Get Empowered! Take-Home Tips

Company	Services/Features	Cost	Website
OpenDNS	Content filtering at the router level	Free!	opendns.com
K9	Block web sites in more than 70 categories, including pornography, gambling, drugs, violence/hate/racism, malware/spyware, phishing. Force SafeSearch on all major search engines. Set time restrictions to block web access during designated times	Free!	www1.k9webprotection.com
Home Halo	*A router and smartphone app. With HomeHalo you set the content each child can view, the times they can access the internet, and block those distracting sites during homework times- all in a couple of taps.	$7.50 / per month or $69.75 / per year. Comes with free Home Halo Router	www.homehalo.net
Covenant Eyes	*Accountability software with filtering options *Home and mobile *Tons of articles from Christian perspective on pornography and online habits	USD $13/mo for Family Plan (no limit on # of kids + free filtering)	covenanteyes.com
Circle by Disney	*Brand new device that connects to router and controls every device on router *Set time limits, curfew shut-off, filtering, and reports *Mobile coming	USD $99	meetcircle.com

See back side for practical tips

You can do this!!

Practical Tips for Your Empowerment		
Practical Tip #1	Get your family together and talk about all things tech! Use technology as a relationship builder between you and your children.	Express your concerns, allow your children to voice their concerns too, and agree/enforce changes.
Practical Tip #2	Set ground rules for using the internet, social media and apps. Bring your tech-savvy kids into the process and let them help decide consequences when rules are broken.	Create a list of rules and guidelines for internet usage at home. For example; no tech in bedrooms ever, and collect all devices before they go to bed.
Practical Tip #3	Reposition placement of devices in your home	Move media out of bedrooms and place them in an open space within your home.
Practical Tip #4	Have a 'tech free' dinner table policy	Ban phones at dinner time!
Practical Tip #5	Have a 'tech clean-up' day at home	Vet apps that your children are using, ensure privacy settings are switched on and location settings switched off!
Practical Tip #6	Technology is not a bad thing but is an important part of living in the digital age.	Think of treating it like dessert, only coming after your children have accomplished the other things that are more important like homework, exercise or chores.
Practical Tip #7	Do not try to shelter your kids from all technology. The more your children are sheltered now the less prepared they will be when they enter the world on their own.	The time you spend with them is their training ground to know how to develop self control with technology