

# PARENTING IN THE DIGITAL AGE



95% of parents say they monitor their child's technology use at least "somewhat closely."\* Here are a few resources and apps we uncovered to help you stay informed about your child's technology use and help them form good habits.

## 1 COMMON SENSE MEDIA

This site is a great online tool for parents. If there's a questionable app, game, or site your child uses, visit [www.commonsensemedia.org](http://www.commonsensemedia.org) and learn more about it from parents just like you.

## 2 HEALTHYCHILDREN.ORG

Developing a media plan can go a long way to helping set boundaries and rules for what qualifies as acceptable content. Check out [the media plan we love](#) from [healthychildren.org](http://healthychildren.org).

## 3 ZIFT

The Zift app allows you to get daily updates on the apps your kids are accessing, monitor internet use in real time, and receive immediate alerts if children stumble upon any inappropriate content online.

## 4 SCREEN TIME

This app helps you set limits on the amount of time your kids spend on their phones, allows you to approve apps they download, and provides location tracking.

## 5 QUSTODIO

The Qustodio app allows you to monitor YouTube, view social network activity, control apps and games, and even comes with a panic button that sends location-based alerts if there is trouble.

## 6 BOOMERANG

Schedule bedtime shutdown times, time-outs from electronics, and view phone calls and text messages all from your own device. The app also provides safe browsing and location tracking.

## 7 OURPACT

With OurPact, you can grant or disable internet, text, and app access, schedule screen time, set up web filters, and use the location feature.



\*From the Family Online Safety Institute's "Parenting in the Digital Age: How Parents Weigh the Potential Benefits and Harms of Their Children's Technology Use," <https://www.fosi.org/policy-research/parenting-digital-age/>