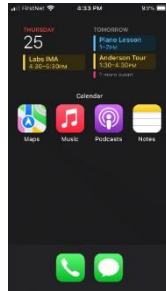
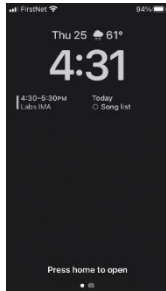


Suggested Ages	<7 years old	7-11 years old	11-14 years old	14-18 years old
Content Filtering	Required: ASUS router w/ AiProtection Pro; alternate is Comcast xFi filtering or OpenDNS enforced filters – its for all ages, even you!			
Computer/Tablet	Shared w/ password access Active & ongoing conversation	Shared without password access; recognizing kids will want their “own” device No cellular data internet. Focused on heart; evaluate apps to engage more conversation		Individual devices/computer No cellular data internet
Mobile Phone	Not recommended*		"Dumb" smartphone or flip phone	Smartphone w/ MDM e.g. Qustodio
Email & Social Media	Block/avoid email and social media via content filtering	Email w/ adult email as recovery account Limited social media w/ supervision Focus on school-driven uses	Build trust around email first before social media. COPPA applies until age 13. Limited social media use	Influencing positive uses of social media and utilize tools and parenting to manage maturity.
Gaming Consoles, Smart TVs, & other internet devices	Non-internet games OK. Internet-enabled games not recommended.	Your discretion; public area; monitor usage. Age-appropriate games. Minimal online gameplay. Review online “friends”. Be aware of fringe communities online!		Influence usage and set time limits.
<p>Goal: Introduce kid(s) to the internet, its usefulness & drawbacks; verify content filter is working; work 1-on-1 to build trust. <u>Content Filtering via Asus AiProtection Pro: \$140 Asus RT-AX5400</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Nominate which parent takes responsibility for researching, implementing, monitoring, documenting, & enforcing safe technology rules. <input type="checkbox"/> Make a list of devices that access the internet; where are they? Who uses them? Are parental controls enabled, if appropriate? Check their effectiveness (e.g. were they disabled?). <input type="checkbox"/> iPad, old smartphones, computers shared in common area of the house with password; only to be used with parents' permission; do not give the password to your kid(s); access is a privilege. No individual internet devices. <input type="checkbox"/> Recommend a shared home phone. Low-cost option is a VoIP phone (e.g. MagicJack or Ooma) to have a "home" number or "landline". Allows kid(s) to learn how to speak on the phone and a number to provide family where they can reach kid(s). Also, give this number to businesses to minimize junk mobile phone calls & limit tracking. <input type="checkbox"/> Recommend all internet-enabled devices have a pass code/password before use (e.g. gaming console, Smart TV). 	<p>Goal: Providing more access while keeping safe controls in place. Build trust & balanced usage habits. “Social Contract” on privileges, responsibility, & consequences.</p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Not recommended to give a device with cellular data internet access;</u> e.g. iPhone, Android phone, Tablet w/ cellular data. Recommend choosing iOS vs. Android based on what parents use. <input type="checkbox"/> Enable parental controls restricting installing & removing apps. <input type="checkbox"/> Parents link iCloud Family/Google Family. <input type="checkbox"/> Avoid internet-enabled devices in bedrooms or at the dinner table; use primarily in public areas in the home. <input type="checkbox"/> Confirm kids do not know Comcast credentials (bypass via “xfinitywifi”) and no open wifi in neighborhood; if found, contact neighbors. <input type="checkbox"/> Use an electronic password store: LastPass or Dashlane. <input type="checkbox"/> Have a plan for bedrooms, basement, and unmonitored areas for appropriate use. 	<p>Goal: Phone & ongoing dialogue about benefits & dangers in technology. Establish mutual accountability.</p> <ul style="list-style-type: none"> <input type="checkbox"/> E.g. flip phone is \$5/month HelloMobile or prepaid Tracfone. Or “dumbdown” a smartphone with parental controls. Know your options beyond Verizon or AT&T. <input type="checkbox"/> Expanded internet access to include social media. All accounts to be provided by or username/passwords to parents. Ongoing & consistent conversation around appropriate use & the privacy controls in place (e.g. Facebook profiles and who can see it). <input type="checkbox"/> “Documented social media accounts” does not mean you as the parent should be snooping; it is only a way to build implied accountability. E.g. on a monthly basis sit down together on the shared laptop, login with your documented account information. Be a team. 	<p>Goal: Build upon the prior stages. Smartphone responsibility with “full access”. Teach them to filter and manage the challenges of technology on-their-own/at school/with friends.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Manage the smartphone via Mobile Device Management (MDM) platform; e.g. Qustodio or Bar that uses VPN for monitoring. <input type="checkbox"/> Be aware: “heart” issues will not be solved by MDM services! <input type="checkbox"/> Big step into an individual smartphone with cellular data. <input type="checkbox"/> Keep the conversation going. Check browser history, and discuss what is on their social media feeds. Be open with your device use, e.g. jointly review your browser history. 	

PARENTING TECHNOLOGY

“DUMBING” down an iPhone

https://www.reddit.com/r/dumbphones/comments/1awdfks/dumb_iphone_a_guide/



Dumbing down an iPhone is an option vs. a flip phone:

1. Mobile carriers support. Many of affordable **Mobile Virtual Network Operator (MVNO)** carriers only support smartphones—e.g. Xfinity mobile, Mint, Cricket, Visible
2. App selection. iMessage, music, maps.
3. Family calendars. Better camera.

Steps:

1. **Update to the latest OS and security patches.**
2. **Delete all unnecessary apps.** Left with Calendar, Camera, Clock, Contacts, FindMy, Maps, Messages, Music, Notes, FaceTime/Phone, Photos, Settings, Voice Memos, Wallet, and Weather. Still sounds like a lot (~17 apps).
3. **Set up Screen Time.** This lets you hide apps or limit usage. **ONLY PARENTS KNOW THE CODE.**
 - a. Turn that bad boy on. Go to Settings, Content & Privacy Restrictions and turn on.
 - b. In iTunes & App Store Purchase,
 - i. Don't allow installing apps (removes App Store)
 - ii. Allow deleting apps
 - iii. Don't allow in-app purchases
 - c. In Allowed Apps, turn off most. I kept Camera, Wallet, AirDrop. The big one: Safari.
4. **Change some Settings.**
 - a. In General, turn off **background app refresh**. (This improves battery life. In Keyboards, I like to turn off Emojis.
 - b. In **Wallpaper**, I keep a lock screen/wallpaper that's the color #1C1B1D because it blends in with the Calendar widget. I also like the Weather lock screen widget: date & conditions.
 - c. In **Notifications**, do yourself a favor and turn everything off except for Phone and (maybe) Messages.
 - d. In Messages, I like to turn off **Share Name and Photo** and **Show Contact Photos**.
 - e. In Display & Brightness, I like to use **Dark mode** and **Display Zoom** on.
5. **Set up a minimal home screen.** Calendar widget and the apps I use most, with Phone and Messages in the dock. (NOTE: There is no way to disable App Library.)
 - a. I like the idea and look of custom app icons (works with the Shortcuts app to launch apps) but for me it's more work than it's worth.
 - b. Also, sometimes I like to have a wallpaper of Half Dome or the beach. I'm not rigid here. I also don't like anything that is personally identifiable (family photos, example) for privacy reasons.
6. **EDIT: Default Low Power Mode.** Per [this Apple support article](#), I make the following Settings adjustments so that my phone is basically always in Low Power Mode without having to toggle it on after it's been charged past 80%.
 - a. **Display & Brightness > Auto-Lock** set to 30 seconds.
 - b. I keep Siri off.
 - c. **Accessibility > Display & Text Size > Auto-Brightness** I toggle off so that I can keep the display low and turn up manually if necessary.
 - d. In **Accessibility > Motion >** toggle **Reduce Motion** on.
7. Optional: **Set to grayscale.**
8. **Create a “kid” iCloud account (or use your existing iCloud account). Sign into iCloud.** Enforce Find my Phone.
9. **EDIT: Optional:** Turn off **Raise to Wake** (Settings > Display & Brightness) and **Tap to Wake** (Settings > Accessibility > Touch).

I think that's pretty much it... If I find anything else that I changed, I'll edit this post. Please let me know if you've got any other ideas or what you think of this!

