



# Technology Resources for Parents

The goal of this guide is to provide resources for parents regarding technology usage and Internet safety. We want to help you find the tools, filters, and resources you need to protect your family. These resources are only a tool; not a substitute for ongoing conversations with your kids and their doctors, teachers, and other experts. Navigating technology usage with children is a complex issue and these resources are not exhaustive, but may be helpful to get you started.

"Our tendency is to jump to restrictions as the first line of defense. Restrictions are helpful in that they give kids a clear sense of what we expect from them. But sometimes kids encounter things online that they did not expect.

In addition to open and honest conversations, it is important that we walk kids through what to do in unwanted and unsafe situations.

When parents and kids make a habit of sharing what we're seeing and experiencing online, for safety's sake, we improve our communication and interaction with one another."

Excerpt from Right Click by Kara Powell, Art Bamford, Brad M. Griffin

Focus on the heart regarding appropriate technology use and responsibility. Talk about principles like respect, boundaries, kindness and integrity. Evaluate your own technology usage and look for ways to train kids to make wise choices. Share your process in deciding what to post, when to use your phone, etc. Talk about how your kids should respond if they see something inappropriate online and allow your child to gradually mature into technology usage.

### **Protect your Home WiFi**

As you consider the tools that will be helpful to your family, filtering your home WiFi at the router level is an important first step. If your Internet router is filtered, all devices that use your home WiFi will be filtered as well. Note that these devices will only be filtered AT HOME and not when using other WiFi networks. Devices connecting to the Internet via cellular data will not be filtered.

**Disney Circle** – a device that connects to your home network to filter content and much more

<https://meetcircle.com>

**Open DNS** – a free service to filter content on your home network

<https://www.opendns.com>

**Protect Young Eyes** – comprehensive information regarding content filtering on your home network <https://protectyouneyes.com/how-to-block-porn-on-any-device-for-free/>

### **Set Up Parental Controls on all devices that access the Internet**

Make a list of all devices your family owns that can access the Internet. Note who uses them and where (at home, at school, at a friend's house, etc.) Many of these devices will be protected by your router filter at home, but may need additional content filters for when they are used on an unfiltered wireless network.

**Protect Young Eyes** – parental controls for various devices (Xbox, Nintendo 3DS, Roku, Google Home, etc.) <https://protectyouneyes.com/parental-controls-every-digital-device/>

**Toms Guide** – a list of the best parental control apps <https://www.tomsguide.com/us/best-parental-control-apps,review-2258.html>

**Entertainment Software Rating Board** – setting up parental controls on video game systems <http://www.esrb.org/about/settingcontrols.aspx>

### **Set technology guidelines for your family**

**Calvary Church** - Recommendations on technology access various ages of kids and teens

<https://www.weavweb.net/wp-content/uploads/2015/07/parenting-technology-v12-hand-out.pdf>

**American Psychological Association** – Screen Time Recommendations <https://www.apa.org/helpcenter/digital-guidelines>

**Common Sense Media** – setting screen time guidelines <https://www.commonsensemedia.org/blog/5-simple-steps-to-a-healthy-family-media-diet>

### **Cell Phones**

**Harvard Graduate School of Education** – info on deciding when to give your child a smartphone

<https://www.gse.harvard.edu/news/uk/18/02/when-give-your-child-smartphone>

**PCmag.com** - Specific phone recommendations <https://www.pcmag.com/feature/329583/the-best-phones-for-kids>

**Calvary Church** - Recommendations on technology access various ages of kids and teens

<https://www.weavweb.net/wp-content/uploads/2015/07/parenting-technology-v12-hand-out.pdf>

**Protect Young Eyes** – info on specific apps <https://protectyouneyes.com/apps/>

## **Pornography**

**Protect Young Eyes** - Talking to Your Kids about Porn

<https://protectyouneyes.com/how-to-talk-to-a-5-year-old-about-porn/>

**Sexual Integrity Initiative** - A Fact Sheet regarding children and pornography - [https://sexualintegrityinitiative.com/wp-content/uploads/2015/02/Children\\_and\\_Pornography\\_Fact-sheet-SII-Version.pdf](https://sexualintegrityinitiative.com/wp-content/uploads/2015/02/Children_and_Pornography_Fact-sheet-SII-Version.pdf)

## **Sexuality**

**Sexual Integrity Initiative** - What the media is teaching our children about sex and its impact

<https://sexualintegrityinitiative.com/wp-content/uploads/2015/02/What-the-Media-is-Teaching-our-Children-About-Sex-and-its-Impact-Fact-Sheet.pdf>

**Sexual Integrity Initiative** - Parents' Guide to Teaching Kids God's Design for Sexuality <https://sexualintegrityinitiative.com/wp-content/uploads/2015/02/Parents-Guide-to-Teaching-Kids-Gods-Design-for-Sexuality-Handout.pdf>

## **Family Contracts**

You might consider using one of these as you think through guidelines and rules for your family.

[https://www.common sense media.org/sites/default/files/uploads/pdfs/common\\_sense\\_family\\_media\\_agreement.pdf](https://www.common sense media.org/sites/default/files/uploads/pdfs/common_sense_family_media_agreement.pdf)

<http://www.seangrover.com/the-best-technology-screen-time-contract-for-kids/>

<https://www.bark.us/blog/wp-content/uploads/2018/08/bark-tech-contract.pdf>

[http://www.safekids.com/contract\\_kid//](http://www.safekids.com/contract_kid//)

Although you can't insulate your child from every online danger forever, you can take reasonable steps to protect, prepare and keep lines of communication open. You can pray for them and trust God with what you can't control.

Want more information? Watch for the Parents and Technology Seminar coming up at CFC on Saturday, March 7.

Updated November 2019