TECHNOLOGY 101

TIPS ON HOW TO KEEP YOUR KIDS SAFE ONLINE

WEBSITE BLOCKING

APPLE PRODUCTS

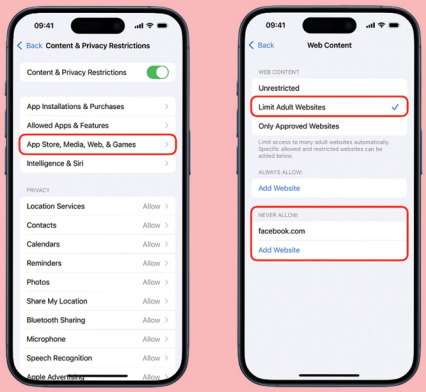
1. Go to Settings ⚙️
2. Click “Screen Time”
3. Click on “Content & Privacy Restrictions”
4. Click on “App Store, Media, Web, & Games”
5. Click on “Web Content”
6. Choose “Limit Adult Websites”
7. Click on “Never Allow”
   A. Add the URLs for websites you will not allow

GOOGLE PRODUCTS

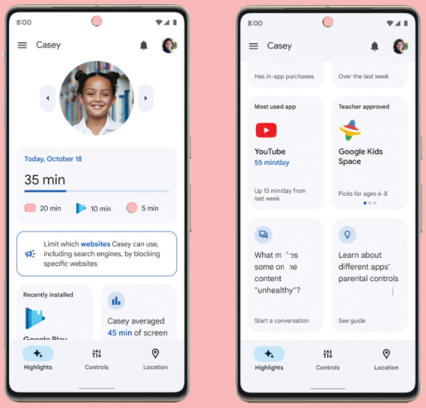
1. Click on the puzzle piece 🧩 in the upper right
   A. A drop down menu will open
2. Click on “Manage Extensions”
3. Click on “Chrome Webstore” on the left
   A. A search bar will open.
4. Search “Blocksite”
5. BlockSite will open (it is a featured and verified site)
6. Click “Add to Chrome”

SETTING WEBSITE BLOCKING:

APPLE DEVICES



ANDROID DEVICES



CONVERSATION STARTERS

TOPICS TO CONSIDER

- Who is your favorite influencer on social media, or what is your favorite online game?
- What did you think of the recent story about [sports team/celebrity/influencer that your child is interested in]?
- Can you show me how your favorite app/ game works?
- How do you stay connected with your friends online?
- What app do you use the most, and if you don't use the app, how would it affect you?
- Expectation versus Reality: This is how I think you spend your time online...
- Ok, let's switch roles. What advice could you give me about being better online?
- What rules do you think we should have in place about using the internet?

HOW TO APPROACH THE CONVERSATION

1. Be Curious, not Critical
2. Embrace the Positives
3. Stay Calm, Don't Overreact
4. Share Your Own Stories
5. Discover the Internet Together
6. Keep it Relevant

TECHNOLOGY 101

TIPS ON HOW TO KEEP YOUR KIDS SAFE ONLINE

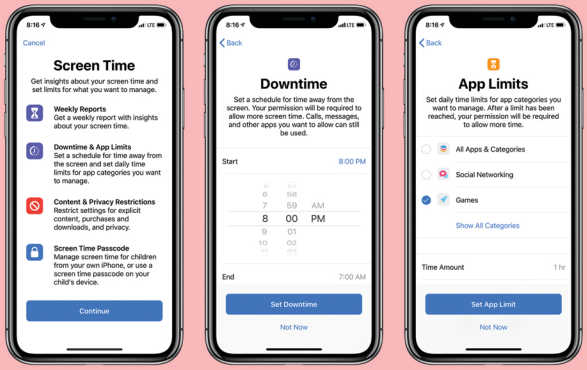
PARENTAL CONTROLS

1. **Set up device-level parental controls on smart phones**
   A. Downtime (no devices overnight)
   B. App limits
   C. Content restrictions
2. **Set up parental controls on gaming systems**
   A. Block games by rating
   B. Restrict communication settings
   C. Limit time spent playing

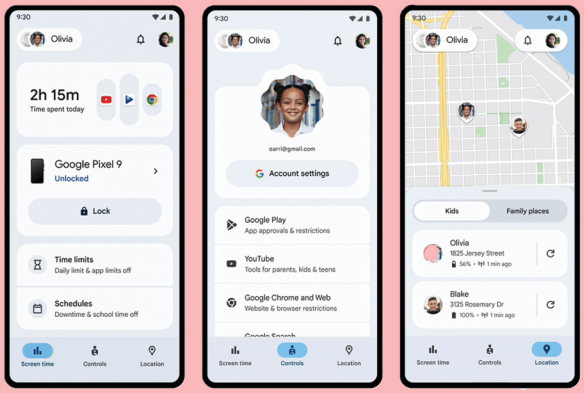
TIP: Stay involved. Know what games/apps your child is using. Monitoring without conversation isn't enough, trust is built through communication.

SETTING SCREEN TIME RESTRICTIONS:

APPLE DEVICES



ANDROID DEVICES



TECHNOLOGY BOUNDARIES

BOUNDARIES TO CONSIDER:

- Make bedrooms & mealtime device-free
- Turn off screens during family time
- Keep expectations consistent
- Create rules WITH your child
- Count educational screen time separately from recreational screen time *(Passive entertainment vs. purposeful learning)*

TIP: Focus on routines, rather than punishment. Frame this as building healthy habits, not restricting fun.

MAXIMUM RECREATIONAL SCREEN TIME

These are guidelines, not rules. Parents know their children best and may feel they need more or less time.

GRADES K-2: 1 Hour Each Day

Quality and co-viewing matter most. Watch together and talk about what they're seeing.

GRADES 3-5: 1.5 Hours Each Day

This is a good age to introduce a family media plan and involve kids in setting their own screen boundaries.

GRADES 6-8: 2 Hours Each Day

When social media enters the picture, the conversation shifts from "how long" to "what are you doing online and with whom."

GRADES 9-12: No Fixed Limit

The goal is self-regulation, not policing. Help them audit their own habits against sleep, mood, grades, and relationships.