

Resource Pack

1. Recommended Resource List
2. Technological Responsibility Phase Map
3. Cell Phone Agreement
4. Family Smart Phone Discussion Points



Resource List

Parent Lab: Technology Roundtable

Technology Resources

Online

- Click the link below or visit prestontrailparents.org to find these resources:
 - [“A Parent’s Guide to Internet Filtering & Monitoring”](#)
 - [“A Parent’s Guide to Smart Phones”](#)
 - [“Cell Phone Agreement”](#)
- [Parent Cue](#) (they have a great cell phone agreement you can download)
- commonsensemedia.org
- axis.org
- pluggedin.com

Books

- [Right Click](#), by Kara Powell, Art Bamford & Brad M. Griffin
- [12 Ways Your Phone is Changing You](#), Tony Reinke

Pornography-Specific Resources

Online

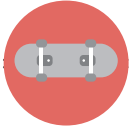
- iparent.tv
- protectyoungminds.org
- focusonthefamily.com
 - [“How Do You Respond to Your Child’s Suspected Porn Use?”](#)

Books

- [God Made All of Me: A Book to Help Children Protect Their Bodies](#), Justin S. Holcomb & Lindsey Holcomb
- [Good Pictures Bad Pictures Jr.: A Simple Plan to Protect Young Minds](#), Kristen A. Jenson
- [Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids](#), Kristen A. Jenson

TECHNOLOGICAL RESPONSIBILITY

Leveraging the potential of online experiences to enhance my offline community and success



ENJOY
the advantages



So they will . . .
**EXPERIENCE BOUNDARIES
& HAVE POSITIVE EXPOSURE**

EXPLORE
the possibilities



So they will . . .
**UNDERSTAND CORE VALUES
& BUILD ONLINE SKILLS**

COLLABORATE
a plan

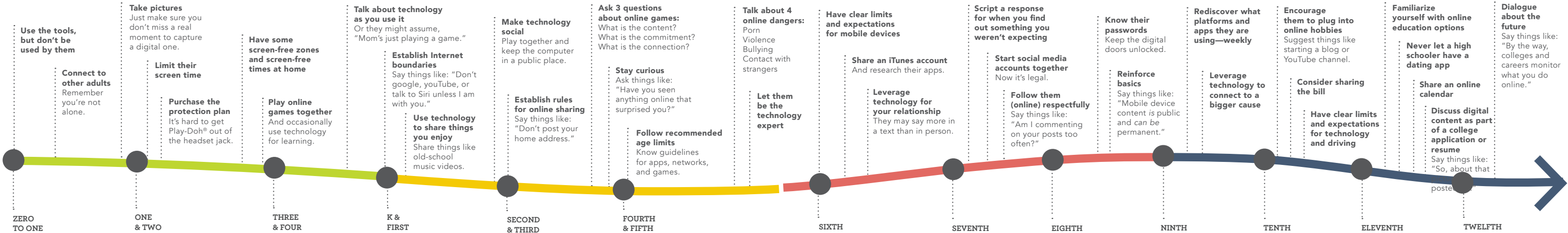


So they will . . .
**RESPECT LIMITS
& STRENGTHEN SOCIAL ABILITIES**

EXPAND
their potential



So they will . . .
**ESTABLISH PERSONAL BOUNDARIES
& LEVERAGE ONLINE OPPORTUNITIES**



EMBRACE their physical needs

ENGAGE their interests

AFFIRM their personal journey

MOBILIZE their potential



CELL PHONE AGREEMENT



GOAL: For you to have zero restrictions on your cell phone by the time you leave the house.

REALITY: We believe you are ready for some access to a phone and we want you to gain more freedom over time by making wise choices. To help you make those choices, let's agree that...

Your phone will charge in _____ from _____ to _____ .
(ROOM) (TIME) (TIME)

For now, what you do on your phone is not private. To help you make wise decisions we will have access to: (EXAMPLE: GPS LOCATION, APPS, DOWNLOAD HISTORY, BROWSER HISTORY, PASSWORDS, ETC.) _____

You will not clear your Internet history.

You will not attempt to delete or hide evidence of poor choices (including text messages, downloads, etc).

You will not _____ while driving.

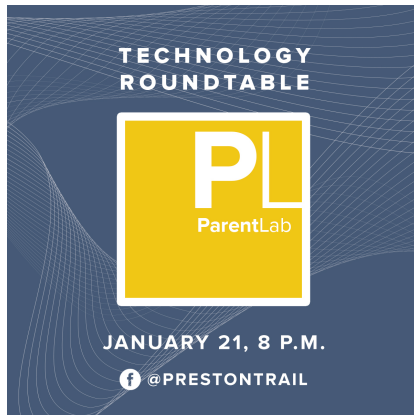
You are not responsible for what you receive. If you receive an inappropriate message from someone on your phone, you should tell us immediately so we can decide together what to do next.

Before purchasing an app or anything else on your phone, you must _____

It is your responsibility to stay within the texting, calling, and data usage limits of our monthly cell phone plan. If you keep this agreement, you will gain freedom and lose restrictions in time. If you do not keep this agreement, you will be responsible for paying any fees that may result from going over your data limit.

PARENT SIGNATURE

STUDENT SIGNATURE



Family Smartphone Discussion Points

Content adapted from Axis 90-day Smart Phone Challenge

Issues to Consider as you establish technology boundaries

Non-Negotiables - What is non-negotiable in your family?

- ☐ Nothing illegal, including driving & texting, nudes (if subject is under 18 it's child pornography)
- ☐ No bullying or abusive language
- ☐ No pornography, sexting online dating, or "hook-up" apps
- ☐ GPS always on
- ☐ Responding to family member's calls and texts within agreed time.
- ☐ No hidden accounts, sneaky apps, changing passwords
- ☐ Parents will check phone frequently and know about every app
- ☐ Parent has access to phone/ apps at any time, has passcode, all passwords and logins and can install software

Location Limits - Where will phones be prohibited?

- ☐ School
- ☐ Church
- ☐ Car
- ☐ Friend's home
- ☐ Bedroom
- ☐ Bathroom
- ☐ Meals
- ☐ Upstairs

Time Limit Options – When will phones be prohibited?

- ☐ No time limits
- ☐ Tech curfew – AM & PM
- ☐ Screen Time Control
- ☐ Specific App Limits
- ☐ Screen Time Awareness App
 - “Moment” or IOS 12 for Apple
- ☐ Scheduled downtime for phones
- ☐ Scheduled tech free days
- ☐ Scheduled tech free playdates

Internet Options – How will you manage your family’s internet access?

- ☐ Open access
- ☐ Purchase an Internet Filter
- ☐ Allow native browser with only whitelisted or blacklisted websites and
 - with Android use “approve sites.” Turn on “limit adult content” in settings. No App Store because of browsers.
- ☐ No native browser. Install and pay for Covenant Eyes browser. Turn on filtering and reporting. Turn on “limit adult content” in settings. No App Store because of browsers.
- ☐ No native browser and no App Store for other browsers.

App Store – How much access will your kids have to purchase apps?

- ☐ Open access
- ☐ Family Sharing?
- ☐ Restrict apps based on ratings
- ☐ Ask to Buy?
- ☐ Know all apps

Texting Boundaries (FYI – sexting and nudes are happening in our schools)

- ☐ Allow texting
- ☐ Allow texting with monitoring
- ☐ Allow texting with Bark service (it will allow you to see deleted texts)
www.bark.us
- ☐ Allow texting, but mirror on another device or pay for monitoring service
- ☐ No texting

Social Media Boundaries

- ☐ Allow
- ☐ Allow, follow, but don't be weird. Use Bark www.bark.us
- ☐ Allow limited social media, know passwords, follow, approve posts,
- ☐ Allow 1 social media, partner with them, manage followers and friends
- ☐ Don't allow