



PUNGGOL PRIMARY SCHOOL

Punggol Cyber News (July – August)

MANAGING SCREEN TIME (PARENTAL CONTROL APPS)

Dear parents, welcome to the inaugural issue of Punggol Cyber News! Through this newsletter, the Cyber Wellness Team of Punggol Primary School would like to share with you current cyber trends and updates.

As a parent in the digital age, we live with the knowledge that our children are growing up as digital natives. We are raising a new generation of children who lead device-driven lifestyles. With the recent unprecedented move where learning shifted into full home-based learning in Term 2, the challenge is real and greater for us to help our children to learn well and safe in the digital world.

Child development experts recommend limiting children's daily screen time. Screen time limits can help lower the risks of screen time for your child, which include physical, developmental, safety and other risks.

Parental control apps can assist you to have some control of your child's online activities. There are software or applications that have features which allow you to restrict the access of content to your child.

What should you look for in a parental control app? Here are some considerations:

1. Content Filtering

This feature protects your child from coming across content you do not want them exposed to.

2. Time Limits

Some apps offer time limits on their internet usage, while others let you specify how much time your child is allowed to spend on their device during the day. It is a good feature to control the screen time for your child.

3. App blocking

This is an important feature that prevents your child from accessing content that you do not want them to. Some parental control apps might give you the option of having to approve an app before your child is able to install it on their phone.

4. Remote locking

This is an ability to lock your child's phone when you are not physically next to them.

5. Social media

Check if the app you decide on gives you the function of monitoring your child's online social activities.




6. Ease of Use

The choice of your parental control app should be designed to accurately report all the essential information you need to know about your child's online safety. It should be packed with user-friendly features and offer automatic alerts.

7. Compatibility

Your parental control app needs to be compatible with the devices your child use regularly.

What are the apps? Here are some suggestions:

No.	Name of Application	Description
1.	Kaspersky Safe Kids 	Website: https://www.kaspersky.com/safe-kids Kaspersky Safe Kids includes all of the common features, including content filtering, time limits, location tracking, app blocking, social media monitoring, call and text monitoring, and remote locking. It is very easy to navigate because of a simple and minimalistic design. It is very affordable and it also has a limited free version, which is a great option to begin with, if you are unsure about trying a parental control at all.
2.	Qustodio Parental Control 	Website: https://www.qustodio.com/en/ Qustodio provides features such as content filtering, app blocking, location tracking, social media monitoring, call and text monitoring, and time limits. Singtel lets you try Qustodio for free for 3 months with no contract, and they even have the option of purchasing Qustodio with Spotify Premium or Nickelodeon. https://www.singtel.com/personal/products-services/lifestyle-services/surfschool
3.	Symantec Norton Family Premier 	Website: https://sg.norton.com/norton-family-premier The software provides many of the same features as the other devices, including content supervision, time limits, supervision of web, social media, texts and calls, and location tracking.

There are many popular apps around. You can find out more about other apps by searching online. It is a good idea to use the free trial and test it out to make sure you are at ease in using the app features for navigation.

- Reference is taken from National Media Council: <https://www.betterinternet.sg/Resources/Resources-Listing/Parents---Parental-control-apps>, and vpnMentor: https://www.vpnmentor.com/blog/best-parental-control-apps/?keyword=&geo=9062518&device=&gclid=EAlaIqObChMIo_mwww_g6gIVhH4rCh0fBwduEAAYBCAAEgJZz_D_BwE

Brought to you by the PPS Cyber Wellness Team.