

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

****Resource for the Gambler and Loved Ones**

Self-Exclusion is a protective measure that allows people to voluntarily ban themselves from accessing gambling opportunities or financial means, such as cash, to gamble. The main purpose of **Self-Exclusion** is to help at-risk players, or players with problems, regain control of their gambling behavior by supporting their efforts to abstain from at least one specific form of gambling for a particular amount of time.

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**, **FamilyTime**, 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:

- ✓ **AT&T Secure Family®** is a family safety app, which also works for Cricket Wireless customers. It helps family members stay connected and safe in the digital and physical world. Secure Family also offers parental controls to help you manage online activity. You can control the types of content your child (or an adult) can see to block objectionable content like violence, sexual content, drugs, alcohol, gambling, and more. Block specific sites and apps. Or, use the content filters to block thousands of websites and apps with just a tap. Limit daily internet and app access. Restrict screen time across all monitored devices (phone, tablet, iPad). Get daily, weekly, or monthly reports on web and app usage. Block access to the App Store® or Google Play™ store to prevent buying apps or other content. Schedule times when devices can't access the internet through cellular data or Wi-Fi and use the “Internet Countdown” feature to show a countdown for when the user's internet will be turned off or on, or block internet access entirely on demand. AT&T Secure Family is \$7.99 per month after the first 30 days, which are free. The subscription auto renews each month unless canceled.
- ✓ **BetBlocker** is a free tool to help you control your gambling. Install it on as many devices as you like and you can block yourself from accessing over 87,100 gambling websites and over 1,500 gambling apps. You can select how long you want to be blocked for.
- ✓ **Cybersitter** is a program designed to block certain content from access on a Windows PC. It can block various types of adult content, such as pornography, social media, online gaming, and other specific sites. It also allows the user to set a schedule that would allow access to certain content only during specific windows of time. This program only has a one-time fee of \$39.95 and can only be installed in PCs running Windows 7, 8 and 10.

- **FamilyTime** is a parental-control and family-safety app designed to help parents manage how children and teens use their smartphones and tablets. It provides tools to keep families safe both online and offline, with robust controls that allow parents to shape healthy digital habits. FamilyTime lets parents block inappropriate or harmful content—including violence, sexual content, drugs, alcohol, and gambling-related websites and apps—either by filtering entire categories or by manually blocking specific sites and applications. Parents can also prevent access to app stores to stop the installation of gambling apps or other restricted content. FamilyTime is compatible with Android phones and tablets (Android 8.0+), iPhones and iPads (iOS 12+), and desktop computers including both Windows PCs and Mac computers through the FamilyTime Parent App and FamilyTime Jr. installation options, allowing parents to manage and monitor children’s devices across all major device types.
- ✓ **Freedom** is an app and website blocker designed to help users manage their screen time and improve focus and productivity by temporarily blocking distracting websites and apps across multiple devices. Losing control of your time and money to online gambling? Use Freedom to block gambling sites and apps across all your devices. If you have a gambling problem or simply want more control, Freedom can help! Freedom works on Mac, Windows, Android, iOS, and ChromeOS devices. Freedom is free to use with limited features. Freedom Premium is available for \$8.99/month (billed monthly), \$39.99/year (billed yearly), or \$99.50 (one-time charge) for a lifetime license.
- ✓ **Gamban** is online gambling blocking software for IOS, Mac, Windows, and Android, that allows users to “ban” themselves from being able to gamble online. Since 2015, Gamban has gone from strength to strength, setting the standard in gambling blocking software. First-hand experience of problem gambling, combined with the most talented minds in the field of self-exclusion software has resulted in the most effective cross-platform solution for creating friction and aiding willpower in the fight against gambling addiction. Gamban offers both monthly and annual subscriptions for a small fee.
- ✓ **Gambling Block** is a free mobile app for iOS and Android that helps by blocking access to casino and betting sites on your device, managing your urges with helpful reminders, and providing tools to track your progress. It’s designed to support you in reclaiming control and staying focused on your recovery journey. Gambling Block is user-friendly and designed for simplicity. Once downloaded, you can easily set up site blocks and manage your preferences through a straightforward interface. Guides and support are available to help you get started quickly. Gambling Block’s list of blocked sites is updated daily to ensure it includes the latest gambling sites and platforms. You can request updates or adjustments at any time to keep your restrictions effective and current.
- ✓ **Gamblock** (www.Gamblock.com) is specifically designed to block access to online gambling and is also available now for Mobile devices. Gamblock prevents personal and business computers using gaming, wagering or gambling facilities on the Internet. All versions of Gamblock prevent access to all forms of gambling, including, but not limited to, spread betting, fantasy games, lotteries, bingo, sportsbook, sweepstakes, gambling software and sites that pertain to "real world" gambling. Gamblock pricing and subscription periods vary by device type. Once installed, it is designed to be irremovable during the selected subscription period and is available at varying costs to individuals, businesses and organizations.
- ✓ **Net Nanny** is a comprehensive Parental Control program designed to allow 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), as well as how frequently they may access the internet in general. It also offers tools such as the ability to track internet usage and even device location. This application blocks both websites and

applications, and can be installed on either a PC, Mac, iOS Device, or Android device. The cost is \$39.99 for one device (PC or Mac only) or \$54.99 for 5 devices (any devices).

- ✓ **Netsweeper** is a web content filtering and categorization platform with a Category Naming Service (CNS) that detects and categorizes over 50 million new URLs every 24 hours including new gambling sites. Netsweeper installs on Win, Mac, Chrome, iOS, Android. Netsweeper has the ability to block content as well as prompt users with direct messages. Parental controls within the mobile telecommunications network are the applications of software and service tools that are designed to help parents and guardians monitor their children's access to inappropriate websites and content while using laptops, tablets, mobile phones and other smart devices.
- ✓ Beyond website and application control, **Norton Family** allows the Parent account to do things such as limit time usage, monitor words or phrases being searched, alerts when forbidden content is attempted to be accessed, the ability for the Parent to instantly LOCK the device from use remotely, and the ability to track the location of the device if installed on a mobile.
- ✓ **OpenDNS** is a suite of consumer products aimed at making your internet faster, safer, and more reliable. With filtering or pre-configured protection, you can safeguard your family against adult content and more. It's the easiest way to add parental and content filtering controls to every device in your home. OpenDNS settings apply to every device – laptops, smartphones, tablets, DVRs, game consoles, TVs, literally anything that connects to the internet from your home network. OpenDNS offers two (2) FREE packages; **OpenDNS Family Shield** - preconfigured to block adult content - set it and forget it; and **OpenDNS Home**, their classic, free service with customizable filtering and basic protection. Cisco's OpenDNS control panel lets you block websites by category. Categories include gambling, games, and other adult/harmful content.
- ✓ **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.
- ✓ **T-Mobile's FamilyMode® App** is a digital hub for online and real time safety for your whole family. It's ideal for online parental controls and keeping tabs on your family members virtually anywhere. FamilyMode has many features for T-Mobile customers, including: real-time location tracking, screen time monitoring, setting content filters to block gambling apps and websites and other sensitive content, managing internet use with time limits and the ability to pause access entirely. When you add T-Mobile FamilyMode to your account, you can also receive Family Allowances for free. Family Allowances helps you monitor talk and text usage. FamilyMode's location tracking features also allow you to view location and history to see the location of every family member with options to see a timeline of where the family member has been; create safety areas and get push notifications if a family member leaves the safety area; check in to send a notification to the family with current location, and more. T-Mobile FamilyMode can be added to your account for \$10/month.
- ✓ **Verizon Family Plus** offers parental controls to block access to (or get alerts for access to) sensitive content including gambling and other sensitive topics for your family members' compatible devices. With Verizon Family Plus, you can use content filtering to block all websites and apps in a variety of content categories, including gambling websites and apps. You may also enter the URL of any online entity featuring content you don't want your dependent to view. Doing so will also block this content from any

related apps. All online activity will be available in the Web & App Activity* view, including while your dependent is on Wi-Fi. Additional features include call and text activity limiting and monitoring, web and app activity monitoring, screen time supervision, the ability to “pause the internet”, location monitoring with alerts and pick-me-up and check-in features, “Safe Walk with SOS”, driving insights for family, and roadside assistance. Your Verizon Smart Family account can be used to manage all compatible devices on the same Verizon mobile account. You can add Verizon Family Plus for \$14.99 per account.