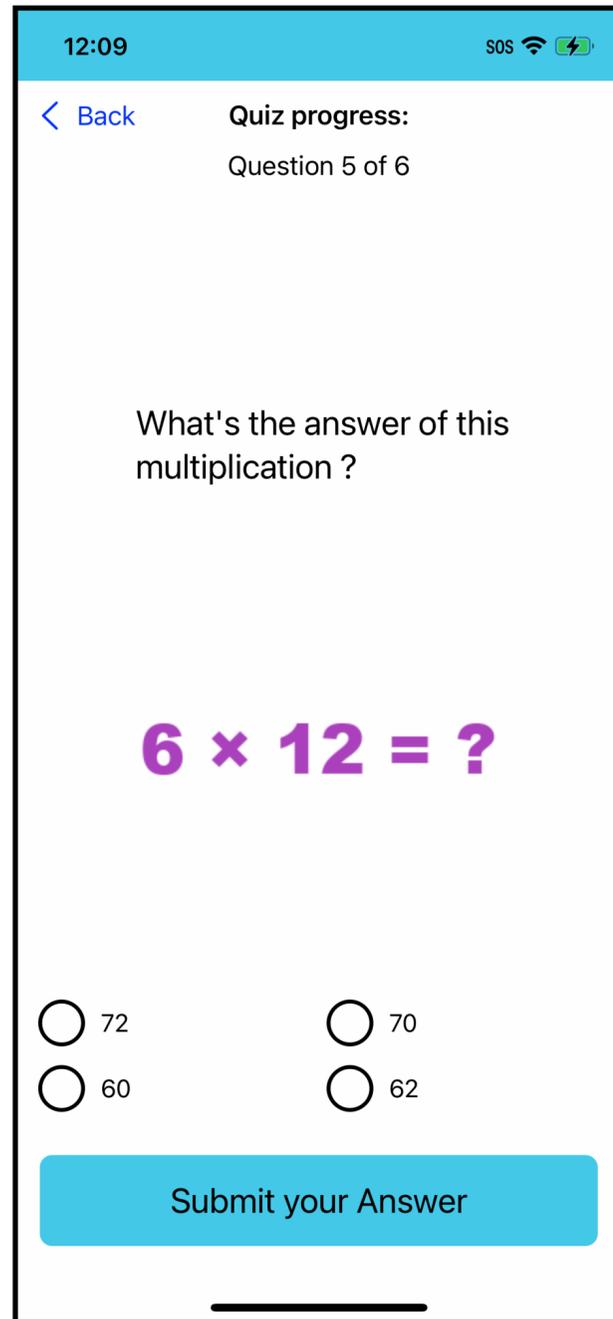
The quiz has begun when the first question is shown. There are no time limits for the quiz but it has to be finished in the one sitting. When the quiz is not finished all progress will be lost

**Important:** Only start a quiz when screen time has expired. Otherwise the app does not know where to apply the rewarded screen time



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# In daily operation

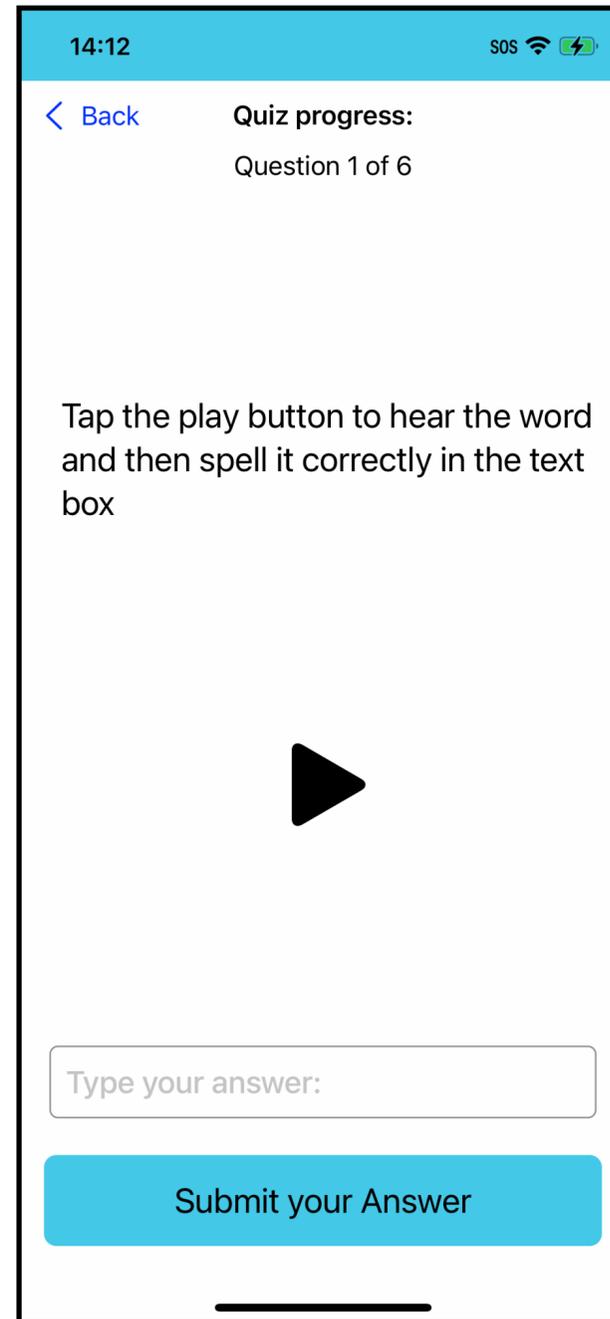


Questions are either multiple choice as shown on the left, or they are spelling questions shown on the right

For multiple choice questions select the correct answer and then tap the “Submit your answer” button

With spelling questions tap the play button ► to hear the app speak a word. Then type the word in the textfield provided and tap the “Submit your answer” button

You will receive immediate feedback for each answered question, and in the case of a wrong answer the correct answer will be shown



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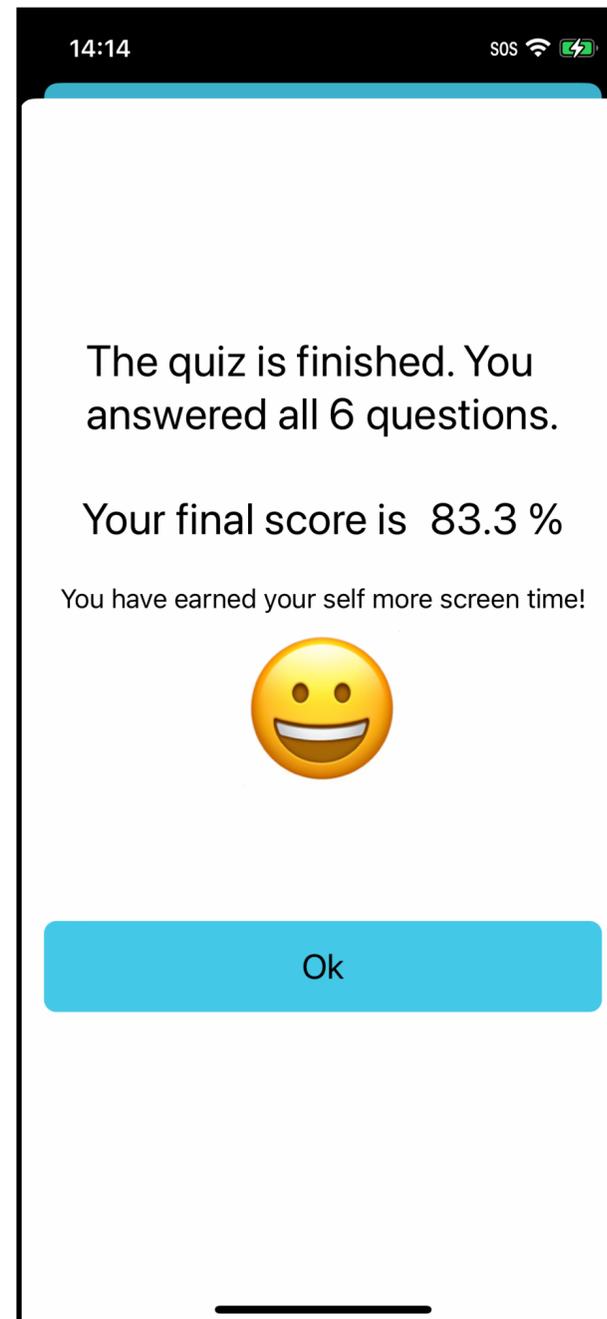
# In daily operation

## Finishing a quiz

When a quiz is finished, and the child achieved the passmark, this screen is shown

Upon tapping the “Ok” button the screen time reward is immediately delivered

If the passmark has not been achieved the emoji will be sad 😞



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# In daily operation

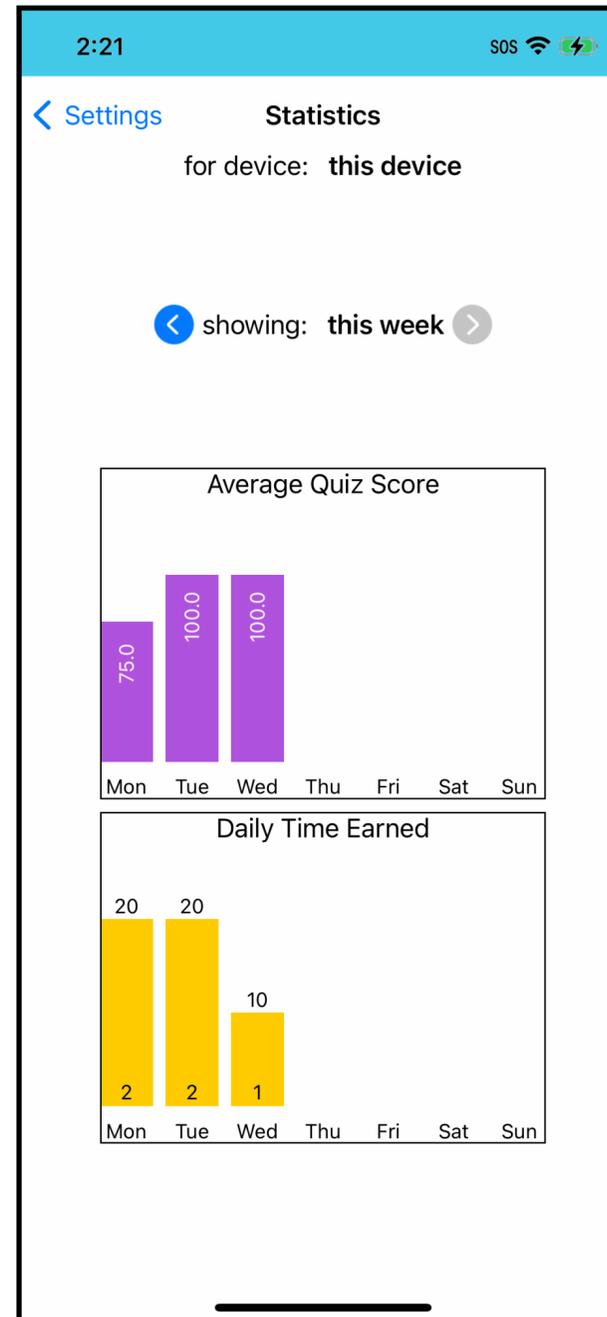
## Statistics

We keep quiz results for 2 weeks, the current week and the previous week

The “Average Quiz Score” shows the average score across all quizzes by day

The “Daily Time Earned” shows how many minutes of screen time were earned per day, that is the number at the top of the bar

The number inside the bar shows the number of quizzes



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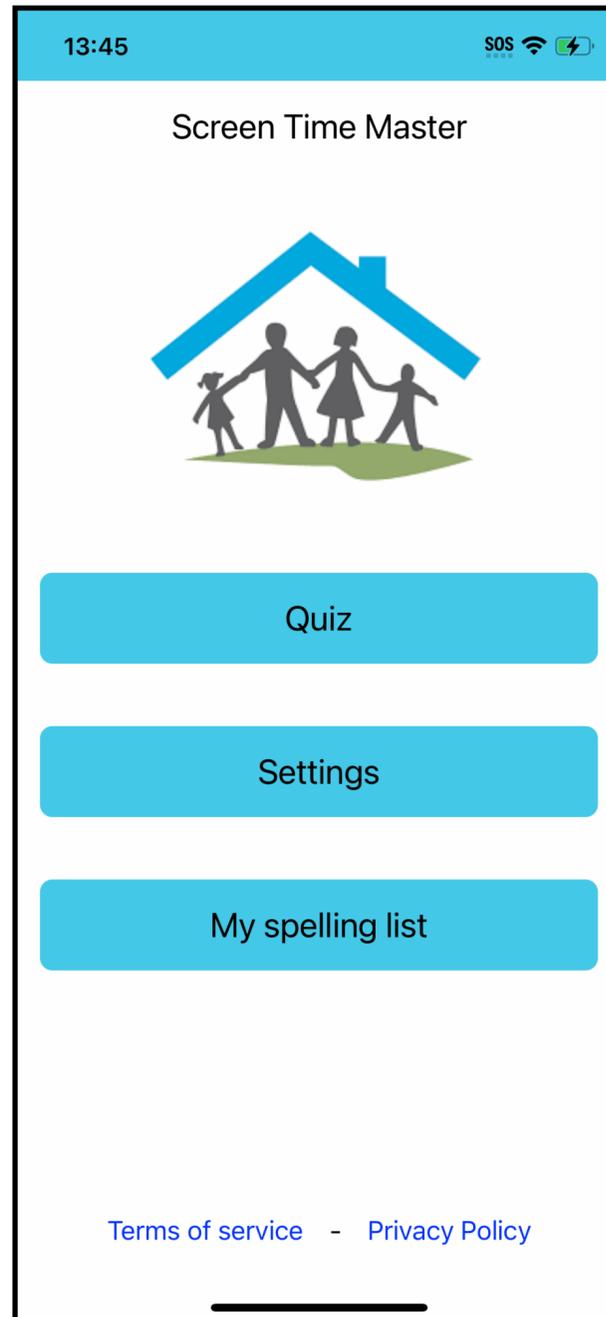
# In daily operation

## Spelling list

A child can create their own list of spelling words. These words will replace the the spelling questions provided by our quiz database.

Many schools provide their children with a weekly list of words that they are required to learn. Our “spelling list” feature allows the child to concentrate their spelling on words that they are currently learning at school.

It may be a good idea for the parent to check the words are entered with the correct spelling.



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# In daily operation

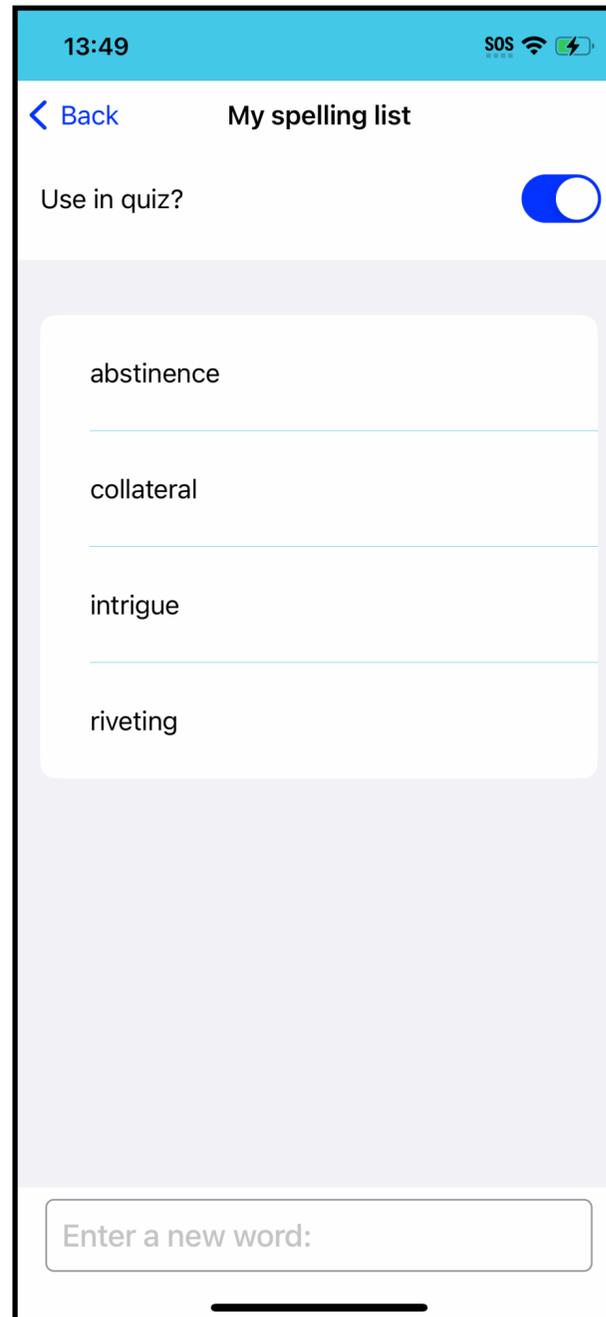
## Creating and using the spelling list

At the bottom of the screen you will find a text entry field. Just enter the word using the on-screen keyboard and press the Enter/Return key when done.

You also need to turn the toggle “Use in quiz?” to the on position, as shown in the screenshot.

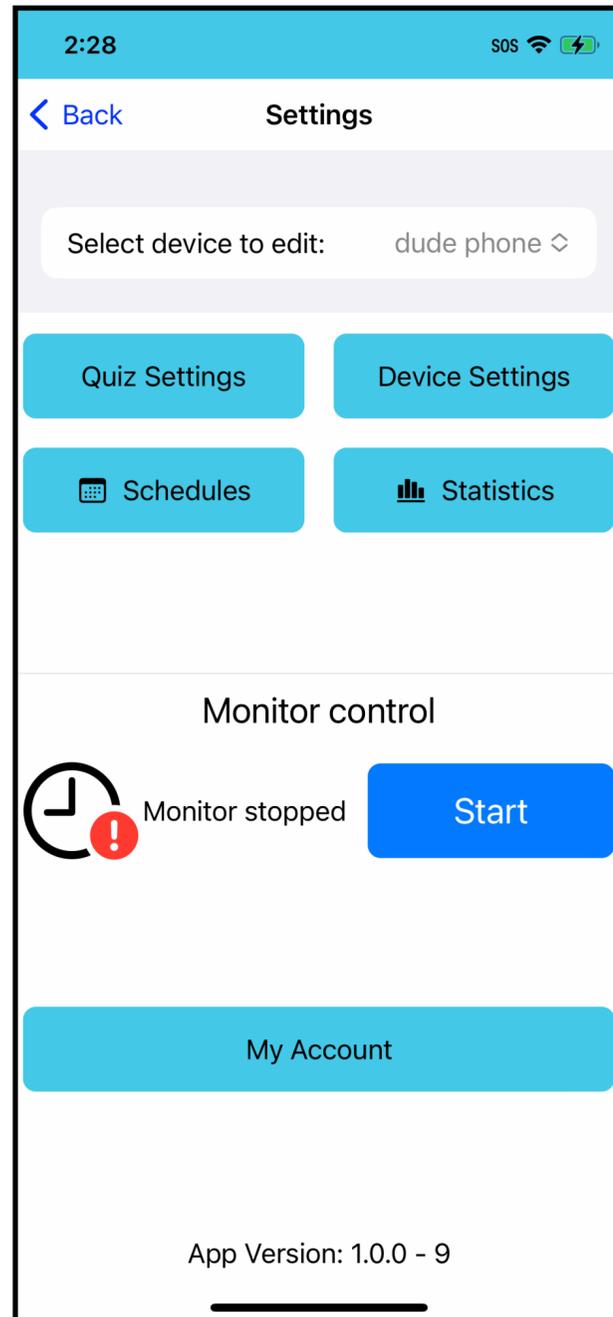
When this is turned on, spelling questions in the quiz will replace words from our database with words from your list.

Spelling words can be removed from the list by swiping the word to the left.



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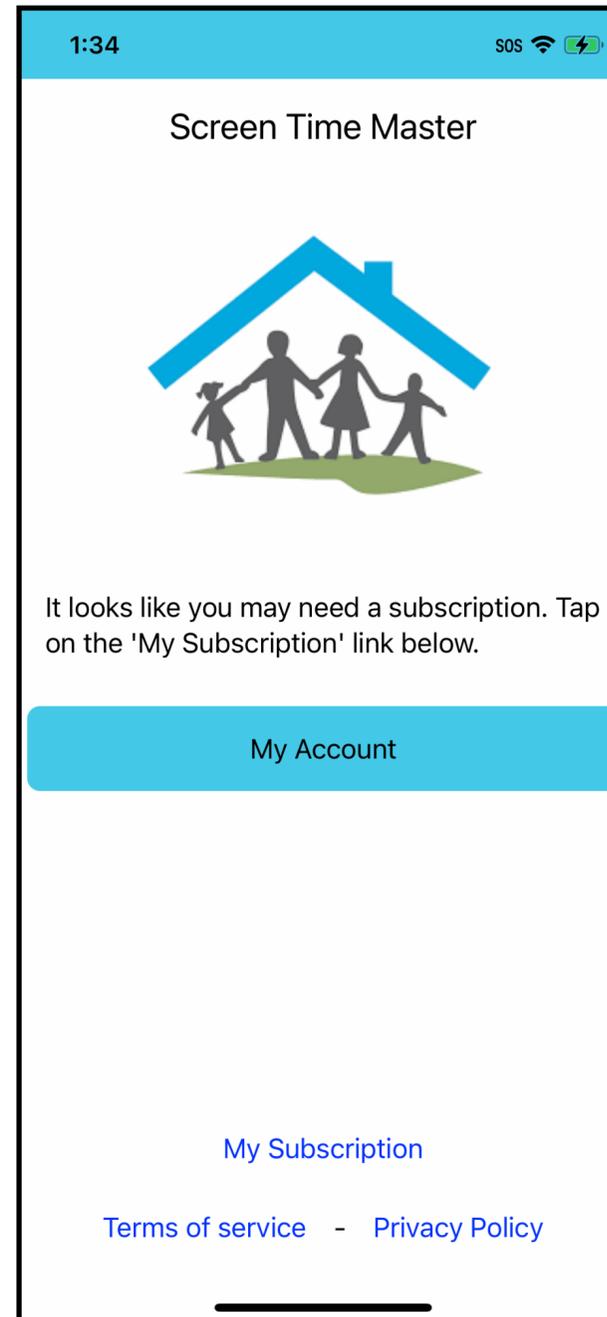
# Account management



Account management allows you to delete devices that are not in use anymore, or you can delete your account altogether, including all device records, quiz settings, and results.

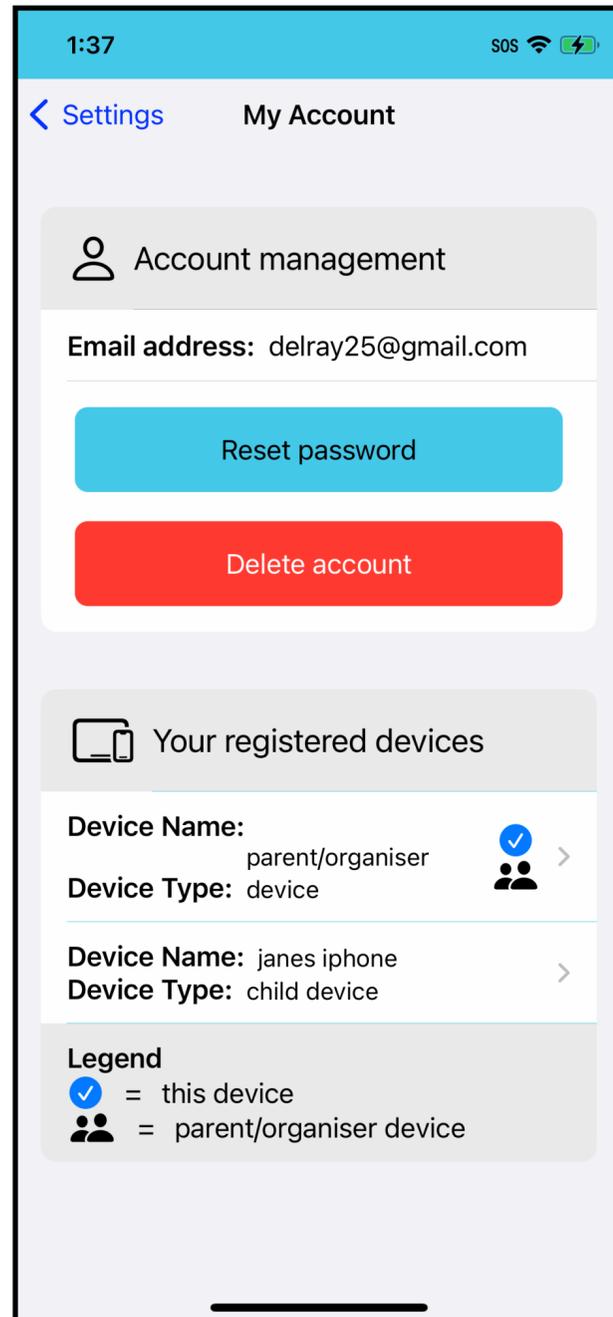
The account management is available from two places, on the Settings screen near the bottom, and if you have run out of subscription, it is also available on the Home screen.

Account management functions are only available on a parent device.



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# Account management



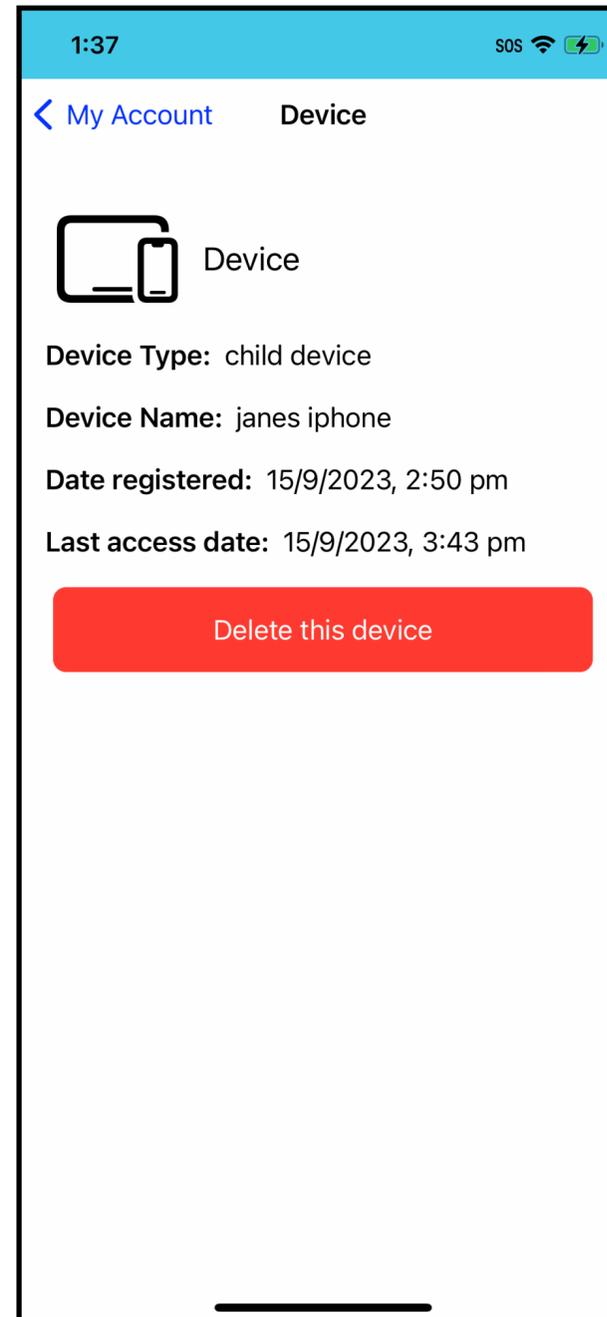
On the screen to the left we see the main account management screen.

Further down the screen you see all registered devices.

You can reset your password using the blue button. This will send an email with a link to reset your password. You will need to log in on all devices after a password reset.

Devices can break, or become obsolete, or get passed on to someone else. To help you maximise your subscription we have included a facility to remove a device. To remove a device, tab on the relevant device in the list and you will see the screen to the right. Tab the red button to delete the device.

Account management can only be performed on a parent device.



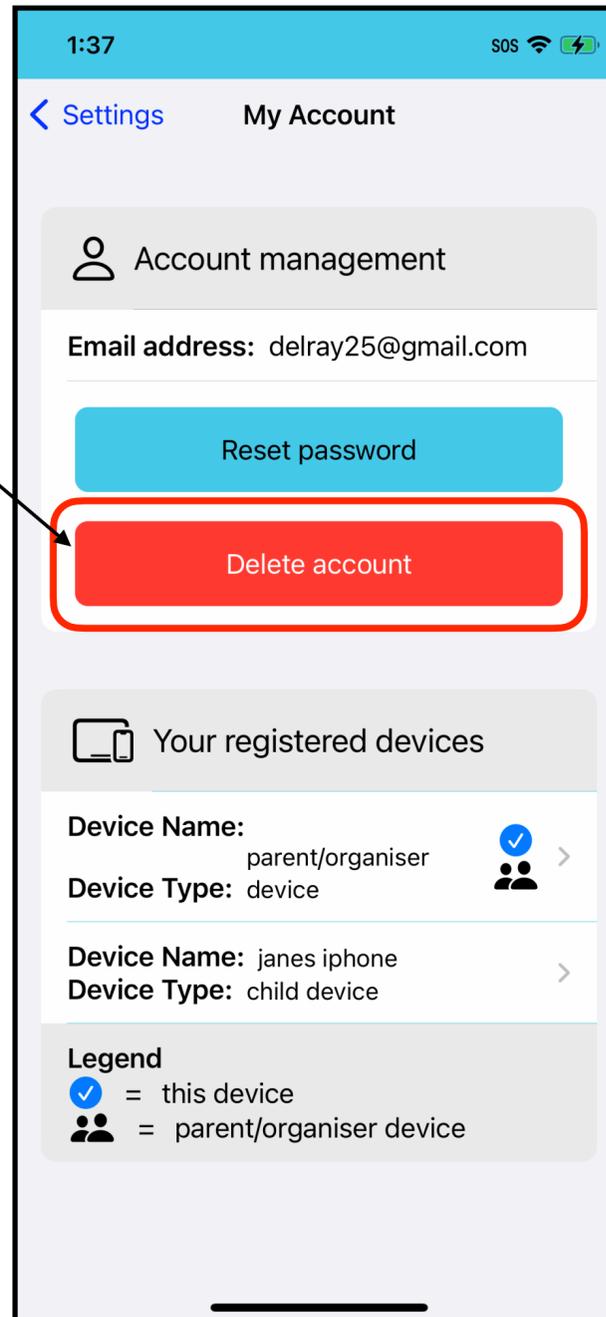
# Account management

## Deleting your account

You can also delete your account with us altogether. Tab the red “Delete account” button to do this.

Deleting your account will delete your account, all registered devices records, their settings, and any quiz results. This cannot be undone.

The app will not work anymore on any device. Please ensure you cancel your subscription with Apple if it hasn't already expired.



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