

Content Filtering / Blocking

OpenDNS - protect every device in your home, instantly – www.opendns.com (choose personal)

- **Family Shield** – set it and forget it – **208.67.222.123**, **208.67.220.123** (router DNS)
- **Home** – customizable protection w/account - **208.67.222.222**, **208.67.220.220** (router DNS)

Parental Controls (for streaming services & gaming consoles – list is *NOT* all-inclusive)

- **DIRECTV** – <https://www.att.com/esupport/article.html#!/directv/KM1010815>
- **DISH** – <https://www.dish.com/features/parental-controls/>
- **Comcast Xfinity** – <http://parents.xfinity.com/tv/parental-controls.html>
- **ROKU** – <https://support.roku.com/article/208755938-how-to-block-content-using-parental-controls>
- **Netflix** – <https://help.netflix.com/en/node/264>
- **Amazon Prime Video** – <https://www.amazon.com/gp/help/customer/display.html?nodeId=201423060>
- **Google Play** – <https://support.google.com/googleplay/answer/1075738?hl=en>
- **Xbox One** – <https://support.xbox.com/en-US/browse/xbox-one/security>
- **Nintendo Switch** – <https://www.nintendo.com/switch/family-fun/parental-controls/>
- **Sony PlayStation 4** – <https://www.playstation.com/en-ie/get-help/help-library/my-account/parental-controls/ps4-parental-controls/>

Cell Phones & Mobile Devices

- **Apps** – *recommendations*: **PAID** – **Net Nanny** (\$39.99), **FREE** – **Qustodio** (non-premium version)
- **Carrier Controls** (list is *NOT* all-inclusive)
 - **T-Mobile** – Family Allowances – <https://support.t-mobile.com/docs/DOC-1725>
 - **Verizon** – <https://www.verizonwireless.com/safeguards/>
 - **AT&T** – <https://www.att.com/shop/wireless/smartlimits.html>
- **Parental Controls / Restrictions**
 - **iPhone / iPad / iPod Touch (Apple iOS)** – <https://support.apple.com/en-us/HT201304>
 - **Android** – <https://families.google.com/familylink/>

No and Low-Tech Tips *(for parents)*

- **Internet access in open areas of home** – screen faces toward traffic areas
- **Age-limits for 3G/4G/LTE access** (limit phone & tablet data plans by home policy)
- **On-line time limits** (restrict the time your children are on the Internet – home policy)
- **Shared Internet time** (when your children are online – be with them)
- **Audit devices and apps** (*suggested*: each fast Sunday and other random times in month)
- **Charge mobile devices in parents room at night** – set times when devices should be charging and when they can be retrieved (*example*: 10:30pm charging; retrieve after morning prayer)
- **Turn Wi-Fi off by schedule** (router must support; Google your router name / model to learn more)
- **Teach & warn** – complete stake recommended FHE lessons; discuss the “WHY” in family councils

Stake Web Site + Technology Lab – Help & Research

- <http://www.kentstake.org/POPI> (for current documents and for latest technology assistance)
- **7:00 PM on the 4th Thursday** of each month in 2018 (except Thanksgiving – 5th Thursday in November)