

**DIGITAL WELLNESS**

# DEVICE MONITORING RESOURCES

## FAMILY MONITORING

Monitoring your child's online activity is crucial in today's digital age, but engaging in open and ongoing conversations about their online experiences is equally important. The discussions you have can provide an opportunity to impart valuable lessons on internet safety, responsible behavior, and digital citizenship. By actively mentoring your child on positive online practices, you empower them to navigate the virtual world with confidence and discernment. Fostering a dialogue encourages critical thinking and empowers children to make informed decisions about their online interactions. Additionally, it builds trust between parent and child, establishing a foundation for future communication on potentially sensitive topics. Ultimately, combining monitoring with open dialogue and mentorship equips children with the tools they need to navigate the complexities of the internet safely and responsibly.

In addition to engaging in open conversations with your child about their online activity, utilizing resources that can offer support and guidance in navigating the digital landscape together is beneficial. The resources provided in this document - monitoring websites/apps, helpful videos, articles about online activity and screen time, and a family technology plan template can be invaluable tools in fostering a safe and healthy online environment when combined. However, it's essential to recognize that these resources are not the end-all-be-all solution. Instead, they serve as a starting point for discussions and exploration. By incorporating one or more of the conversation starters in this resource, you can initiate meaningful dialogue with your child, building a deeper understanding of their online experiences, reinforcing positive online behaviors, and helping to develop a skillset that will be essential as an adult. Ultimately, the combination of active communication and supplementary resources empowers parents and children to navigate the digital world confidently and responsibly.



### [Microsoft Family Safety](#)

Microsoft Family offers comprehensive parental controls and activity monitoring for Windows devices, empowering families to manage screen time and online safety effectively.



### [Apple Family](#)

Apple Family Sharing simplifies sharing purchases, subscriptions, and iCloud storage among family members while ensuring privacy and security across Apple devices.



### [Google Family Link](#)

Google Family Link provides parents with tools to set digital ground rules, manage app usage, and track location on Android devices, fostering a balanced digital environment for children.



### [Life360](#)

Life360 enhances family safety with real-time location sharing, driving analysis, and emergency assistance features, promoting peace of mind and connectedness.



### [Bark](#)

Bark employs advanced AI to monitor children's online activities across various platforms, delivering alerts for potential issues like cyberbullying, explicit content, and online predators, to support proactive parenting in the digital age.

## ARTICLES/VIDEOS/PODCASTS

[Parent's Ultimate Guide to Parental Controls](#)

[4 Conversations To Have With Older Kids And Teens About Their Screen Time Habits](#)

[4 Science-Backed Tips For Parents On Kids' Social Media Use](#)

## RESOURCES

[Family Media Plan](#)

[Digital Habits Checklist](#)

[Family Tech Talk Conversation Starters](#)