

## ONLINE RESOURCES (some with mailings lists or blogs)

**Protect Young Minds** - <https://www.protectyoungminds.org/subscribe/>

focus on preparing and preventing children to avoid pornography and other online dangers

**Better Screen Time** - <https://www.betterscreentime.com>

has a good checklist to see if your teen is ready for a smart phone  
free guide to creating a family technology plan

**Axis** - <https://axis.org> - geared towards parents with teens. Free weekly newsletter and paid service with videos.

**Barkomatic** - <https://bark-o-matic.com> - The Barkomatic is the internet's first customizable resource for parental controls. No matter how your child uses the internet, we can provide you with all the information you need quickly, easily, and in one location.

**Screenagers** - <https://www.screenagersmovie.com/resources-2> - a ton of resources for everything dealing with screen related issues.

**Common Sense Media** - <https://www.commonsensemedia.org> - Reviews for what your kids want to watch or play (some free, some by subscription)

**IMDB** - [imdb.com](http://imdb.com) - when you look up a movie you can scroll down to the "Storyline" section and click on the Parents Guide: View content advisory >>

Warning!! The content description can be graphic depending on the movie



## BOOKS

*Good Pictures Bad Pictures* by Kristen Jenson

*Creating a Tech-Healthy Family* by Andrea Davis

*Reset Your Child's Brain* by Victoria Dunckley



## COMPUTER AND PHONE INTERNET FILTER AND PARENTAL CONTROL APPS

**Covenant Eyes** - (<https://www.covenanteyes.com>) - \$15.99/mo service provides screen monitoring and accountability services geared for people who may or are struggling with pornography. Articles and resources for overcoming pornography addiction.

(Available for Windows, Mac, Android and iOS)

**Mobicip** - (<https://www.mobicip.com>) - Parental Control Software & Internet Filter - \$4.99/mo to protect 10 devices

**Qustodio** - (<https://www.qustodio.com/en/>) - Parental Control app - \$8/mo to protect 10 devices

**Bark** - (<https://www.bark.us>) - More a monitoring app and not a time control app. "Connect to 30+ platforms to monitor text messages, emails, and social activity for signs of harmful interactions and content."

**Review of Screen Time, Mobicip, Kaspersky Safe Kids, Nortons Family, Net Nanny**  
<https://www.upwardbroadband.com/the-top-mobile-device-and-computer-monitoring-software-for-parents/>

## **IOS (IPHONE) AND MAC BUILT IN PARENTAL CONTROLS**

(More detailed instructions can be found at [bark-o-matic.com](http://bark-o-matic.com))

**iOS (iPhone) - Screen Time settings** - <https://support.apple.com/en-us/HT208982>

**Content & Privacy Restrictions in Screen Time** - <https://support.apple.com/en-us/HT201304>

**Use Screen Time on your Mac** - <https://support.apple.com/en-us/HT210387>

**How to Set up Parental Controls in Windows 10** - <https://www.lifewire.com/microsoft-family-safety-parental-controls-4153037>

**Microsoft Family Safety features** - <https://support.microsoft.com/en-us/family-safety>

**Google Family Link for Parents** - search for it in the Google Play store

**Set up parental controls on Android** - <https://www.netnanny.com/blog/how-to-set-parental-controls-for-android/>



**Circle** - <https://meetcircle.com> - Device and 1 year of service is \$129, then \$9.99/mo  
A very comprehensive device that goes between your router and devices. Also allows you to control PCs and mobile devices both on wi-fi and data

**OpenDNS** - <https://www.opendns.com/home-internet-security/>  
Both the “Family Shield” and “Home” options are free, there is more customization on filter categories with the “Home” version.

**Xfinity Parental Controls** - <https://www.xfinity.com/hub/parental-controls>

**DEVICE PASSWORD PROTECTION** - almost all devices allow for a password of sorts. I recommend having your devices locked so that they cannot just be picked up and used whenever.

[youtubekids.com](http://youtubekids.com) - I don't really know much about it other than what you would expect. A limited viewing experience.

There is also **YouTube restricted mode**. You have to activate this on each browser on each device. This I believe turns off the comments section and helps to hide potentially mature videos.

Most search engines (google, duckduckgo) have an option to turn on **SafeSearch**. Which “helps hide explicit content, like pornography” This also has to be turned on on each device and browser I believe. This keeps image search results a little cleaner, etc.

For those with iPads - **iPad Guided Access** - <https://support.apple.com/en-us/HT202612>

Guided Access limits your device to a single app and lets you control which features are available. You can turn on Guided Access when you let a child use your device