

PROTECHTION

REFLECT. CONNECT. PROTECT.

RESOURCES

אֲמוּ"ר כּוֹתֵב בְּאַחַד מִמִּכְתָּבָיו: טוֹבָה פְּעוּלָה אַחַת
מֵאַלֶּף אַנְחוֹת. אֱלֹקֵינוּ סִי וְתוֹרָה וּמִצְוֹת נֶצְחִיִּים הֵמָּה,
עֲזוֹב אֶת הָאֲנָחָה וְשִׁקּוֹד בְּעִבּוּדָה בְּפוּעַל וַיִּסְנַךְ הָאֱלֹקִים.

My revered father, the Rebbe Rashab, writes in one of his letters: "One action is better than a thousand sighs. Our G-d is alive and the Torah and its mitzvos are eternal. Abandon sighing, apply yourself diligently to actual avodah, and G-d will be gracious to you."

-היום יום ח' אדר ב'

MONITOR



iPhone's ScreenTime is a valuable tool for parents, providing a comprehensive view of and control over their child's device activities.

With features like app limits, downtime schedules, and content restrictions, it ensures a healthy balance between screen time and other activities while enhancing safety and control.



Google Family Link is a parental control app, for parents to manage and monitor their child's digital activities. Parents can set screen

time limits, approve apps, and view activity reports, fostering a safer and more balanced online experience for their children.



Circle and Circle Home Plus both enable managing and overseeing children's online engagement across diverse devices. This allows parents to not only set time limits, filter content, and monitor usage, but also to pause internet access.



The Digital Detox app helps set personalized goals, track usage, and receive insights. Schedule tech-free periods, block distracting apps and many other features to take control over your screentime. Need access during locked periods? Unlock your device through challenges or opt for premium access for added flexibility.

MONITOR



To automatically forward your child's emails to yourself, go to the child's gmail and click "all settings". Click "forwarding and POP/IMAP" tab. In the forwarding section, add a forwarding address and enter the your email.

bark



Bark is a filter and phone that can block websites and apps, track your child, manage screen time, and monitor texts, emails, and apps for issues like cyberbullying, violence, adult content and more.

Qustodio



Qustodio is a filtering app that can monitor digital activity, set screen time limits, block apps, track your child, track calls and texts, pause the internet and more.

Gizmo



Verizon's Gizmo watch is designed for kids, offering communication features and safety functionalities like GPS tracking and calling. It includes limited texting options and parental controls for added security.

MONITOR

TICKTALK



The TickTalk watch is a kid-friendly smartwatch designed to offer both communication and safety features. It allows children to make calls, video calls, and send messages, and it also includes GPS tracking, enabling parents to monitor their child's location.

gabb.



Gabb is a company dedicated to providing devices that prioritize simplicity and safety in this digital age. They have smartphones and watches tailored for younger users, featuring basic communication functions and essential apps while excluding distracting or potentially harmful elements like social media or addictive games.

pinwheel



The Pinwheel phone provides essential communication, education apps, and creative tools while excluding social media and web browsers for a focused experience. With parental controls, it allows limits on usage and monitoring of children's activities.

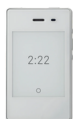
MONITOR

Troomi



Troomi puts parents in control by offering GPS tracking, call/text filtering, and remote monitoring of messages. It lets parents manage app access, excludes social media, and provides a KidSmart Safe Browser for supervised, optional internet use, ensuring a safer digital experience for kids.

Light



The Light Phone, with its minimalist, credit-card-sized design, offers essential communication functions—calls and texts—while deliberately omitting distracting apps and social media. It distinguishes itself with a paper-like display, offering a unique and soothing visual experience.

Apple



The Apple Watch provides calling, messaging, and fitness tracking from your wrist. Beyond its functionality, it offers parental controls, making it an excellent choice for kids. Restrictions allow parents to manage contacts, apps, and monitor usage, ensuring a safer and controlled experience for young users.

LIMIT



NO PHONE ZONES

Designate areas of the home that are “No Phone Zones.” The dining room and bedrooms are both great options. The absence of phones in those rooms encourages family bonding, leads to better sleep and reduces distractions.

ACCOUNTABILITY



Give your spouse, friend or sibling the code to your filter or screen time.



Send screenshots of your screen time to a friend and turn it into a healthy competition.



Create a chat where everyone posts how long they are putting their phone down for.

GRAYSCALE

Turn your phone into black and white to reduce distractions.

IPHONE

Settings -> Accessibility ->
Display and text size ->
Color filters -> Grayscale



ANDROID

Settings -> Digital Wellbeing
& parental controls ->
Bedtime mode -> Turn on

LIMIT



NOTIFICATIONS

Your WhatsApp can wait! Turning off your notifications can reduce your distractions and stress, and increase your productivity.



PRESENTMODE

Created by shliach Rabbi Yossi Marazov, PresentMode is an Android app that when in use, pauses all notifications except for phone calls. All private incoming messages receive an auto-reply telling the sender that the user is "being present" with a person or task, and they can call if the matter is urgent. As soon as the user exits PresentMode, all messages and notifications flow back into the notification bar.



PASSCODE

Choose your passcodes wisely! Our children are smarter than we think and can easily figure them out.

PHONE BOX



Have a box designated for phones during mealtimes. Positive peer pressure can be a good thing! Whose phone will stay in the box for the longest?

CHANGE



613TUBE

613Tube provides a safer YouTube viewing experience by removing related video suggestions, ads and comments. Users can access this distraction-free environment by replacing "youtube.com" with "613tube.com" in any YouTube link or by searching 613tube.com. While it aims to filter content, it is not foolproof and parental supervision is advised. Additionally, 613Tube offers a browser extension that automatically directs users to their platform and removes suggestions from embedded videos.



JKARAOKE

JKaraoke is the first of its kind: a website dedicated entirely to creating a kosher karaoke option. It currently has thousands of Jewish songs, and the platform adds more on a daily basis.



NakiRadio is a connected speaker with a collection of today's top kosher audio content. With music stations, podcasts, stories, shiurim, audiobooks and much more, you'll always find something great to listen to on Naki. Simply connect the NakiRadio to your home or office wifi network and you'll be scrolling through dozens of choices right out of the box, no computer or smartphone required.

Need a Kosher Phone?

Get a KosherCell & access just the apps you need!

Smartphones
& flip phones

NO browser

More secure
than filter

Get just the
apps you need

Full Line of
Kosher
Flip Phones



 KosherCell.org

☎ 848.299.4081
✉ support@koshercell.org

Ready to prioritize your mental health and well-being?

Experience OKclarity: The Platform Revolutionizing Mental Health & Wellness for the Global Jewish Community.

Directory

OKclarity is the only online directory of expert therapists, psychiatric medication providers, registered dietitians, and coaches who specialize in working with the Jewish community.



Discover

Our user-friendly directory allows you to find your ideal wellness provider effortlessly - using filters such as location, concerns, insurance, and more. Explore each professional's intro video, bio, specialties, articles, and more.



Verified

We take quality assurance seriously. OKclarity professionals are thoroughly vetted with a closed-loop feedback system in place.



TLC

Want more handholding? Complete a short match me form, and our specialists will match you with providers who meet your criteria. It's completely free and anonymous.

Join the Movement

OKclarity's following consists of over 25,000 Jews who value their mental health and personal growth! Join us on WhatsApp, Instagram, YouTube, and OKclarity.com for inspiration, education, and amazing humor.



Live Sessions

Tune in to free Instagram live sessions on weeknights, where our professionals delve into mental health and wellness topics and answer your questions. Recordings are available on our Instagram, Youtube channel, and OKclarity.com.



Dose of Clarity

With an outstanding 80% open rate, our Friday newsletter delivers mental health insights, life advice, humor, and inspiration straight to your inbox.



Grow with the Flow

Unwind, relax, and find inner peace with our therapeutic coloring book. Each page is packed with wellness wisdom and beautiful designs, ready to bring to life with your favorite colors. Join hundreds who have improved their mental health through this creative and calming outlet.



OKclarity.com/connect



Discover. Connect. Thrive.



WhatsApp
917.426.1495 @okclarity

DO YOU HAVE QUESTIONS?

Yesterday

Teacher

How do I know which filter to get?



MESSAGES

A confused parent

Hey Yossie, are the new WhatsApp Channels ok?

30 min ago



MESSAGES

A worried mother

Help! I just caught my child with a phone. What do I do now?

1 min ago



MESS

A trouble

Hi, I want parent's c

MESSAGES

3 hours ago

ustrated father

, I need internet at home for k, any ideas?



MESSAGES

A revered Rabbi

What's the deal with AI? Can I use it or not?!!?!

just now



MESSAGES

A big businessman

Hi, I have a company to run. I need the best and fastest filter?

1 min ago

TRUST YOURSELF TO HAVE THE ANSWERS.

CONTACT US TODAY.

Project
TRUST

E: info@projecttrust.net

Taking Responsibility Using Safe Tech

C/WA: 1(973) 963-5155



WHO SAID KOSHER CAN'T BE

CUTTING-EDGE?

Certainly not SafeTelecom, the premiere providers of safe, kosher smartphone solutions.

Enjoy access to hundreds of pre-screened apps – or as few as you need, so you can get the most from your kosher device – without compromising on your hashkafas.



High-quality devices with 500+ pre-approved apps available



NO web browsing capabilities



Compatibility with all major networks



A completely kosher OS that can't be removed

NEW! GOOGLE PIXEL 7A NOW AVAILABLE!

For a Full-Service Demo of the **SafeTelecom Kosher Smartphone**,
Visit Any of the Following Phone Retailers:

BROOKLYN/QUEENS

Cellular 4 Less: (718) 851-7600
5308 13th Ave, Brooklyn, NY 11219

World of Communications: (718) 831-7007
4904 13th Ave, Brooklyn, NY 11219

World of Communications: (718) 289-0102
670 Myrtle Ave, Brooklyn, NY 11205

Ben Israel Books: (347) 678-8245
75-37 Main St, Flushing, NY 11367

LAKEWOOD:

Kosher Cell: (848) 299-4081
1700 Madison Ave Unit 30,
Lakewood, NJ 08701

MONSEY

Cellular 4 Less: (845) 371-9400
27 Orchard Street, Monsey, NY 10952

World of Communications: (845) 977-3100
17 Main St #101, Monsey, NY 10952

EZ Cell: (845) 362-8255
31 Jefferson Ave, New Square, NY 10977

PASSAIC

TAG: (973) 658-5824
100 Main Ave Passaic, NJ 07055

LOS ANGELES

TAG: (323) 238-3601
332 North La Brea Ave
Los Angeles, CA 90036

TORONTO

Grow Electronics: (416) 728-0414
534 Lawrence Ave W Unit 217
Toronto, Ontario M6A1A1

CHICAGO

TAG: (872) 272-9824
2939 W Touhy Ave
Chicago, IL 60645

BALTIMORE:

TAG: (410) 449-1824
201 Milford Mill Rd Suite 103,
Pikesville, MD 21208



For more information visit **SafeTelecom.net**



Question?

We have the solution!

Experience excellence with Safecell, your go-to experts for resolving all your mobile technology challenges. Safecell will tailor solutions to perfectly fit your needs!

We offer a variety of Kosher devices to meet your specific situation. From flip phones and smartphones to tablets and Waze devices. Drop us a message, and we'll help you determine the best fit for your needs.

TAG
Approved

 **safecell**

thesafecell@gmail.com
thesafecell.com

B"H

SafeTech Crown Heights

Ensuring a Safer Digital Environment for Our
Community.

Open Sundays & Wednesdays
2-6 PM

Currently located at FlashPhoto,
399 Kingston Ave

Price: \$20 to install + the cost of the filter subscription
to the filter company



Contact Information: chsafedevic@gmail.com

24Six

The #1 Jewish Music Streaming App



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A circular icon containing a wrench and a screwdriver, representing installation or maintenance.



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M.U.S.T.

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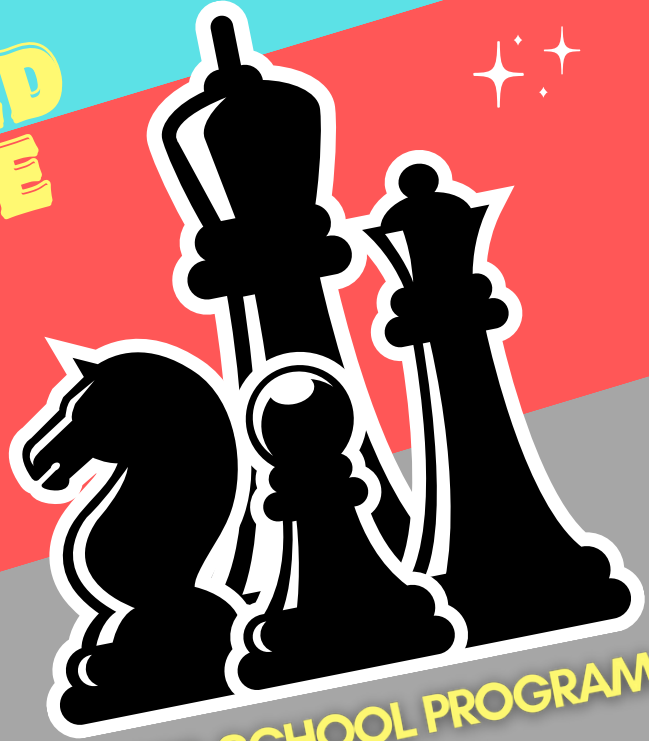


LAUNCHING

THE CHESS

MASTERY COURSE

**LIMITED
SPACE**



IN CROWN HEIGHTS
(ALSO OPTION TO
JOIN BY ZOOM).

AFTER-SCHOOL PROGRAM

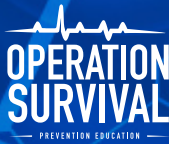
**PLEASE REACH OUT TO REGISTER
OR FOR MORE INFORMATION**



+1-347-855-5257



KosherLessons@gmail.com



Ocean Parkway



This booklet contains valuable tools and resources to assist you on your family's technology journey. While utilizing these resources, it's important to conduct your own research and exercise judgment regarding what best suits your children's needs.