



WHITESBURG
CHRISTIAN ACADEMY

Parent
ACADEMY

Media Wise

Parent ACADEMY

Media Wise *Raising Children in a Digital Age*

This document contains information compiled from these speakers and panel members that participated in this event: Debra Riser, Hannah Jernigan, Christen Roth.

What Can Parents Do?

1. Monitor cell phones:
 - Share your child's location.
 - Set app limits, downtime, and content and privacy limits. Turn off direct messaging in apps.
 - Set up emergency contacts on your child's phone.
 - Use monitoring software and apps if desired.
2. Place safeguards, filters, and firewalls on home computers and apps. Don't forget gaming devices, Nintendo, Playstation, Xbox, etc.
3. Require children and teens to work on computers in a public space in the house. Remove phones from the bedroom.
4. Avoid social media as long as possible.
5. Consider alternatives to smartphones. ([Wait until 8th](#))
6. Turn off location services and direct messaging on Instagram and other social media.
7. Take away devices at night.
8. Review the kind of access to the internet your kids will have when visiting friends and family members.
9. Establish rules for the use of Facetime, Snapchat, etc.
10. Be Proactive
 - Be aware of phones at parties/sleepovers.
 - Continue to talk to your children about sharing personal information and compromising photos.
 - Remove location from photos that will be posted.
 - Only share photos with friends online. Don't make them public.
 - Talk to your children often to remind them to tell you if they see something online or elsewhere that makes them feel uncomfortable.. (Volunteer to drive carpool as much as possible.)
11. Closely monitor social media platforms.
12. Follow websites such as commonsensemedia.org and pluggedinonline.com.
13. Be intentional with technology. Allow your children to use educational programs on their devices rather than programs that just fill their time.

MONITOR CELL PHONES

APPLE DEVICES

Share location

(Talk to children about not providing this to others.)

1. Use the location tracker on the phone.
 - Open a text on your child's phone from yourself.
 - Click your name at the top.
 - Click "info."
 - Click "Share My Location."

(They can stop sharing their location.)

2. Use an app such as Life 360

Set up emergency contacts on cell phones.

Click the Health App. (The one with the heart)

- Open the Health app and tap your profile picture .
- Tap Medical ID.
- Tap Edit, then scroll to Emergency Contacts.
- Tap the Add button to add an emergency contact.
- Tap a contact, then add their relationship.
- Tap Done to save your changes.

SET APP LIMITS, DOWNTIME, AND CONTENT AND PRIVACY LIMITS.

Place safeguards, filters, and firewalls on home computers and apps. Don't forget gaming devices, Nintendo, Playstation, and Xbox.

APPLE COMPUTERS AND DEVICES

Set up Family Sharing to Manage Screen Time on an iPhone

You can start a new family group and invite people to join, or you can join someone else's family group.

Family Sharing makes it easy for up to six family members to share music, movies, TV shows, apps, books, subscriptions including iCloud+, and more, all without sharing an Apple ID.

1. You can set up an Apple ID for kids, set permissions remotely with Screen Time, and approve spending and downloads from a parent's device with Ask to Buy.
2. You can also set up Apple Cash for a child or teen, or set them up with an Apple Watch.

Click [here](#) to learn how to set up family sharing and start a Family Group.

If you're using Family Sharing to manage a child's account:

- Go to Settings and tap Screen Time.
- Scroll down and choose your child's name under Family.
- Tap Turn on Screen Time, then tap Continue.
- Set up Downtime, App Limits, and Content & Privacy with the limitations that you want for your child, or tap Not Now.
- Tap Use Screen Time Passcode, then enter a passcode when prompted. Re-enter the passcode to confirm.
- Enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.

If you're not using Family Sharing to manage a child account:

- Make sure that you're on the device used by the child.
- Go to Settings and tap Screen Time.
- Tap Turn on Screen Time.
- Tap This is My Child's [device].
- Set up Downtime, App Limits, and Content & Privacy with the limitations that you want for your child, or tap Not Now.
- Tap Use Screen Time Passcode, then enter a passcode when prompted. Re-enter the passcode to confirm.
- Enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.

Set up content and privacy restrictions in Screen Time on Mac

In Screen Time on Mac, set restrictions for web content, purchases, apps, and more.

Before you can set up content and privacy restrictions, you need to turn on Screen Time. See Set up Screen Time for yourself or Set up Screen Time for a child.

- On your Mac, do one of the following:
 - If you're using Family Sharing: Log in to your Mac user account, then make sure you're signed in with your Apple ID.
 - If you aren't using Family Sharing: Log in to a family member's Mac user account.
- Choose Apple menu > System Settings, then click Screen Time in the sidebar. (You may need to scroll down.)
- If you're using Family Sharing, click the Family Member pop-up menu on the right, then choose a family member.
- Click Content & Privacy, then turn it on if it's not on already.
- To restrict web content, click Content Restrictions, then turn options on or off.
- To restrict movies, TV shows, and app purchases, click Store Restrictions, then turn options on or off.
- To restrict apps, click App Restrictions, then turn options on or off.
- To lock certain settings, click Preference Restrictions, then turn options on or off.

WINDOWS COMPUTERS

How to add child accounts to your family in Windows 10

- First, you'll add a Family user account to your computer. There you'll indicate that the account is for a child under your supervision, and then you'll set up all content and usage restrictions through Microsoft Family. Both you and your child will need a Microsoft Account, so if you do not have one, start there.
- Open the Windows Settings menu and choose Accounts.
- Choose Family & Other People from the left sidebar menu.
- Under Your Family, click Add a Family Member.
- Enter the email address associated with your child's Microsoft account.
- Open your child's email account, find the email from Microsoft, and click the link to confirm that they are your child and need to be added to your Microsoft Family.

How to access parental control settings

1. Choose Accounts from your Windows Settings menu.
2. Look at the Family & Other People menu again. Now, you should see your child's account and the option to Manage Family Settings Online.
3. Click Manage Family Settings Online. This opens the Microsoft Family Parental Control page in your browser.
4. Menu options on the right allow you to monitor each child's activity and set your parental controls. The three most important areas are:
 - Web Browsing
 - Apps, Games, & Media
 - Screen Time
5. In the Web Browsing section, you'll find Windows automatically blocks search results and filters websites that contain potentially inappropriate content. Any website that hasn't yet been added to Microsoft's blacklist will still be accessible, and so will user-generated content on "safe" sites. Note that these controls only work on Internet Explorer and Microsoft Edge — Microsoft parental controls block access to other browsers by default. If you want, you can disable the block on other browsers and use additional parental control methods to protect those browsers.
6. In the Apps, Games, & Media section, you'll be able to block inappropriate apps and games. Microsoft already blocks kids from mature movies and games. These settings will apply to all Windows 10 PCs and Mobile devices, Windows Phone 8, and Xbox One.
 - Here you can set what content the child can buy, download, and stream, based on their age. Microsoft defaults it to the child's current age, but you can adjust it to whatever you think is best.
7. Finally, you can set screen time limits and schedules for each day of the week. You can set limits from 0 to 12 hours in half-hour increments. The default access schedule is from 7 a.m. to 10 p.m. each day.
 - If your child needs to use any Windows device outside the screen time limits you set, they have the option to request additional time. You'll receive an email where you can either approve or deny the request.

How to set app and game limits across your child's devices

If your child is spending too much time on certain apps or games, you can set limits on that app or game to help them achieve a healthy balance. App and game limits are available on Windows 10 and Xbox One devices, along with Android devices with Microsoft Launcher installed. Once you set a limit, that limit will work across all of their devices. (For example, if you give them three hours on YouTube, they can spend a total of three hours on Windows 10, Xbox One, and Android.)

To set app and game limits, go to family.microsoft.com and sign in with your Microsoft account. Then:

- Find your child's name and select App and game limits. (App and game limits aren't available on adult accounts at this time.)
- Find the app or game you want to set limits on. If you've never set limits, it'll show how often they use the app or game on average.
- Set how much time your child is allowed to spend on the app or game each day, and when they're allowed to use it.

Microsoft Family Safety App

The Microsoft Family Safety app allows parents to set screen time limits on all Microsoft-affiliated devices, including Xbox, Xbox 360, Xbox One, Microsoft Surface, Windows 10 devices, Windows 7 devices, and Windows Vista devices. Parents can use the app to create search filters and block mature content. The app also has built-in location sharing so you can track family members.

How to add a child to your Microsoft Family account

- Visit account.microsoft.com/family.
- Sign in with your personal Microsoft account and then select Add a Family Member.
- Select Child.
- Enter your child's email address or phone number and select Send Invite.
- Make sure your child accepts your invitation.

More Resources

Links to Helpful Articles and Websites

[5 Ways to Make YouTube Safer for Kids](#)

[11 Social Media Red Flags Parents Should Know About](#)

[Social Media Basics for Parents](#)

[Teens Have No Safe Spaces Anymore Thanks To Technology](#)

[The New Drug of Choice](#)

[How to Remove Location Data From Photos](#)

[18 Social Media Apps and Sites Kids Are Using Right Now](#)

[Top Apps Teens are Using Right Now](#)

[A Christian Teen's Guide to Social Media](#)

[What Are You Using Your Smart Phone For?](#)

[Smartphone Addiction](#)

[Wait Until 8th](#)

[Common Sense Media](#)

[What About BeReal App?](#)

[Screen Sanity](#)

[Aro Box](#)

[TikTok in China versus the United States](#)

[Cybersafety and Social Media Video](#)

Tips for a Family Technology Contract

[Sample Technology Contract 1](#)

[Sample Technology Contract 2](#)

[Common Sense Media Family Media Agreement](#)

[Psychology Today article](#)

Books

“Good Pictures, Bad Pictures Jr.”

by Kristen A. Jenson and Debbie Fox
For ages 3-6

“Good Pictures, Bad Pictures”

by Kristen A. Jenson and Debbie Fox
For kids over age 6

“Fourteen Talks By Age Fourteen”

by Michelle Icard

(Note: This is not written from a Biblical Worldview so while it is a good springboard for discussions, we do not endorse everything the author writes.)

Movies

[The Social Dilemma](#)

[Screenagers](#)

Apps

BARK

\$5–\$14/month

iOS/Android: Both

Number of Devices: Unlimited

Bark is a fantastic parental control app for kids of any age, but it stands out for its social media monitoring, which is especially useful for older kids.

- Connects to more than 30 apps
- Sends parents real-time alerts when kids may be in trouble online
- Monitors for signs of cyberbullying

LIFE360

Free to \$24.99/mo

iOS/Android: Both

Number of Devices: Unlimited

Life360 is fully designed for tracking your family's location and keeping them safe, whether they're walking, driving, or online. It's not a traditional parental control app, but in terms of location safety, it can't be beat.

Pros

- Every plan offers SOS alerts, crash detection, and digital data safety breach alerts
- Parents can get alerts any time their child reaches certain destinations
- Great for parents of teen drivers

Cons

- Pricey
- Features are mostly limited to location monitoring

QUSTODIO

\$54.95–\$137.95 annually

iOS/Android: Both

Number of Devices: 1–15 (depending on the plan)

Qustodio checks all the boxes for what caregivers might want in a parental control app: content and app filters, device monitoring, screen time control, location tracking, call and text monitoring, real-time alerts, and multiple device linking options. To put it simply, all your bases will be covered.

Pros

- Compatible with Android, iOS, Windows, Mac, Chromebook, and Kindle
- Can support up to 15 devices
- Designed for parental control and monitoring digital well-being

Cons

- Somewhat pricey

GOOGLE FAMILY LINK

Free

iOS/Android: Both

Number of Devices: Unlimited

Google Family Link is our pick for a budget-friendly parental control app because it allows you to monitor limitless users and devices, and it's totally free to use.

Pros

- No limit to the number of profiles or devices you can link
- Ability to remotely lock your child's device if needed
- Monitor your child's activity in a less invasive way

Cons

- It is not ad-free
- Parental control settings and capabilities are limited once a child turns 13

FAMILY TIME

\$2.25–\$5.75/month

iOS/Android: Both

Number of Devices: 1–5 (depending on the plan)

FamilyTime not only offers screen time limits, but it also lets parents create internet use schedules and encourages kids to “save” some of their minutes in a time bank (which parents can then offer up as “fun time” later). It also gives parents the option to lock their child's device remotely whenever necessary.

Pros

- Variety of custom options to fit their family needs
- Kids can save and bank time to use on another day (with parent permission)
- App includes internet filters, app blockers, and a panic alert system

Cons

- Device linking is limited
- With so many features, some parents might find it overwhelming

Useful Link:

[15 Parental Control Apps to Track Kids' Phone Use and Screen Time](#)

Alternatives to Smartphones

GABB PHONE

This “Light” Phone is specifically designed for kids. There is no App Store, no browser, no social media, no gaming. The phone has calling and texting capabilities, as well as front/back cameras, calendar app, alarm, calculator and FM radio. You can view the number and times of texts and calls from a parent portal.

LIGHT PHONE

It has the basics - text, call, alarm, calendar, calculator, notes and an E-Ink screen (similar to a Kindle). The phone does have WiFi and Bluetooth capabilities but no browser.

RELAY

a colorful square phone with Wi-Fi and LTE connectivity, but lacks a keypad or screen. Instead, a circular button in the middle of the device triggers a walkie-talkie-like interaction with a fellow Relay user, or a user of the Relay companion app .

GIZMO WATCH

This watch has a GPS locator, reminders and easy-to-use parental controls. This is one smart watch that fosters independence while helping to provide parents a little peace of mind. It includes interactive features like a step tracker to encourage healthy habits and to-do lists with rewards. Set up to 10 trusted contacts that kids can send voice notes to, call, or text.

Useful Link:

[10 Best Smartwatches For Kids & Tweens in 2020](#)

[Wait Until 8th](#)

A Few Facts

PEW RESEARCH

August 2022 ([link](#))

U.S. Teens ages 13-17 on these platforms:

YouTube – 95%

TikTok – 67%

Instagram – 62%

SnapChat – 59%

Facebook – 32%

Twitter, WhatsApp, Reddit, Tumblr

CDC ([link](#))

8-10 yr. old: 6 hrs.

11-14 yr. old: 9 hrs.

15-18 yr. old: 7.5 hrs.

*American Academy of Pediatrics recommends 5-17 yr. old no more than 2 hrs. a day, except for homework.

DID YOU KNOW?

36% of teens say they spend too much time on social media.

The Jernigan Family

HEALTHY BOUNDARIES

- Healthy boundaries start with us, the parents.
- When our children approach us and we're on our phones, do we immediately put the phone down or do you tell the child to wait? Who or what is perceived as being the MOST IMPORTANT?
- Do we have our phones out at the dinner table?
- TREAT phones & social platforms like you are giving kids their learners permit. We are right there beside them, coaching and teaching. Then we can gradually give them more independence and freedom as maturity is proven. But we can also jump right back in and take away freedoms if needed.

HEALTHY MEDIA PRACTICES

What our family does:

- No screens in bedrooms or upstairs.
 - Must be in visible places
- No electronics at dinner table
- No tv, video games, etc Mon – Thursdays, unless family is watching something together.
- Set weekend “free time” limits – for example: 2 hrs. Sat. & 2 hrs. Sunday
 - Set a reward system up – every 1 min. reading = 1 minute for extra media during the weekend.
- Set a daily time to turn off phones, tablets, etc: 8pm for example
- Turn the WIFI off nightly

When thinking about letting your child/teen download an app:

- What's the purpose of the app?
- Is it age appropriate?
- What good will it add to their lives?
 - No parent ever says, “Man, I sure wish we would have given our kids a phone earlier” or “Man I sure wish we would have let our kids get on social media when they were younger.”
 - But you do hear, “I wish we would have waited until they were older, before giving them _____, phones, social media, etc.

Proverbs 29:17 “Discipline your children, and they will give you peace of mind and will make your heart glad.”

Social Media, Screwtape-Style

Copied from [Mike Dellosso](#)

I know I just posted something by my daughter Laura, but then she came to me with this. She had to read C. S. Lewis' The Screwtape Letters for a class she's taking and her assignment was then to write her own similar entry. What follows is a letter from one demon to another.

Folks, Laura is fifteen. This is some timely stuff and needs to be shared. I'm doing my part.

* * *

Dear Viperweed,

Your last letter concerns me considerably and part of me hopes it was one of those jokes you love to play. It seems you have forgotten your duties and instead have decided on doing whatever you wish with your patient, not thinking of the consequences. So, I will educate you. You are to cure your human, that's why we call them patients. We are to rid them of the sickness that consumes them and instead inject sin, our golden ticket to power. Once sin overrides the love and kindness we can destroy the enemy. But do not let all this go to your head, that's the big picture, you need to focus on the small things, everyday happenings that can be twisted towards our cause.

You say she loves people of cultural influence, the people who she sees on TV and in magazines. Make them a main focus. Have her thoughts about a certain person or group of persons consume her thoughts. She needs to know every little detail about them and make sure images of them are always present in her mind. She needs to start out with a fairly good role model and then slowly pull her towards ones who are progressively more and more vile and provocative. If you do this soon they will be her idols and their thoughts and opinions will become her own. She will clothe herself to please their taste and speak their words.

To do these things she will need social media. Make this another idol, a part of her. The connections to her idols through Twitter and Instagram need to be vital to her mental health. Selfies and inward focused texts need to be part of her daily life. Make her self-esteem rest in the hands of strangers who in reality don't care about her the way her real family and friends do. The influence they have on her thoughts need to be able to make or break her. Texting needs to be her chief means of communication, without it she is lost. Her involvement and emotions towards the people in her real life needs to be put on hold. The people in her second life, the one on her phone, need to be the focus.

Since these actions will push her family and friends away she will become lonely. Though she has hundreds of "friends" and followers on social media websites the lack of emotional and physical support from people she sees every day will wear on her and cause her to dive deeper into meaningless, unhealthy obsessions and selfishness. All humans have this crippling need for each other that if not satisfied, weakens their mental health. Work with other patients' mentors (for that's what you are) and make it seem as if her family and friends are against her so she is truly alone. She needs to doubt her purpose and meaning in life. These thoughts may lead her to consider another option of escape: death. Suicide is the lowest of selfish actions. This will help us out tremendously for she will be ours and her evil essence will be added to the many others we have reaped and result in more power. Follow these instructions and you are sure to succeed.

With the most evil of intentions, yours truly,

Onyxrose