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Help for Parents

**Free Parental Control Options**

Parental controls are parenting tools that help us provide the best possible online experience for our families. They also communicate our expectation for content allowed in our homes.

As parents, we can manage the amount of screen time our kids use as well as provide them with the best possible content — and protect them from harmful content — by using parental controls on all digital devices: computers, iPads/tablets, iPods, gaming consoles and cell phones. Parental controls help manage how much time kids can spend online, how many texts they send, and time-of-day use. This means you can “turn off” their access during the hours of your choice, for example at night when they should be sleeping.

Here are reputable, FREE solutions for managing your Internet connections.

**MOBILE DEVICES** (phones and tablets)
All cell phone providers offer some level of parental controls at no cost — including, Web filtering. They also offer more robust controls for a small fee. These provide safeguards additional safeguards that allow you to set time limits, texting limits, proscribe hours of use and total minutes allowed.

For example, Verizon Wireless offers account holders free Content Filters and more extensive options including Usage Controls and Family Locator for their family’s wireless devices. Learn more at [www.ParentalControlCenter.com](http://www.ParentalControlCenter.com).

Call your carrier for more information.

**FREE SOFTWARE HELP FOR PARENTS**

**OpenDNS** is a free service that filters internet content (porn, gambling, P2P, malware, etc.) and protects your computers from malware at the router level, so ALL devices that enter your home and connect to your home wireless network are protected.
See instructions and information at [www.openDNS.com](http://www.openDNS.com).

**K9 Web Protection** is a free Internet filter that you install on each device you own — computers, iPods, iPads, iPhones, and Android phones. It filters content and also offers time-of-day limits. See instructions for installation here: [www.getK9.com](http://www.getK9.com) and in app stores.



**Your own wireless router** may have parental controls built in. You just need to activate them. Instructions on how to do this can be found by searching online for your specific router make and model.
*Search*: [Your router make and model] Parental Controls.

Find more information at [www.BEaPROmobile.org](http://www.BEaPROmobile.org).

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