

Family Resources

Common Sense Media • commonsensemedia.org

- Offers reviews and age-appropriate ratings for apps, games, movies, and shows
- "Parents' Ultimate Guides" cover platforms like TikTok, Snapchat, YouTube, Discord, and more
- Digital Citizenship Curriculum, Tech Balance for Parents, Privacy & Internet Safety

Family Online Safety Institute (FOSI) • fosi.org

- Focused to help promote a safer internet experience for kids and families
- Resources include research papers, parenting guides, policy insights

ConnectSafely • connectsafely.org

- Simple, concise parent guides to platforms like Instagram, TikTok, Roblox, and more
- Including offering safety tips and privacy best practices

Cyberbullying Research Center • cyberbullying.org

- Resources on cyberbullying, sexting, and digital behavior
- Practical strategies for Parents, downloadable guides, and research-backed content.

How to Access and Use Screen Time monitors

- Open the Settings app • Tap Screen Time • Turn on Screen Time by toggling the switch
- Choose Device: Select whether you want to manage Screen Time for your device or your child's
- Set up and manage settings: Explore the available features, such as App Limits, Downtime, Content & Privacy Restrictions, and more.
- View Screen Time reports to see how much time you / your child spend on different apps and websites.

Apple Screen Time key features & functionality

App & Website Activity: Provides reports on how much time is spent on various apps and websites.

App Limits: Allows you to set daily or weekly limits for specific apps or app categories.

Downtime: Schedules specific times when your device is locked, preventing access to most apps.

Content & Privacy Restrictions: Enables you to limit what content your child can access, including web content, purchases, and more.

- Allows you to specify contacts or apps that are always accessible during downtime.

Screen Time: Provides detailed reports on app usage, notification frequency, and device pickups.

Screen Distance: Detects when you're holding your device too close to your face and encourages you to move it further away.

Family Sharing Screen Time: Allows parents to manage Screen Time settings for their children's device

 **Google Family Links • <https://families.google/familylink>**

More Resources

- **BARK Parental Controls • <https://www.bark.us>** Monitors for harmful messages on social media, email, and more
- **QUSTODIO Parental Controls and Digital Well-Being • <https://www.qustodio.com/en/>**
- **NETNANNY • <https://www.netnanny.com/>** Screen time limits, website blocking, and digital safety for teens and families.
- **ReThink app • free, patented anti-cyberbullying** • detects offensive content in realtime and prompts users to reconsider posting it, encouraging teens and tweens to pause and think before sending potentially hurtful messages.

