

## How to curb the use of online devices

### 如何控制使用上网工具

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Sep 2018  
2018年9月

Parents have been inquiring as to how to curb the use of online devices in and outside the home. We have a couple of options that can help. These are some parent recommendations and are in no way affiliated with West Vancouver Secondary or the NVSD.

很多父母都在考虑如何有效控制孩子们使用各种上网工具。这里有几种选择可供大家参考。这些来自家长们的建议目前还没有和西温中学或者北温学区进行沟通。

[www.ourpact.com](http://www.ourpact.com)

This app can be a great add-on to your daily family life. You can schedule device use, block or grant apps, add "rules" to apps, family locator (similar to Find My Phone in iOS), block texting and web filtering.

There is a cost depending on what you need. It starts with a free account and goes up to \$6.99US per month.

这个 APP 对你的日常生活非常有帮助。你可以用它来设置设备的使用，禁用或者授权使用。在 APP 上可以设置一些规则，设置家庭的定位装置（类似于寻找 iPhone 的 IOS 功能），禁止某些文字以及过滤网站。

[www.meetcircle.com](http://www.meetcircle.com)

Circle is a Disney product and does basically everything that Ourpact does but they have one more thing for the home that Ourpact doesn't have. Circle has a device that can be installed in the home to shut down or limit devices on the network. The cost is \$9.95US per month and the device is \$99US.

“circle”是迪斯尼的一款产品，基本功能和前面说的“ourpact”APP 一样，但是它有一个功能是前者没有的。“circle”有一个设备可以装在家里，用于限制网络的开关、限制网络。设备费用是 99 美金，“circle”的费用是每月 9.95 美金。

If you are tech savvy you can log into your own router and set up the same kind of limits for computers, phones, gaming systems... anything on your network based on their MAC address. Some routers do this better than others but if you are in the market for a new router, ask the tech people at the store which one will work best for your home.

如果你技术不错，可以登陆路由器，对电脑、手机、游戏系统设置同样的限制。只要和网络相连的各种设备都可以。路由器功能会有好坏，去市场上购买最新的路由器时，你需要咨询销售员哪款更适合你家。