

## Recommended\* Parental Control Apps/Software

### Screen Time

Android, iOS, Amazon



Set time limits for your children's devices from your phone or any browser. Set bedtime and school time restrictions for specific apps. Use your phone or tablet to pause your child's device or give Bonus time. Create fun check lists of things you would like children to do or learn and motivate them with rewards. Plus more.

Basic Version

free

Premium subscription

£2.99 per month

<https://screentimelabs.com/>

### Kidslox

Android, iOS, Amazon



Block inappropriate apps from the device when your child is using it. Set regular device schedules to automatically block or unblock your child's device at the required time. Lock your child's device remotely with the flick of a switch. See how your child is using their device with Kidslox session statistics. Set up custom restriction profiles so that allow your child to access only the apps and phone functions you want.

Amazon, iOS

£4.99

Android

free

<https://kidslox.com/#home-app-screen>

### Our Pact

iOS, (Android coming soon)



Set limits on how much time your children are spending on their mobile devices. Create schedules, block all Internet and app use at a moment's notice or reward them with the allowance feature. Balance the risks and rewards of iOS and Android technology for your family.

free

<http://ourpact.com/>

### Mobicip

multi platform



Create a safe experience for your family on all types of devices and computers. Enable age-appropriate settings and time limits. Monitor Internet use and app installs. Stay in touch via web, email and app notifications. Enable healthy conversation.

Basic version

free

Premium version

\$39.99 per year

<http://www.mobicip.com/>

\*These Apps have been recommended by parents when attending E Safety sessions delivered by Harrap Education.

# Parental Support

Below is a list of some useful links

## Advice and Resources

Think U Know	<a href="http://www.thinkuknow.co.uk/parents/">www.thinkuknow.co.uk/parents/</a>
Childnet International	<a href="http://www.childnet.com/resources/know-it-all-for-parents">www.childnet.com/resources/know-it-all-for-parents</a> <a href="http://www.childnet.com/parents-and-carers">www.childnet.com/parents-and-carers</a>
Kidsmart	<a href="http://www.kidsmart.org.uk/parents">www.kidsmart.org.uk/parents</a>
Safer Internet Centre	<a href="http://www.saferinternet.org.uk/parents-and-carers">www.saferinternet.org.uk/parents-and-carers</a>
NSPCC	<a href="http://www.nspcc.org.uk">http://www.nspcc.org.uk</a>
E-Safety	<a href="http://www.whoishostingthis.com/resources/e-safety/">www.whoishostingthis.com/resources/e-safety/</a>
Get Safe Online	<a href="http://www.getsafeonline.org">www.getsafeonline.org</a>

## Reporting

CEOP	<a href="http://www.ceop.police.uk/">www.ceop.police.uk/</a>
Report Abuse	<a href="http://www.ceop.police.uk/Ceop-Report/">www.ceop.police.uk/Ceop-Report/</a>
Report Illegal Content	<a href="http://www.iwf.org.uk">www.iwf.org.uk</a>

## Parental Controls

iPad / iPhone	<a href="http://support.apple.com/en-gb/HT201304">support.apple.com/en-gb/HT201304</a>
BT	<a href="http://home.bt.com">home.bt.com</a>
Sky Broadband Shield	<a href="http://www.sky.com/broadband-shield">www.sky.com/broadband-shield</a>
Virgin Media	<a href="http://my.virginmedia.com/protect-family/safetynet">my.virginmedia.com/protect-family/safetynet</a>
Windows Safe Set Up	<a href="http://account.microsoft.com/family/about">account.microsoft.com/family/about</a>
Facebook Safety	<a href="http://www.facebook.com/safety">www.facebook.com/safety</a>
Instagram	<a href="http://help.instagram.com/154475974694511/">help.instagram.com/154475974694511/</a>
YouTube	<a href="http://www.youtube.com/watch?v=u00yKwGFpS0">www.youtube.com/watch?v=u00yKwGFpS0</a>
Vodafone	<a href="http://www.vodafone.com/content/parents.html/">www.vodafone.com/content/parents.html/</a>

## Videos

CEOP You Tube Channel	<a href="https://www.youtube.com/user/ceop/videos">https://www.youtube.com/user/ceop/videos</a>
Cyberbullying	<a href="https://www.youtube.com/watch?v=5yVE0XszE3A">https://www.youtube.com/watch?v=5yVE0XszE3A</a>
Grooming	<a href="https://www.youtube.com/watch?v=Pt-9NI1qCKI">https://www.youtube.com/watch?v=Pt-9NI1qCKI</a>
Pornography	<a href="https://www.youtube.com/watch?v=KIEYwjdvCw">https://www.youtube.com/watch?v=KIEYwjdvCw</a>
Gaming	<a href="https://www.youtube.com/watch?v=ZxxeOL4-xTQ">https://www.youtube.com/watch?v=ZxxeOL4-xTQ</a>
Social Networking	<a href="https://www.youtube.com/watch?v=aAprRXbQMTE">https://www.youtube.com/watch?v=aAprRXbQMTE</a>