

Guidelines for video games

- . 1) No more than 40 minutes/night on school nights
- . 2) No more than 1 hour/day on weekends / vacations
- . 3) Your minutes do not roll over
- . 4) No games in which the primary objective is killing other people (such as *Fortnite*)
- . 5) No games with a moral inversion (such as *Grand Theft Auto*)

Phone Monitoring

Covenanteyes.com

- One of the best!

MSPy **does** allow monitoring of photos and apps such as SnapChat. For more information, see <https://www.mspy.com/>.

Many of the apps listed below are NOT stable on the iPhone. But the iPhone has its own content restrictions under “settings” and “Screen Time”...

Bark: monitors text messages, YouTube, and other social networks. Works on Apple and Android. <https://www.bark.us/>.

Screentime: <https://screentimelabs.com/>. Works on Apple and Android. **Circle:** manages connected devices wherever they are. Works on Apple and Android.

Eset parental control: monitors content and limits screen time. Works only on Android.

<https://www.eset.com/us/>.

A couple rules for your kids and phones...

No devices in the bedroom! – i.e. phones, and no UNSUPERVISED Internet access.

You should take the mobile devices away from kids at 9 pm (the latest) and plug them into the charger. The charger stays in the parent's bedroom.

Girls appear to be more vulnerable than boys to the toxic effects of social media such as Facebook and Instagram. Boys are more likely than girls to become addicted to video games and to online pornography.

The most important thing parents must teach kids about online communication: there is no privacy.

Your job is to be a parent, not a best friend. A best friend can't tell you what to eat, or forbid you to watch pornography, or take away your phone at 9 pm; but a parent can, and must.

Teaching virtue should be your top priority for your daughter or son. That's not a sermon; it's a robust empirical finding.

Why are so many girls and boys today more likely to be anxious, depressed, and/or fragile? My

answers:

- . The bonds across generations have been broken
- . **You must restore them**
- . Parents have allowed relations with same-age peers to displace the family
- . **You must prioritize the family**
- . Parents have allowed social media and video games to displace real world experience
- . **You must limit, govern, and guide your kids' use of screens**
- . American culture now prioritizes fame and wealth over virtue and character
- . **You must challenge that**