

WHATEVER RIGHT PURE EXCELLENT
 TRUE NOBLE LOVELY ADMIRABLE PRAISEWORTHY

THINK ABOUT SUCH THINGS
 PHILIPPIANS 4:8

Here are some suggestions for websites and settings that can help us as we use the internet.

Set up screen time and app restrictions

Go to 'screen time' in your phone settings. This will allow you to:

- Get weekly reports to show how much you're using different apps
- Remind you with an alarm when you have spent too long on a particular app
- Restrict settings for explicit content and downloads
- Set a schedule for time away from the screen
- Manage screen time for children with a timed lock and set a passcode on their device



Here is a really useful video clip that will show you how to make these settings and different ways that you can manage the apps that you use.

Scan me!



Provide accountability against explicit content

Covenant Eyes is an app that you can install onto phones and other devices which monitor online activity. This can support someone who is struggling with an addiction to pornography and provide accountability to help them overcome it.

Reliable Websites for Bible study and questions



BLUE LETTER BIBLE

