

Self-Exclusion Programs - Internet Controls & Web Blocking Software - Online Gambling - Qustodio

****Resource For the Gambler and Loved Ones**

- Self-Exclusion Programs - Internet Controls & Web Blocking Software

Self-Exclusion Internet Controls & Web Blocking Software such as **BetBlocker**, **Gamban**, **Gamblock**, and **Gambling Block** can also be a powerful tool for those that gamble on the Internet and would like to block the ability to access gambling sites, track and control Internet usage, or restrict access at specific times. Like self-exclusion, web-based exclusion programs allow users to “ban” themselves from being able to gamble online. There are free options as well as paid options, and this resource allows users to continue to utilize their computer for work and leisure but attempts to reduce the temptation to gamble as a result of pop up gambling site advertisements that would otherwise appear without the program. Many offer valuable tools such as the ability to track internet usage and even device location. A great feature of some web blocking software is that once installed, if the user tries to remove the program from their device, a prompt appears showing a map of available problem gambling resources in their area (such as the 888-ADMIT-IT HelpLine). There are also child protection websites such as, **Net Nanny**, **Cybersitter**, **Norton Family**, **Netsweeper**, **OpenDNS**, and **Qustodio** available, to help prevent underage access to online gambling. **Freedom** is an app and website blocker designed to improve focus and productivity by temporarily blocking distracting websites and apps (including gambling websites and apps) across multiple devices. Additionally, family features and apps offered by wireless service providers such as **Verizon Family Plus**, the **AT&T Secure Family® App**, and **T-Mobile's FamilyMode® App**, offer the ability for their customers to block gambling apps and websites in addition to other sensitive content.

Some of the FCCG's Self-Exclusion Internet Controls and Web blocking Software Program Referrals include the following:

➤ Qustodio

Qustodio is an Internet Parental Control suite that allows a “Parent” account to control a “Child” account. The Parent account has the ability to control and monitor what kind of content the Child account views or accesses, including but not limited to, pornographic material, social media, and gambling websites and applications across all major platforms (Windows, Mac, Android, iOS, Kindle). The Parent account can be controlled via a PC or mobile device, and will give real time updates on the Child accounts activities, for example searched words such as “Gambling”. For Android and iOS devices, this software also allows the tracking of the devices physical location. The minimum price of this software is \$54.95 per year for 5 Devices (Basic). A premium version is available for \$99.95/year, which covers unlimited devices and offers additional features including AI-powered alerts, custom routines, app insights, games/apps time limits, and call & message monitoring.

- Use the Qustodio parental control app or use our web-based Family Portal dashboard to monitor kids' activities in real-time.
- Download the Qustodio app on your child's iOS, Android, Kindle, Mac, and Windows devices. Setup is quick and supervision is automatic.

All the tools you need to protect your kids online

Qustodio gives you the best parental control and digital wellbeing features in one place

- Filter content & apps
- Monitor activity
- Set time limits
- Locate family

- Track calls & SMS
- Reports, alerts & SOS

Filter content & apps

Create a safe space for your kids to explore and play online

Block gambling and other inappropriate apps, games, and websites allowing your kids to visit child-friendly websites safely. Discover app insights such as descriptions, age-appropriate alternatives, and learn about any potential risks. Use psychologist-approved conversation starters to help your child discuss their online experiences.

Monitor activity

Stay involved in your child's digital life

Log in to the real-time dashboard from any device at any time to check your child's digital activity and adjust your settings. Easily view their activity timeline, browsing history, YouTube views, screen time and more.

Set time limits & routines

Help your kids balance their time online

Prevent screen addiction, preserve family time, and encourage healthy sleep patterns with consistent time limits and routines that you can easily switch between. Plus, pause the internet at the touch of a button.

Locate family

Know where your kids are at any time

Spot your child on the map to know where they are and have been. Save most visited places like school and home and get peace of mind by receiving notifications when they arrive or leave those locations.

Track calls & SMS for Android and iOS

Catch predators and cyberbullies the moment they strike

Detect suspicious contacts by seeing who your child exchanges calls and messages with. Read the texts they send and receive, plus set a list of blocked phone numbers.

** Calls and messages for iOS requires a Windows or Mac computer

Get reports, alerts & SOS

Get all the info you want at the touch of a button

Receive detailed daily and weekly reports of your child's online activity straight to your inbox. Our AI-powered alerts notify you to any of their concerning messages or searches, so you can know if they need your help.

Make the most of Qustodio with Care Plus

Care Plus is our exclusive service designed to elevate your Qustodio experience.

Add it to any Premium plan and you'll get access to phone support and personalized advice from our experts at a time that suits you.

Available in **English** and **Spanish**.

Learn more: <https://www.qustodio.com/en/care-plus/>

Qustodio works on every device you need

- Android
- iPhone & iPad
- Windows
- Mac
- Chromebook
- Kindle

[Website: qustodio.com/en/](https://www.qustodio.com/en/)

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