






THOL - Qustodio Parental Controls - Cheat Sheet

Why Qustodio, what it can do, and how to set it up.

✓ Why You Should Set Up Qustodio

-  **One App for All Devices:** Works across iPhones, Androids, Chromebooks, Windows PCs, and Macs
-  **Full Parental Control:** You get full visibility, time limits, and content filtering across all your child's devices
-  **Cost-Effective:** Plans start at around **\$55 USD/year** for up to five devices—far more affordable than separate tools
-  **Partnership with THOL:** You can grant our team access to monitor your child's activity during school hours only, helping us reinforce focus and safety at school without interfering with your parental preferences at home
-  **Peace of Mind:** Know what apps and sites your child uses, when, and for how long

What Qustodio Can Monitor and Block for THOL

✓ Inappropriate Content

- Blocks adult/explicit content, gambling, violence, hate speech, weapons, etc.
 - Filters across all major browsers (Chrome, Safari, Edge, Firefox)
 - Enforces SafeSearch on Google and Bing
 - Blocks inappropriate videos via YouTube restricted mode (see below)
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YouTube Access

- Can block YouTube entirely, or enforce **Restricted Mode** (filters mature content)
 - Tracks **search terms and watched videos** (device-dependent)
 - Can limit or block YouTube usage **during school hours only**
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Homework Cheating Sites / Instant Answer Sites

Examples: Chegg, Brainly, Course Hero, Quizlet, Study.com, etc.

- Qustodio allows you to:
 - **Block known websites** that offer answers to homework questions
 - View student browsing history and block new sites as they appear
 - Get real-time alerts for attempts to access forbidden content
 - Restrict access to entire categories like "Homework Help" or "Online Tutors"
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Time Control & Focus Tools

- Set daily time limits or schedules (e.g., 8am–3pm for school use)
- Block everything except specific educational websites during class time
- Pause internet use remotely (great during exams or focused work periods)

How to Set It Up

Step 1: Create a Qustodio Family Account

- Go to <https://www.qustodio.com/en/family/>
- Choose a plan and create your family account

- Follow the steps to install Qustodio on your child's Chromebook, laptop, iPhone, or Android device

Step 2: Add THOL as a School Guardian (Optional but Recommended)

- In your Qustodio dashboard, go to “**Your Family**” → Select your child
- Click “**Add Guardian**”
- Enter this school email: **info@theheartoflearning.org**
- Confirm access

This step will allow our team to help support your child's appropriate online use **only during school hours**, ensuring consistency with our academic expectations while you retain full control at home.



Chromebook-Specific Setup Checklist

If your child uses a Chromebook, please ensure:

- They are signed into the Chromebook with the Qustodio-managed Google account
- The **Qustodio Chrome extension** is installed and active
- **Guest Mode and Incognito Mode** are disabled to prevent bypassing filters
- You verify the Chromebook appears in your Qustodio dashboard



Bonus Tip: Use Built-In Parental Controls Too

For added control, we also recommend:

- **Apple Screen Time (for iPhones):** [Click here to learn how](#)
- **Google Family Link (for Android and Chromebooks):** [Click here to get started](#)