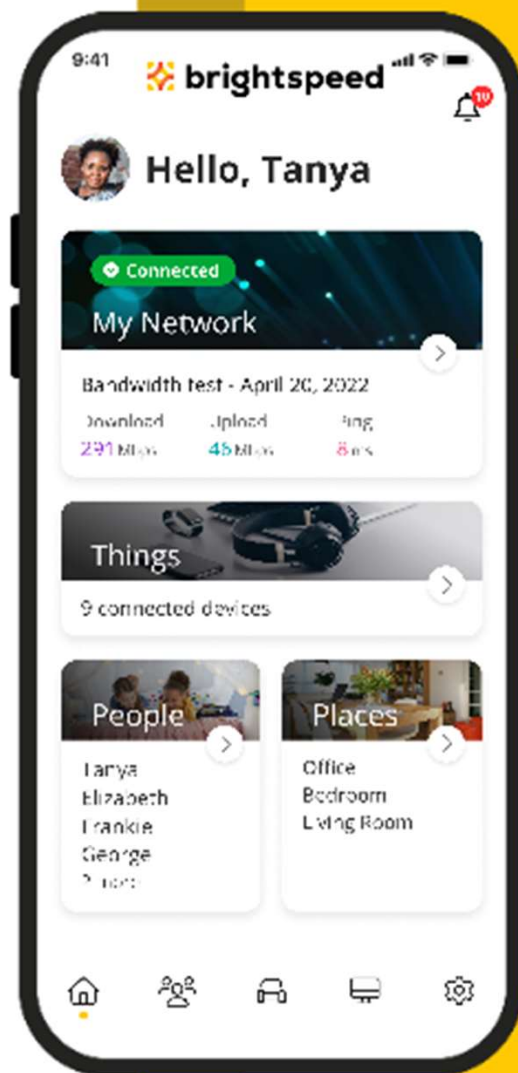


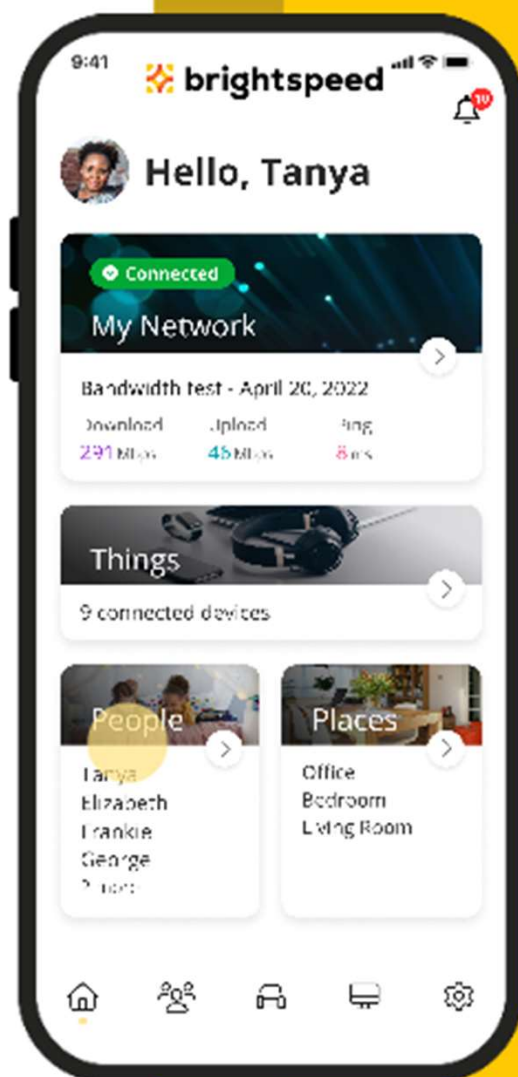


## Learn How to View Usage with Enhanced Parental Controls



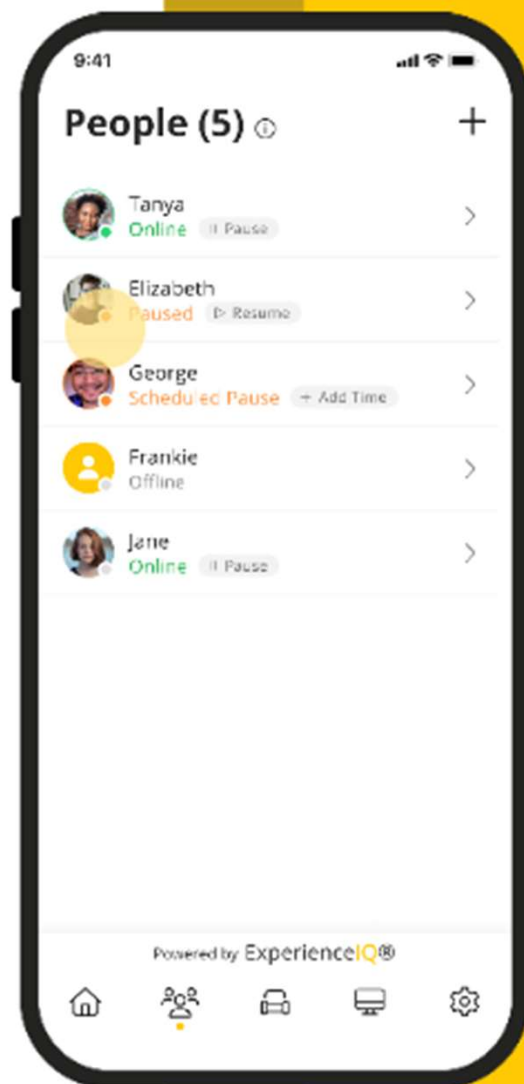
## Profile Usage

Tap People on the  
Dashboard



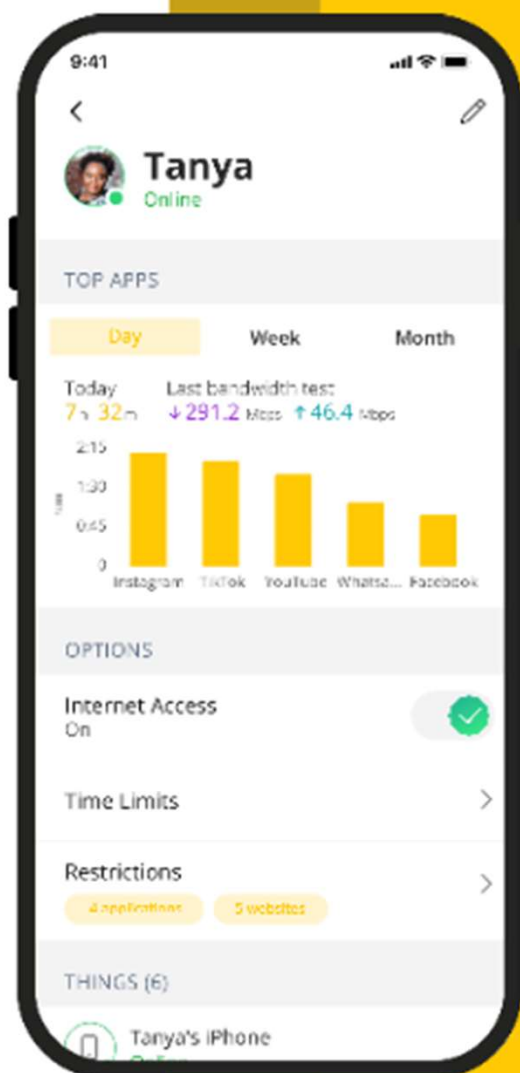
# Profile Usage

## Tap the Person



## Profile Usage

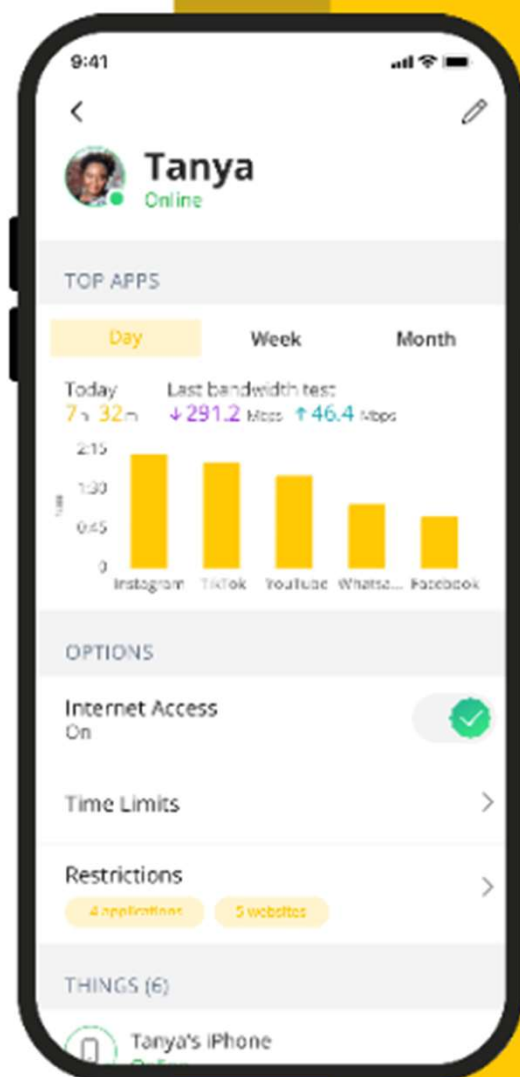
You can view the time usage of top apps by:



# Profile Usage

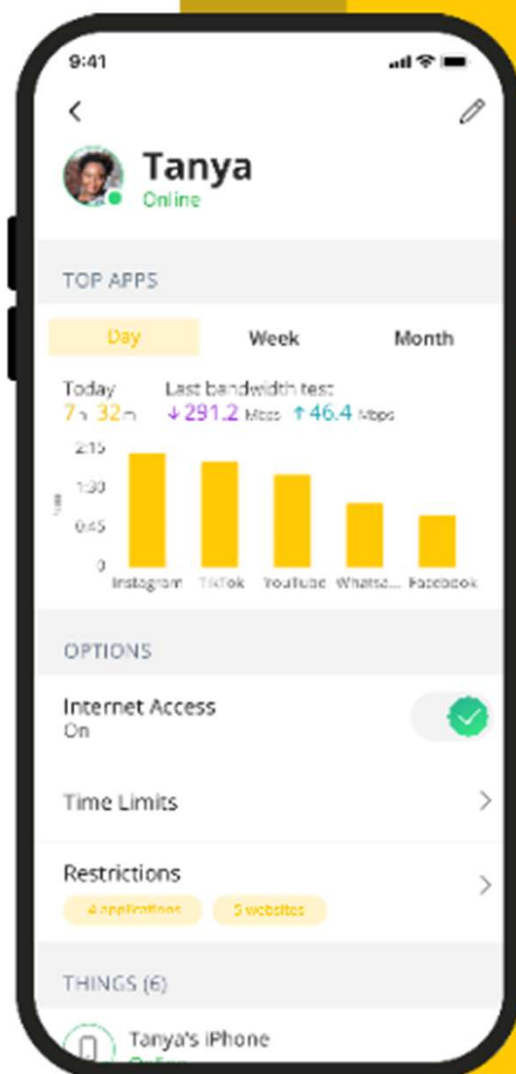
You can view the time usage of top apps by:

- Day
- Week (last 7 days)
- Month (last 30 days)



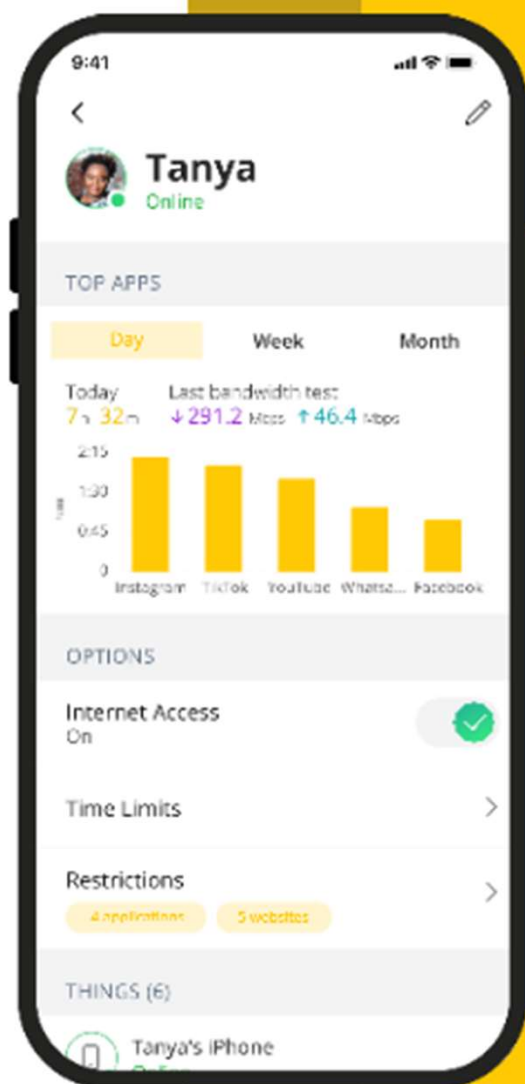
# Profile Usage

Let's explore usage over the last day



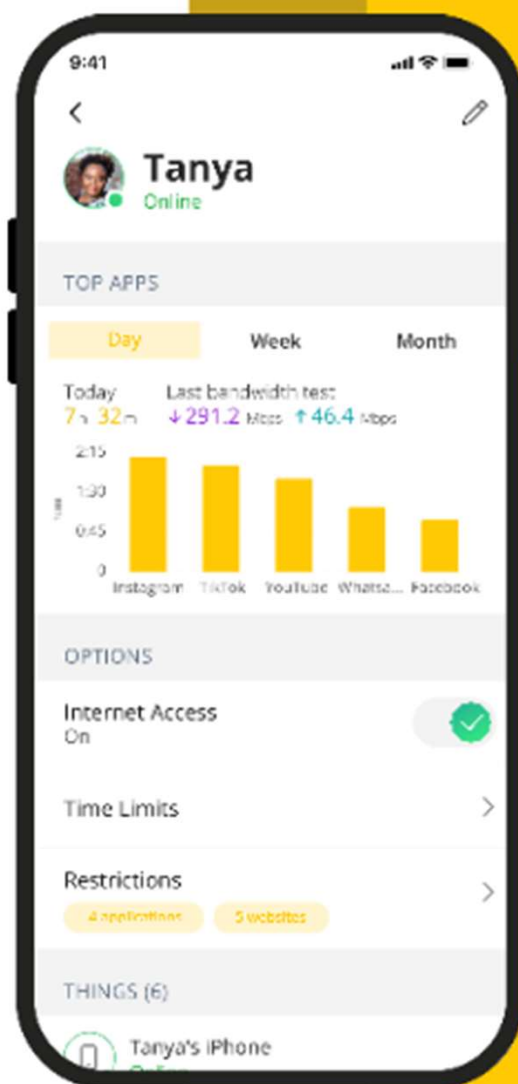
## Profile Usage

Here you can see this person spent about 2 hours on Instagram



## Profile Usage

Monitoring usage over time can help your family maintain healthy boundaries on the Internet





[www.brightspeed.com](http://www.brightspeed.com)

