

## App Thoughts/Recomendations

The easiest way to try to protect our children as they get older and start using smartphones is to restrict access to some apps and the ability to install new apps for smartphones or tablets. Below are instructions on how to restrict access and some thoughts on apps that typically are safe and and some apps that are concerning to us. Remember this is our best attempt to share our personal experiences and thoughts as a modern media committee. We may have missed something so please let us know if you see any concerns that should be shared.

How to install the free “Applock” on Android: Here is a link to instructions. <http://firstnrc.org/wp-content/uploads/2018/03/Setup-applock-for-any-android-smartphone.pdf> This program allows to you allow or block access to apps



How to set Screen Time on iPhones/Ipads: Here is a link to instructions. <https://protectyoungeyes.com/how-do-i-set-up-ios-12-screen-time-controls-definitive-guide-for-parents/>. This allows you control over access to apps. You can also use Qustodio or CovenantEyes but they are a subscription service with costs.

We split up the recommendations to young children and older children with cellular service and data plan

**Younger children:** there are educational apps that can be useful on a smartphone. Also it can be used as a camera or a music player. For younger children we find it is safest to do this without an internet connection. An old device is good for this but it is important to restrict access to settings and WIFI so the device doesn't get connected to a Wi-Fi network

Apps to Allow access:

1. Gallery (see pictures taken on device)
2. Calculator
3. Calendar
4. Camera
5. Clock (set alarms)
6. Music app : for music on the phone confirm the app is only accessing music on the device
7. Games well reviewed and tested by you! (if you would like our thoughts on an app send us a note!)

Items to Lock or restrict access to:

1. Google play store or Apple App store : if you leave this unlocked it will allow the user to find and install apps
2. Install or uninstall apps: disable this to also limit changing apps on the device.
3. All other apps: our policy is when in doubt, lock it out

## App Thoughts/Recomendations

Older Children with Email (WIFI connection or cell phone data plan)

Items to allow for children with email and wifi or cell data plan

1. Allow access to email app (gmail, built in mail app)
2. Allow access to contacts
3. Adobe Acrobat (open pdf files attached to emails)
4. Be warned allowing access to any of Google's "play services" (Play books, Play Games, Play movies, Play music) is not safe. All of them can access content online that is not appropriate
5. Google Drive or Dropbox is often used to store files. We don't see safety concerns with these.
6. Office apps (Excel, Word, outlook) should be fine
7. Google maps Maps (this is googles map services, can look up any business or address and get GPS directions. You can also download offline maps to use without data services
8. Texting app (Messages)
9. Psalter App the android app by Jonathan Vermeer works well as it will plan the tune, show the music, and allows searching for words. Note these are based on the Protestant Reformed Psalter so they stop at number 434.





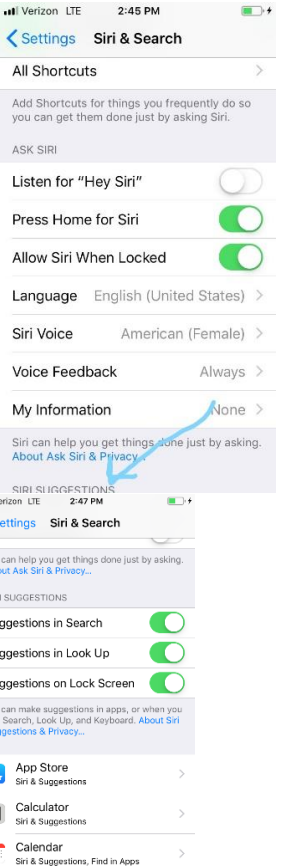
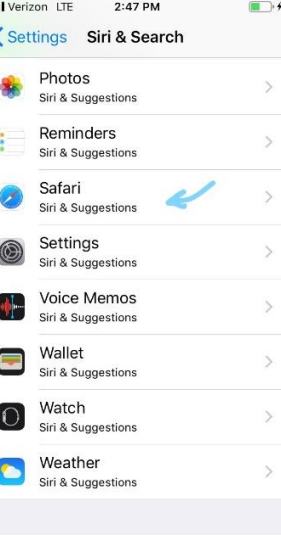
<https://play.google.com/store/apps/details?id=com.jrvermeer.psalter>

10. Bible App (Tecarta)
11. Weather (Storm, Weather bug): beware of many advertisements
12. Google Hangouts: this is up to you. It allows group chatting and video chatting with other google users.
13. Slack: this is a group chatting app that works well for families to share photos. Pros: you set up your own account and that creates a site you can whitelist. Has a nice feature that you can react to posts
14. Whatsapp: similar to Slack, chatting individually or as a group: Open to public, so search for others or have others find you. Doesn't have way to react to posts.

## iPhone setup suggestions

### Step 1: Siri and Search

1. Go to settings/ Siri and Search
2. Turn off suggestions in Search, Lookup, and on Lock screen
3. Turn off Siri & Suggestions under Safari and news

<p>1. Go to settings</p>  <p>1.</p>	<p>2. Go to Siri &amp; Search</p>  <p>a.</p>	<p>3. Tap on SIRI Suggestions, Turn off suggestions in Search, Lookup, and on Lock screen</p> 	<p>4. Scroll up to turn off Siri &amp; Suggestions under Safari and News</p> 
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### Step 2. Uninstall unwanted apps

1. Remove Books, home, Find friends, TV, Music
2. Hold on app until it starts to wiggle, then click on X in the corner

### Step 3. Setup Screen Time

<https://protectyoungeyes.com/how-do-i-set-up-ios-12-screen-time-controls-definitive-guide-for-parents/>

iOS has family sharing setup, can do up to 6 family members, allows you to approve any app downloads, see their location, share books or music with them. Use steps 1-7 in above link

Or you can just setup directly on the device your child is using by going to settings/screen time on their device. (start at step 17 )

Screen time settings:

1. Downtime (step 12 in above link): allows you to shut down all apps during certain times (nights, Sunday)
2. App limits: allows you to set limits to how much time is spent on certain apps, by category. You can limit specific apps but that takes a different approach
3. Always allowed: here you can set which apps are not shut down during “Downtime”
4. Content and Privacy Restrictions : this is where you restrict ability to install apps or use apps
  - a. iTunes and App Store Purchases:
    - i. Installing apps: typically set to Don’t Allow, especially if not using Family Sharing. You can leave as allow if using family sharing and you set in family sharing to require app purchase approval
    - ii. Delete apps: Don’t Allow
    - iii. In-app Purchases: don’t allow
  - b. Allowed Apps: turn off apps
    - i. Safari: turn off. If you have older children who need to go to websites on their phone, install Mobicip, Qustodio, or Covenant Eyes. Something with a filter and accountability. Safari has neither. Most children don’t need website access and can get everything they need from apps.
    - ii. FaceTime: video chat tool, don’t know of concerns, except for typical concerns about strangers trying to contact your child (similar to text or email spam)
    - iii. AirDrop: TURN IT OFF. Allows people close to you to send you pictures.
    - iv. App Store: Turn it off, even app descriptions and icons can be offensive. No need to let them browse if they can’t install anyway.
    - v. Books/Podcasts/News: recommend turning off, too hard to filter, keep the phone simple for calling, maps, messaging

## Browsers

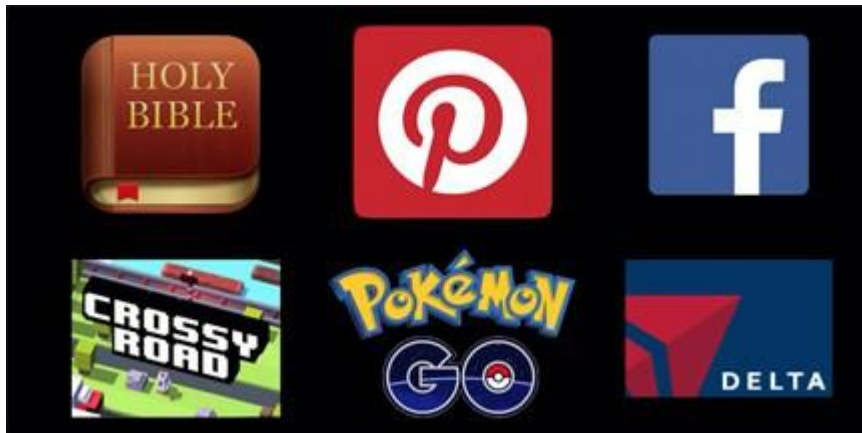
**Browsers:** These are apps that allow you to view websites (Chrome, Safari,??). Many apps use the internet to communicate (like email or calendar) but they do not give you access to websites. In protecting a phone for children the simplest and most effective policy is to just lock out all browsers. Have them use the family computer to look up websites, and have that computer in a public place.

**Beware of apps with hidden built in browsers. (Wikipedia in word document)**

Below is an excerpt from [www.protectyoungeyes.com](http://www.protectyoungeyes.com)

### Hidden Google searches

Most apps, no matter who created them, have a hidden doorway to Google and other search engines that parents aren't aware of. These "hidden browsers" are everywhere. In our *Digital Culture Presentation* we use this slide to illustrate:



*I can access a hidden Google search through five of these six apps (see above) on any iOS device (iPhone, iPad, iPod Touch). The only one that prevents me from accessing a hidden search is Pokémon Go! And here's the kicker! —Even if you've enabled "Limit Adult Content" in the Restrictions on an iPhone, these hidden Google searches do not obey those parameters! It's a completely unfiltered web experience.*

## Social media

**Social media apps:** these are basically any app that allows people to socialize online, to share messages and pictures. Below is an excerpt from [www.protectyoungeyes.com](http://www.protectyoungeyes.com)

All social media eventually winds down a path toward hidden porn. The reason for this is because in order for an app to feel truly social, then it has to allow people to upload their own content. When an app is small, it's easy to control the quality of the content. But, as an app grows, it must rely on its users to flag or report inappropriate content. The top three offenders are:

1. Snapchat: It's well-documented that the Discover section of Snapchat contains content that is not appropriate for children, and yet there's no way to turn it off. (This is where Snapchat makes its money.)
2. Instagram: With almost a billion monthly users, Instagram has a serious hidden porn problem. With six clicks that take less than four seconds, you can find hardcore, streaming pornography. Users call it Instaporn. With zero parental controls on the app parents can never know what their kids are searching for..
3. Pinterest: Just below the surface of the recipes and crafts are entire boards of pornographic content. Again, without any parental controls, parents have no idea if kids are browsing for the not-so-hidden porn

Tips for parents:

- Avoid the pressure: Your middle school student doesn't require social media. We know this isn't a popular stance. But due to the risky content, we advise parents to wait until high school to give their kids access to both Snapchat and Instagram.
- Talk open and often: If your children have these apps, speak openly and often to your children about what they are experiencing. Have they seen porn on Instagram? Ask them!
- Make an individual assessment: Is your child ready for social media? That's your decision, but often, age isn't the only consideration. We provide a complete explanation of how to make an individual assessment in our blog post: [What's the Right Age to Give my Kid Social Media.](#)

## Cell Phone Agreement

I know that having a cell phone to use is a privilege. I understand that my parents love me and want to keep me safe. My parents respect that I am becoming a young adult and want the privilege of having the use of a cell phone. With that in mind, I agree that:

1. My cell phone must be turned off by my bedtime and placed in an agreed upon location (by the charging station). It is my responsibility to be sure the cell phone is being charged when necessary. Initial here: \_\_\_\_\_
2. During family meals, my cell phone will be placed away from the table (by the charging station). I will not check texts or take calls during meal time. Initial here: \_\_\_\_\_
3. I will practice proper phone and internet etiquette. I understand this is an extension of normal manners. I will turn off, silence, and put my phone away in public—especially in a restaurant, at the library, or other quiet settings. Initial here: \_\_\_\_\_
4. I understand that having a cell phone is a means of communication, and is not a replacement for actual face to face interaction with my friends and family members. Therefore, when I am with others, I will make the people I am with my priority. Initial here: \_\_\_\_\_
5. I am responsible for knowing where my cell phone is and for keeping it in good working condition. Initial here: \_\_\_\_\_
6. I will obey all rules my school has regarding cell phone usage on school grounds. Initial here: \_\_\_\_\_
7. I will never text while driving, and will not ride in a car with someone who does. If I must talk on the phone while driving I will always use a hands free device. Initial here: \_\_\_\_\_
8. I understand that my behavior on my phone can impact my future reputation—even in ways that I am not able to predict or see. Initial here: \_\_\_\_\_
9. I will not use my cell phone to take pictures or video of nudity, violence or other unlawful activity. Initial here: \_\_\_\_\_
10. I will not use my cell phone for malicious purposes, i.e. bullying, spreading rumors/gossip, etc, nor will I send or forward text messages, pictures, or videos that are vulgar, obscene, violent, or sexual in nature. I understand that such things are both highly inappropriate and potentially illegal. Initial here: \_\_\_\_\_
11. I am responsible for ensuring that my internet usage and that the content and apps on my phone comply with the standards of appropriateness set forth by my parents. I will never search for porn or anything else that I wouldn't want my grandma finding. Initial here: \_\_\_\_\_
12. I will request permission before downloading any communication or social media related apps. Initial here: \_\_\_\_\_
13. I will alert my parents if I receive suspicious or alarming phone calls or text messages. Initial here: \_\_\_\_\_
14. I will alert my parents if I am being harassed by someone via my cell phone. Initial here: \_\_\_\_\_

15. I promise that my parents will always know my phone passwords. I understand that my parents can go through the contents of my phone at any time, with or without my knowledge. I agree to surrender my cell phone immediately to my parents if asked. I will not delete my texting history without permission, and I will fully cooperate in showing my parents the contents of my cell phone, including contacts, pictures, videos, text messages, etc, stored within. Initial here: \_\_\_\_\_
16. I will always respond to my mom or dad's texts/calls as soon as possible in the given situation. Initial here: \_\_\_\_\_
17. I will not lie about where I have been or how I am using the phone. I promise to answer questions openly, honestly, and directly. Initial here: \_\_\_\_\_
18. I understand that I do not have unlimited data. I am accountable for my data usage, and am responsible for any overage fees. Initial here: \_\_\_\_\_
19. I understand that I am required to manage my time in such a way that my phone usage doesn't interfere with my responsibilities, and that my phone may be taken away for failing to complete school assignments or not maintaining a sufficient grade point average, as defined by my parents. Initial here: \_\_\_\_\_
20. I understand that my cell phone may be taken away for disrespectful or disobedient behavior, including (but not limited to) back talking, inappropriate sibling interactions (i.e. fighting, hitting, name calling, etc.), and failure to complete responsibilities at home when asked or required. Initial here: \_\_\_\_\_
21. I understand that this is NOT my phone bill and that it is paid for by my parents (up to \$25/month). Having this phone is not a right—it is a privilege that can be taken away. As such, I have read the following document and agree to the above rules. I understand that if I have any questions, I should talk to my parents face-to-face. Initial here: \_\_\_\_\_

Date Reviewed and signed: \_\_\_\_\_