# Teach Technology

## Family Technology Plan

Use of technology at home should work for you and fit within your family values and parenting style. When technology is used appropriately and with some thought, it can enhance daily life. If not used this way, it can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and sleep.

By creating a Personalised Family Technology Use Plan, you can be aware of when you are using technology to achieve your purpose. This requires parents and children to think about what they want those purposes to be.

Using the Teach Technology family plan will help you to create goals and rules that are in line with your family's values.

To make YOUR family's Technology Use Plan, visit **www.teachtechnology.co.uk** and click on the link at the top of the page.

**Click here to view the new Teach Technology Family Media Planner**

Customise the plan to suit your needs.  Each heading is followed by examples and suggestions, select those that apply to your family.

| | | |
|---|---|---|
| **Screen Free Areas** | **Screen Free Times** | **Digital Citizens** |
| **Balancing online and offline time** | **Device Control** | **Media Selection** |
| **Being Nice** | **Sleep** | **E-Safety** |

Some parts of the plan will apply to your whole family, while others may only relate to certain children. You can adapt the family plan and create a distinct version for each child.

Once you have completed the plan, simply print it out and display it in a prominent place in your home to remind you children of how to keep safe online.

Update the plan as your children grow and as technology evolves. Also consider how the plan might need modifying for weekends or during the school holidays.

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# Recommended* Parental Control Apps/Software

**Screen Time**
Basic Version
Premium subscription
https://screentimelabs.com/

Android, iOS, Amazon
free
£2.99 per month

Set time limits for your children's devices from your phone or any browser. Set bedtime and school time restrictions for specific apps. Use your phone to pause your child's device or give Bonus time. Create fun lists of things you would like children to do or learn and motivate them with rewards.

**Kidslox**
free 14 day trial
$2.99 per month or $29.99 per year
https://kidslox.com/en/

Android, iOS, Amazon

Block inappropriate apps from the device when your child is using it. Set regular device schedules to automatically block or unblock your child's device at the required time. Lock your child's device remotely. See how your child is using their device with Kidslox session statistics. Set up custom profiles that allow your child to access only the apps and phone functions you want.

**Our Pact**
Basic Version
Premium Version
http://ourpact.com/

iOS, Android
free
$1.99 per month

Set limits on how much time your children are spending on their mobile devices. Create schedules, block all Internet and app use at a moment's notice or reward them with the allowance feature. Balance the risks and rewards of iOS and Android technology for your family.

**Mobicip**
Basic version
Premium version
http://www.mobicip.com/

multi platform
free
$39.99 per year

Create a safe experience for your family on all types of devices and computers. Enable age-appropriate settings and time limits. Monitor Internet use and app installs. Stay in touch via web, email and app notifications. Enable healthy conversation.

*As recommended by parents attending Teach Technology E-Safety sessions.

# Links for parents

Visit these websites for **Valuable Advice** and **Useful Resources**.

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|---|---|
| **Think U Know** | www.thinkuknow.co.uk/parents/ |
| **Childnet International** | www.childnet.com/resources/know-it-all-for-parents |
| **BBC** | http://www.bbc.co.uk/guides/zs83tyc |
| **Kidsmart** | www.kidsmart.org.uk/parents |
| **Safer Internet Centre** | www.saferinternet.org.uk/parents-and-carers |
| **NSPCC** | http://www.nspcc.org.uk |
| **E-Safety** | www.whoishostingthis.com/resources/e-safety/ |
| **Get Safe Online** | www.getsafeonline.org |

If you allow your child to use **Social Media** it's important you understand how each works and how they can be used safely.

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|---|---|
| **Instagram** | help.instagram.com/154475974694511/ |
| **Snap Chat** | https://www.snapchat.com/safety |
| **YouTube** | www.youtube.com/watch?v=u00yKwGFpS0 |
| **Musical.ly** | http://musicallyapp.tumblr.com/parents |
| **Twitter** | https://about.twitter.com/safety/families |
| **Facebook** | www.facebook.com/safety |

**YouTube** has some great channels where you can learn more about E-Safety.

| | |
|---|---|
| **CEOP** | https://www.youtube.com/user/ceop |
| **NSPCC** | https://www.youtube.com/user/nspcc |
| **Childnet International** | https://www.youtube.com/user/childnet |

The majority of ISPs and hardware manufacturers provide simple advice about how to set up **Parental Controls** on their devices. Here are a few examples.

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|---|---|
| **iPad / iPhone** | support.apple.com/en-gb/HT201304 |
| **Windows Safe Set Up** | account.microsoft.com/family/about |
| **BT** | home.bt.com |
| **Sky Broadband Shield** | www.sky.com/broadband-shield |
| **Talk Talk** | http://parentalcontrols-on.org/TalkTalk |
| **Virgin Media** | my.virginmedia.com/protect-family/safetynet |
| **Vodafone** | www.vodafone.com/content/parents.html/ |

You can visit these sites and **Report** illegal or suspicious activity.

| | |
|---|---|
| **CEOP** | www.ceop.police.uk/ |
| **Report Illegal Content** | www.iwf.org.uk |