

ACCOUNTABILITY APP USER'S GUIDE 2020

It's pretty hard to imagine our world today without the Internet. For most Americans, the Internet has fundamentally changed the way we work, live, and socialize. We have access to more information than any previous generation.

The challenge is using the Internet responsibly, and, more importantly, to train the next generation to do the same.

FILTERING VS. ACCOUNTABILITY

Sometimes these terms are interchanged or confused, but filtering and accountability are really two different things.

- **Filtering** is a process that restricts access to specific locations on the Internet, based on content.
- **Accountability** is reporting to someone else your online actions and behaviors.

Both are important and should be a part of any Internet use plan.

The most important concept to understand (especially for parents) is that responsible Internet use is a choice. With an average of 140,000 new web pages added to the Internet every day, it is impossible for filters to always be current on the content of every site.

Accountability apps only work if we use them. The simplest way to get around an accountability app is to simply use a device without one (i.e., a friend's phone, library computer, work computer). The goal is not about locking down the Internet, but setting healthy boundaries and advocating the benefits of responsible Internet use to our family and group members.

FILTERING

The good news about filters is that the best ones are free! We recommend Google SafeSearch and OpenDNS.

Signing up for Google SafeSearch:

- You will need a Google account. If you don't have one, visit <https://accounts.google.com/SignUp>.
- Log in to your Google account and visit <http://www.google.com/preferences>.
- Turn on SafeSearch.

Signing up for OpenDNS:

- Go to <https://www.opendns.com/home-internet-security/>.
- Under the Parental Controls, select "Get Started" and follow the account set-up instructions.

ACCOUNTABILITY

Having the right accountability app is an essential tool in our recovery kit. Partnering in a safe, grace-filled group, we'll discover the freedom found with the right app—for us and our family.

COVENANT EYES

Our accountability-based service is safe, secure and proven effective at helping members overcome porn addiction.

Cost: Up to 10 users and unlimited devices. One price: \$15.99/month.

Features:

- **Secure:** Blurred screenshots are sent over HTTPS and stored using AES 256 bit encryption. We never send unblurred screenshots.
- **Private:** Screenshots are blurred to protect your personal information and only shared with your chosen allies to maintain privacy.
- **Comprehensive:** Screen Accountability provides more holistic insight into what you actually look at on your screens. If you see it, then we can capture it.
- **Money-Back Guarantee:** Not satisfied with our service? Cancel within the first 30 days, ask for a refund, and you've got it—guaranteed.
- **Resources:** Fight pornography with knowledge. We offer ebooks, guides, and videos to help you and your family live safely online.

ACCOUNTABLE 2 YOU

The most comprehensive accountability software tailored to your specific needs. Use the promo code: **PUREDESIRE**.

Cost:

- Individual plans: \$6.99/month
- Family plans: \$11.99/month
- Church & Group, and Small Business plans too!

Features:

- **Complete Activity Accountability:** Monitor all activity, and get instant alerts for any content with custom trigger words. Even track calls and text messages on Android! Safari, Chrome, and YouTube are all recorded on iOS.
- **Screen Time Accountability:** Concerned about screen time or spending too long on one app? See a complete breakdown of app usage and the times of day each device was used (available on most devices).
- **Location Accountability:** Stay accountable while you travel, as well as keeping track of your kids' whereabouts, with this optional feature for iOS and Android.

EVER ACCOUNTABLE

Accountability is the most effective, simple way to help you make good choices online.

Cost:

- Individual plan: \$89/year; unlimited devices
- Family plan: \$119/year; all users in household

Features:

- **Solid Accountability:** Tricks like clearing your browser history won't work. All your content is reported with anything suspicious highlighted. Instant alerts for uninstall attempts, or viewing blacklisted material. Accountability partners can view your reports at any time.
- **Freedom:** You are the best filter! Browse as usual, knowing that your accountability partner will receive a report.
- **Easy:** We made the app as simple to set up as possible. Top-notch customer support if you need any help. Simple for your accountability partners to understand. Seven-day training series for you and your accountability partner.

RECOVERY APPS

The following app descriptions are in the provider's own words.

rTRIBE

rTribe is the first counseling and habit change platform to offer an innovative smart-match solution (via our proprietary TribeMatch™ technology) to the best licensed therapists and certified coaches combined with world-class peer support, accountability and analytic insights. rTribe is intended for adults.

FORTIFY

Fortify was designed to equip those struggling with compulsive pornography use— young and old alike—with tools, education, and community to assist them in reaching lasting freedom. Their mission is to help spark an uprising of people tired of porn messing with their lives—and ready for something far better. Fortify has been designed primarily with young, single adults in mind and is appropriate for teen use.