

TechTok Parent Resource Guide



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resources

INTERNET SAFETY & MONITORING TOOLS

- [Apple Screen Time](#) – Free, built-in parental controls for iOS devices.
- [Bark](#) – Monitors for risks like bullying, predators, and depression, sending real-time alerts.
- [Canopy](#) – AI-powered filter that blocks inappropriate content in real time, even on hidden or brand-new sites.
- [Circle](#) – Manages WiFi for every device at home with filters, time limits, and pause controls.
- [Google Family Link](#) – Free parental controls for Android and Chromebooks.
- [Life360](#) – Location sharing, driving safety, and emergency SOS alerts.
- [Net Nanny](#) – Trusted parental controls with real-time alerts and flexible filtering.
- [Qustodio](#) – Provides detailed daily reports, app blocking, and custom screen rules per child.

PHONE & DEVICE ALTERNATIVES FOR KIDS

- [Bark Phone / Bark Watch](#) – Kid-safe devices with internet monitoring built-in.
- [Cosmo Watch](#) – Affordable starter device with GPS and communication features.
- [Gabb Wireless](#) – Safe phones and watches with calls, texts, and GPS only.
- [Pinwheel Phone](#) – Parent-managed smartphone with curated apps.

MEDIA & CONTENT AWARENESS

- [Common Sense Media](#) – Reviews movies, shows, apps, and games with trusted age ratings.
- [Defend Young Minds](#) – Step-by-step guides for devices, apps, and safety settings.
- [MovieGuide](#) – Faith-based review site with cultural commentary for Christian parents and families.
- [Plugged In](#) – Faith-based media reviews with both content breakdowns and worldview insights.
- [VidAngel](#) – Streaming filters to skip unwanted content.

FAMILY RESOURCES & CONVERSATION TOOLS

- [Axis.org](#) – Parent guides and a weekly “Culture Translator” email.
- [Digital Wellness Lab](#) – Research-based resources from Boston Children’s Hospital.
- [Screen Sanity](#) – Free contracts, conversation kits, and training for families.
- [Screen Time Contracts](#) – Downloadable templates for setting expectations.

BOOKS FOR PARENTING IN A TECH WORLD

- [Breaking Free of Child Anxiety and OCD](#) – A parent-centered approach to reducing child anxiety.
- [Parenting in a Tech World](#) – Real-world app and parenting breakdowns.
- [Screen Kids](#) – Research-backed habits for balancing screens.
- [The Anxious Generation](#) – Explores smartphones’ role in kids’ mental health.
- [The Opt-Out Family](#) – Inspiration and practices for stepping away from digital overload.
- [Unplug: Raising Kids in a Tech Addicted World](#) – Steps to break tech addiction and create healthier rhythms.

INTERNET ACCOUNTABILITY & PORNOGRAPHY AWARENESS

- [Covenant Eyes](#) – Filtering and accountability software + parent education on pornography prevention.
- [Defend Young Minds](#) – Resources and device guides to equip parents in talking about tech and pornography.
- [Fight the New Drug](#) – Science-based education about the harms of pornography.

DIGITAL ANCHORS FOR PARENTS

1. TAKE BACK THE TABLE

Put phones and devices aside for meals, car rides, and bedtime. Presence communicates love and intentionality.

- 📖 *“Look carefully then how you walk, not as unwise but as wise, making the best use of the time.” Eph. 5:15-16*
- ➔ Try this: Make meals and car rides moments to connect — share food, stories, and laughs device-free.

2. PROTECT WHAT MATTERS MOST

Filters and apps may block content, but only time and intentional conversations shape hearts.

- 📖 *“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23*
- ➔ Try this: Trade one evening of screens for a board game, fire pit, or family walk — invest in moments that last.

3. LEAD WITH LOVE, NOT FEAR

Boundaries matter, but your kids need to know they come from your heart, not a desire to control.

- 📖 *“Bring them up in the training and instruction of the Lord.” Ephesians 6:4*
- ➔ Try this: When setting a new limit (i.e. no devices in bedrooms, at meals, etc.), explain the heart behind it.

4. KEEP THE CONVERSATION GOING

Make talking about technology a normal topic of conversation, not a taboo one.

- 📖 *“Impress them on your children ... talk about them at home and on the road.” Deut. 6:6-7*
- ➔ Try this: Ask, “What’s one thing online this week that didn’t line up with God’s truth?” Or ... “Did anything online this week make you stop and think?” Use it to start a faith-gearred conversation.

5. MODEL A DIFFERENT WAY

Your kids will follow your example more than your rules. Model to them how to balance tech by how you live.

- 📖 *“And you yourself must be an example to them by doing good works of every kind. Let everything you do reflect the integrity and seriousness of your teaching.” Titus 2:7*
- ➔ Try this: Declare one night each week a Family Tech Sabbath — no phones, no TV, just time together.

ENCOURAGEMENT: Choosing family over screens and truth over trends is counter-cultural — and that’s exactly the point. You don’t have to be perfect, but you will never regret being present with your children, staying faithful to loving and leading them, and trusting God to use the small daily moments to shape your kids’ hearts.

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