



HELPFUL RESOURCES

Parenting in the Smart Phone Era

- ① Do you feel overwhelmed by the amount of time that your child is spending on their devices?
- ① Is your child struggling with their emotions?
- ① Do you know what sites your child is visiting and their content?
- ① Do you worry about accidental exposure to pornography?
- ① Do you know there are ways to protect your child from the dangers of the internet?

Holy Family Counseling Center

is committed to helping parents protect their children. We advise our clients to become educated and talk to their kids early and often about the dangers of technology including online predators, social media obsession, gaming addiction, pornography exposure, bullying, sexting, poor communication and social skills, and materialism.

For more information or to speak to one of our counselors, please contact Holy Family Counseling Center at 678-993-8494 or visit our website at holyfamilycounselingcenter.com

If you are struggling with this problem, please know that you are not alone.

Please consider utilizing these resources.

Software Programs

- *Internet Filters and Accountability Reports: Covenant Eyes, Qustodio, Net Nanny and Norton Family Premier*
- *Parental Control and Monitoring Apps: Bark, Our Pact*
- *Support.apple.com - Free hardware tools to filter the internet and establish app and screen time limits.*
- *Service Providers: Verizon, AT&T, and T- Mobile have tools for parents.*

Websites and Blogs

- *Protectyoungeyes.com: Blogs on internet safety, app reviews, software reviews, educational videos, etc.*
- *Fixappratings.com: Independent research on popular apps*
- *Commonsensemedia.org: Independent research on apps, games, movies, t.v. shows and books*
- *Missingkids.org: Blogs and videos for keeping kids safe online.*
- *Christian answers.net: T.V. and movie reviews.*

Books

- *iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy --and Completely Unprepared for Adulthood--and What That Means for the Rest of Us by Jean Twenge, Ph.D.*
- *Glow Kids: How Screen Addiction is Hijacking our Kids and How to Break the Trance by Nicholas Kardaras, Ph.D.*
- *Theology of the Body for Beginners by Christopher West.*
- *How to Talk so Kids Will Listen and Listen so Kids Will Talk by Adele Faber and Elaine Mazlish*
- *Good Pictures/Bad Pictures : Porn Proofing Today's Young Kids by Kristen A. Jenson, MA and Gail Poyner, PhD*