

# Every lesson is one tab away from a distraction.

PACT — Pupil-Activated Curbs on Technology — blocks the distracting sites and apps for one lesson, without watching students' screens.



Your teacher invited you to join a PACT session

History · Russian Revolution — causes of 1917  
Ends 2:50 PM

#### YOU CAN USE

[docs.google.com](#)[Compass](#)[britannica.com](#)[bbc.co.uk](#)[nma.gov.au](#)

Everything else is paused until 2:50 PM. If you need another site, you can ask your teacher to add it. You cannot end the session early.

**Activate the PACT**

[Decline](#)

Clear digital boundaries for a lesson: set by the teacher, joined by the student.

Laptops are essential, but every class competes with games, videos and messaging. Blocking normally arrives as something done to a student. PACT asks first: the student clicks join, and blocking holds until the end of the lesson.

#### CONSENT FIRST

**Students choose to start blocking**

Teachers cannot switch blocking on remotely or force it onto a student's device.

#### NOT SURVEILLANCE

**Student privacy intact**

You see who joined and whether blocking is running. Never a screenshot or a live view.

#### WHO BUILT IT

**Made by people who need it**

Focus Bear was built by people with ADHD and autism, for the students who find focus hardest.

# How it works

THREE STEPS

Start focus session 10J

Session name

History lesson - Russian Revolution - causes of 1917

Scheduled finish

02 50 PM

Start from a shared focus mode ⓘ

Custom allow-list (new shared mode) ▼

☒ Use AI to judge borderline sites before blocking

Off: anything not on the allow-list is blocked instantly. On: unlisted sites get a quick AI relevance check before blocking (adds a few seconds on a site's first visit).

> Allow-list (2 apps · 0 sites)

chrome word

Tasks for students ⓘ ⚠

Task title

Min

Add

⋮

Research living conditions in Russia before 1917

10 min

🗑

⋮

Compare two accounts of the February Revolution

15 min

🗑

⋮

Explain why Tsar Nicholas II abdicated

15 min

🗑

Block level

Super strict

Start focus session

Setting up a lesson: name the session, set the finish time, choose which sites stay available, and hand students a short task list.

## 1 The teacher starts a session

Choose the sites and apps the lesson needs — everything else is blocked. Every session needs an end time, so blocking stops when the class does. Save the set-up to reuse next week.

## 2 Students choose to start blocking

Once a student joins, games, videos, messaging and anything else you did not allow are blocked until the finish time, and they cannot switch it off on their own.

## 3 You can see who is taking part

Your class list shows who joined, who did not, and whether blocking is still running on each student's device.

# Privacy and data

## WHAT IS KEPT

### Teachers can see

- Who was invited to the lesson
- Who joined, and who did not
- Whether blocking is running right now
- How much of the lesson it stayed on
- Requests for extra sites, and your answers

### Teachers never see

- A live view of any screen
- Screenshots
- Browsing history, in a lesson or out of one
- Messages, documents or keystrokes
- Anything at all outside school hours

PACT records whether a student **took part in the lesson** — never what they did on their device. This is the whole of a teacher's record of a lesson:

The screenshot shows the PACT interface with three tabs: 'Students' (selected), 'History', and 'Attendance'. The main content area displays lesson details for 'Aug 7, 2026 02:27 PM Russian Revolution - causes of 1917'. It indicates '1/1 joined' and 'Avg focus: 59%'. Below this, it shows the session duration: 'Started: Aug 7, 2026 04:38 PM · Ended: Aug 7, 2026 05:27 PM · Duration: 48m'. A table follows with columns: 'Student', 'Join status', 'Tasks', and 'Session active'. The table contains one row for 'Peter Pupil', who is 'Joined', has '0/3' tasks, and is '59%' session active.

| Student     | Join status | Tasks | Session active |
|-------------|-------------|-------|----------------|
| Peter Pupil | Joined      | 0/3   | 59%            |

Where the records live, how long they are kept and what a parent can ask for are on page 6.

# The questions you will get asked

PRACTICAL

## What if a student refuses to join?

They are already opting out — you just cannot see it today. The lesson carries on either way, and now you have something specific to raise with that student and their parents instead of a hunch.

The **Students of concern** report shows the students who repeatedly decline or drop out of sessions, so a pattern surfaces in week two rather than at the end of term. Most students never appear on it.

## Can a student stop early?

Not on their own. Every session has an end time you set when you start it, so blocking stops when the class does. You can also end it early, for one student or the whole class.

## Can they log out mid-lesson?

Not easily. Force-quitting the app restarts it automatically, and the attempt is recorded. You should not have to watch a dashboard during class — the evidence is there afterwards.

## What does a student see?

An invite, their task list, and a blocked page if they wander (overleaf). Nothing is announced to the class, and if they genuinely need the site you can approve the request and add it for everyone straight away.

## What does it run on?

Mac, Windows, iPhone and Android — PACT is part of the same Focus Bear app, on school-owned devices or the students' own.

## How hard is it to install?

If your school uses a device management provider, it can be pushed to every laptop at once and students sign in with their school email address. If not, they download it from our website and an invite email links them to the school.

## What will it cost the school in time?

A pilot with a few classes is close to nothing. A whole-school rollout is real work — contracts updated, students informed, class lists synced from Compass, software installed and tested — best scheduled for the break before a term.

# What the student sees

THEIR SIDE

## 1 An invite, not an announcement

It arrives on their own screen, naming the lesson, the end time and what they can still use.



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YOU CAN USE

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[bbc.co.uk](https://bbc.co.uk) [nma.gov.au](https://nma.gov.au)

Everything else is paused until 2:50 PM. If you need another site, you can ask your teacher to add it. You cannot end the session early.

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## 2 Tasks to tick off

Whatever you set appears on every student device, so nobody has to keep the board in their head.

RUSSIAN REVOLUTION — 1917

- ☒ Research living conditions in Russia before 1917
- ☐ Compare two accounts of the February Revolution
- ☐ Explain why Tsar Nicholas II abdicated

## 3 A blocked site is a door, not a wall

If they genuinely need the site, they ask for it from this page and you can approve it for the whole class in a couple of seconds. If it can wait, they save it for after the bell instead of arguing about it now.

I need this for class

Original URL <https://www.tankgames.com/>

 **focus bear**

This site is blocked during History Class

[Save https://www.tankgames.com/ for later](https://www.tankgames.com/)

# Setting up a lesson

EXAMPLES

- 1 **Name the sites and apps** For example, Year 9 Maths: three sites and one browser allowed, everything else blocked.



**Allow-list (1 apps · 3 sites)**

**Suggestions**

Edge

Firefox

Safari

Zoom

Word

Excel

PowerPoint

Pages

Numbers

Keynote

Calculator

Notepad

Preview

chrome

**Suggestions**

khanacademy.org

quizlet.com

zoom.us

mathspace.co

blooket.com

mcmillan.com

- 2 **Or let AI decide** For open-ended work like History research, where the sites cannot be listed in advance.



☒ **Use AI to judge borderline sites before blocking**

Off: anything not on the allow-list is blocked instantly. On: unlisted sites get a quick AI relevance check before blocking (adds a few seconds on a site's first visit).

- 3 **Give students the task** These tasks appear on the students' laptops, so they know what to do even if they cannot see the board.



**Tasks for students** ⓘ ⚠

Complete 5 exercises in MathSpace

30 min

## Three example lessons

### Year 9 Maths

A few named sites, reused every week.

### History research

AI checks each site against the topic and blocks the rest.

### Exam revision

Revision materials only, games and video off.

## Where do the records live?

On Focus Bear's servers, held for your school and no one else. They are not sold, not shared with third parties, and never used to advertise to students.

## How long are they kept?

For the school year by default, then deleted. If your policy says a shorter period, we set it to yours — and you can clear a class's records at any time.

## What can a parent ask for?

Everything held about their child, in plain language, and deletion of it. Ask us and we will produce it — there is nothing held back from the school or the family.

## Who is accountable?

Focus Bear Pty Ltd, an Australian company, ABN 59 659 843 964. The school decides what is collected and how long it is kept; we act on that instruction.

## What families should be told

We give you a short letter you can send home, in plain English, that says what PACT does, what it records, what it cannot see, and who to contact with a question. You are welcome to edit it — we would rather families hear it from the school in the school's own words.

# Interested in trying PACT?

PILOT

PACT is new, and we would rather build it with a few schools than launch it at many. A pilot starts with one class or a handful of willing teachers, and we shape the scope, the timeline and the commercial terms with you before anything begins.

## What Focus Bear does

- Install support with your IT team
- Ready-made set-ups for your subjects
- A walkthrough for participating teachers
- Answers for your privacy sign-off
- Regular check-ins while the pilot runs

## What we need from you

- A few willing teachers
- An IT contact for the install
- A privacy review we can work through
- A little classroom time to try it
- Honest feedback, including the bad news

## Let's set up a conversation

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