

## PARENT RESOURCES

### PARENTING APPS

Mobile phones, tablets and computers can all be configured with parental controls. Whether your goal is to block certain content, set time parameters or just be mindful of usage, a variety of apps and programs are available.

### MONITORING & BLOCKING

[OurPact](#) - Mobile guidance for your family, available for iOS and Android  
[Screen Time](#) - Parental controls for iOS, Android and Kindle devices  
[Circle with Disney](#) - Parents can filter content, limit screen time and set a bedtime for every device in the home.  
[Curbi](#) - Parental controls for Android and Apple mobile devices  
[ParentKit](#) - Control and schedule what is on your child's iPod, iPad or iPhone  
[NetSanity](#) - Parental controls for iOS  
[FamilyTime](#) - Parental controls for iOS and Android  
[Net Nanny](#) - Parental controls for Android and iOS  
[Mobile Fence](#) - Parental controls and GPS tracking for Android devices  
[Verizon Family Base](#) - Monitor wireless activity and set usage limits  
[AT&T Parental Controls](#) - Manage internet and email activity on computers  
[T-Mobile Family Allowances](#) - Manage minutes, messages and downloads on phones  
[Sprint Mobile Controls](#) - Monitor phone usage

### DRIVING

[Cell Control](#) - For Android and iPhone  
[Drive Safe Mode](#) - For Android and iPhone  
[DriveMode](#) - Available on Android  
All the big carriers have apps to help you on this too. Ask your carrier for the latest

### MINDFUL APPS

[Moment](#) - An iOS app that automatically tracks how much you use your iPhone and iPad each day. If you're using your phone too much, you can set daily limits.  
[Checky](#) - For both iOS and Android, Checky lets you track and geographically map your phone use.

### ARTICLES

[Think your kid \(or you\) could be a screen zombie? Take the 'Screenagers' test](#) - Los Angeles Times  
[Learning How to Exert Self-Control](#) - New York Times  
[Compulsive Texting Associated with Poorer School Performance Among Girls](#) - American Psychological Association  
[Compulsive Texting Takes Toll on Teenagers](#) - New York Times  
[Teaching Self-Control Tips](#) - Provides evidence-based information about parenting and child development.

**ORGANIZATIONS**

[Family Online Safety Institute](#) - International, non-profit organization that works to make the online world safer for kids and their families.  
[Psychology Today's Parenting in a Digital Age](#) - This blog explores how parents and children might live together meaningfully in a digital age.  
[Common Sense Media](#) - Empowers parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids' lives.  
[Empowering Parents](#) - Committed to providing parents with sound advice through podcasts, an active blogging community and parenting programs.  
[Above The Fray](#) - Program to educate parents and teachers about what life is really like online for young people and to give adults the tools they need to begin meaningful dialogues at home and at school.  
[Richard Freed, Ph.D.](#) - Child and adolescent psychologist, speaker and author of "Wired Child: Reclaiming Childhood in a Digital Age".

Source: Screenagers website resource section: <http://www.screenagersmovie.com/new-page-1/>