

Digital Options for Parental Monitoring of Internet/Phone Use

[Screen Time Parental Monitoring for Iphones, Ipads and Apple Computers/Devices](#)

Parents can block or limit specific apps and features on your child's device. You can also restrict the settings on your iPhone, iPad, or iPod touch for explicit content, purchases and downloads, and privacy. **Free.**

[Google Family Link](#)

Helps parents stay in the loop as their child or teen explores their Android device or any computer and lets parents set certain digital ground rules for their family including managing screen time and what content access. **Free.**

[Securly](#)

Securly is a resource made available through Portland Public Schools PS to help families monitor their students' interactions while browsing the web and accessing various sites. Families receive weekly reports about their student's usage. **Free.**

[Parental Controls on your Wifi or Router](#)

This would be provided by the actual provider or a function of your router. One example of this is [Xfinity Parental Controls \(xFi\)](#). xFi helps reduce the risk of children accessing age-inappropriate content from their devices and pausing access on your home network during scheduled times. *If you use a different internet provider your provider may offer a similar service.* **Free/Included.**

[Instagram Supervision and Family Center](#)

Instagram is a popular social media site where kids might see explicit posts glorifying drug use or be lured onto other encrypted apps. They offer a set of supervision tools and insights that parents and guardians can use to help support their teens (ages 13-17) on Instagram. Instagram does not allow users 13 and younger to create a profile. **Free**

[SnapChat Teen Safety and Parental Controls](#)

SnapChat is another popular messaging app where messages disappear either immediately or within 24 hours. It is not uncommon for illegal activity to take place on SnapChat. SnapChat does not allow children under 13 to create a profile. If you decide to let your teen use SnapChat, the parental controls allow some measure of safety. **Free.**

[Protect Young Eyes](#)

Website with lots of free resources and information about how to shield your child from dangerous sites and activities online. **Free.**

[Bark](#)

Bark scans your child's text messages, 30+ social media apps, web browsers, emails, and online activity. Can be used on any phone, tablet or computer. Can be monitored remotely from the parent's device. **Starts at 14\$ a month.**