

# Privacy Policy

**App:** Self Control: App Usage | **Package ID:** com.bsktech.AU

**Effective Date:** April 25, 2026 | **Last Updated:** April 25, 2026

**Summary:** The detailed app-usage history shown inside the App is stored **only on your device** and never transmitted. To improve the App and serve ads, we use **Google Analytics for Firebase** and **Google AdMob**, which collect limited diagnostic, device, and advertising data as described below. We do not sell your personal data.

## 1. Introduction

This Privacy Policy describes how the "Self Control: App Usage" mobile application (the "App," "we," "our," or "us") handles information when you use the App on your Android device. The App is developed and operated by Pravin Kurhade, an independent developer based in India.

By installing or using the App, you agree to the practices described in this Privacy Policy. If you do not agree, please uninstall the App.

## 2. Information You See in the App (Stays on Your Device)

The detailed app-usage history, charts, timelines, app exclusions, and settings displayed inside the App are derived from data the Android system exposes to apps you grant the relevant permissions to. This information is processed and stored **locally on your device** in the App's private storage. It is **never** uploaded to our servers, backed up to the cloud, or shared with any third party. Uninstalling the App removes this data from your device.

## 3. Permissions We Request and Why

To provide its core functionality, the App requests the following sensitive Android permissions. Each is used strictly for the feature described and for no other purpose.

### 3.1 Usage Access (PACKAGE\_USAGE\_STATS)

- **Why:** Essential to the App's core purpose. Android exposes app usage statistics only to apps that have been granted Usage Access by the user.
- **How we use it:** We read these statistics from the Android system to show you reports, charts, and timelines of your phone usage.
- **What we do NOT do:** We do not transmit, upload, back up, or share this data. It never leaves your device.

### 3.2 Accessibility Service

- **Why:** Used **only** to improve the accuracy of foreground-app detection so the usage timeline reflects what you are actively using in real time. Some Android devices and OEM customizations limit the precision of standard usage statistics; the Accessibility Service helps fill those gaps.
- **What we read:** Only the package name (identifier) of the app currently in the foreground and basic window-state change events.

- **What we do NOT read or capture:** We do not read screen content, text fields, passwords, messages, on-screen text, notifications, keystrokes, form inputs, or any personal information visible in other apps. We do not record your screen, take screenshots, or log any user-entered text.
- **What we do NOT do:** We do not transmit any accessibility-related data off your device. It is processed in memory and used only to update on-device usage records.
- **Your control:** You may revoke Accessibility Service access at any time via *Settings* → *Accessibility* → *Self Control: App Usage*. The App will continue to function using Usage Access alone.

### 3.3 Other Permissions

Standard Android permissions such as `INTERNET`, `ACCESS_NETWORK_STATE`, `FOREGROUND_SERVICE`, `RECEIVE_BOOT_COMPLETED`, `POST_NOTIFICATIONS`, and `AD_ID` are used to keep usage tracking running, deliver notifications you have enabled, communicate with Google's analytics and advertising services, and serve ads as described in Sections 4 and 5.

## 4. Analytics — Google Analytics for Firebase

We use **Google Analytics for Firebase** (operated by Google LLC) to understand how the App is used in aggregate so we can fix bugs, prioritize improvements, and measure the impact of new features.

Data collected by Firebase Analytics:

- Anonymous app-instance identifier (Firebase Installation ID).
- App interaction events such as app opens, screens viewed, and feature interactions (e.g., "viewed reports tab"). These events do not include the names of other apps you use or your detailed usage history.
- Device and technical information: device model, operating system version, app version, language, and country/region (derived from IP address).
- Approximate location at the country/region level only — derived from IP address. We do not collect precise GPS location.

This data is processed by Google as our service provider and is governed by Google's privacy policy at [policies.google.com/privacy](https://policies.google.com/privacy). Firebase Analytics data is retained according to Google's defaults (typically 14 months) unless we configure a shorter retention period.

## 5. Advertising — Google AdMob

The App displays advertisements served by **Google AdMob** (operated by Google LLC). Ad revenue helps support the continued development of the App.

Data collected by AdMob:

- Advertising identifier (Google Advertising ID / GAID), which is a device-level, user-resettable ID.
- IP address (used for ad delivery, fraud prevention, and approximate country-level geolocation).
- Device information: model, operating system, language, and network type.
- App version and ad-interaction data such as ad impressions and clicks.
- For personalized ads (where lawful and where you have consented), Google may additionally use information associated with your Google account or prior interactions with Google products and partner services.

AdMob data handling is governed by Google's policies, including [policies.google.com/technologies/ads](https://policies.google.com/technologies/ads) and Google's privacy policy at [policies.google.com/privacy](https://policies.google.com/privacy). For users in the European Economic Area, the United Kingdom, and Switzerland, the App uses Google's User Messaging Platform (UMP) or an equivalent consent mechanism to obtain the consents required by GDPR and the ePrivacy Directive before personalized ads are served.

## 6. Data Sharing and Disclosure

We do not sell or rent your personal data. Data is shared only with the following service providers, strictly for the purposes described above:

- **Google LLC** — as the operator of Firebase Analytics and AdMob.

We may also disclose information if required by law, legal process, or to protect the rights, property, or safety of users, the public, or ourselves.

## 7. Data Retention

- **On-device data** (your usage history shown inside the App): retained as long as the App is installed; removed when you uninstall or clear app data.
- **Firebase Analytics data:** retained according to Google's defaults (typically up to 14 months).
- **AdMob data:** retained according to Google's standard retention periods, as described in Google's policies.

## 8. Children's Privacy

The App is intended for general audiences and is not directed at children under the age of 13 (or the equivalent minimum age in your jurisdiction). We do not knowingly collect personal information from children. AdMob is configured to comply with the Google Play Families policy and the Children's Online Privacy Protection Act (COPPA) where applicable; in particular, personalized ads are not served to users identified as children. If you believe a child has used the App in a way that resulted in data collection, please contact us so we can take appropriate action.

## 9. Your Choices and Controls

- **Reset or delete your Advertising ID:** open *Settings* → *Privacy* → *Ads* on your Android device and choose *Reset advertising ID* or *Delete advertising ID*.
- **Opt out of personalized ads:** in the same Android Ads settings, enable *Opt out of Ads Personalization*. You will still see ads, but they will not be personalized.
- **Revoke App permissions:** Usage Access and Accessibility Service can be revoked at any time in your device's Settings.
- **Clear App data:** via *Settings* → *Apps* → *Self Control: App Usage* → *Storage* → *Clear Data*, or by uninstalling the App.
- **EEA / UK / Swiss users:** you have rights under the GDPR (and equivalents) to access, rectify, delete, restrict, port, and object to processing of your personal data. Contact us using the details in Section 14 to exercise these rights.

## 10. International Data Transfers

Google's servers may be located in the United States or other countries outside your country of residence. By using the App, you understand that limited data described in Sections 4 and 5 may be

transferred to and processed in those locations under safeguards required by applicable law.

## 11. Security

On-device data security depends primarily on the security of your device (screen lock, encryption, OS updates). Data sent to Google's analytics and advertising services is transmitted over HTTPS. We recommend keeping your Android device updated and protected with a screen lock.

## 12. Compliance with Google Play Policies

The App's use of the Accessibility Service, Usage Access, and Advertising ID complies with the Google Play User Data policy and the Permissions and APIs that Access Sensitive Information policy. The Accessibility Service is used solely to enable the App's core, user-facing functionality (accurate foreground-app detection) and is not used for advertising, profiling, or any other purpose.

## 13. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. When we do, we will revise the "Last Updated" date at the top. Material changes will be reflected in an updated version of the App on the Google Play Store. Continued use of the App after an update constitutes acceptance of the revised policy.

## 14. Contact Us

If you have any questions, concerns, or requests regarding this Privacy Policy or your data, please contact:

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