**SCREENTIME MANAGEMENT APPS**

[Screen time](https://www.screenagersmovie.com/tech-talk-tuesdays/finally-apple-releases-screen-time-controls) on iPhone and iPads

Apple’s own [Screen time](https://www.screenagersmovie.com/tech-talk-tuesdays/finally-apple-releases-screen-time-controls) built into the hardware on iOS 12 for iPhones and iPads (Cost: Free)

* Set limits on overall time
* Set limits on specific apps
* Set “downtimes”
* And, so much more

[Circle with Disney WiFi router](https://meetcircle.com/)

* Small box as well as an app that pairs with your router
* Pause the Internet button
* Individual content filters for each family member
* Set time limits on apps like Facebook, Snapchat, Netflix and more
* Set a recurring use schedule on each device

[OurPact](http://ourpact.com/)

* The control phone can block other phones for any period of time and unblock at any time
* Set a recurring use schedule on each device
* Block specific apps

[Moment](https://inthemoment.io/)

* Set limits on screen time
* Tracks how much you use your phone during the day
* Gives usage reports
* Has a coach function

[Pocket Points](https://pocketpoints.com/)

* A great app for students
* Gain points by keeping your phone locked when you’re on campus
* Use points to get discounts and coupons to businesses near you
* Pocket Points is popular among college students and is trying to grow their high school presence
* You can request a high school or university on the app

[Bark](https://www.bark.us/)

* Social Media monitoring
* Text monitoring
* Email monitoring
* Parental Alerts
* Works with schools too

[unGlue](https://www.unglue.com/)

* Set limits on screen time
* Set a recurring use schedule on each device
* Get usage reports
* Remotely turn off the internet to an individual device or to all devices
* Block adult content

[Protect Your Kid](http://protectyourkid.co/home/)

* Set limits on screen time
* Block access to apps
* Organize apps into groups and set rules
* Set recurring device schedule
* Block adult content

[Screen Time Parental Control](https://screentimelabs.com/)

* Set bedtime and school time restrictions for specific apps
* Set limits on screen time
* Pause a device or give Bonus time
* Block all apps at lights out
* Block specific apps

[Mobicip](http://www.mobicip.com/)

* Set limits on screen time
* Set a recurring use schedule on each device
* Set content filters
* Block apps and internet usage

[Curbi](http://www.curbi.com/)

* Available for iPhone and Android
* Remotely turn off the internet to an individual device
* Get weekly usage reports
* Set recurring device schedule
* Block adult content

[NetSanity](https://netsanity.net/features/)

* Available for iPhone and Android
* Remotely turn off the internet to an individual device
* Set recurring device schedule
* Block adult content

[FamilyTime](http://familytime.io/)

* Available for iPhone and Android
* Geofence locations
* Track device locations
* Get usage reports
* Set recurring device schedule
* Block adult content

[Net Nanny](https://www.netnanny.com/) - Parental controls, not great for mobile but good for PCs  
[Mobile Fence](https://www.mobilefence.com/) - Parental controls and GPS tracking for Android devices  
[Verizon Family Base](https://www.verizonwireless.com/solutions-and-services/verizon-smart-family/) - Monitor wireless activity and set usage limits  
[AT&T Secure Family](https://www.att.com/features/secure-family.html) - Manage internet and email activity on computers  
[T-Mobile Family Mode](https://www.t-mobile.com/offers/t-mobile-family-mode) - Manage minutes, messages and downloads on phones  
[Sprint](https://safeandfound.sprint.com/)[Mobile Controls](https://www.screenagersmovie.com/parenting-apps/?utm_source=TTT+and+Movie&utm_campaign=753b60cc46-EMAIL_CAMPAIGN_2018_12_22_06_11&utm_medium=email&utm_term=0_47a75fcc99-753b60cc46-160750729&mc_cid=753b60cc46&mc_eid=8b20b80401) - Monitor phone usage  
[XFINITY TV Online parental controls](http://parents.xfinity.com/) - Restricts what children can watch online

**DRIVING**

[Do No Disturb](https://support.apple.com/en-us/HT208090) While Driving on iPhone  
[Cell Control](https://www.cellcontrol.com/) - For Android and iPhone  
[Drive Safe Mode](http://drivesafemode.com/) - For Android and iPhone  
[DriveMode](https://drivemode.com/) - Available on Android  
All the big carriers have apps to help you on this too. Ask your carrier for the latest

**ARTICLES**

[Think your kid (or you) could be a screen zombie? Take the 'Screenagers' test](http://www.latimes.com/health/la-he-screen-zombies-20160227-story.html) - Los Angeles Times  
[Learning How to Exert Self-Control](http://www.nytimes.com/2014/09/14/opinion/sunday/learning-self-control.html) - New York Times  
[Compulsive Texting Associated with Poorer School Performance Among Girls](http://www.apa.org/news/press/releases/2015/10/compulsive-texting-girls.aspx) - American Psychological Association  
[Compulsive Texting Takes Toll on Teenagers](http://well.blogs.nytimes.com/2015/10/12/compulsive-texting-takes-toll-on-teenagers/) - New York Times  
[Teaching Self-Control Tips](http://www.parentingscience.com/teaching-self-control.html) -  Provides evidence-based information about parenting and child development.

**ORGANIZATIONS**

[Common Sense Media](https://www.commonsensemedia.org/) - Empowers parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids’ lives.  
[Center For Humane Technology](http://humanetech.com/) - Former tech execs worried that technology is “hijacking our minds and society” and are working to raise awareness inside tech companies.   
[Family Online Safety Institute](https://www.fosi.org/about/mission/) - International, non-profit organization that works to make the online world safer for kids and their families.    
[Empowering Parents](https://www.empoweringparents.com/) - Committed to providing parents with sound advice through podcasts, an active blogging community and parenting programs.  
[Above The Fray](http://www.beabovethefray.org/) - Program to educate parents and teachers about what life is really like online for young people and to give adults the tools they need to begin meaningful dialogues at home and at school.

Adapted from:

https://www.screenagersmovie.com/parenting-apps