Help Guide: Parenting In the Digital Age

How to Setup your Home and Devices:

Guidelines

1. Home
   a. Internet is filtered
   b. Parental controls turned on for each home device (TV, Xbox, etc.)
   c. Laptops: have accountability software installed
2. Smart Phones / Tablets: if you give them to your child
   a. Parents (only) know the ID & Password for each device
   b. Screen time is limited
   c. Parents approve all apps
   d. Monitoring and filtering software installed
   e. If you allow an internet browser: Accountability software installed

Best Tools

How-to guides: ProtectYoungEyes.com
www.protectyoungeyes.com
Excellent instructions on how to set up iPhones, Androids, and most home devices; also provides a great guide to vetting apps before you approve them.

Home internet filtering & device limits: Netgear with Circle By Disney
https://www.netgear.com/landings/circle/default.aspx

Don't purchase the stand-alone Circle direct from Disney; the Netgear router with the Circle built into it combines filtering & device limits. Setup is user friendly.

Monitoring of text, social media, email: Bark
https://www.bark.us/
Monitors all social media, text messages and email

Accountability (and filtering): Covenant Eyes
https://www.covenanteyes.com/; or www.qustodio.com
Sets safe-search filters on devices and monitors for porn. Reports are sent regularly to an accountability partner (parent, trusted adult, etc.). Why use? Much porn bypasses internet filters (Google images, YouTube), or can be accessed in other ways. Install app on computers, phone and tablets.

<u>**How to Setup your Home and Devices:**</u>

<u>**Implementation Steps**</u>

A. Home setup

1. **Computers in common areas**
   a. Move them where they are positioned so parents can see what is on the screen

2. **Home internet: setup a filter**
   a. Recommended: [Netgear with Circle By Disney](#)
   b. Set up a basic level for general use by everyone on the network
      i. Note: recommend a "white list" approach for the basic level, meaning block all sites and then unblock specific sites as needed.
   c. For teens: when they are ready, setup a specific profile for him/her with appropriate level of filtering (e.g. Teen setting on Circle) and assign their devices to this profile.
   d. For adults: set up a filter level for yourself and assign your devices
   e. Make sure to limit access to search engines and to force safe search on accessible search engines.

B. Home device and computer setup

1. **Make list of devices with internet access**
   See example below. Don't forget your smart TVs and xBox (a common porn delivery vehicle).

2. **Configure the parental controls on each home device**
   a. Use the steps in www.protectyoungeyes.com, see "Devices"[2]
   b. Set a Password/PIN that your child does not know
   c. Go through the individual settings within parental controls

3. **Install accountability software on laptops**
   Recommended: [Covenant Eyes](#) or [Qustodio](#)

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[2] They omit the Amazon Fire TV Stick. Click [here](#), or google "Fire Stick Parental Controls."

C. Setup phones and tablets (if your child has one)

1. **Configure the parental controls on each phone and tablet**
    a. Use the steps in protectyoungeyes.com, see "Devices"
    b. Recommended settings: *(Protect Young Eyes tells you how to do these)*
        i.   **Set Screen Time limits** (with a Pin/Password your child doesn't know)
        ii. **Turn off the ability for child to add or delete apps**
        iii. **Limit texting to contacts**
        iv. **iPhone: Limit Airdrop to Contacts Only**

2. **Install accountability software on each device**
    Recommended: CovenantEyes.com or Qustodio

3. **Consider removing browsers (like "Safari" or "Chrome")**
    a. Disable until your child is mature enough to handle
    b. When mature: allow along with accountability software

4. **Utilize a monitoring service**
    Recommended: bark.us

5. **Turn on parental controls for various apps**
    These are typically off by default. Eg for Netflix, Youtube, Google – go app by app.
    See protectyoungeyes.com for step-by-step instructions