

Resources for Parents

**Please note these are not thoroughly evaluated. Most resources were recommended by our community or pulled from this comprehensive list (www.tccrocks.com/blog/best-apps-for-parents-of-teens/)

From our Community:

- *Changing your child's app store password so you approve every app downloaded*
- Family plan on your specific carrier (e.g., TeenSafe)
- Disney Circle
- iOS parental features (setting age limits, restrictions, etc)
- Utilizing a charging station or a phone basket to have phone-free time

Learn more about cell phone use and safety:

- Common Sense Media: <https://www.commonsensemedia.org/> (also available in app form) One of the most recognized resources for parents. It is a very comprehensive website full of educational videos, frequently asked questions by parents, safety tips, contracts, and tons of research.
- GCF Tutorials: <https://www.gcflearnfree.org/topics/> Utilize this website to learn more about technology, popular apps, and how to navigate technology.
- Digital Compass: <https://www.digitalcompass.org/> (also available in app form) Interactive game for students in grades 6-8. Invite students to explore digital dilemmas, make good (and not-so-good) decisions, and try out possible solutions through stories and mini-games – all without risking their real-world reputations.

Apps to help monitor “slightly”:

- Bark: www.bark.us Bark detects messages containing cyberbullying, sexting, signs of depression or suicidal thoughts, and many others. Bark supports (and monitors) dozens of popular social media platforms, along with email, and text messaging. (\$)
- Curbi: www.curbi.com Curbi is a monitoring app that enables parents to block content they deem inappropriate, set ground rules, and time limits. This app ensures your teens are spending the appropriate time studying or sleeping, rather than of on their smartphones. (\$)
- K9 Web Protection: www.k9webprotection.com A free internet filter and parental control software, K9 Web Protection helps parents control the content their kids can access online. It's a free and easy way to prevent your teen from viewing adult content, malicious websites, sites that promote violence, or other concerning content.
- uKnowKids: www.uknowkids.com UKnowKids provides a sophisticated yet easy-to-use dashboard that illustrates your teens' digital footprint. This measurement allows you to gain insights such as who your kids interact with most frequently, when they spend the most time on their devices, and monitor the content they're sharing and consuming. (\$)
- ShieldMyTeen: www.shieldmyteen.com In three simple steps, you can keep your teenagers safer on their mobile devices with ShieldMyTeen's internet filtering, application blocking, and other monitoring tools to restrict your child's access to only safe, approved content. (\$)

Apps to monitor “everything”:

- FlexiSPY: www.flexispy.com FlexiSPY is a more intrusive mobile and online monitoring app, but it's useful for some parents who have reason to be concerned about their teens interactions online. You can monitor and record all phone action (social media, texting, calls, etc). (\$\$)
- Parental Board: <https://parentalboard.com> An online parental control service, ParentalBoard enables parents to easily monitor and manage their teens' digital habits. Keep your teenagers'

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mobile devices secure and gain peace of mind from knowing that they're not engaging in risky behavior.

- TeenSafe: www.teensafe.com Chosen by more than one million parents to keep teens safe, TeenSafe is an app designed by parents, for parents that enables you to keep tabs on your teens' online behavior and physical location.
- Safe Lagoon: <https://safelagoon.com>
- Qustodio: <https://www.qustodio.com>

Apps/resources to help students develop awareness:

- Checky: www.checkyapp.com This app will assist you and your teen determine how much time they're spending on their smartphone and how many times they check their phone each day. It also maps your phone habit and you can compare stats with friends.
- Moment: <https://inthemoment.io> Moment helps smartphone users become more mindful about the time they spend on their devices, making it a valuable tool for parents who want to ensure that their teens aren't overdoing screen time
- Screen Guide: <http://screen.guide/> Screen Guide provides an easy way to remotely monitor and manage teens' app usage. It also can be used as an evaluation app, measuring trends and analytics to gain a better understanding of your child's digital behavior patterns.

GPS Trackers for kids

- Family Tracker: <http://myfamilytracker.com> Family Tracker is a GPS-tracking solution enabling users to track devices, including iPads, and send free text messages between them. (\$)
- Glympse: <http://glympse.com> Glympse is a fast and simple way to share a location based on a mobile device. Have your teenager send a Glympse to let you know how far away from home they are or to confirm that they've reached their destination.
- Family Orbit: www.familyorbit.com
- Amego: www.amegoapp.com

Books

- How to Raise an Adult (Julie Lythcott-Haims)
- The Teenage Brain (Frances E. Jensen)
- Social Media Wellness (Ana Homayoun)
- Screenwise: Helping Kids Thrive (and Survive) in Their Digital World (Devorah Heitner)
- Untangled: Guiding Teenage Girls through the Seven Transitions into Adulthood (Lisa Damour)
- How to Hug a Porcupine (Julie A. Ross)
- American Girls: Social Media and the Secret Lives of Teenagers (Nancy Jo Sales)

Articles:

- This article discusses a popular app, "Musical.ly": <https://medium.com/s/parenting-stories/porn-is-not-the-worst-thing-on-musical-ly-5df07ab842af>
- This article is from Time and discusses rising mental health issues with teens and social media use: <http://time.com/4974863/kids-smartphones-depression/>
- This article gives parents some insight into social media and the loopholes teenagers use: <https://www.nytimes.com/2017/06/07/well/family/the-secret-social-media-lives-of-teenagers.html>
- This article explores the teenage brain activity while using social media: <https://www.cnn.com/2016/07/12/health/social-media-brain/index.html>