<u>Setting up Parental Controls on Phones:</u>

Set Ground Rules:

No app or software will provide 100% foolproof monitoring of every moment of your child's online activity. Any chosen app will at most give you a slither of what your child may be doing on their devices. Still, many apps are educational and provide needed instructional information for children. Nonetheless, no app will replace the tried and tested, sit down discussion with your child regarding appropriate online behavior. Here are some tips for a discussion regarding appropriate online behavior:

- Tone, language, and acceptable behavior on the internet – the perception of being invisible can cause online users to feel that they can't get caught if they engage in harassment or bullying behaviors. In fact, some apps make it easy for kids to participate in behaviors of spreading gossip, sharing others' private content (like sensitive photos), or writing hurtful comments.
- Don't share personal information online. Personal information should remain private because it could put the online user at risk of identity theft, embarrassment, or worst.
- Don't share photos online. Virtually all smartphones can track you through what is known as geotagging, adding location data that is taken straight from your photos. Also, even

those apps that have self-destructing message features (pics, videos, etc. disappear after a specified time) can be screen shot and shared.
- Don't follow or friend anyone you don't know. It's easy for a person online to present him or herself as someone they're not.
- Keep gaming chat just about the game. All other topics should be viewed with suspicion.

Most Popular Social Media: (*Polled our 6th graders who agreed with National polls*)
1. Tik Tok
2. Instagram
3. Snapchat

*Many surveys noted Facebook as a popular one, too but that may be due to young people created accounts and not their usage

Pros and Cons:

Tik Tok:

Pros	Cons
Good for making friends	Attention to predators
Great creative outlet	Privacy concerns
High entertainment value	Prone to negative comments

Instagram:

Pros	Cons
Privacy settings are very detailed	Adult content
Learning platform	Addiction to content
Showcasing Skills	Locating tags

Snapchat:

Pros	Cons
User-friendly experience	Useless content
Allows users to view their viewers	Excessive swiping and strolling
Less commercial content	Absence of re-sharing content

Seven Best Parental Control Apps

1. **Family Orbit App** *(Paid Subscription)*
- Easy to use
- Access to phone records & Whatsapp messages
- Locates apps used to text, send photos, & videos

2. PhoneSheriff *(Paid Subscription)*
- You can choose to block specific numbers
- The phone will also become locked at a time of your choosing.

3. Kaspersky Safe Kids *(Paid Subscription)*
- Allows you to block certain YouTube searches
- Reports to you on your child's Facebook activity, such as things they're posting to the public and new friends they've added.
- As a unique feature, it also shares helpful tips from child psychologists so you gain a better understanding of how your child may be thinking when using their mobile.

4. McAfee Safe Family *(Paid Subscription)*
- It sends you personal updates on what's going on with your child.
- If your child has their GPS tracking mode on, the McAfee Safe Family app will tell you what locations they have visited

5. **Verizon Smart Family** *(Paid Subscription)*
- Gives you all the typical features such as GPS location tracking, screen on-time, and blocking of websites and apps. However, it also allows you to place a pause on the internet access your child's phone receives. This is great for children who can't stop browsing while in class or can be used as a punishment for chores that are yet to be done.

6. Google Family Link *(Free!)*
- Limiting screen time is one thing, but what if you could see exactly what apps were active and for how long your child used them? That's what Google Family Link provides in the form of an activity report.

7. Apple ScreenTime *(Paid Subscription)*
- If you have Apple products, you will want to get Apple ScreenTime. No matter what platform you're on, be it a smartphone, tablet, or Mac desktop, you can monitor each and every app your child uses. You get a detailed report of how long an app was used for and how frequently as well.

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