

WISE TECHNOLOGICAL PROTECTION AND PRACTICES

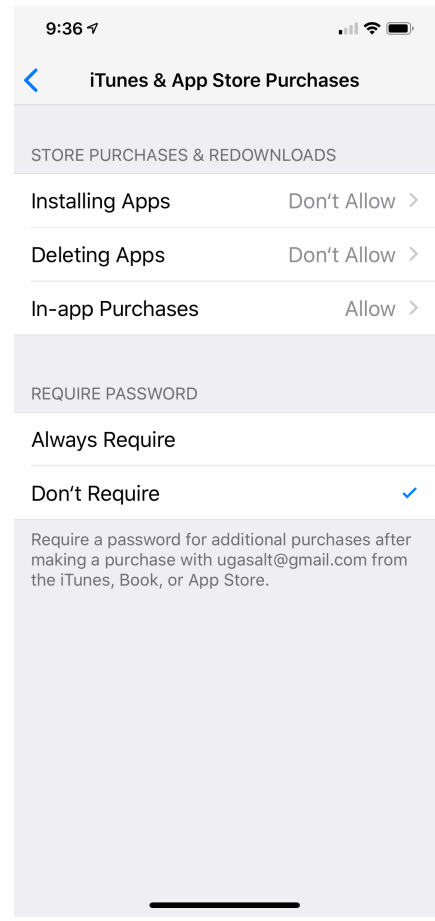
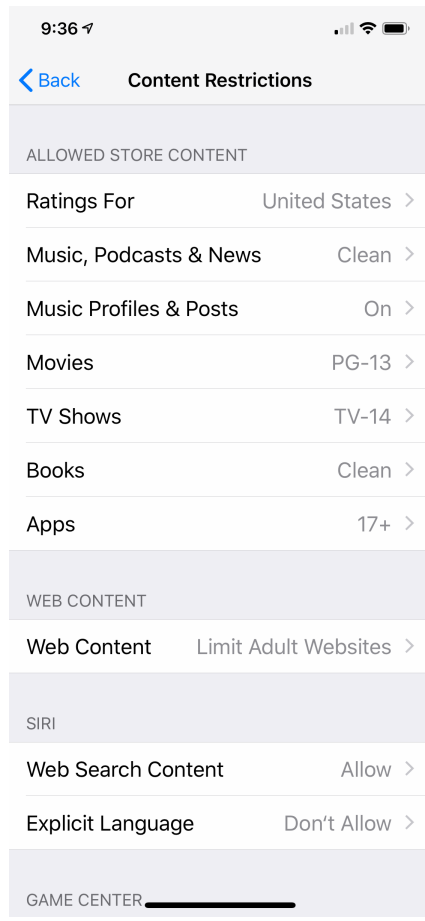
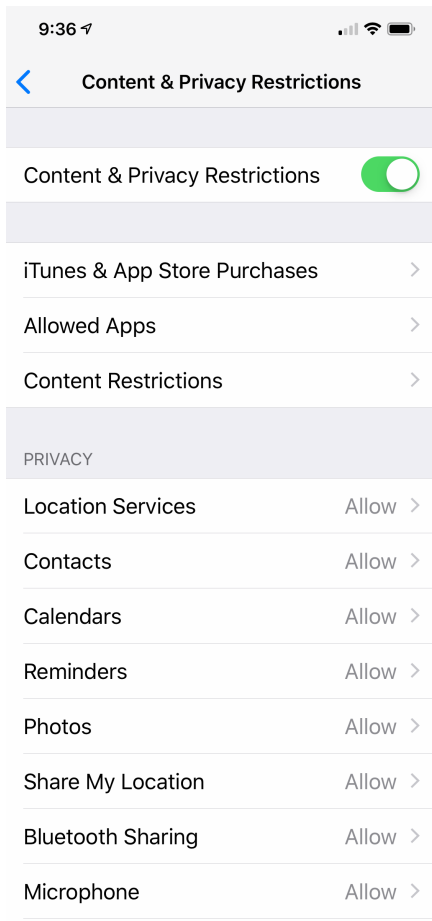
Best Practices for Homes and Hearts

We live in the technological and digital age. There is no way around it. A recent study reported that 97% of teens aged 13-17 said they use at least one social media platform. While there may be some connectional benefit to such platforms, another study reported that 59% of US teens have been bullied or harassed online. Thus, the federal government recently created the *Internet Crimes Against Children Task Force*. How do we live wisely and vigilantly in these tech times as parents, grandparents, family, and individuals? Below are some best practices that everyone should consider as first faithful steps toward technological stewardship.

1. Phone restriction settings

- If you do not know what these are or where these are located on your device or your child's device, it is a must that you take control of these settings.
- Every middle schooler and high schooler should NOT control the restrictions settings on their phone. The parent should know the password for restriction settings and set them with greatest protection in mind.
 - I think this is wise practice as well for men and their devices. Pornography and sexual temptation is a click away. Thus, my wife knows my restriction password. It is a way to add another step of protection for me from the enemy who prowls about in the digital world. There is also great benefit that my kids see me hand my phone to my wife to enter a password just like they sometimes have to do with us. It places me in the role of fellow struggler who is gladly inconvenienced for the sake of following God's ways.
- How to set the settings for good protection?
 - See pictures of various settings that can be set on an iPhone. Other devices will have similar settings.
 - Turn on content and privacy restrictions and have parent, spouse or trusted friend set and remember the restrictions password.
 - Content Restrictions is the most important section. It allows you only to allow 'clean music' and set rating for music and TV shows. You can set the book setting to 'clean' so that inappropriate adult books do not show in various platforms. You can also set the age appropriateness for Apps.
 - There is a very important setting called 'web content'. You should select - 'limit adult websites'
 - You can also remove explicit language as an option for Siri

- In the iTunes and App Store purchases settings, you can turn off the ability to delete apps. This is important because if by some measure a sinister app is downloaded, it can not be removed later. This allows the overseer to later discover the app as downloaded and thus makes it harder to hide. See next item for information on installing apps.



2. Family sharing via iCloud

- This is once again specific to Apple products. When you sign up your family for family sharing, you are then able to approve each app that they desire as long as you select 'Ask to Buy' for each child.

3. Bark app

- bark.us
- **Highly recommend:** Bark proactively monitors text messages, YouTube, emails, and 24 different social networks for potential safety concerns, so busy parents can save time and gain peace of mind. Bark covers text messaging, YouTube, email, and social media platforms and apps -- 4x more than any other child monitoring app. You'll get automatic alerts to signs of cyberbullying, depression, online predators, adult content, and more.

4. Disney Circle router

- Circle makes the impossible task of managing your family's Internet-connected devices easy! A cinch to set up, Circle works with your home Wi-Fi and lets you manage every connected device on your home network, both wireless and wired, without ever needing to put software on them. With Circle, you can set Time Limits for apps and web sites, finally getting online time in check. You can also set up age-appropriate Filters that apply to all their devices. And you can even give Rewards to your kid when they've been good.