

LOCKING DOWN DEVICES

By Ben Bennett // imlivingfree.com

In this document, you will find practical steps to lock down smartphones, desktop computers, and other devices from accessing inappropriate content.

LOCKING DOWN AN IPHONE, IPOD TOUCH, OR IPAD

Note: All Apple devices besides laptops or desktops do not allow Accountability Softwares to run in the background and track in app activity. This means many apps will allow you to surf the web inside the app by clicking or creating a web link. As of 2017, the only way to prevent this is to delete the app.

1. To explore the internet safely, download a safe browser app to your device, such as the Covenant Eyes Browser. You can sign up for Covenant Eyes and use it on several devices by going to covenanteyes.com. Covenant Eyes offers software that reports all of your internet activity and can also block inappropriate websites if requested. At minimum, sign up for the option that reports all of your internet activity. Then ask a couple trusted friends if they are willing to receive weekly update emails from Covenant Eyes about your internet activity and to review these carefully. These emails will be automatically generated by Covenant Eyes.
2. Delete all apps that did not come with the device. Most apps have an in app browser, so by finding or typing in a link, unfortunately you can surf the internet without any restrictions.
3. Have a friend become your device safe keeper. Under Settings on your device, go to General and then to Restrictions. Have them enter a password to prevent you from being able to access these restrictions. Have them also disable Safari and Downloading Apps.
4. There may be specific websites that you also will want to block. Many filtering softwares, including Covenant Eyes, allow you to have someone manage the specific websites and time of day that you are able to access the internet. In the event of this, have a friend help you set up a password on your filtering software and block certain websites.
5. If any other apps make provision for the flesh, delete these as well. Example: Although your Covenant Eyes Browser may block or send a report to a friend, you may find yourself still accessing porn. In the event of this, be willing to delete the app and go without a browser until you have reached sobriety.

LOCKING DOWN ALL OTHER SMART PHONES, TABLETS, OR DEVICES

1. Download a safe browser app to your device, such as the Covenant Eyes Browser. You can sign up for Covenant Eyes and use it on several devices by going to covenanteyes.com. Covenant Eyes offers software that reports all of your internet activity and can also block inappropriate websites if requested. At minimum, sign up for the option that reports all of your internet activity. Then ask a couple trusted friends if they are willing to receive weekly update emails from Covenant Eyes about your internet activity and to review these carefully. These emails will be automatically generated by Covenant Eyes.
2. There may be specific websites that you also need to block to prevent provision for the flesh. Many filtering softwares, including Covenant Eyes, allow you to have someone manage the specific websites and time of day that you are able to access the internet. In the event of this, have a friend help you setup a password on your filtering software and block certain websites.
3. If any apps provide provision for the flesh, delete these. Example: Although your Covenant Eyes Browser may block or send a report to a friend, you may find yourself still accessing porn. In the event of this, be willing to delete the app and go without a browser until you have reached sobriety.

4. If you need to delete other apps and be prevented from accessing them, have a friend become your device safe keeper. Under the settings on your device, have them enter a password to prevent you from being able to download apps or access the internet.

LOCKING DOWN LAPTOPS AND DESKTOPS

1. Download an Accountability Software, such as Covenant Eyes. You can sign up for Covenant Eyes and use it on several devices by going to covenanteyes.com. Covenant Eyes offers software that reports all of your internet activity and can also block inappropriate websites if requested. At minimum, sign up for the option that reports all of your internet activity. Then ask a couple trusted friends if they are willing to receive weekly update emails from Covenant Eyes about your internet activity and to review these carefully. These emails will be automatically generated by Covenant Eyes.

2. There may be specific websites that you also need to block to prevent provision for the flesh. Many filtering softwares, including Covenant Eyes, allow you to have someone manage the specific websites and time of day that you are able to access the internet. In the event of this, have a friend help you setup a password on your filtering software and block certain websites.