

A Guide to Parental Controls on Devices

Kids with **iPods/iPads/iPhones** can be set up with a child account. The child account is linked to the adult's account, and gives the parent options for setting limits on bedtime, app usage and download, content and privacy, and tracks what kids are doing, for how long, and on what app.

Kids using **Android** products such as Samsung or LG can use Google Family Link to set similar limits as Apple on android devices. Family Link can set bedtimes, screen-time limits, app usage, downloads as well as content such as music, TV and books.

Setting screen limits

Kids today use lots more technology than previous generations, including tablets and cell phones. Health professionals recommend limiting amount of time and content on technology. In response, developers have created built-in options and apps to support limit-setting.



If you have **Telus** internet services, TELUS My Wifi App gives parents the ability to pause the home's wifi, or pause specific phones/tablets/laptops that access the wifi. This option can be scheduled so kids have unavoidable wifi limits. The app also tracks how much wifi a device uses, as well as how much wifi has been used so far in the month.

However, **Telus** internet services do not have a lot of options for blocking inappropriate internet content. Internet filters need to be set on each device/app/internet browser for better results.

Similar to Telus, **Shaw BlueCurve** offers options to pause specific wifi users, or pause wifi for the whole house from the BlueCurve app. Usage can be tracked, set "bedtime" wifi blocking, and settings can be updated, but Shaw BlueCurve also offers better inappropriate content blocking for children.

Shaw BlueCurve allows parents to add devices to specific profiles, and therefore enhance filtering of what content kids can access. This includes more appropriate filtering for search results from Google and Bing.



Third Party Parental Control Apps

The above parental controls come built-in and are no extra cost; however, there are lots of ways around these controls, and the features have limits. Many parents choose an all-in-one third-party app. The apps mentioned below also provide location alerts for when your child has left somewhere they are supposed to be, as well as social media monitoring and one even offers cyber bullying detection and prevention.

Premium - \$139.99 or Bark Jr. - \$69.99 Yearly



Pros: User Friendly
Monitors the top 12 social media sites, emails, and texts, as well as web-filters, content blocks, and location tracks

Cons: Expensive
Web-filtering presets are not customizable

Cyberbullying prevention and real time alert system

Works on PCs, Macs, and all mobile devices

Free, \$76.99 or \$195.99 yearly



Pros: User friendly
Advanced web-filtering, location tracking, and social media & screen-time monitoring

Cons: Limits on IOS
Not compatible with some antivirus software
Free option limited & paid versions expensive

Available for PC/Mac, Amazon, mobile & tablet platforms

6 month free trial, then \$55.99 yearly



Pros: No limit to number of devices on account
App/text blocking and device shut down
Active time, Facebook, messaging & browser monitoring & filtering.

Cons: Android Only
Time limits are set per device

Free or \$20.99 yearly



Pros: Quality free option, and most affordable premium option
No limit to number of devices on account & flexible settings
Monitors PC, Mac and mobile devices

Cons: Limits on IOS & social media monitoring
Allegations of data collection and storage

\$33.38 or \$117.27 yearly



Pros: User friendly
Encourages collaborative boundary setting with youth.
Sophisticated web-filtering on select browsers, location tracking & monitoring options

Cons: Limits on IOS
Easily disabled
Constant data/internet connection required

