

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>

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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

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gary varvel
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CREATORS.COM



garyvarvel.com

IRU

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 : X

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 SUBSCRIBE

THE RUNDOWN A BLOG OF NEWS AND INSIGHT

HEALTH SUPREME COURT VOTE 2016

HEALTH

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

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

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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

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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

PT Electronic Screen Syndrome: / x

Secure | <https://www.psychologytoday.com/blog/mental-wealth/201207/electronic-screen-syndrome-unrecognized-disorder>

Psychology Today Find a Therapist Topics Get Help Magazine Tests Experts

Victoria L. Dunckley M.D.
Mental Wealth

ADVERTISEMENT

Electronic Screen Syndrome: An Unrecognized Disorder?

Screen time and the rise of mental disorders in children. Like 441

Posted Jul 23, 2012

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Technology's influence on the nervous system is multifactorial..

"He's revved up all the time."

"He can't focus at all and is totally defiant."

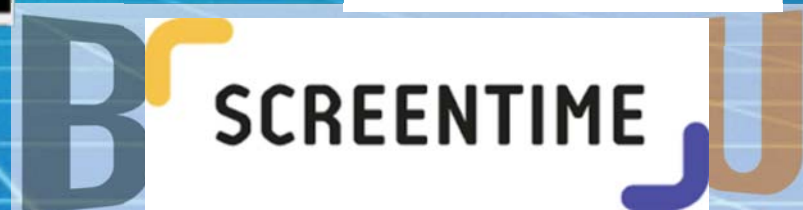
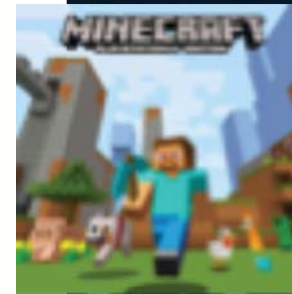
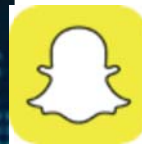
Getting ready for school or bedtime is a daily nightmare."

"She's exhausted and has meltdowns even when she's slept enough."

Policy and Procedures

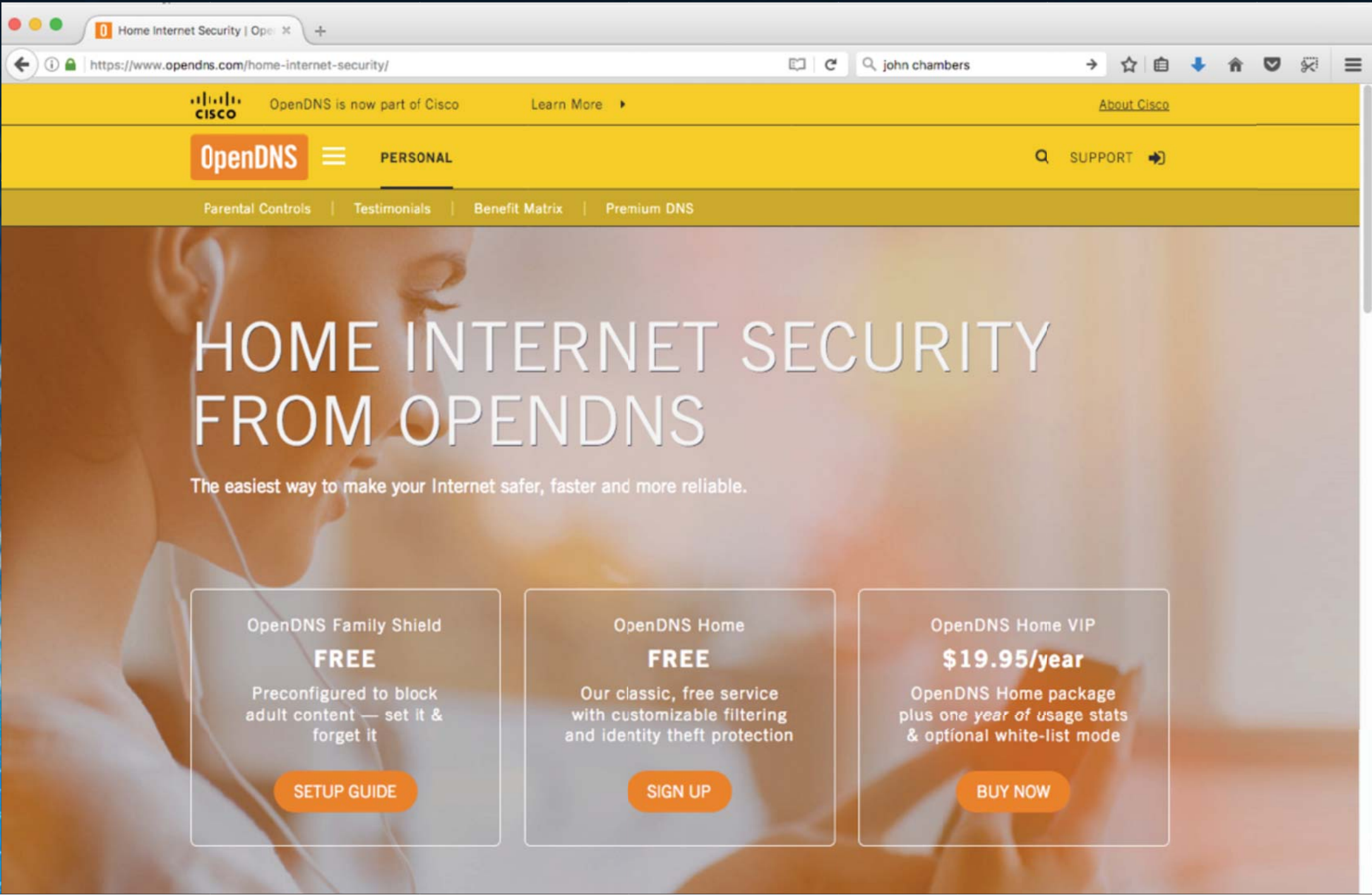
- Keep screen devices out of bed rooms
- Phones and tablets should be charged on middle floor – physical locked if necessary
- PC/Mac should be in public area
- Play games, card games, board games, or sports with your child





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 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

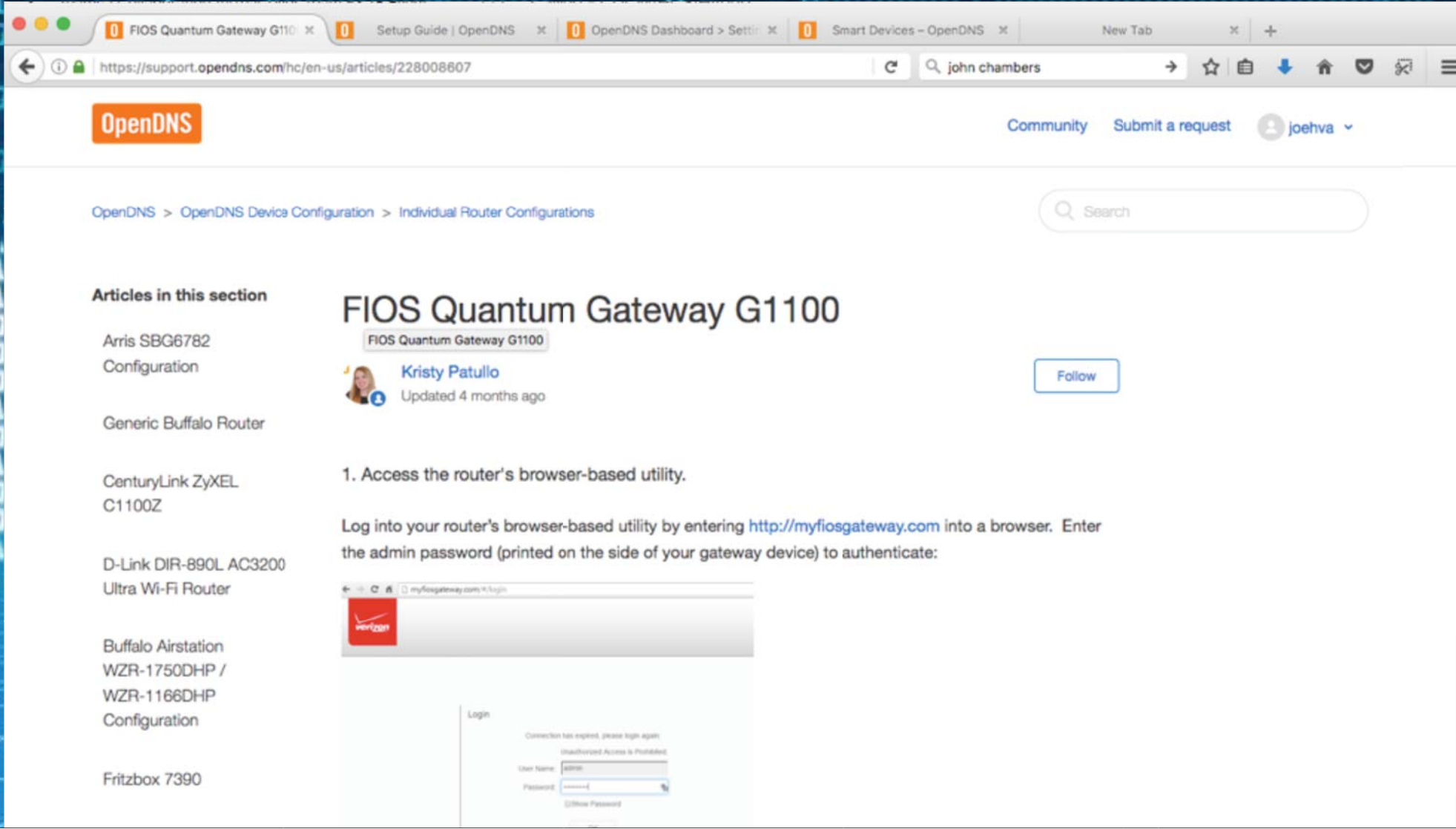
OpenDNS - Home or Family Shield

OpenDNS

- 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

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OpenDNS - Setup on Your Home Router



The screenshot shows a web browser window with the OpenDNS support page. The browser's address bar shows the URL <https://support.opendns.com/hc/en-us/articles/228008607>. The page header includes the OpenDNS logo, navigation links for 'Community' and 'Submit a request', and a user profile for 'joehva'. The breadcrumb trail indicates the path: 'OpenDNS > OpenDNS Device Configuration > Individual Router Configurations'. A search bar is also present. On the left, a list of articles in this section includes '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', and 'Fritzbox 7390'. The main article is titled 'FIOS Quantum Gateway G1100' and is authored by 'Kristy Patullo', updated 4 months ago. A 'Follow' button is next to the author's name. The article content begins with the instruction: '1. Access the router's browser-based utility.' followed by a paragraph: '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:'. Below this text is a screenshot of a web browser showing the login page for 'myfiosgateway.com'. The page has a Verizon logo and a login form with fields for 'User Name' (containing 'admin') and 'Password'. A message above the form states: 'Connection has expired, please login again. Unauthorized Access is Prohibited.' There is also a 'Forgot Password' link.

OpenDNS

Community Submit a request joehva

OpenDNS > OpenDNS Device Configuration > Individual Router Configurations

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:

myfiosgateway.com/login

Verizon

Login

Connection has expired, please login again.
Unauthorized Access is Prohibited.

User Name: admin

Password: [masked]

[Forgot Password](#)

OpenDNS Home or Family Shield

OpenDNS

- 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/>

Choose your filtering level

- ☐ **High** Protects against all adult-related sites, illegal activity, social networking sites, video sharing sites, and general time-wasters. 26 categories in this group - [View](#) - [Customize](#)
- ☐ **Moderate** Protects against all adult-related sites and illegal activity. 13 categories in this group - [View](#) - [Customize](#)
- ☐ **Low** Protects against pornography. 4 categories in this group - [View](#) - [Customize](#)
- ☐ **None** Nothing blocked.
- ☒ **Custom** Choose the categories you want to block.
- | | | |
|---|---|---|
| <input type="checkbox"/> Academic Fraud | <input type="checkbox"/> Adult Themes | <input checked="" type="checkbox"/> Adware |
| <input checked="" type="checkbox"/> Alcohol | <input type="checkbox"/> Anime/Manga/Webcomic | <input type="checkbox"/> Auctions |
| <input type="checkbox"/> Automotive | <input type="checkbox"/> Blogs | <input type="checkbox"/> Business Services |
| <input type="checkbox"/> Chat | <input type="checkbox"/> Classifieds | <input checked="" type="checkbox"/> Dating |
| <input checked="" type="checkbox"/> Drugs | <input type="checkbox"/> Ecommerce/Shopping | <input type="checkbox"/> Educational Institutions |
| <input type="checkbox"/> File Storage | <input type="checkbox"/> Financial Institutions | <input type="checkbox"/> Forums/Message boards |
| <input checked="" type="checkbox"/> Gambling | <input type="checkbox"/> Games | <input type="checkbox"/> German Youth Protection |
| <input type="checkbox"/> Government | <input checked="" type="checkbox"/> Hate/Discrimination | <input type="checkbox"/> Health and Fitness |
| <input type="checkbox"/> Humor | <input type="checkbox"/> Instant Messaging | <input type="checkbox"/> Jobs/Employment |
| <input checked="" type="checkbox"/> Lingerie/Bikini | <input type="checkbox"/> Movies | <input type="checkbox"/> Music |
| <input type="checkbox"/> News/Media | <input type="checkbox"/> Non-Profits | <input checked="" type="checkbox"/> Nudity |
| <input type="checkbox"/> P2P/File sharing | <input type="checkbox"/> Parked Domains | <input type="checkbox"/> Photo Sharing |
| <input type="checkbox"/> Podcasts | <input type="checkbox"/> Politics | <input checked="" type="checkbox"/> Pornography |

Disney Circle & Circle Go

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

[Learn More >](#)

[WATCH VIDEO](#)

[BUY CIRCLE](#)

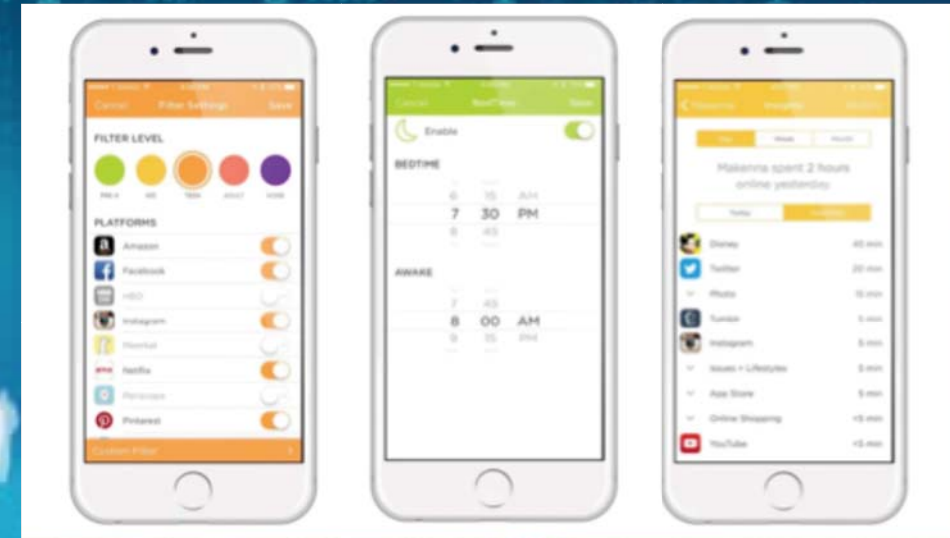


circle

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*)



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Google is not your child's friend -

- Google SafeSearch is OFF by default
- Sign into a Google account and turn SafeSearch: On
- Circumvent SafeSearch 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



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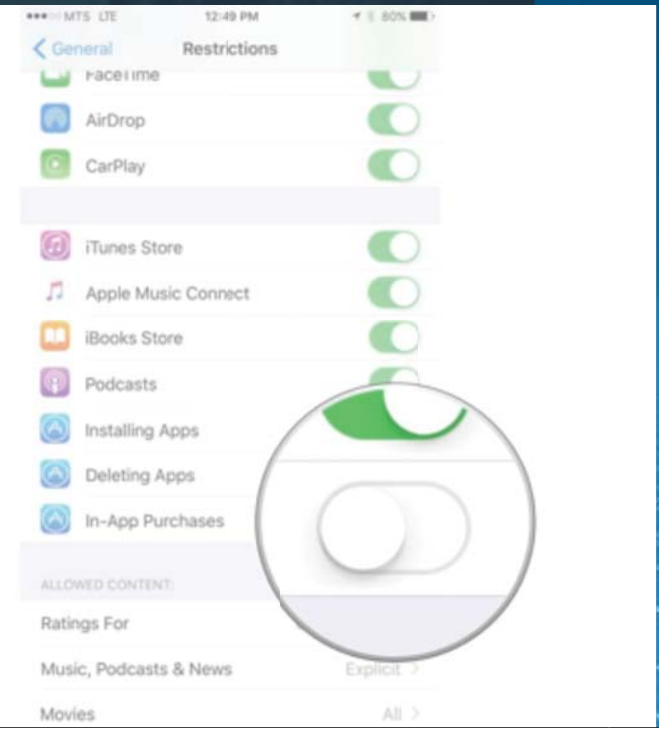
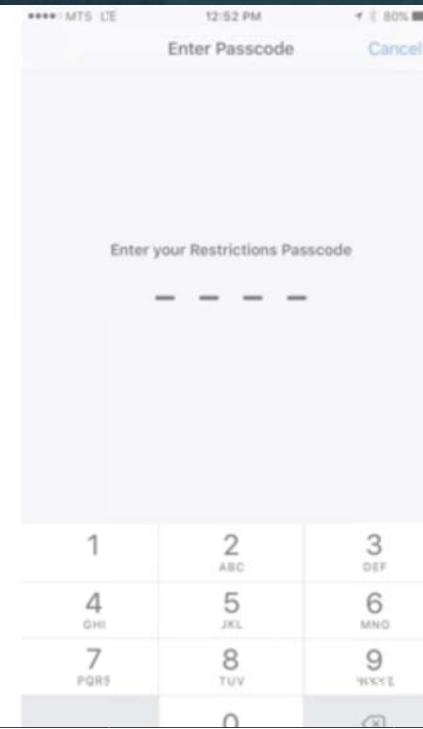
iPhone vs Android

- For you: iPhone (*or Android*)
- For your kids: Android
- iPhone Cons:
 - Mobile Device Management (MDM) interface for programmers 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

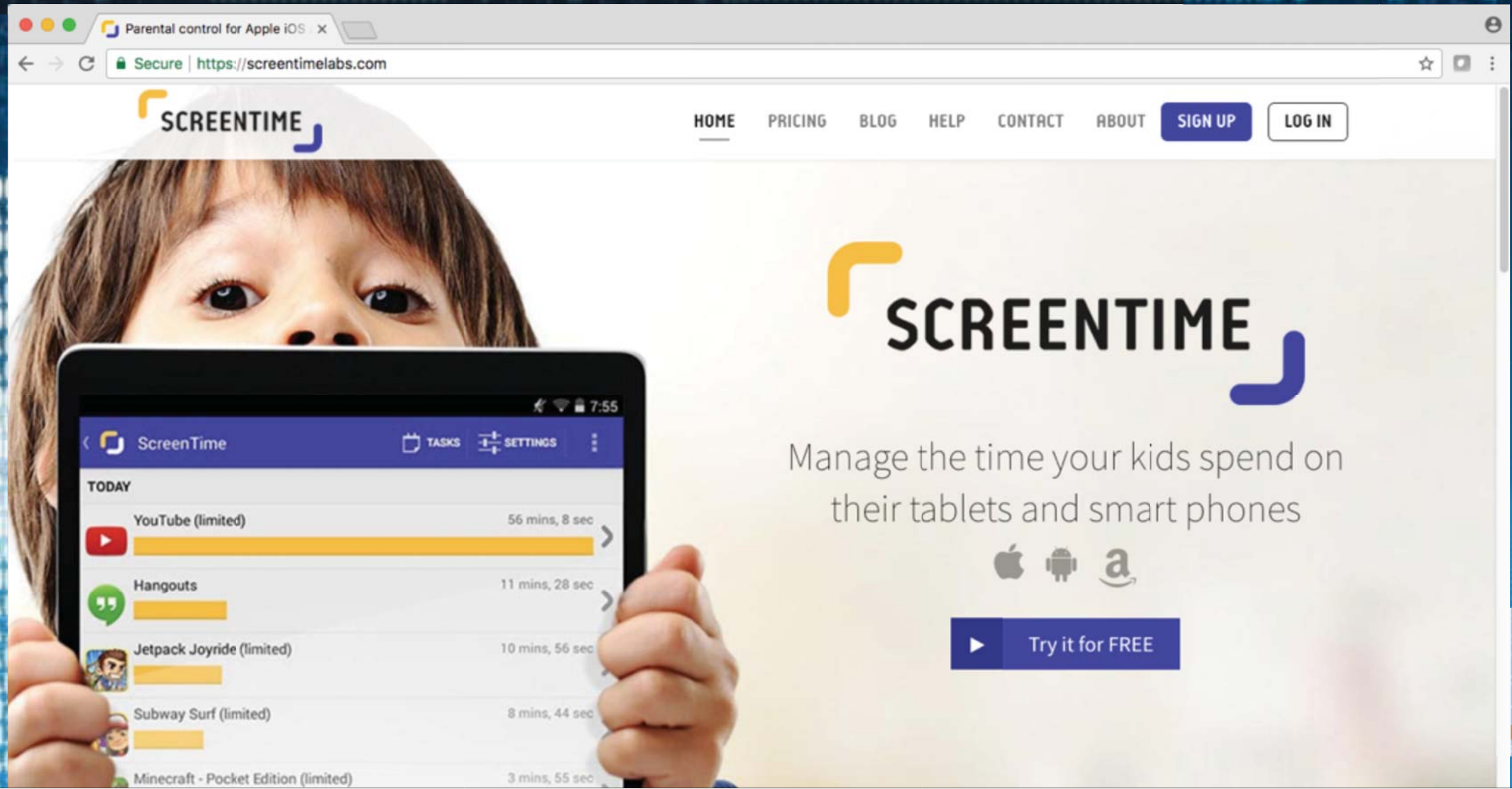
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iPhone/iPad

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



Android: Screen Time Labs



The image shows a browser window displaying the ScreenTime website. The website has a navigation bar with links: HOME, PRICING, BLOG, HELP, CONTACT, ABOUT, SIGN UP, and LOG IN. The main content area features the ScreenTime logo and the text: "Manage the time your kids spend on their tablets and smart phones". Below this text are icons for Apple, Android, and Amazon. A prominent blue button with a play icon and the text "Try it for FREE" is visible. In the foreground, a child's face is partially visible, holding a tablet that displays the ScreenTime app interface. The app interface shows a list of apps with their usage time and progress bars:

App	Usage Time
YouTube (limited)	56 mins, 8 sec
Hangouts	11 mins, 28 sec
Jetpack Joyride (limited)	10 mins, 56 sec
Subway Surf (limited)	8 mins, 44 sec
Minecraft - Pocket Edition (limited)	3 mins, 55 sec

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



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

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Windows 10 - Parental Controls

The screenshot shows the 'Screen time' settings page for a Microsoft account. The browser address bar shows the URL: <https://account.microsoft.com/family/settings/screen-time/-3612709473754014862>. The Microsoft logo and navigation links (Store, Products, Support) are at the top. A search bar and a shopping cart icon are also present. The main navigation bar includes links for Account, Your info, Privacy, Security, Rewards, Payment & billing, Services & subscriptions, Devices, and Family. The user's profile is shown as 'paul hughes' with email 'paul.hughes@gmail.com'. The 'Family' section is active, showing 'Xbox Screen time' settings. A toggle switch for 'Set limits for when my child can use devices' is turned 'On'. Below this, a section titled 'Daily allowance & allowed time' shows a calendar grid for Sunday and Monday. The grid has columns for time slots: 12 AM, 4, 8, 12 PM, 4, and 8. The 'Block access all day' button is visible for both days.

Screen time

Microsoft Corporation [US] | <https://account.microsoft.com/family/settings/screen-time/-3612709473754014862>

Microsoft Store Products Support

Search Microsoft.com

Account Your info Privacy Security Rewards Payment & billing Services & subscriptions Devices Family

paul hughes
paul.hughes@gmail.com

JH

Activity

Web browsing

Apps, games & media

Screen time

Purchase & spending

Find your child

Xbox privacy settings

Xbox Screen time

Set the max amount of time per Xbox your child can play each day, or set multiple time slots per day.

Set limits for when my child can use devices

On

Daily allowance & allowed time

Daily allowance

12 AM 4 8 12 PM 4 8

Sunday Block access all day

Monday Block access all day

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



- 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

Weekday vs. weekend limits

☒ Limit daily time on the computer

School day: 30 min from 9:00 AM until 7:00 PM

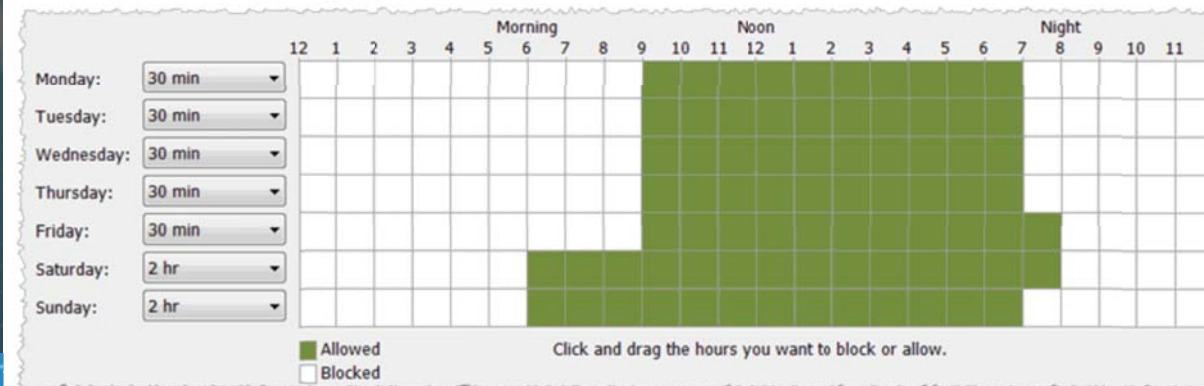
Weekend: 1 hr 30 min from 6:00 AM until 8:00 PM

[Customize each day of week](#)

☒ Limit amount of time at one sitting

Require a 15 min break after using computer for 1 hr

Customize each day of the week



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

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If All Else Fails...



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