TABLE 4.1 Top Five Parental Control Apps for Computers and Mobile Devices

APPS FOR IOS AND ANDROID	WHAT IS IT?	PROS	CONS
OurPact (ourpact.com)	Highly recommended app, designed and developed with child professionals and parents as a parental control and a way to teach responsibility and time management to children. Remotely blocks sites and apps, tracks activity, and schedules usage.	Free. Mobile-based; can customize device use for recurring schedules; allows additional time on devices if parent unlocks; easy to set up and use.	iOS users may have issues with hidden apps that reappear on the home screen; a patch has been created to fix this bug.
Screen Time (screentimelabs.com)	Popular app that lets parents manage both time and content on smartphones and tablets. Blocks designated apps (but allows others, educational, etc.) tracks usage and can time out kids from devices remotely. Can create checklists for children to incentivize less online time.	Flexible; allows parents to add bonus time on devices as reward; comprehensive and mobile based; uninstall of app is password protected; 14-day free trial offered.	$3.99/month; premium features cost more. Can be worked around if child creates a widget, which will allow access to blocked apps through the home screen; impairs apps' effectiveness.

TABLE 4.1 (Continued)

APPS FOR IOS AND ANDROID	WHAT IS IT?	PROS	CONS
Family Time (familytime.io)	Solidly rated app that allows parents to block apps and sites and to limit child's screen time. Tracks usage and also child's location and arrival and departure time.	Provides geo and location tracking; can install protection to prevent deletion of app; child data protected; beta testing of text message monitoring in progress; mobile based.	$2.25/month plus annual fee for installation on one child's device; premium features or adding devices costs more. Continuous use of GPS can drain battery life.
Net Nanny (netnanny.com/mobile)	Highly rated parental control for its ease of use and effective and sophisticated blocking and filtering abilities. Provides a complete picture of what your child does online. Parent can block apps, manage devices remotely, and disable devices during sleeping hours.	Can mask profanity and will block games based on rating system or specific content.	$69.99/year for 7 computers or devices. Cannot capture keyboard strokes or desktop images; browser based (users must block other browsers and adjust settings).
Curbi (curbi.com)	Versatile app that tracks screen time, blocks content, and manages device usage remotely; provides weekly report of child's device usage.	Can set device restrictions (no camera, no Safari, etc.); built-in content filter; permanent Google "safe search" feature; 14-day free trial offered.	$6.99/month. Easy for child to turn app off in settings; app can cause device to crash.