Recommended* Parental Control Apps/Software

Screen Time   Android, iOS, Amazon

Set time limits for your children's devices from your phone or any browser. Set bedtime and school time restrictions for specific apps. Use your phone or tablet to pause your child's device or give Bonus time. Create fun check lists of things you would like children to do or learn and motivate them with rewards. Plus more.

Basic Version   free
Premium subscription   £2.99 per month
https://screentimelabs.com/

Kidslox   Android, iOS, Amazon

Block inappropriate apps from the device when your child is using it. Set regular device schedules to automatically block or unblock your child's device at the required time. Lock your child's device remotely with the flick of a switch. See how your child is using their device with Kidslox session statistics. Set up custom restriction profiles so that allow your child to access only the apps and phone functions you want.

free 14 day trial
$2.99 per month or $29.99 per year
https://kidslox.com/en/

Our Pact   iOS, Android (through web app)

Set limits on how much time your children are spending on their mobile devices. Create schedules, block all Internet and app use at a moment's notice or reward them with the allowance feature. Balance the risks and rewards of iOS and Android technology for your family.

Basic Version   free
Prmium Version $1.99 per month
http://ourpact.com/

Mobicip   multi platform

Create a safe experience for your family on all types of devices and computers. Enable age-appropriate settings and time limits. Monitor Internet use and app installs. Stay in touch via web, email and app notifications. Enable healthy conversation.

Basic version   free
Premium version $39.99 per year
http://www.mobicip.com/

*These Apps have been recommended by parents attending E Safety sessions delivered by Harrap Education.

HARRAP EDUCATION   www.harrap.it/education

Useful links for parents

Advice and Resources

Think U Know	www.thinkuknow.co.uk/parents/
Childnet International	www.childnet.com/resources/know-it-all-for-parents
BBC	http://www.bbc.co.uk/guides/zs83tyc
Kidsmart	www.kidsmart.org.uk/parents
Safer Internet Centre	www.saferinternet.org.uk/parents-and-carers
NSPCC	http://www.nspcc.org.uk
E-Safety	www.whoishostingthis.com/resources/e-safety/
Get Safe Online	www.getsafeonline.org

Reporting

CEOP	www.ceop.police.uk/
Report Illegal Content	www.iwf.org.uk

Parental Control

iPad / iPhone	support.apple.com/en-gb/HT201304
BT	home.bt.com
Sky Broadband Shield	www.sky.com/broadband-shield
Talk Talk	http://parentalcontrols-on.org/TalkTalk
Virgin Media	my.virginmedia.com/protect-family/safetynet
Windows Safe Set Up	account.microsoft.com/family/about
Vodafone	www.vodafone.com/content/parents.html/

Social Media

Instagram	help.instagram.com/154475974694511/
Snap Chat	https://www.snapchat.com/safety
YouTube	www.youtube.com/watch?v=u00yKwGFpS0
Twitter	https://about.twitter.com/safety/families
Facebook	www.facebook.com/safety
ooVoo	https://oovoo.zendesk.com/hc/en-us/articles/231752727-How-can-I-manage-my-child-s-ooVoo-account-
Skype	https://support.skype.com/en/faq/FA10548/what-security-measures-do-you-have-in-place-to-help-protect-children-on-skype

Videos

CEOP You Tube Channel	https://www.youtube.com/user/ceop/videos

Videos for Parents

Cyberbullying	https://www.youtube.com/watch?v=5yVE0XszE3A
Grooming	https://www.youtube.com/watch?v=Pt-9NI1qCKI
Pornography	https://www.youtube.com/watch?v=KlEYwjdjVcw
Gaming	https://www.youtube.com/watch?v=ZxxeOL4-xTQ
Social Networking	https://www.youtube.com/watch?v=aAprRXbQMTE

Videos for Children

Y 1/2 Lee & Kim	https://www.youtube.com/watch?v=5yVE0XszE3A
Yr 3/4 Kara & Winston	https://www.youtube.com/watch?v=6RdEVRpTMR4
Yr 5/6 Jigsaw	https://www.youtube.com/watch?v=_o8auwnJtqE&t=11s

HARRAP EDUCATION

www.harrap.it/education

Creating a family media plan

provides families the opportunity to create their own media plan to help parents and children decide on sensible limits for online (and offline) usage.

Separate plans can be created for each individual child in the family and are based on the age ranges 18-24 months, 2-5 years, 6-12 years, 13-18 years. The site is from the American Academy of Paediatrics, (so far there doesn't seem to be an equivalent UK based service).

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Media should work for you & work within your family values & parenting style. When media is used thoughtfully & appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep.

By creating a Personalized Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & users to think about what they want those purposes to be. The tool below will help you to think about media & create goals & rules that are in line with your family's values.

To make YOUR family's Media Use Plan, start by entering your family's information. This information will remain private and confidential.

Visit https://www.healthychildren.org/English/media/Pages/default.aspx#home

Create Your Family Media Plan ➡	Media Time Calculator ➡

Edwards Family Media Plan

Olivia
6-12 years

Screen Free Zones

Having areas of your home remain screen-free is important. Select from the list below & add them to your Family Media Plan to make sure your children understand where screens are not allowed. Add any other screen free areas that are specific to your family.

Mobile devices & TVs are not allowed in the following screen-free zones in our home:

- ✓ Kitchen or dining room table
- ✓ Bedroom

Screen Free Times

As part of the daily routine, make devices like TVs, phones, computers, games or other electronics off limits at specific times. Dinnertime & before bedtime are important ones, but more extended breaks from technology each day may also be needed, especially for families with very young children.

We will not use mobile devices or other screens during the following times:

- ✓ One hour before bed
- ✓ Meal times
- ✓ While walking across the street
- ✓ While in the car, except for long trips

THIS EXAMPLE SHOWS PART OF THE FIRST PAGE