

Recommended* Parental Control Apps/Software



Screen Time

Basic Version
Premium subscription
<https://screentimelabs.com/>

Android, iOS, Amazon
free
£2.99 per month

Set time limits for your children's devices from your phone or any browser. Set bedtime and school time restrictions for specific apps. Use your phone to pause your child's device or give Bonus time. Create fun lists of things you would like children to do or learn and motivate them with rewards.



Kidslox

free 14 day trial
\$2.99 per month or \$29.99 per year
<https://kidslox.com/en/>

Android, iOS, Amazon

Block inappropriate apps from the device when your child is using it. Set regular device schedules to automatically block or unblock your child's device at the required time. Lock your child's device remotely. See how your child is using their device with Kidslox session statistics. Set up custom profiles that allow your child to access only the apps and phone functions you want.



Our Pact

Basic Version
Premium Version
<http://ourpact.com/>

iOS, Android
free
\$1.99 per month

Set limits on how much time your children are spending on their mobile devices. Create schedules, block all Internet and app use at a moment's notice or reward them with the allowance feature. Balance the risks and rewards of iOS and Android technology for your family.



Mobicip

Basic version
Premium version
<http://www.mobicip.com/>

multi platform
free
\$39.99 per year

Create a safe experience for your family on all types of devices and computers. Enable age-appropriate settings and time limits. Monitor Internet use and app installs. Stay in touch via web, email and app notifications. Enable healthy conversation.

Links for parents

Visit these websites for **Valuable Advice** and **Useful Resources**.

Think U Know	www.thinkuknow.co.uk/parents/
Childnet International	www.childnet.com/resources/know-it-all-for-parents
BBC	http://www.bbc.co.uk/guides/zs83tyc
Kidsmart	www.kidsmart.org.uk/parents
Safer Internet Centre	www.saferinternet.org.uk/parents-and-carers
NSPCC	http://www.nspcc.org.uk
E-Safety	www.whoishostingthis.com/resources/e-safety/
Get Safe Online	www.getsafeonline.org

If you allow your child to use **Social Media** it's important you understand how each works and how they can be used safely.

Instagram	help.instagram.com/154475974694511/
Snap Chat	https://www.snapchat.com/safety
YouTube	www.youtube.com/watch?v=u00yKwGFpS0
Musical.ly	http://musicallyapp.tumblr.com/parents
Twitter	https://about.twitter.com/safety/families
Facebook	www.facebook.com/safety

YouTube has some great channels where you can learn more about E-Safety.

CEOP	https://www.youtube.com/user/ceop
NSPCC	https://www.youtube.com/user/nspcc
Childnet International	https://www.youtube.com/user/childnet

The majority of ISPs and hardware manufacturers provide simple advice about how to set up **Parental Controls** on their devices. Here are a few examples.

iPad / iPhone	support.apple.com/en-gb/HT201304
Windows Safe Set Up	account.microsoft.com/family/about
BT	home.bt.com
Sky Broadband Shield	www.sky.com/broadband-shield
Talk Talk	http://parentalcontrols-on.org/TalkTalk
Virgin Media	my.virginmedia.com/protect-family/safetynet
Vodafone	www.vodafone.com/content/parents.html/

You can visit these sites and **Report** illegal or suspicious activity.


CEOP	www.ceop.police.uk/
Report Illegal Content	www.iwf.org.uk

*As recommended by parents attending Teach Technology E-Safety sessions.

Family Technology Plan

Use of technology at home should work for you and fit within your family values and parenting style. When technology is used appropriately and with some thought, it can enhance daily life. If not used this way, it can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and sleep.

By creating a Personalised Family Technology Use Plan, you can be aware of when you are using technology to achieve your purpose. This requires parents and children to think about what they want those purposes to be.

Using the  **Teach** Technology family plan will help you to create goals and rules that are in line with your family's values.

To make YOUR family's Technology Use Plan, visit www.teachtechnology.co.uk and click on the link at the top of the page.

[Click here to view the new Teach Technology Family Media Planner](#)

Customise the plan to suit your needs. Each heading is followed by examples and suggestions, select those that apply to your family.

Screen Free Areas

Screen Free Times

Digital Citizens

Balancing online and offline time

Device Control

Media Selection

Being Nice

Sleep

E-Safety

Some parts of the plan will apply to your whole family, while others may only relate to certain children. You can adapt the family plan and create a distinct version for each child.

Once you have completed the plan, simply print it out and display it in a prominent place in your home to remind you children of how to keep safe online.

Update the plan as your children grow and as technology evolves. Also consider how the plan might need modifying for weekends or during the school holidays.