

Parental Control Apps

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As you use these, remember to **recognize your children's positive actions** and **give them appropriate freedoms** so that they can learn, grow and develop good decision-making skills.

Essential Parental Control Features:

- + **Time Limits:** How long can your child use their device? How long can they use specific apps? Can you automatically shut off the device during school, dinner and bedtimes?
- + **Filters & Blocking:** Does it filter inappropriate content? Does it enable you to block certain apps?
- + **Location:** Apple has built-in location monitoring, although you often need multiple iCloud accounts to use it. Android devices usually do not have built-in location tools, so choose an app like Live 360 or a Parental Control that offers it.
- + **Message Monitoring:** Can you snooze texting & messaging at night? Can you find messages that contain bullying, depression, predators & sexting?

Disney Circle Plus + Go

<https://meetcircle.com>. \$129 for the Circle + \$9.99 month after the first year

- + Set time limits for individual apps, filter inappropriate content by age, and reward children for accomplishing tasks.
- + Set a BedTime and some OffTimes so that their devices turn off automatically - even when they're not at home.
- + Unlike other parental controls, Disney Circle shows children how much screen time they've used and **how to earn rewards**, which engages and empowers them.
- + Plus, when other people (family, friends) come over to your house and connect to your WiFi, they'll be blocked from using apps that you don't allow in your home.

QuStudio Premium

- + <http://qustudio.com>. \$55/year for up to 5 devices.
- + Enables you to set time limits for specific apps.
- + Unlike many other parental controls, it also works with Kindle, Windows & Mac.
- + Lets you block certain apps altogether.
- + Shows detailed text and call logs – and you can read their text messages.
- + Offers Location tracking and panic alerts.

Bark (Social Media Only)

<https://www.bark.us> \$9/month for the whole family

+ Bark scans your teenager's social media – including Chrome searches, Instagram posts & messages, SnapChats, Amazon, Kik, email, Reddit and even Google Docs – using algorithms to detect bullying, sexting, drug-related content and signs of depression.

<https://www.bark.us/schools> - free version for Schools

Kaspersky (Good for Android)

- + <https://usa.kaspersky.com>.
- + Monitors calls & texts. Enables parents to limit screen time.
- + Works on computers and mobile devices.
- + Shows you the device's location and battery level.
- + Filters inappropriate content and alerts you if your children try to access it. For example, if they need to access an art museum site for school, and Kaspersky has flagged it as unsafe, you'll receive a notification.
- + Unlike other parental controls, Kaspersky has Geofencing. You can define a safe area for your child to stay in, and Kaspersky will alert you if they leave it.

YouTube's Built-In Settings

- 1) In your YouTube settings, under "Account," turn RESTRICTED MODE on and choose "Lock Restricted Mode on this browser." This will block all YouTube comments so your children can enjoy videos without the bullying, racist, predatory and incendiary comments that even the most innocent videos receive.
- 2) Limit YouTube by turning on the "Remind Me To Take a Break" feature:
<https://www.tomsguide.com/us/youtube-take-a-break-how-to,news-27202.html>
- 3) For children under 9, use a YouTube alternative like Mickey TV or the Disney / Nickelodeon apps.
- 4) Even Netflix and Amazon Prime can be safer than YouTube, because the content is limited and they have no commercials.

T-Mobile Family Mode, AT&T Smart Limits, Verizon Smart Family

Your mobile carrier probably offers a parental controls app.