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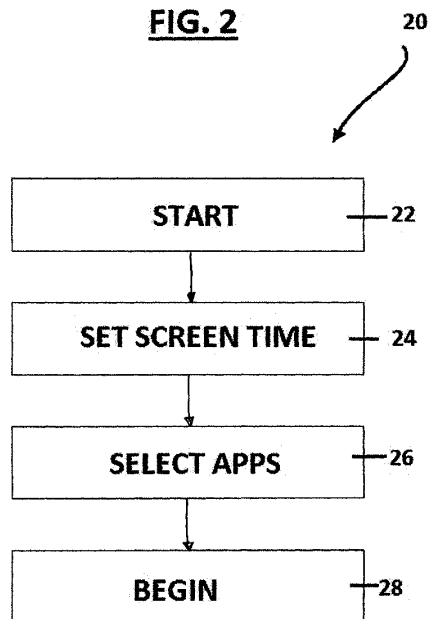
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(54) Title: SYSTEM AND METHOD FOR CONTROLLING AMOUNT OF SCREEN TIME OF AN INDIVIDUAL

FIG. 2



(57) Abstract: A method of controlling access by a user to an electronic device, comprising: identifying one or more software applications accessible on the electronic device to which access by the user is to be limited; setting an allowable time period for the user to access the identified one or more software applications; monitoring a use time for the user accessing the identified one or more software applications; determining when the use time of the user accessing the identified one or more software applications exceeds the allowable time period for accessing the identified one or more software applications; alerting the user that their use time for accessing the identified one or more software applications is to exceed the allowable use time for that user to access the identified one or more software applications and suspending access by the user to the identified one or more software applications on the electronic device; enabling the user to request an extension to the allowable time period to access the identified one or more software applications; pro-

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TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV, MC, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, KM, ML, MR, NE, SN, TD, TG).

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viding the user with a task to perform in response to the request for an extension to the allowable time period; assessing the performance of the user in said task; and upon successful completion of said task, extending the allowable time period for the user to access the identified one or more software applications.