

Self-Exclusion Programs - Internet Controls & Web Blocking Software - T-Mobile FamilyMode® App

****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:

➤ **T-Mobile FamilyMode® App**

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.

Your ultimate app for digital protection.

FamilyMode 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, including:

- **Locate your kids**

Real-time location information helps you keep track of your family members and see where they’ve been.

- **Monitor screen time.**
Understand how your family spends time online, and help them develop good digital habits.
- **Set content filters.**
Use pre-set or custom filters to help ensure your kids only see age-appropriate content online, including the ability to block gambling apps and websites among other sensitive content.
- **Manage internet use.**
Set time limits for your family, pause internet access, or give screen time as a reward.

Even more FamilyMode features to love

- **Find a device.**
Locate a lost connected device by triggering a sound.
- **Get help or check in.**
Alert your family with an SOS or send your current location.
- **Schedule downtime.**
Designate internet-free windows for homework, meals, or bedtime.
- **Reward good behavior.**
Increase daily limits, delay bedtime, or disable downtime.

Got questions about the FamilyMode app?

- **What is T-Mobile FamilyMode®?**

T-Mobile FamilyMode is a family safety solution with parental controls that lets you manage your kids' online activities and screen time across their devices, whether they're at home or on the go. The FamilyMode app helps parents monitor location in real time, set daily screen time limits, filter unwanted apps and content, pause internet access, monitor app and browser usage, and more.

- **How do I get the T-Mobile FamilyMode app?**

You can get the app by downloading it from the [App Store](#) or [Google Play Store](#).

- **How does T-Mobile FamilyMode work?**

T-Mobile FamilyMode is a mobile app that helps parents manage their children's digital lives with a multitude of features, including:

- **Real Time Tracking:** Locate your kids in real-time and track where they've been in the last 7 days. Monitoring is never in secret.
- **Schedule downtime:** Set internet-free times for homework, dinner, or bedtime.
- **Filtering:** Customize your child's access to only age-appropriate websites and apps.

- **Time Limits:** Set a maximum daily time threshold for specific apps, platforms, categories, or total screen time.
- **Pause the Internet:** Turn your family's Internet connection on and off at the touch of a button.
- **Usage:** Gain insight into how your family spends time online.
- **Notifications:** send your current location with check-ins or send an SOS alert to your family if you need help.
- **Ring lost device:** Locate a lost device by triggering a sound
- **Rewards:** Grant extra screen time for good behavior.
- **Can T-Mobile FamilyMode find a lost phone?**

Yes, if the phone is turned on and connected to the network, you can use T-Mobile FamilyMode to find it. If the device dies, the last known location of that device will appear on the map. You can also use the Ring device feature to locate a lost device by triggering a sound. For Android, the phone will ring even on silent or vibrate; but for iPhone, the phone won't ring if it's on silent or vibrate.

- **Does T-Mobile FamilyMode monitor Talk & Text?**

T-Mobile FamilyMode monitors app and Internet activities only. 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. [Details](#)

- **How does family tracking work with FamilyMode?**

FamilyMode has several features for tracking locations of children or other family members' phones:

- View location & 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.
- SOS to send the family an alert.
- Find a lost device by forcing it to ring.

[Website: https://www.t-mobile.com/apps/t-mobile-family-mode](https://www.t-mobile.com/apps/t-mobile-family-mode)
[Phone \(Existing Customers\): 1-800-937-8997](tel:1-800-937-8997)
[Phone \(New Customers\): 1-800-T-MOBILE](tel:1-800-T-MOBILE)