Cell Phones - Android

* Applock: <https://play.google.com/store/apps/details?id=com.domobile.applock&hl=en_US>
* SMS Backup +: <https://play.google.com/store/apps/details?id=com.zegoggles.smssync>
* Usage Time – Phone Usage Manager: <https://play.google.com/store/apps/details?id=com.agooday.screentime>
* Google Family Link: <https://www.youtube.com/watch?v=465qsv6c3VI>

Cell Phones - iPhone

* Screen time tutorial: <https://www.youtube.com/watch?v=RzVIosMRUHg>

Cell Phones - Accountability Apps

* Ever Accountable: <https://everaccountable.com/>
* Covenant Eyes: <https://www.covenanteyes.com/>

Laptops & Computers

* Internet filters
  + K9 web protection (windows & mac): <http://www1.k9webprotection.com/>
  + AD Block
    - Chrome: <https://chrome.google.com/webstore/detail/adblock-plus-free-ad-bloc/cfhdojbkjhnklbpkdaibdccddilifddb?hl=en-US>
    - Firefox: <https://addons.mozilla.org/en-US/firefox/addon/adblock-plus/>
  + Disney Circle: <https://meetcircle.com/>

Video Games

* Setup Parental Controls
  + Xbox One: <https://support.xbox.com/en-GB/browse/xbox-one/security/Safety%20tools>
  + PlayStation: <https://www.playstation.com/en-gb/get-help/help-library/my-account/parental-controls/ps4-parental-controls/>
  + Nintendo Switch: <https://www.nintendo.com/switch/family-fun/parental-controls/>

Streaming Sites

* Setup Parental Controls
  + Netflix: <https://help.netflix.com/en/node/24805>
  + Amazon Prime Video: <https://www.amazon.com/gp/help/customer/display.html?nodeId=201423060>

Television

* Setup Parental Controls
  + U-Verse
    - <https://www.att.com/esupport/article.html#!/u-verse-tv/KM1045382?videoId=4200032&gsi=JJAalPXB>
  + Spectrum Television
    - <https://www.spectrum.net/support/tv/spectrum-guide-settings-parental-controls-spectrum2/>