



Question...

How much time do you
think your child spends
online?

Home, school, in the car....on the iPhones,
iPads, laptops, desktops, game consoles,
Netflix, Amazon, Sonos, Alexa, Ring, Xbox,
PS4, AppleTV, Firestick, Apple Watch...

Today we will cover....

- 5 areas of concern
- 4 rules to consider
- 3 software programs to use
 - 2 tech devices

1. Social networking



1. Social networking

The Problem....

- *Creating accounts you don't know about
- *Using certain platforms too young
- *becoming addicted to certain apps
- *losing influence as a parent

2. Pornography

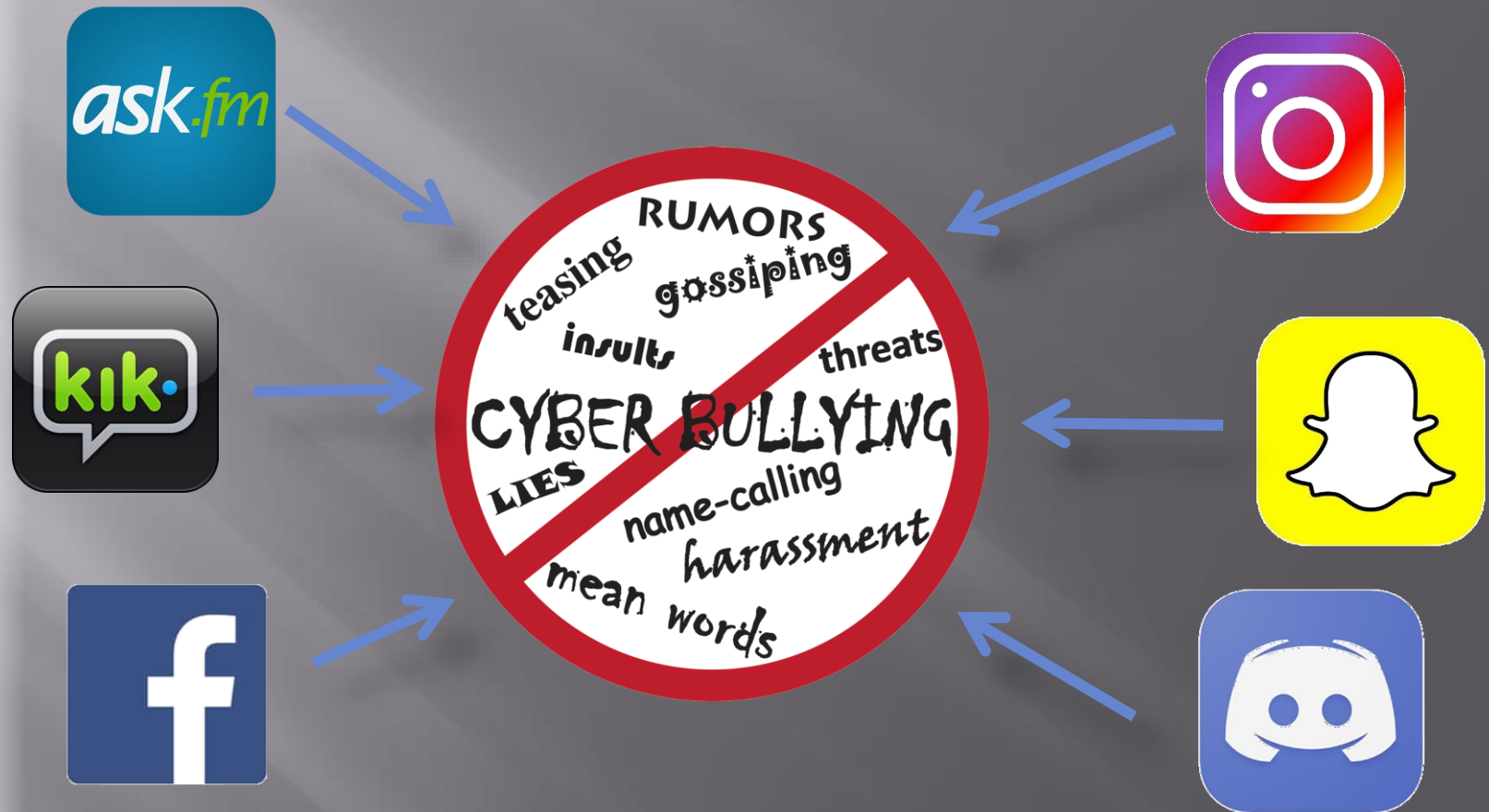


2. Pornography

The Problem....

- *Stumbling across porn on accident
- *Sharing porn with other children
- *saving porn on your mobile device
- *becoming addicted to porn

3. Bullying apps



3. Bullying apps

The Problem....

- *Being bullied affects self esteem
- *Bullying others leads to serious discipline consequences
- *Bullying is done both ways without parents knowing



4. Sexting apps



4. Sexting apps

The Problem....

- *Sexting can lead to in person encounters
- *Used by online predators to find victims
- *Kids may view it as harmless
- *Over 50% of kids in Jr. High have at least one popular sexting app on their phone

5. Screen Time addiction



DOPAMINE

HO

NH₂

HO

Motivation

Habits

Exploring

Learning

Feeling Rewarded

5. Screen Time addiction

The Problem....

*Too much dopamine leads to

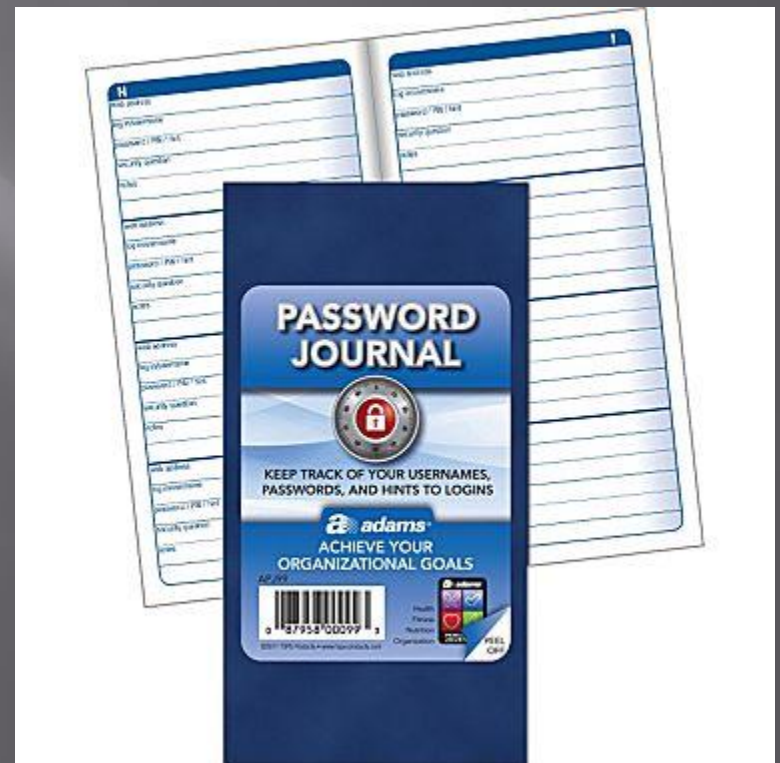
- 1) Learning issues
- 2) Motivation issues
- 3) Bad habits
- 4) ADDICTION

4 Rules to consider

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1. Know their passwords!

Know their passwords



4 Rules to consider

1. Know their passwords!
2. Take away tech at night

Where do the devices live at night?



4 Rules to consider

1. Know their passwords
2. Take away tech at night
3. Be present / supervise

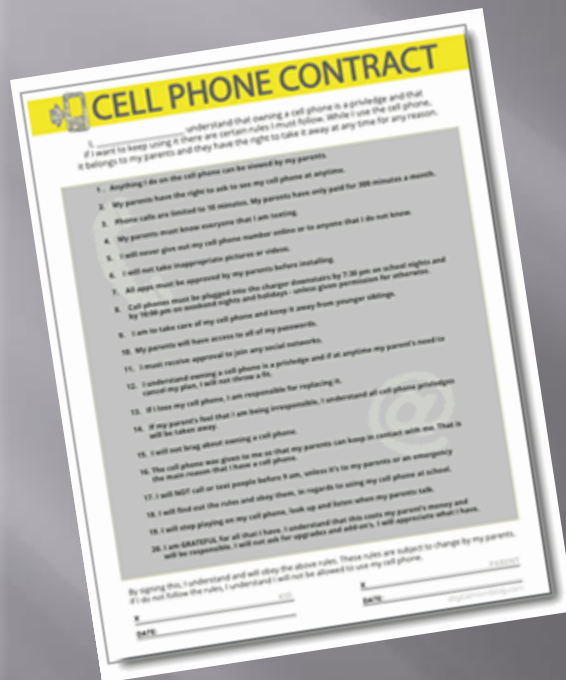
The living space, not the bedroom



4 Rules to consider

1. Know their passwords
2. Take away tech at night
3. Be present / supervise
4. Put it in writing

Cell phone contract



- Cell phone contract
- www.iccguru.com/cellphonecontract.doc

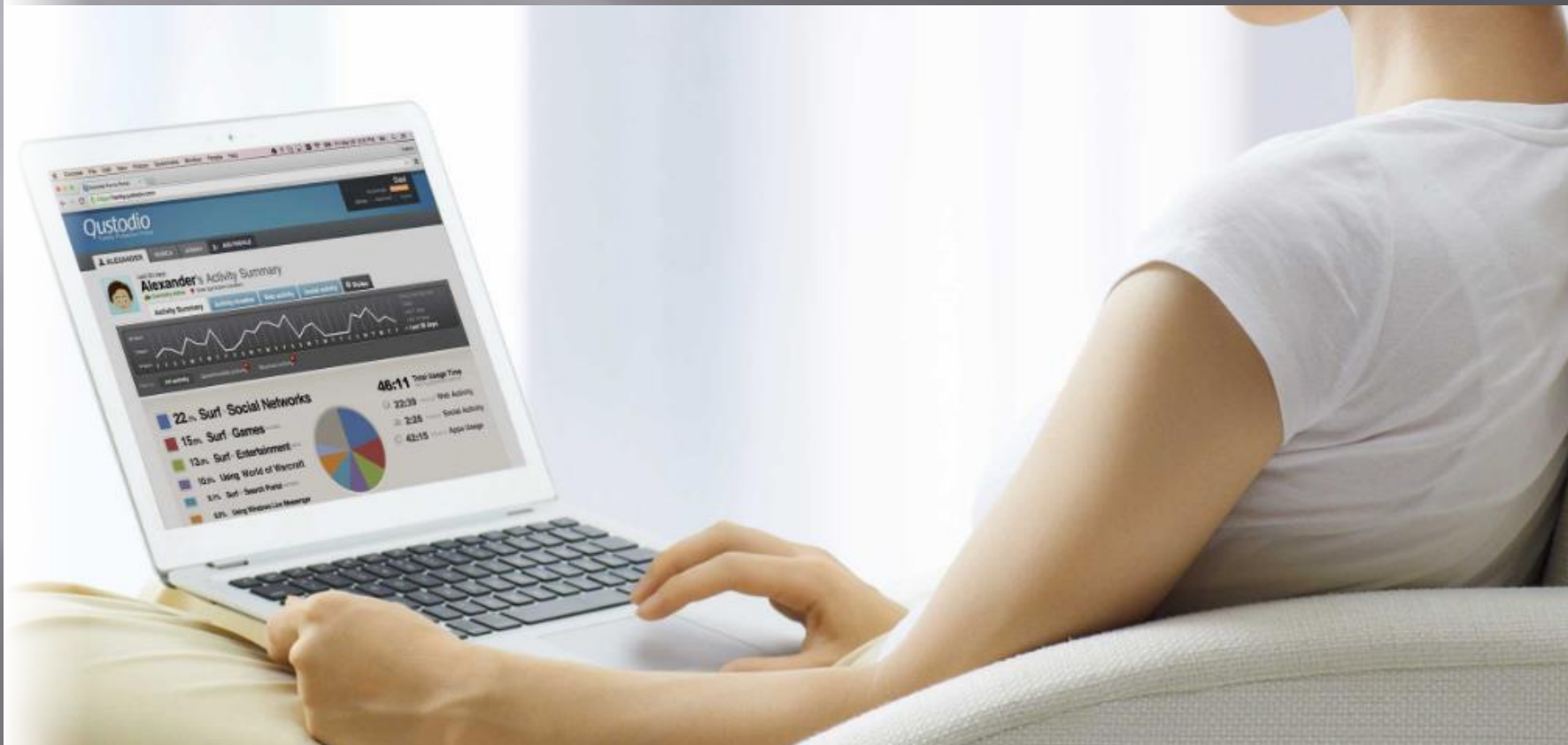
3 Software programs to use



TYPES of programs

- 1) Monitoring
- 2) Filtering
- 3) Time control

For the Mac or PC



For the Mac or PC



Block pornography

Qustodio's real-time internet filter blocks inappropriate content even in private browsing mode.



View Social Network Activity

Monitor time spent on Facebook, Twitter, Instagram, Whatsapp and more.



Set multi-device time limits

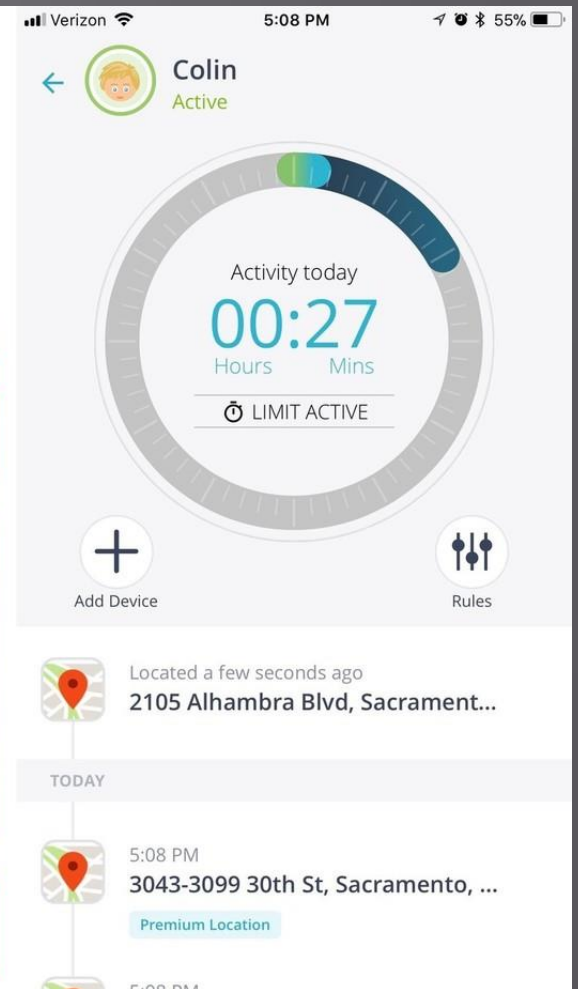
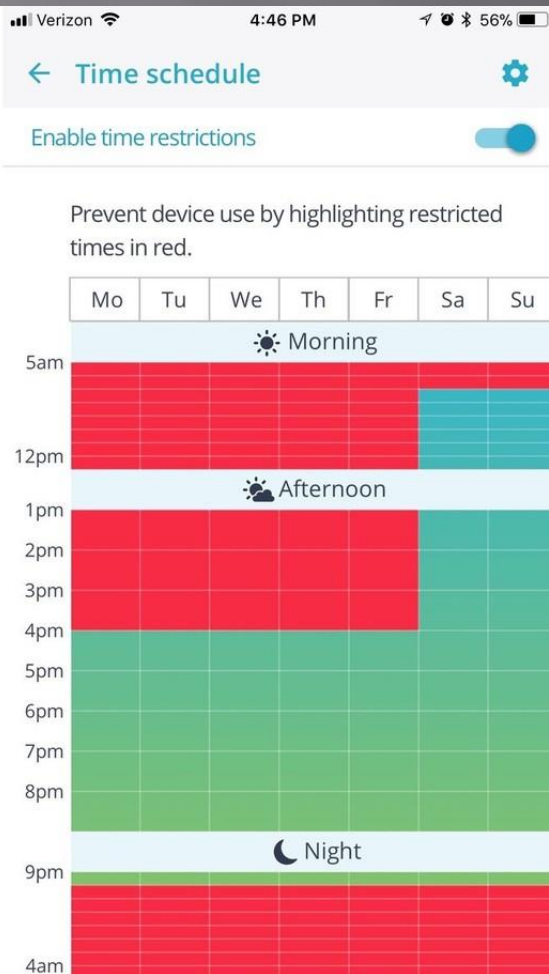
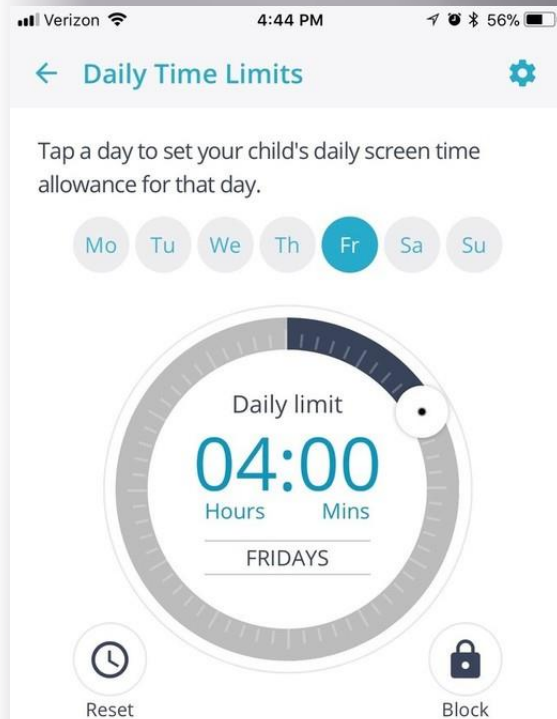
Easily set a time schedule or limits for how much internet time is allowed each day.



Control Games & Apps

Set time limits for games & apps or block apps you don't want from running altogether.

For the Mac or PC



GPS monitoring (FindMyPhone)

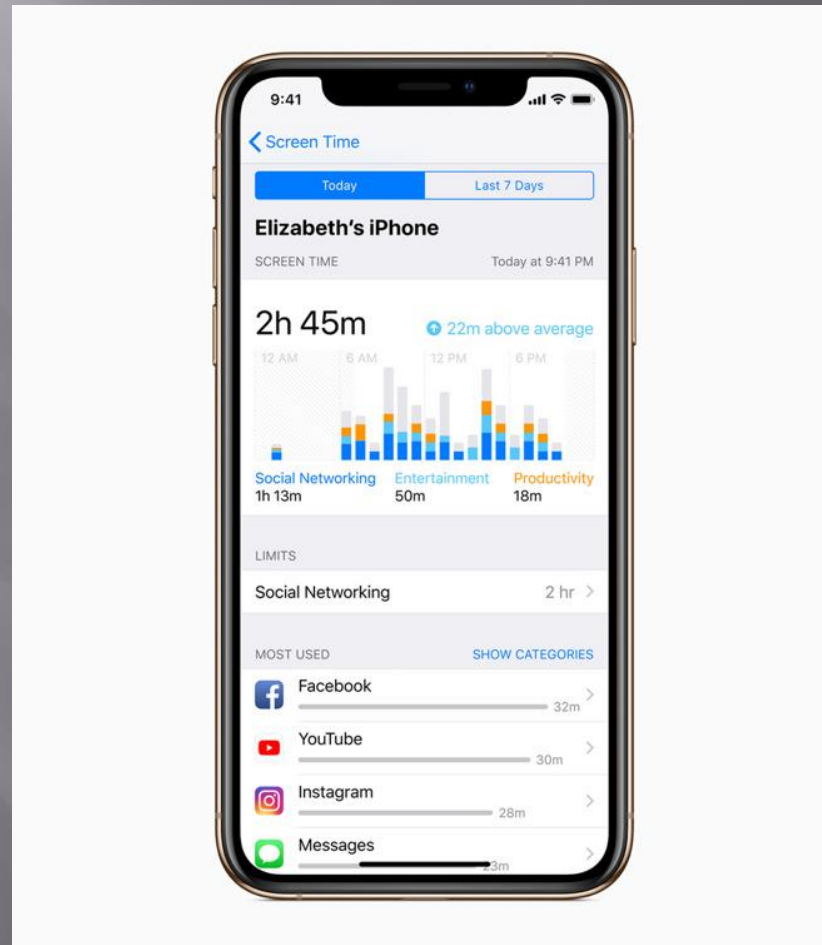


Life360

The new family circle



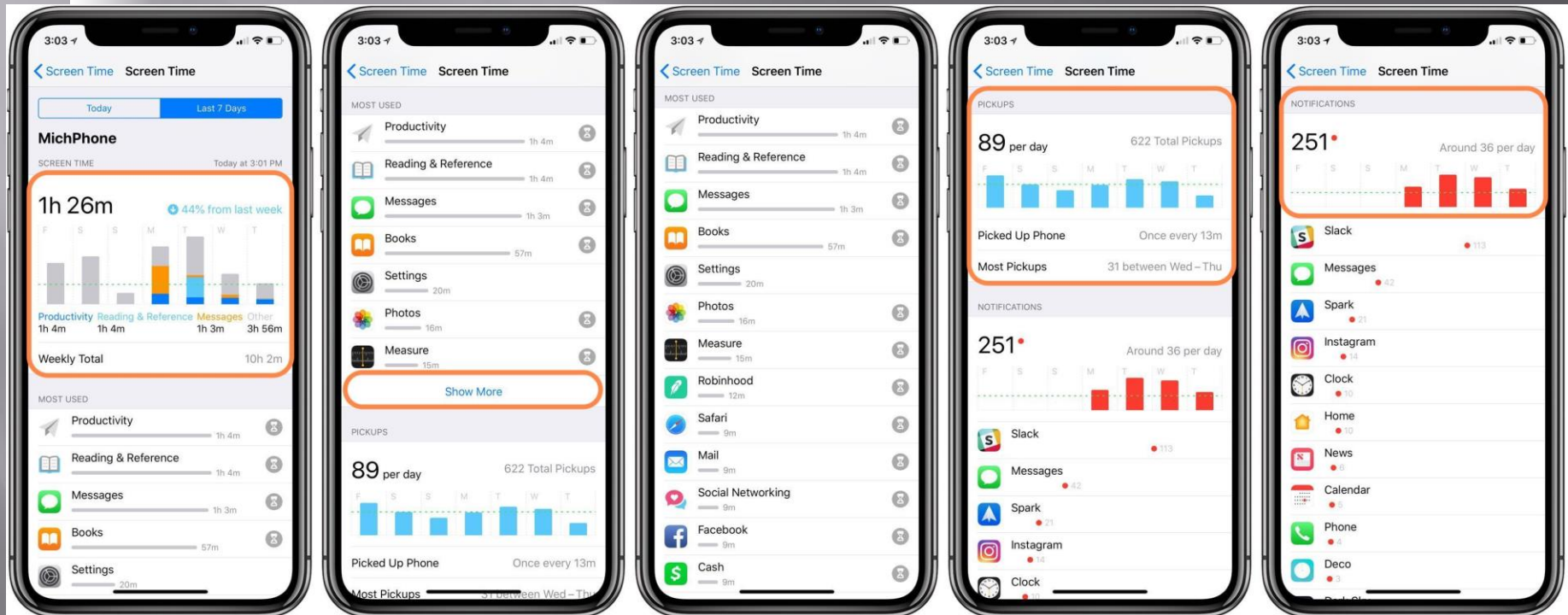
ScreenTime for the iPhone iOS12



ScreenTime for the iPhone iOS12



ScreenTime for the iPhone iOS12

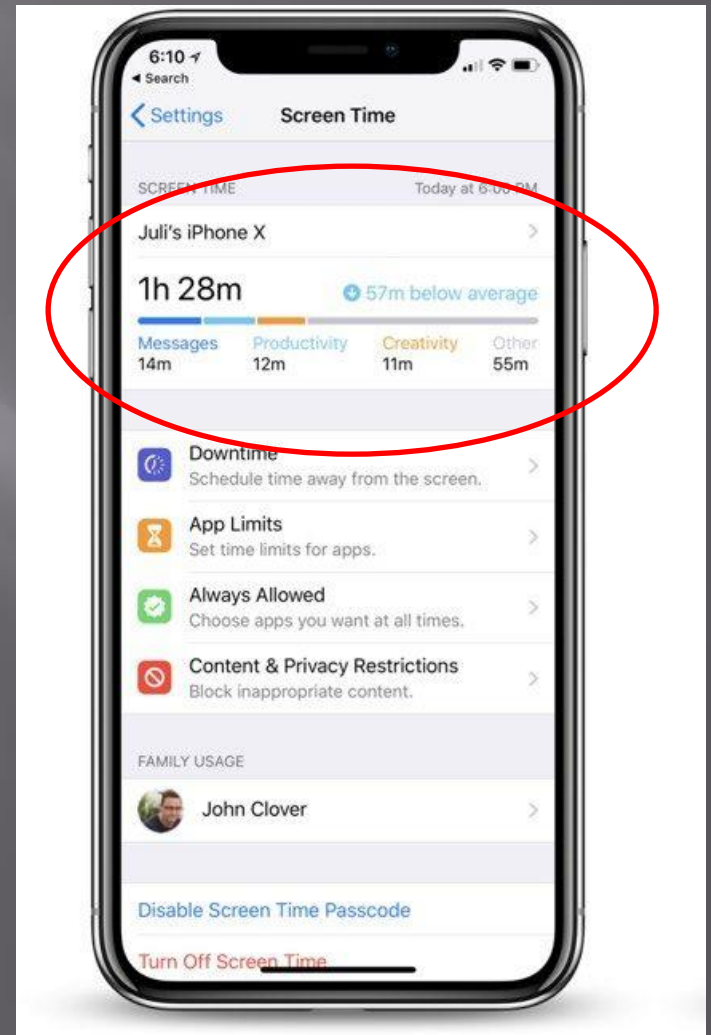


ScreenTime for the iPhone iOS12

- All phones must be up to date with iOS12
- Each person in family must have own Apple ID
- Family Sharing must be set up with parents and kids
- Kids B-Days must be correct on their Apple ID's
- Activate ScreenTime from YOUR phone and set a password.

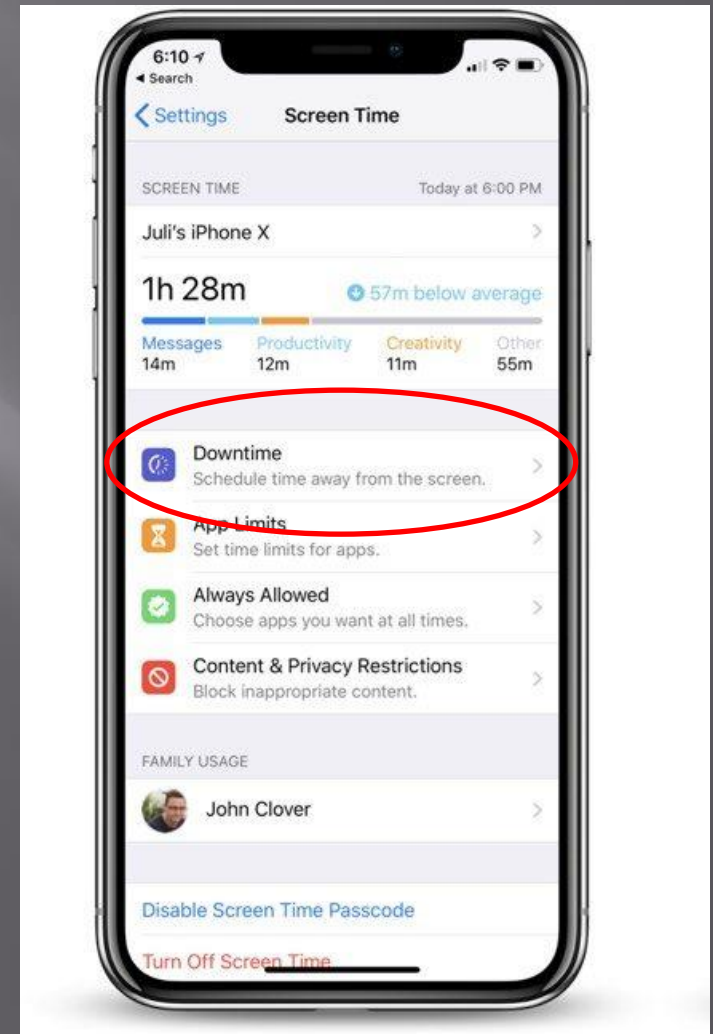
ScreenTime for the iPhone iOS12

- 5 Key sections



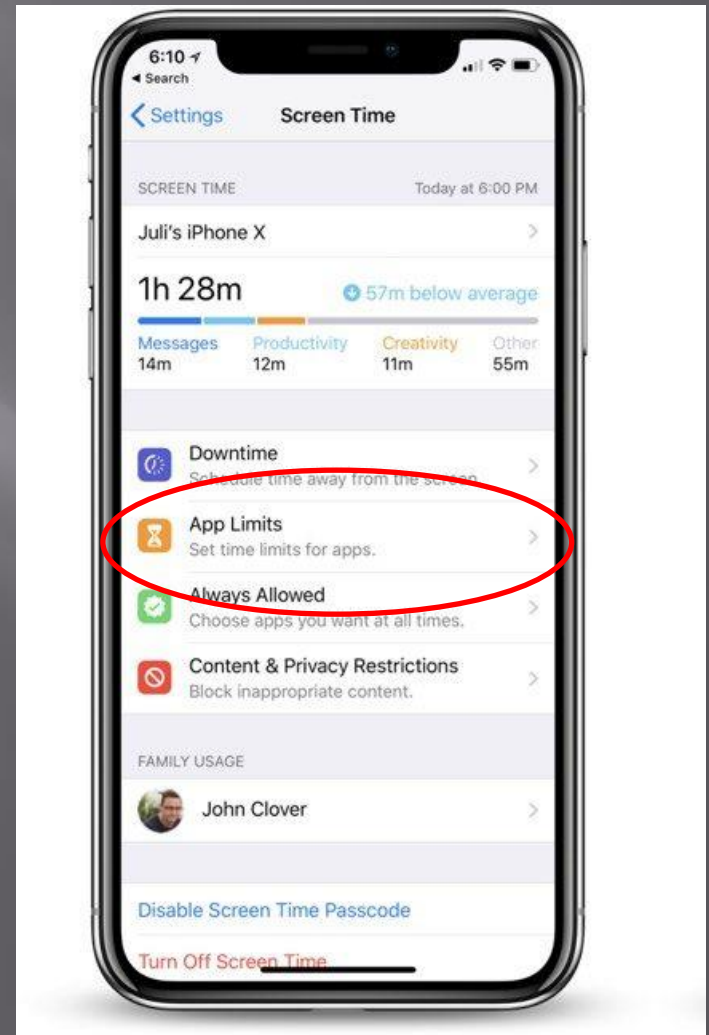
ScreenTime for the iPhone iOS12

- 5 Key sections



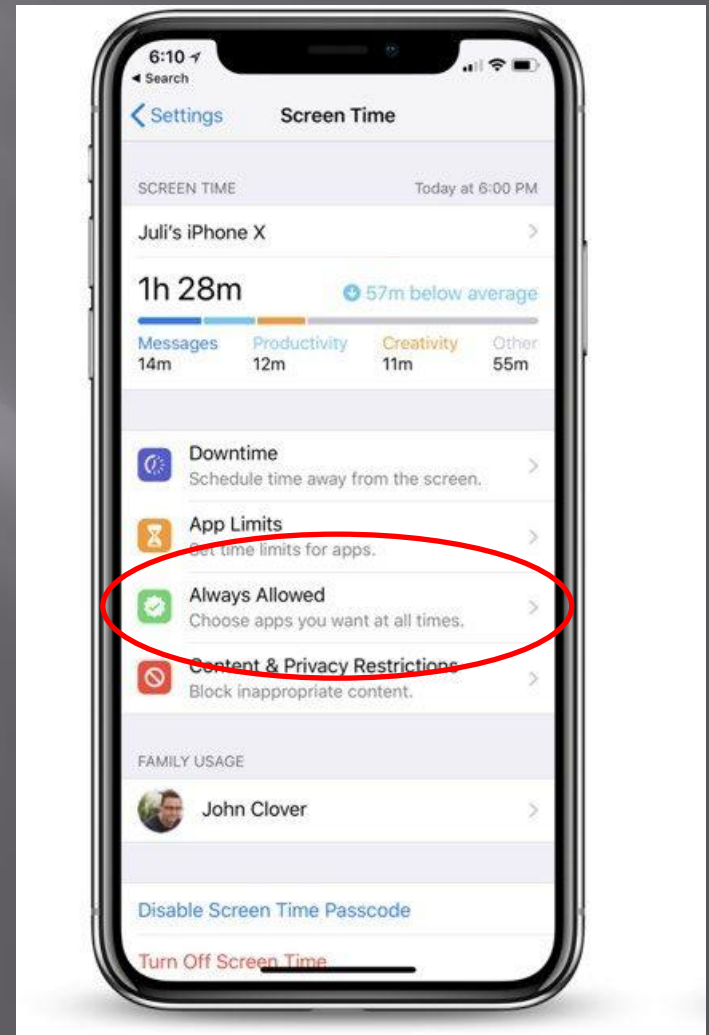
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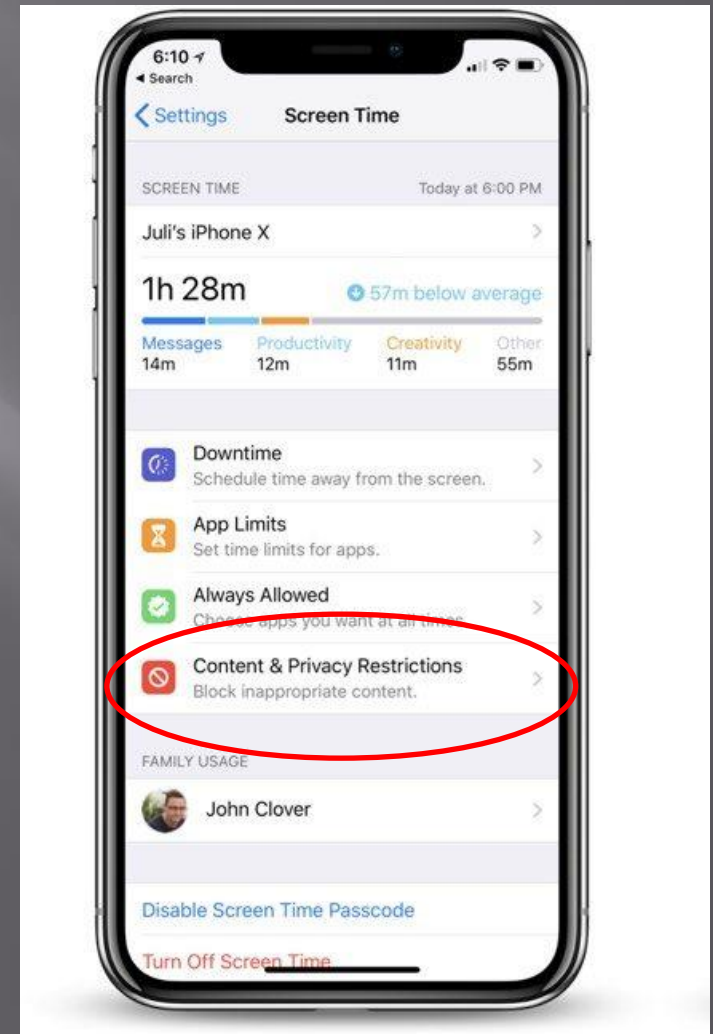
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ScreenTime for the iPhone iOS12

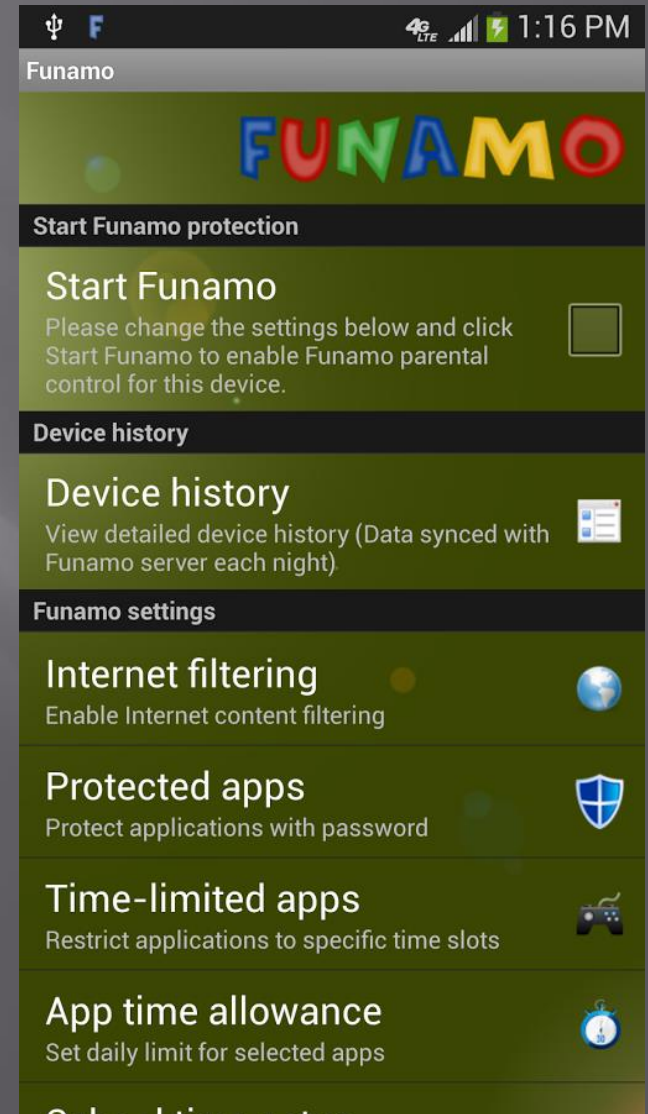
- 5 Key sections



Filter for the Android



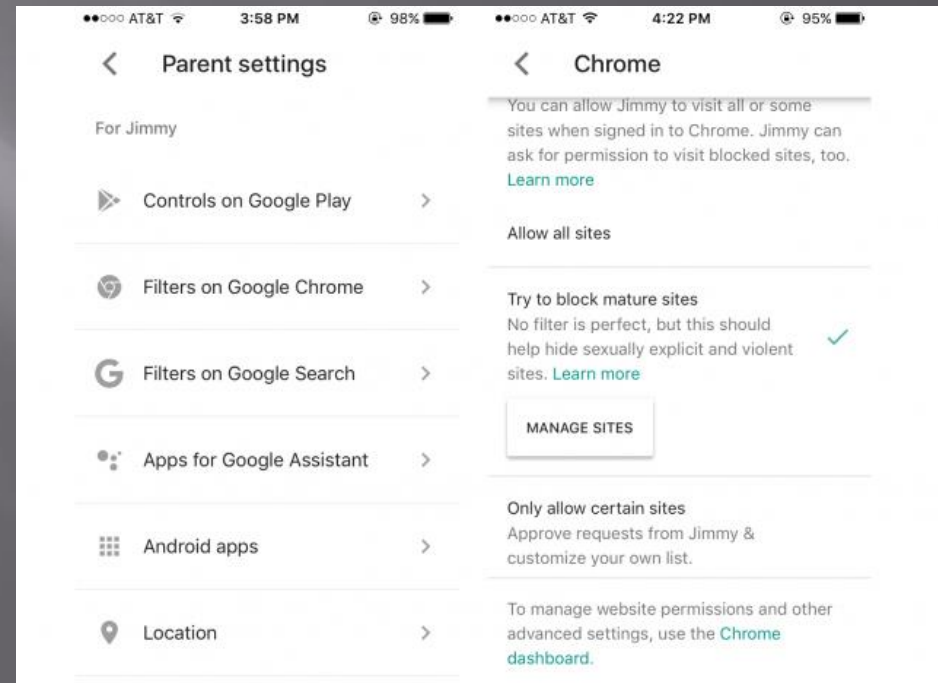
\$19
one time purchase



New Programs

Family Link.....for the ChromeBook

Filter and time management



MIRRORING



- *Using Apple Family Sharing, iCloud and your child's Apple ID
- *Can be an OLD iPad or an iPhone no longer in use.

2 Hardware devices to use

New devices

Circle by Disney

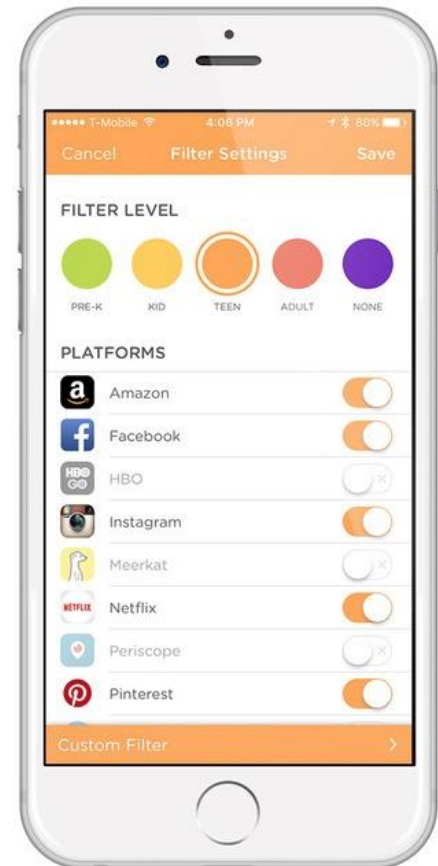
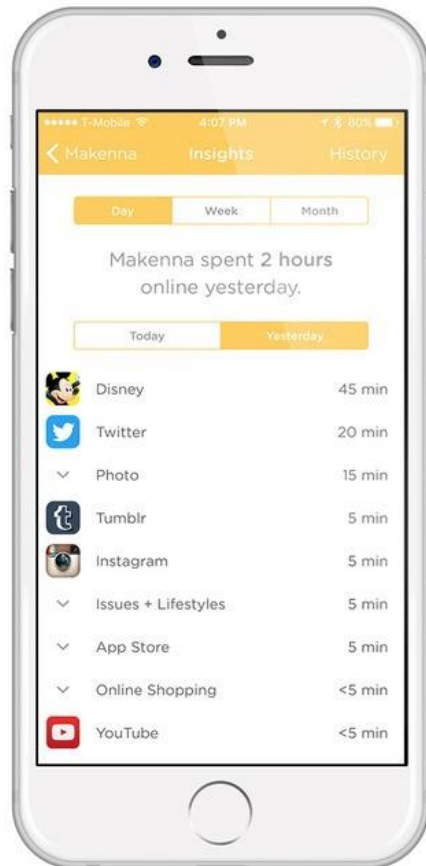
Manage all of your home's connected devices. With Circle, parents can filter content, limit screen time and set a bedtime for every device in the home.

- The Device That Helps Parents
- Filter Internet Content
- Manage Screen Time
- Stay Informed About Online Activity



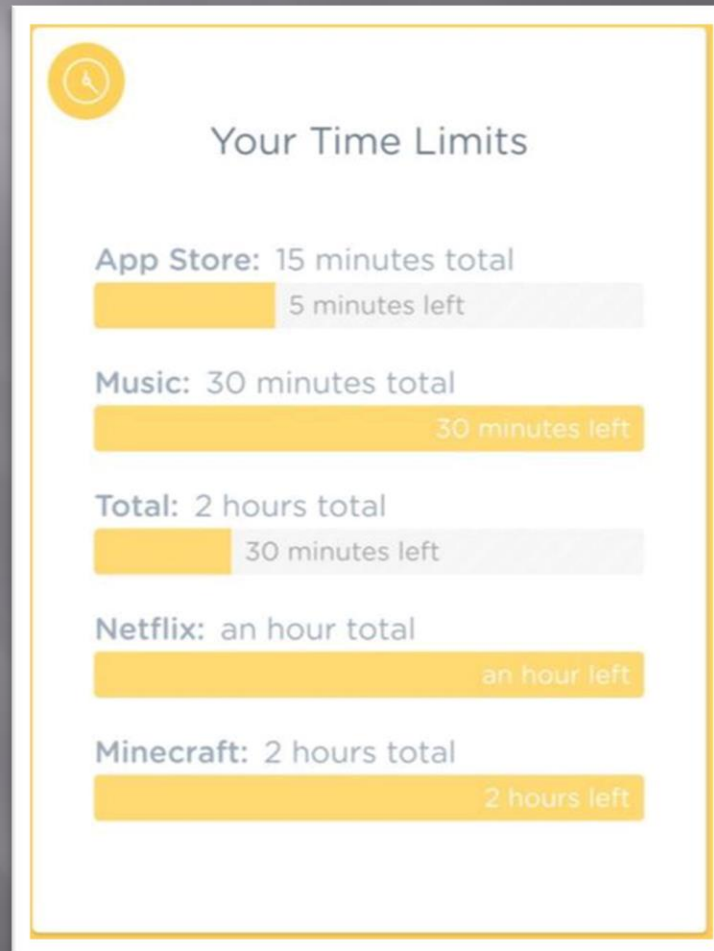
New devices

Circle by Disney



New devices

Circle by Disney



New devices

Kindle Paper White

- \$129
- No games
- No social media
- No distractions
- Wifi & free cellular
- Holds thousands of books



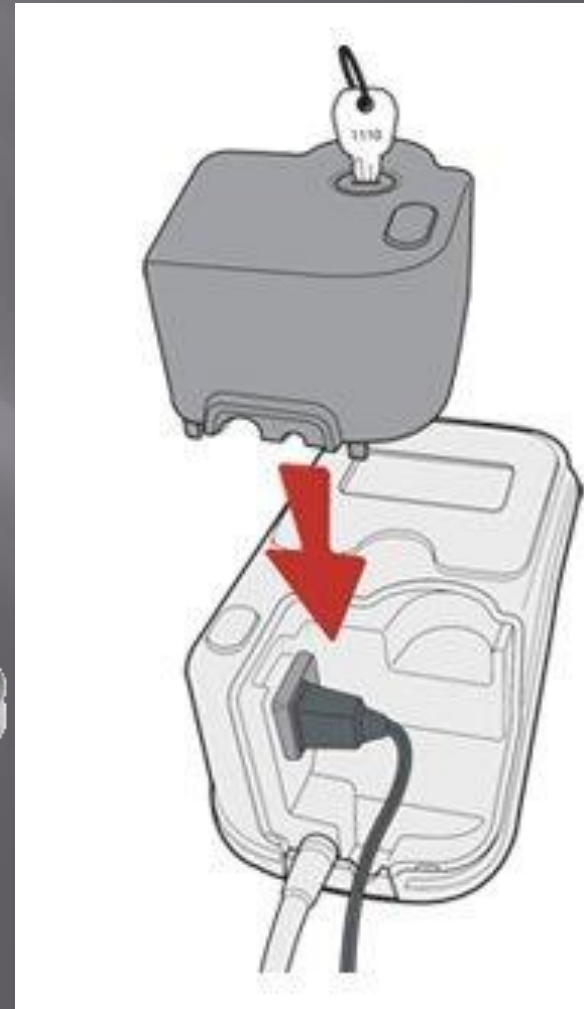
New devices

Video Games



New devices

Bob – Screen Time Manager



Scott's Final Tips

- 1) Don't be afraid to change some rules!
- 2) Take technology away at night
- 3) Get their passwords.
- 4) Consider using some SOFTWARE to help manage
ScreenTime, Life360, Qustodio. Blocksi. FamilyLink
- 5) Use a HARDWARE device to help manage screen
time. Kindle Paper White, Circle, or Bob