BREAKTHRU

Articles/Books Worth Reading

- Screens & Depression
  - https://churchleaders.com/youth/youth-leaders-articles/310533-the-danger-more-pressing-than-sex-and-drugs-in-your-youth-group-smarphones.html
  - *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*, Catherine Steiner-Adair.
- Screens & School
  - http://time.com/3855257/cell-phone-ban-school-test-score/
  - https://er.educause.edu/articles/2015/9/paper-or-tablet-reading-recall-and-comprehension
  - *The Shallows: What the Internet is Doing to Our Brains*, Nicholas Carr
- Pornography
  - https://www.acpeds.org/the-college-speaks/position-statements/the-impact-of-pornography-on-children
  - https://www.psychologytoday.com/blog/experimentations/201707/pornography-and-broken-relationships

BREAKTHRU

Your Solution to All Screen Problems

The Reality

- Screens are an integral part of our modern world. We can't run and hide from them, so how do we protect our children and teach them to correctly engage?

Four Keys to Teens & Technology

- Check Yourself in the Mirror
- Continually Engage in a Conversation
- Become Tech Savvy (or at least not clueless)
- Set Standard's Based on God's Principles, not the World's

BREAKTHRU

BREAKTHRU

Gary Varvel
© 2015 INDYSTAR CREATORS.COM
CAUTION
CHILDREN PLAYING
garyvarvel.com

Joe Hughes
CIO of my own little company:
I have a Mobile Device Management problem

- 2 iPhones / 2 Android Phones
- 1 android tablet, 1 iPad, 1 Amazon Kindle
- 1 Xbox, 1 Wii U
- 3 home computer
- 2 Television with Verizon
- 1 wonderful wife
- 3 children

I paid for “children” devices
because I own them and control them

Toddlers' screen time linked

www.pbs.org/newshour/rundown/toddlers-screen-time-linked-slower-speech-development-study-finds/

Most Visited | New Tab | Latest Headlines | Bookmark to Jive | Spark | VS | New Tab | CCW | Java Web Progra... | App Dash

PBS NEWSHOUR

SUBSCRIB

THE RUNDOWN

A BLOG OF NEWS AND INSIGHT

HEALTH SUPREME COURT VOTE 2016

HEALTH

Toddlers' screen time linked to slower speech development, study finds

55210

EMAIL

BY NSIKAN AKPAN *May 4, 2017 at 6:20 PM EDT*

A new study found children who spent more time with hand-held screens were more likely to exhibit a delay in expressive speech. Photo by triloks/via Getty Images

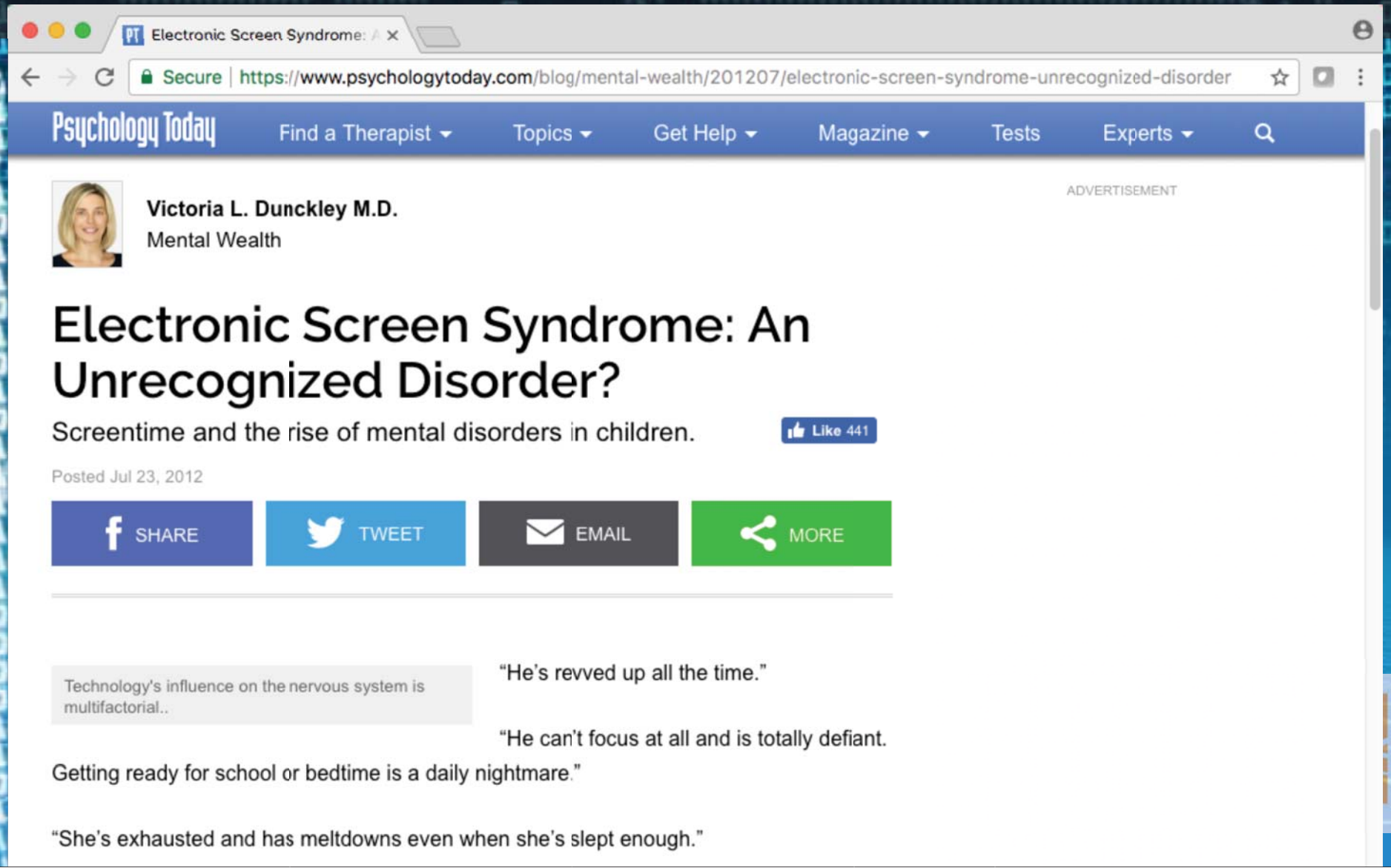
BREAKTHRU

The Problem: The Digital Drug

- *"We now know that those iPads, smartphones and Xboxes are a form of digital drug. Recent brain imaging research is showing that they affect the brain's frontal cortex — which controls executive functioning, including impulse control — in exactly the same way that cocaine does. "*

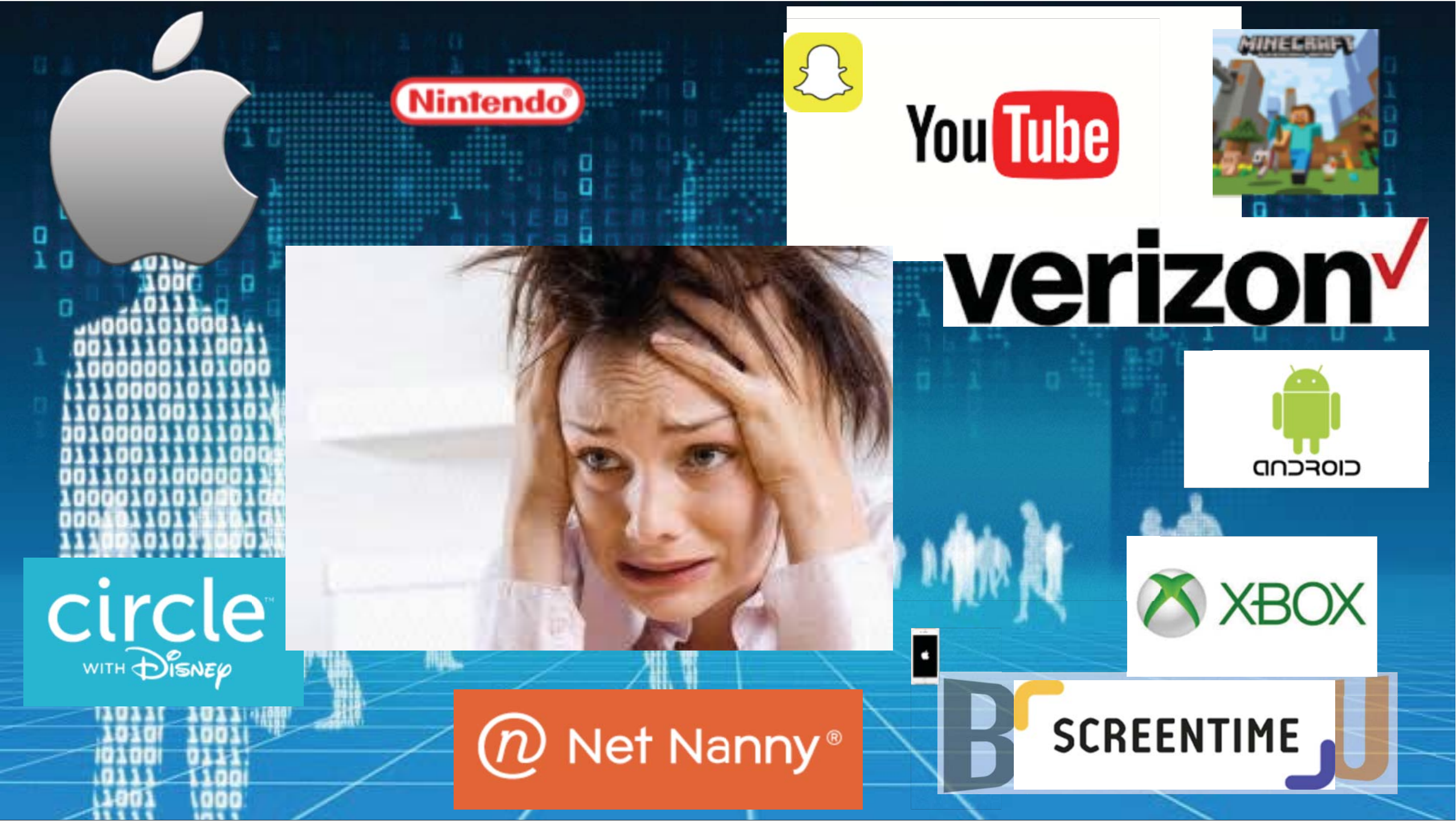
Dr. Nicholas Kardaras – NY Post Article Aug 27, 2016

My Concerns with Screen: Quantity and Quality



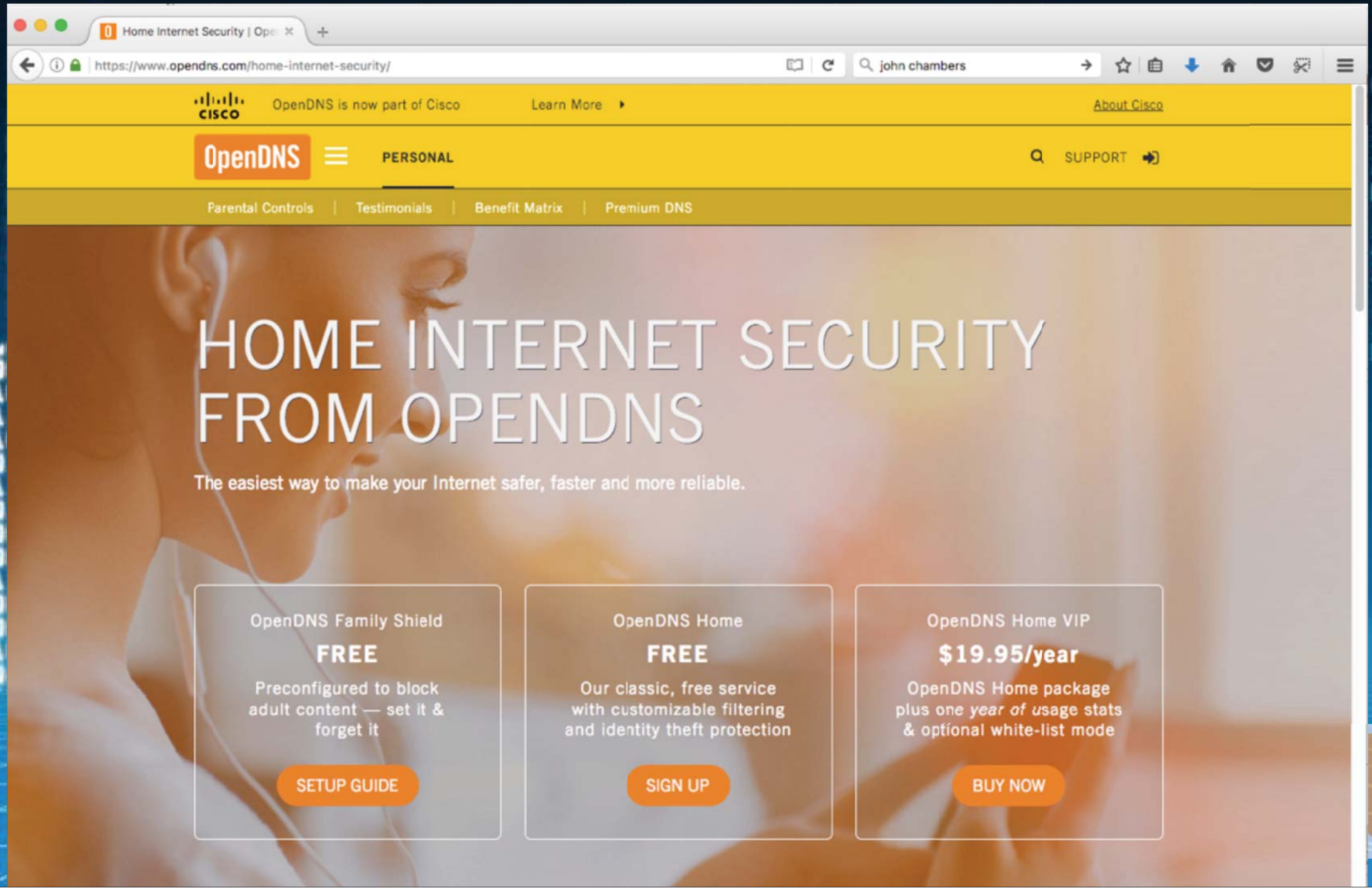
Policy and Procedures

- Keep screen devices out of bed rooms
- Phones and tablets should be charged on middle floor – physical locked if necessary
- PC/Mac should be in public area
- Play games, card games, board games, or sports with your child


Nintendo
YouTube
MINECRAFT
verizon
android
circle
WITH Disney
XBOX
Net Nanny®
SCREENTIME

Outline of What I Do

1) Setup OpenDNS home router
2) Disney Circle
3) Limit screen time on Mac or PC:
   - Windows 10 Parental controls
   - Windows 7 - use TimesUpKidz
   - Mac – Parental Controls
4) Manage mobile devices
   - Android: Screen Time labs
   - Optionally - iPhone: Disney Circle Go + iPhone Restrictions


Home Internet Security | Ope
https://www.opendns.com/home-internet-security/
john chambers
cisco
OpenDNS is now part of Cisco
Learn More
About Cisco
OpenDNS
PERSONAL
SUPPORT
Parental Controls
Testimonials
Benefit Matrix
Premium DNS
HOME INTERNET SECURITY FROM OPENDNS
The easiest way to make your Internet safer, faster and more reliable.
OpenDNS Family Shield
FREE
Preconfigured to block adult content — set it & forget it
SETUP GUIDE
OpenDNS Home
FREE
Our classic, free service with customizable filtering and identity theft protection
SIGN UP
OpenDNS Home VIP
$19.95/year
OpenDNS Home package plus one year of usage stats & optional white-list mode
BUY NOW

OpenDNS - Home or Family Shield

- Pros:
  - **Free**
  - Blocks unfavorable Web sites – porn, gambling, malware etc
  - Runs on your home router/WiFi
  - Protects every device that connects to your home internet via DNS for web access
- Cons:
  - Does not protect mobile/4G devices (devices off your network)
  - Does nothing for Social Media or Chat applications
  - Does not implement time limits
  - Easy to circumvent
  - Does not filter Google searches

OpenDNS - Setup on Your Home Router

FIOS Quantum Gateway G110 | Setup Guide | OpenDNS | OpenDNS Dashboard > Settir | Smart Devices – OpenDNS | New Tab

https://support.opendns.com/hc/en-us/articles/228008607

john chambers

OpenDNS

Community Submit a request joehva

OpenDNS > OpenDNS Device Configuration > Individual Router Configurations

Search

Articles in this section

- Arris SBG6782 Configuration
- Generic Buffalo Router
- CenturyLink ZyXEL C1100Z
- D-Link DIR-890L AC3200 Ultra Wi-Fi Router
- Buffalo Airstation WZR-1750DHP / WZR-1166DHP Configuration
- Fritzbox 7390

FIOS Quantum Gateway G1100

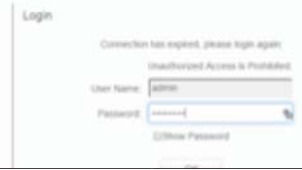
FIOS Quantum Gateway G1100

Kristy Patullo
Updated 4 months ago

Follow

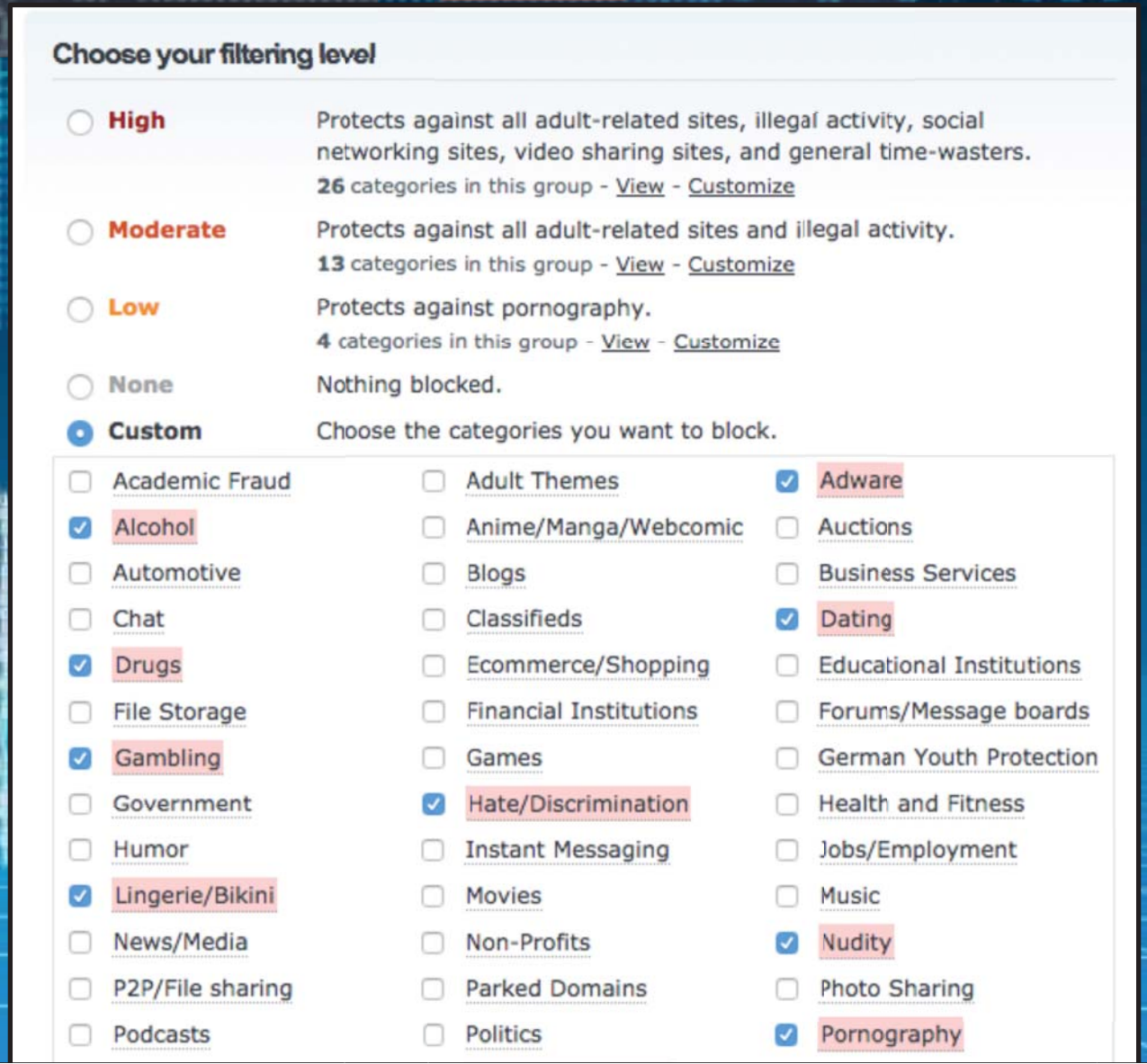
1. Access the router's browser-based utility.

Log into your router's browser-based utility by entering http://myfiosgateway.com into a browser. Enter the admin password (printed on the side of your gateway device) to authenticate:



OpenDNS Home or Family Shield

- Add OpenDNS Home (free)
  - One setting for all users
  - Recommended as the easiest setup
  - No account required
- OpenDNS Family Shield (free)
  - Granular Controls
  - Recommended for those who want granular controls
  - https://www.opendns.com/ or https://www.opendns.com/home-internet-security/



Disney Circle & Circle Go

The smart way for families to manage content and time online, on any device

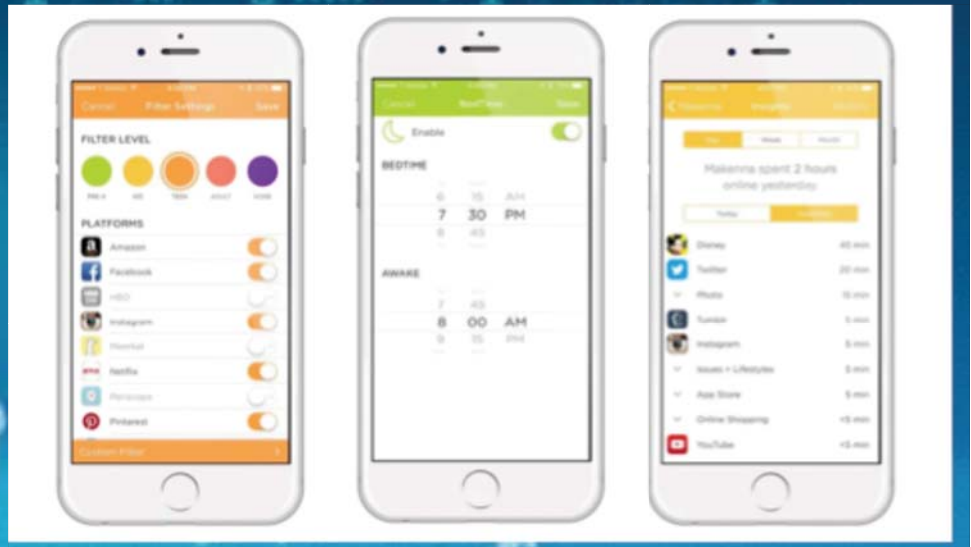
Learn More ›

WATCH VIDEO BUY CIRCLE

Available on the App Store AVAILABLE ON Google Play

circle with Disney

- Cost: $99
- Amazing little device that runs on your home WiFi
- Pros:
  - Designed to be easy to setup
  - Nothing to install on your computers or mobile devices (except for management)
  - Management app runs on iPhone or Android
  - Manages internet traffic for all devices on your Home network
  - Forces Google & Bing into safe search mode
- Cons:
  - Only manages internet traffic
  - Does not manage screen time for non-internet traffic application
  - Does not understand who is logged into a computer
  - Can slow down network *(Plug directly into router if this is an issue)*
  - Does not manage traffic on 4G *(see Circle Go)*



BREAKTHRU

Google is not your child's friend -

- Google SafeSearch is OFF by default
- Sign into a Google account and turn SafeSearch: On
- Circumvent SafeSeach by:
  - Signing out of Google
  - Using **Incognito Mode** (Chrome), **Private Window** (Firefox), **InPrivate** (Edge)
- Circle can force SafeSearch to On for Google and Bing
  - Cons: Yahoo search gets blocked

Disney Circle Go

- $5/month for up to 10 mobile devices
- Extends Disney Circle to mobile devices
- Requires purchase of Disney Circle
- Works on iPhone & Android
- Cons:
  - Only limits Apps that connect to the internet
  - VPN when it goes off your home network, this eats battery life
  - Easily uninstalled by your teenager (you will get a notification)
  - *Disney Go works the same on Android or iPhone devices*

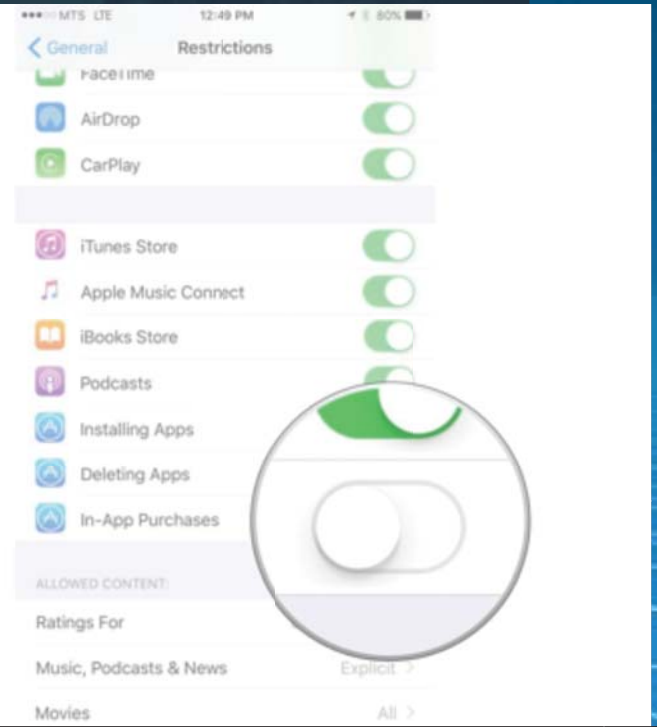
VS
SAMSUNG
BREAKTHRU

iPhone vs Android

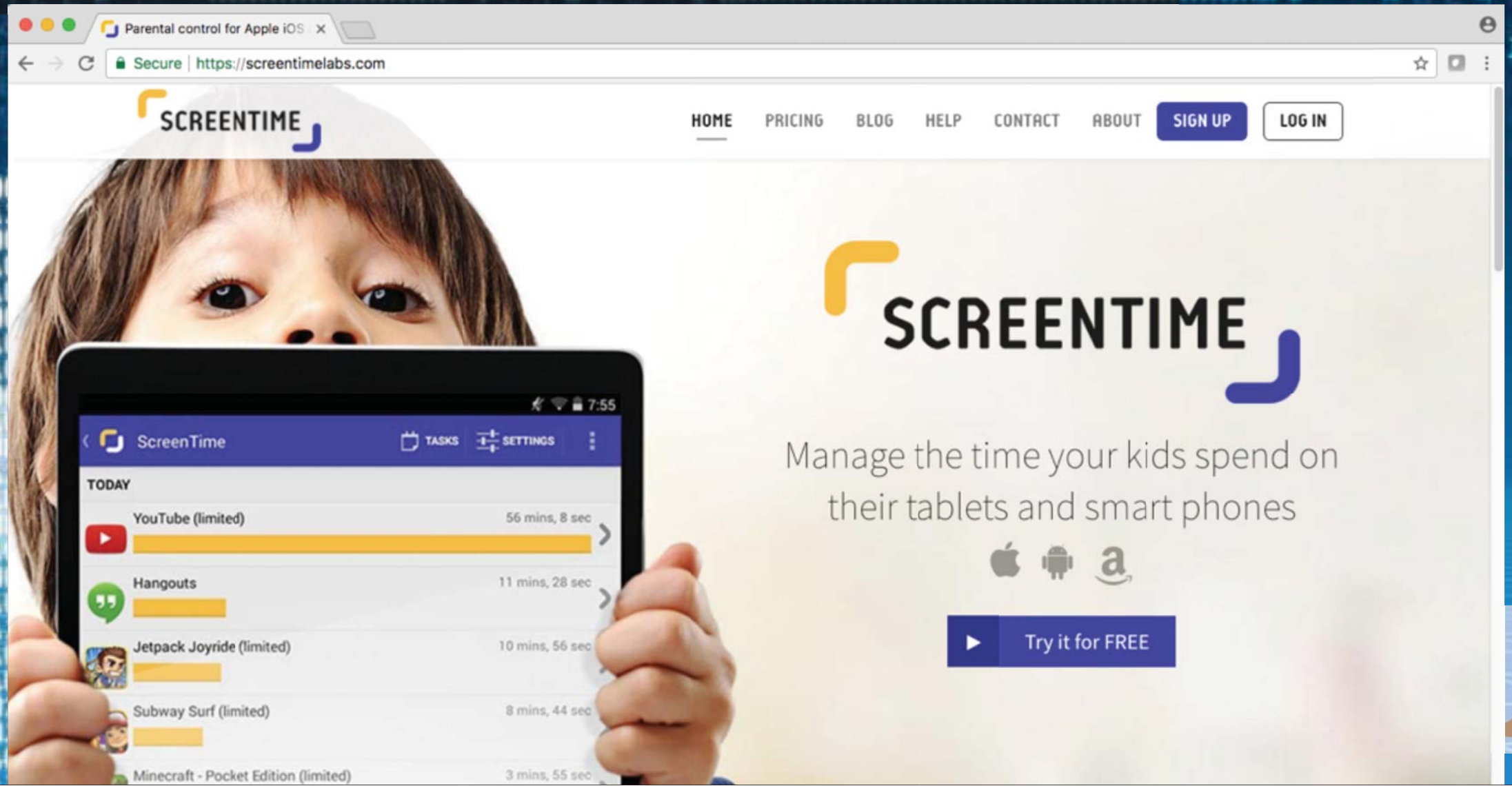
- For you: iPhone *(or Android)*
- For your kids: Android
- iPhone Cons:
  - Mobile Device Management (MDM) interface for programmeers designed for business needs, not parental needs
  - Apple is concerned about individual privacy
  - No granular control of apps
  - No granular ability to see which App your child is using for how long
- Android Pros:
  - Google/Android is less concerned about end user privacy, so MDM is more powerful
  - MDM can measure individual App usage
  - MDM can limit the usage of certain app

iPhone/iPad

- Turn on Restrictions
  - Don’t allow installation of apps
  - Settings → General → Restrictions → Enable Restrictions
- Install Circle Go or similar solution



Android: Screen Time Labs



Screen Time Labs

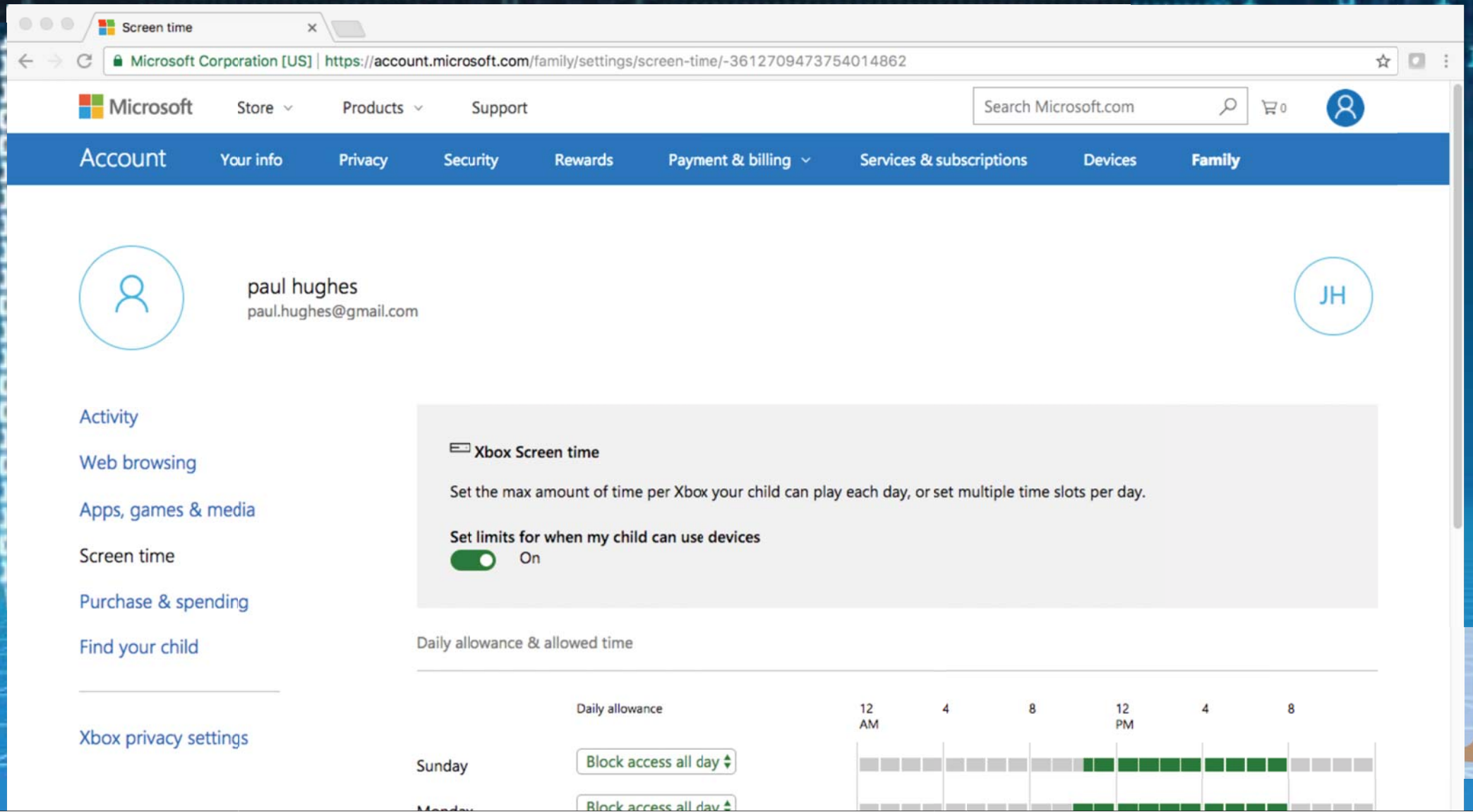
- Screen Time – Allow granular control
- Allow or Disallow apps to be installed
- Time Limits
  - Bed Time, School Time
  - Pause/Play
  - Total time per a day
  - Leave certain apps comp
- Monitors apps, even if they don't require network connectivity
- Best for Android, not so good for iPhones/iPads
- Cost: $40/year or $4/month for unlimited devices

BREAKTHRU

Screen Time Labs

- Pros:
  - Granular control on Android devices
  - Get daily reports on your child's screen usage
  - Does not run a VPN on Android (better battery life)
  - Parental controls available on iPhone, Android or Web
  - Group apps for best management:
    - School Time Blocker: Allow Calculator, Dictionary and Kahoot!
  - Can't be uninstalled by child
- Cons:
  - No PC/Mac app
  - No filtering involved (install a "Safer Browser")
  - Only monitors websites if Chrome is set to default
  - No geolocation tracking / no bread crumbs
  - Android works very differently than iPhone

Windows 10 - Parental Controls



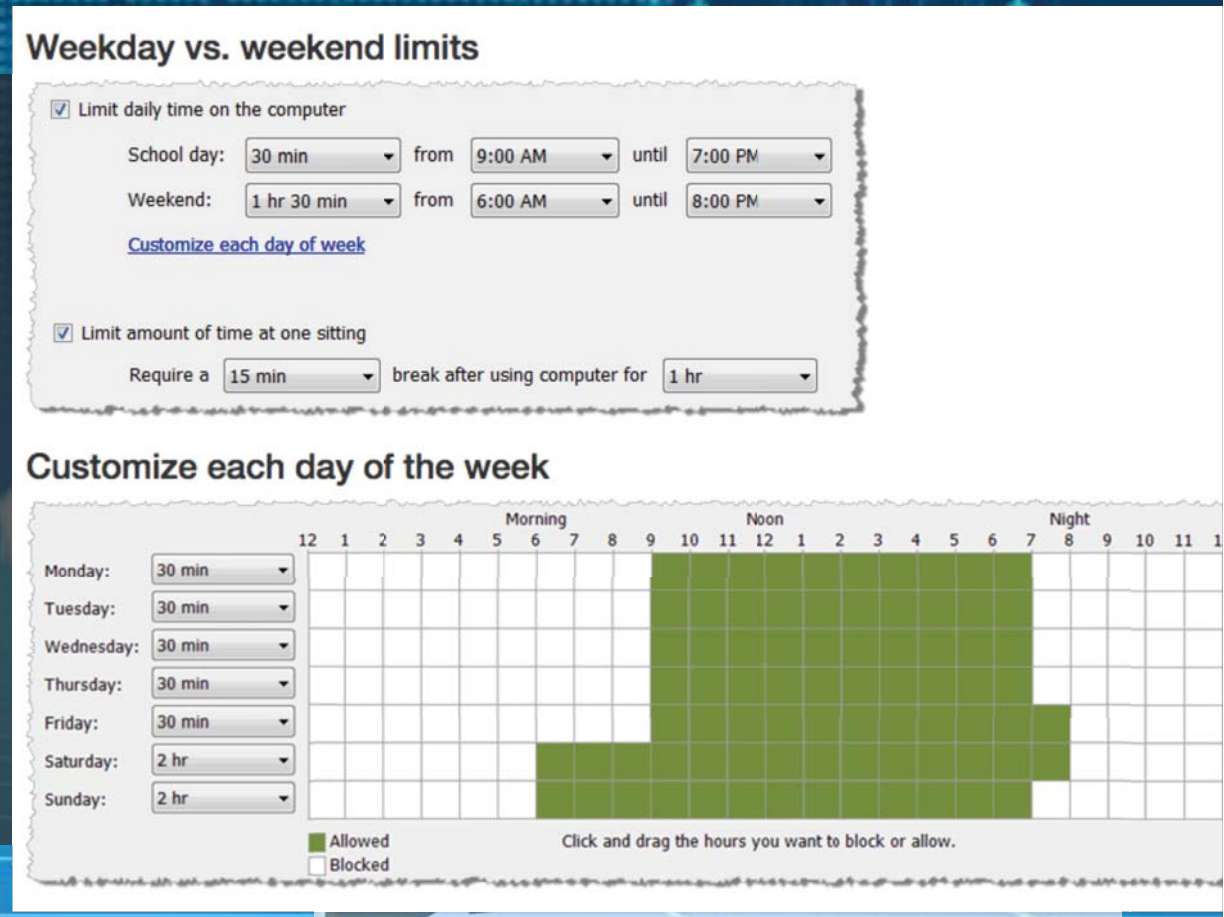
Windows 10 - Parental Controls

- Pros:
  - Cost: Free
  - Limits screen time
  - Works on Windows 10 and Xbox
  - Each child has an individual account
  - Can be managed remotely
- Cons:
  - Does not cover Windows 7, Mac, Android or iPhone
  - Not robust
  - Xbox time and Windows 10 usage are separate and not cumulative
  - All usage is treated the same

TimesUpKidz

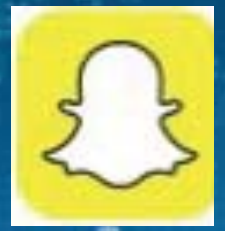
TimesUpKidz!
End the fight over computer time

- Limits Screen Time at the PC
- Runs on Windows XP/Vista/7/8/10
- Each child uses their Windows logon
- $30 one time fee
- Cons:
  - No filtering or monitoring
  - Not remotely managed, parents need to logon to PC to change/add time



Quality: Social Media

- If allowed – make sure to have your child's usernames and passwords
- Cons:
  - Kids can create additional accounts you don't know about
  - Check their accounts regularly
  - Avoid apps with disappearing images (Snap Chat)



Questions?

- Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.

  ~ 1 John 2:15

BREAKTHRU

If All Else Fails…

BREAKTHRU