

# *Leading Your Family through Cyberspace by Rob Dunikoski*

## **Part One: Get your house in order**

- Tech in common areas only
- Shut it down at night
- Filter your Wi-Fi
  - Circle, <https://meetcircle.com/>; <https://www.netgear.com/landings/circle/> - Setup is user friendly. Netgear sells routers with the Circle filtering software built in.
  - Mesh WiFi Security Router & Parental Control System, <https://gryphonconnect.com/share/pye/> - Alternative to Circle; highly recommended by Protect Young Eyes.
- Turn on parental controls
  - Protect Young Eyes, <https://protectyoungeyes.com/> - Instructions on how to set up iPhones, Androids, and most home devices; also provides a guide to vet apps before you approve them.
  - Apple Screen Time, <https://support.apple.com/en-us/HT208982> with Apple Family Sharing, <https://www.apple.com/family-sharing/> - Apple device have very good built in parental controls; after you turn on family sharing, you can control kid's devices from parent device (and monitor too); one difficulty is that you have to configure Screen Time for each device after you turn it on (configuration is straightforward though).
- Only allow safe apps
  - Again, Protect Young Eyes, <https://protectyoungeyes.com/> - Summarizes uses and dangers of popular apps.
- Bonus Points: Bark, <https://www.bark.us/> - Runs automated checks on email, texts, and social media; sends an alert to parent's email.
- Bonus Points: Covenant Eyes, <https://www.covenanteyes.com/> - Takes random screenshots and emails to parents.

## **Part Two: Ongoing engagement**

- Regular (ideally weekly), quality communication with each child (to include conversations on sex and pornography at an age appropriate level)
- Regular monitoring of family's technology usage

## **Part Three: Outward turn – Helping other families**

- Reach out to friends who need help in this area
- Consider organizing get togethers for parents to collaborate on these issues

# Resources for Parents<sup>1</sup>

## Articulating the WHY of your family's approach

- "Letter from the Headmaster – Smart Phones," by Alvaro de Vicente:  
<https://heights.edu/essay/smart-phones/>
- *Digital Minimalism*, by Cal Newport (tech philosophy of Georgetown computer science professor)
- *Compass: A Handbook on Parent Leadership*, by Jim Stenson (in particular, Chapter 7 "The Media as Rivals")

## Tech Strategy & Content Reviews

- [protectyoungeyes.com](http://protectyoungeyes.com) (practical materials on parental controls, app safety, etc.)
- [commonsensemedia.org](http://commonsensemedia.org) (app, book, and movie reviews)

## Guiding Children: Pornography

- [purityispossible.com](http://purityispossible.com) (online training from Harvard psychiatrist on mastering cravings, anxiety, and distraction)
- *Good Pictures, Bad Pictures: Jr.*, by Kirsten Jenson and Debbie Fox (ages 3-6) (children's book explaining dangers of internet pornography)
- *Good Pictures, Bad Pictures: Porn Proofing Today's Young Kids* (ages 7-12)
- *Father-Son Accountability: Integrity through Community*, by John and Lucas Fort (helping dads speak to their sons about these issues)
- *Pandora's Box is Open*, by Gail Poyner (helping children who have been exposed to pornography)
- *Integrity Restored*, by Peter Kleponis (guide for families dealing with pornography addiction)

## Parents' General Knowledge

- *iGen*, by Jean Twenge (research by San Diego State psychology professor)
- *Worry Over Kids Excessive Smartphone Use Is More Justified Than Ever Before*,  
<https://mercatornet.com/worry-over-kids-excessive-smartphone-use-is-more-justified-than-ever-before/23908/> (Mercatornet summarizing Twenge's research)
- *The Flight from Conversation*, <https://www.theatlantic.com/technology/archive/2015/10/reclaiming-conversation-sherry-turkle/409273/> (*The Atlantic* discussing the work of MIT psychologist Sherry Turkle on the impact of smartphones on ability to communicate face-to-face)
- *Childhood 2.0*, <https://www.childhood2movie.com/> (documentary on growing up in the age of smartphones and social media)

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<sup>1</sup> Prepared by Rob Dunikoski with substantial contributions from Conner Reilly and Paul Hunker.