

eSmart News – Apps for Monitoring Use

In earlier articles I have discussed creating cyber house rules for smart, safe & responsible use of digital technologies in the home as well as looking at how much time is too much time on screens ([click here](#) if you missed them). This week I want to look at harnessing technology to help us manage our children's (and perhaps our own) screen time.

Simply by doing a search for 'apps for monitoring use' you can find a wealth of information and tools that will assist you to better manage time on devices and some even go so far as to provide filters so you can block/allow access to particular websites.

[Mobsafety Ranger](#) is one such app that can be used for both Apple & Android devices. Another one is [Moment](#), which is for Apple devices only. There are many others, please let me know if you come across and/or use an app for monitoring use that we can share with the school community.

It is worth taking a moment to reflect on how much time your children are on screens and discuss with them how such an app may be of use to your family. If you feel that such an app would be helpful, involve your children in the decision where possible and encourage them to do some research on which one will suit your family's needs.

Please don't hesitate to contact me if you have any questions or feedback – I would love to hear from you.

hall.julie.j1@edumail.vic.gov.au

Julie Hall

eSmart Co-ordinator