



## MANAGING AND MONITORING YOUR CHILD'S TECHNOLOGY

Managing your child's use of technology must be a multi-layered approach involving guidelines, open communication and tools that allow for accountability on devices and the web. Consider creating a Family Technology Use Agreement with guidelines on when, where and what technology can be used. Then decide what tools you as a parent will use to make sure the plan is followed. The earlier you start to discuss proper use of technology with your child the better.

## KNOW WHAT'S OUT THERE

It is estimated there are over 500 new apps being created each day making it impossible to create a simple list of apps or sites to stay away from. Parents must become technology detectives and use the internet to research apps or sites children are asking to use.

- Google it! No other site is a gateway to more information on the web. If you can't find something about an app or site on Google, the information probably doesn't exist. Keep in mind that using Google will take some discernment since Google search results can be quite extensive.
- Common Sense Media [www.common sense media.org](http://www.common sense media.org) In addition to reviewing apps they also rate movies, TV and internet sites, giving parents helpful information to make wise media decisions.
- Safe, Smart and Social [www.safesmart social.com](http://www.safesmart social.com) A great resource for schools and parents on the use of apps and social media. Be sure to check out the Parent App Guide.
- Teen Safe's Parenting Guide to Tech Safety [www.teensafe.com/blog/teensafe-parenting-guide-tech-safety](http://www.teensafe.com/blog/teensafe-parenting-guide-tech-safety) Provides an overview on tech safety for parents.

## DECIDE HOW TO MANAGE AND MONITOR

Managing and monitoring a device gives parents the options to monitor, block and approve content and communication. Keep in mind that the device type can have an influence on what tools you use and how they are implemented. We find that iPhone users may choose to use Apple's settings whereas Android has many third party applications that allow for extensive control and monitoring. Whichever you choose we recommend using settings or software that allows you to first approve any new App or form of social media your child may wish to use.

- Apple Restrictions [support.apple.com/en-ca/HT201304](http://support.apple.com/en-ca/HT201304) gives parents tools to restrict apps and content. Due to Apple's licensing we find that there are limitations to what content can be monitored.
- Teen Safe [www.teensafe.com](http://www.teensafe.com) tool to manage and monitor content.
- MMGuardian [www.mmguardian.com](http://www.mmguardian.com) manage and monitor content. Free trial available.
- NortonFamily [family.norton.com](http://family.norton.com) offers an extensive range of parental controls and monitoring.
- PC Magazine review of Parental Control Software for 2016 [www.pcmag.com/article2/0,2817,2346997,00.asp](http://www.pcmag.com/article2/0,2817,2346997,00.asp)
- Qustodio [www.qustodio.com](http://www.qustodio.com) offers a free and premium version for multiple operating systems.

