

Suggested Ages	<8 years old	8-11 years old	11-14 years old	14-18 years old			
Content Filtering	Required w/ dual wireless networks for different levels of filtering	Required: on router & recommend dual wireless network for different levels of filtering (#2 on back page)	Required: filter on wireless router so every device is covered	Required: on wireless router so every device is covered			
Computer/Tablet	Shared w/ password access	Shared w/o password access No OTA internet; replace browser	Shared w/o password access No OTA internet; replace browser	Individual devices & computer. No OTA.			
Mobile Phone	Not recommended*	"Dumb" phone only or no OTA access	"Dumb" phone only or no OTA access	Smartphone; replace browser			
Email & Social Media	Block w/ content filtering	Email w/ supervision Block w/ content filtering School driven social media w/ supervision	Email w/ supervision (no snooping) Documented social media & email accounts.	Email w/ supervision (no snooping) Documented social media & email accounts.			
Gaming Consoles, Smart TVs, & other internet devices	Non-internet games OK. Internet-enabled games not recommended.	Your discretion; public area; monitoring usage. Age appropriate games. Minimal online gameplay. Review online "friends".	Your discretion; public area; monitoring usage. Age appropriate games. Minimal online gameplay. Review online "friends".	Your discretion; public area; monitoring usage. Age appropriate games. Minimal online gameplay. Review online "friends".			
<p>Goal: Introduce kid(s) to the internet, its usefulness & drawbacks; ensure working & secure content filtering; work 1-on-1 to build trust & have fun together.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Content Filtering is required (e.g. OpenDNS) <input type="checkbox"/> Computer is shared in common area of the house with password; only to be used with parents' permission; do not give the password to your kid(s); access is a privilege. <input type="checkbox"/> Recommend a home phone. Low-cost option is a VoIP phone (e.g. MagicJack or Ooma) to have a "home" number or "landline". Allows kid(s) to learn how to speak on the phone and a number to provide family where they can reach kid(s). Also best practice to give this number to business to avoid having them SPAM-call your mobile phone. <input type="checkbox"/> No individual internet devices; computer, phone, or tablet, etc. <input type="checkbox"/> All internet devices have a pass code/password before use. <input type="checkbox"/> If social media or other non-approved content for kids is needed by adults, use dual wireless APs (access points); 1 for filtered for kids; 1 for parents. 		<p>Goal: Giving kid(s) a personal device while keeping safe controls in place. Build trust & balanced usage habits. "Social Contract" on privileges, responsibility, & consequences.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Not recommended to give a device with over-the-air (OTA) internet access; e.g. iPhone, Android phone, AT&T iPad, Verizon Galaxy Tablet, Chrome-book OTA. Recommend iOS-devices (Apple) due to ease of parental controls <input type="checkbox"/> If a phone is required, it's a "dumb" or non-OTA phone. <input type="checkbox"/> Enable parental controls restricting installing & removing apps, remove browser (e.g. Chrome, Safari), and install K9. <input type="checkbox"/> Parents link iTunes/Android accounts <input type="checkbox"/> Do not fall for the "promotions" AT&T, Verizon, T-Mobile, etc. want to lock you into a smartphone for "free". No OTA data. <input type="checkbox"/> Disable "home" local wireless off hours (e.g. between 11pm-6am). No internet-enabled devices in bedrooms or at the dinner table; use primarily in public areas in the home. 		<p>Goal: Have continual healthy dialogue about benefits & dangers in Technology. Establish mutual accountability.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Explain issuing a "dumb" phone (even though all their friends have OTA smartphones), explain why a replacement browser is necessary. <input type="checkbox"/> Expanded internet access to include social media. All accounts to be provided to parents. Lots & lots of conversation around appropriate use & the different controls in place. <input type="checkbox"/> "Documented social media accounts" does not mean you as the parent should be snooping; it is only a way to build implied accountability. E.g. on monthly basis sit down together on the shared laptop, login with your documented account information, check browser history, and discuss what is on their Facebook feed. Be open with your computer use; e.g. jointly review your browser history. 		<p>Goal: Build upon the prior stage & have your kid(s) understand the responsibility that comes with OTA data & individual computer. Help them develop a plan to manage the challenges of Technology use at college/on-their-own.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Big step into an individual smartphone with OTA data. <input type="checkbox"/> Recommend iPhone (iOS) following the same security & filtering steps as before with iOS devices. <input type="checkbox"/> For any OTA devices, additional filtering required. No OTA recommended except for a smartphone due to complexity of filtering. <input type="checkbox"/> Keep the conversation going... 	

Additional Resources, Commentary, and Notes:

1. **Nominate which parent takes responsibility for researching, implementing, monitoring, documenting, & enforcing safe technology rules.**
2. **Content Filtering & Recommended "Home" network for ALL age groups:** A critical assumption is that your home network is protected and has enforced content filtering that cannot be trivially bypassed. A combination of OpenDNS/Norton ConnectSafe with a router capable of running either DD-WRT, Tomato, or Gargoyle firmware is REQUIRED. To repeat, your Comcast/Verizon combination modem+wireless router or the average router purchased at BestBuy will not allow you to force DNS filtering. Your kid(s) will easily be able to Google how to bypass it and your efforts will appear foolish. A router that support DD-WRT, Tomato, or Gargoyle firmware is probably no more expensive than what you can buy at BestBuy, but only certain hardware routers are supported and then it requires a little additional configuration changes.
 - a. Router recommendations:
 - i. Gargoyle or DD-WRT; [TP-LINK TL-WR841N](#) \$25
 - ii. Netgear Live Parental Controls; [WNR1000](#) \$25
 - iii. Tomato; [ASUS RT-N16](#) \$80
 - iv. Tomato; [ASUS RT-N66U](#) \$130
 - v. Tomato or DD-WRT; [Linksys E3000](#) \$30 (Older, cheaper model with less range; what I use)
 - b. You have two options with DNS filtering. My recommendation is to create a free OpenDNS account allowing you to setup additional categories to filter & get logging. If you chose that option, use the servers found in the guides linked. The second option is using OpenDNS Family Filter or Norton ConnectSafe without an account. It is simpler to setup but only blocks sites in predefined categories. For homes that need dual wireless networks (SSIDs), you can set strict filtering with OpenDNS for younger kids and a second network for parents and older kids.
 - c. DD-WRT tutorial on enforcing DNS content filtering: <http://www.dd-wrt.com/wiki/index.php/OpenDNS>. Equivalent for Tomato: http://tomato.wikia.com/wiki/OpenDNS_and_Tomato. Equivalent for Gargoyle under "DNS Servers" section: <http://www.gargoyle-router.com/wiki/doku.php?id=basic> along with the "Force Clients to Use Router DNS Servers" option.
 - d. DNS Server Addresses:

OpenDNS	208.67.220.220	208.67.222.222
OpenDNS Family	208.67.220.123	208.67.222.123
Norton ConnectSafe	199.85.126.30	199.85.127.30
 - e. NOTE: If you have a combination wireless+modem from Comcast, I strongly recommend buying your own modem (e.g. Motorola SB6141 for ~\$80). Comcast typically charges you a rental fee of \$10/month and you will own the modem outright in well under a year. The Comcast combination wireless+modem will not allow you to enforce DNS filtering. However, if you choose to have two wireless access points (APs), you can use your modem's built-in wireless as Mom/Dad's wireless internet, and then put a DD-WRT, Tomato, or Gargoyle router behind the Comcast modem+router for the kid(s) filtered internet wireless with a different name. The preferred option would be to buy a better DD-WRT or Tomato supported router and have dual wireless networks (vs. having two separate hardware APs).

- f. NOTE2: If you have Comcast's VoIP Voice service, you have to use their modem for the phone service. You can still purchase your own modem but will have to still have their Voice modem too for phone service.
3. **Be Smart when buying your kid(s) a phone!**
 - a. Know your options. Do not be locked into Verizon or AT&T contracts. For example, do your homework on prepaid options which provide a great, simple way for managing cost. E.g. [PagePlus](#), [T-Mobile Prepaid](#), or [NON-OTA Republic Wireless plans](#)
 - b. [AT&T does offer "Smart Limits"](#) which offers family-friendly features. Verizon has other features such as the "Family Locator". T-Mobile has "kidConnect" which limits charges and "Family Where". AT&T features appear to be the most mature based on no first-hand experience.
 - c. I would NOT enter a contract for a basic "dumb" flip phone. I would save the contract for a year or two later when you want to add a Smartphone. Example "dumb" phones you can buy outright and activate:
 - i. [AT&T/T-Mobile/GSM: Samsung T139 Unlocked](#) \$55
 - ii. [Verizon/PagePlus: LG Revere VN150](#) \$65
 - d. I have no experience, but [Kajeet](#) is meant for kids and has built-in parental controls and might be a good option.
 4. **Setup of kid(s) email:** Take caution when setting up your child's email account. I would NOT recommend Gmail, Outlook.com (Hotmail), Yahoo because you as the parent cannot reset the security questions or reset email address if you kid(s) become too smart for their own good. Although not an Apple-fan, I would recommend creating a Family Sharing group with iTunes link your kid(s) account to your account. This sets you up for additional controls with iOS. Another option is a sub-account with Comcast/Verizon DSL where you can always reset the password from the master account should you need immediate access to your kid(s) email account (even if they do not want to you too). **Reminder:** your kid(s) can always bypass you & on their own register a free Gmail account emphasizing the need for trust being built throughout all steps. If using OpenDNS custom profiles, you can block all webmail except Comcast/Apple (controlled) email.
 - a. [How to setup iOS/iTunes Family Sharing](#)
 - b. [How to enable iOS "Restrictions" & replace Safari for K9](#)
 5. **Storing the list of kid(s) accounts:** Use [KeePass](#). It is a free password-store that I recommend using for EVERYTHING in your life. Excellent resource if something happens to your spouse (e.g. serious accident, etc). Can also contain all account information and a place of last resort.
 6. **18+:** After your kid(s) is out of the house, buy them Covenant Eyes & have both of you use it to hold each other accountable.
 7. **Contract Information**

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