

THE PHONE IN YOUR KID'S POCKET

El teléfono en el bolsillo de tu hijo

A walkthrough for dads · Una guía para papás

RGV Dads Summit · August 2026 · Bring your phone. Trae tu teléfono.

What you walk out with

Lo que te llevas de aquí

1

Your kid's phone actually locked down

El teléfono de tu hijo realmente configurado

iPhone and Android, step by step, done here in the room.

2

The one risk most dads never see coming

El riesgo que casi ningún papá ve venir

It targets boys 14-17, and it moves in minutes.

3

A printed cheat sheet in both languages

Una hoja impresa en los dos idiomas

Every menu path from today. Take it home. Share it.

4

One sentence to say to your kid tonight

Una frase para decirle a tu hijo esta noche

It matters more than every setting combined.

Let's be honest up front

Seamos honestos desde el principio

**Parental controls are
speed bumps.**

Los controles parentales son topes, no muros.

They are not walls.

A motivated 15-year-old will get around anything we set today. A speed bump still slows the car down.

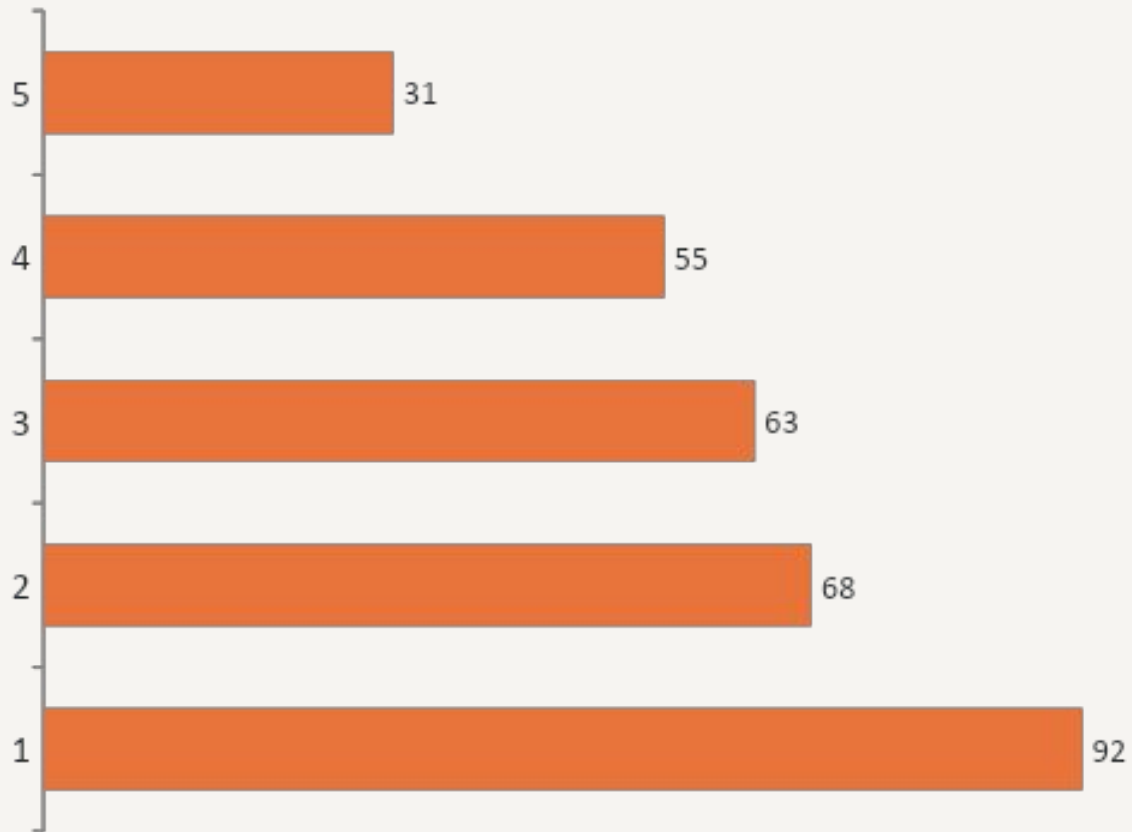
Un joven decidido le da la vuelta a todo. Un tope igual frena el carro.

**The real danger isn't a kid who beats the settings.
It's a dad who turns them on, feels safe, and stops paying attention.**

El verdadero peligro no es el hijo que burla los controles. Es el papá que los activa, se siente tranquilo, y deja de poner atención.

Where our kids actually are

Dónde están realmente nuestros hijos



Pew Research Center, teens 13–17, surveyed Sept–Oct 2025

52%

of Hispanic teens are online “almost constantly”

vs. 27% of white teens

contra 27% de los blancos

40%

**of all teens are online “almost constantly” —
down from 46%**

It's moving the right way.

Va por buen camino.

Your kid probably agrees with you

Tu hijo probablemente está de acuerdo contigo

45%

**say social media
hurts their sleep**

*dicen que afecta
su sueño*

45%

**say they spend
too much time on it**

*dicen que pasan
demasiado tiempo*

44%

**have already tried
to cut back**

*ya intentaron
reducirlo*

46%

**say YOU get distracted
by your phone**

*dicen que TÚ te
distraes con el tuyo*

This is not you against your kid.

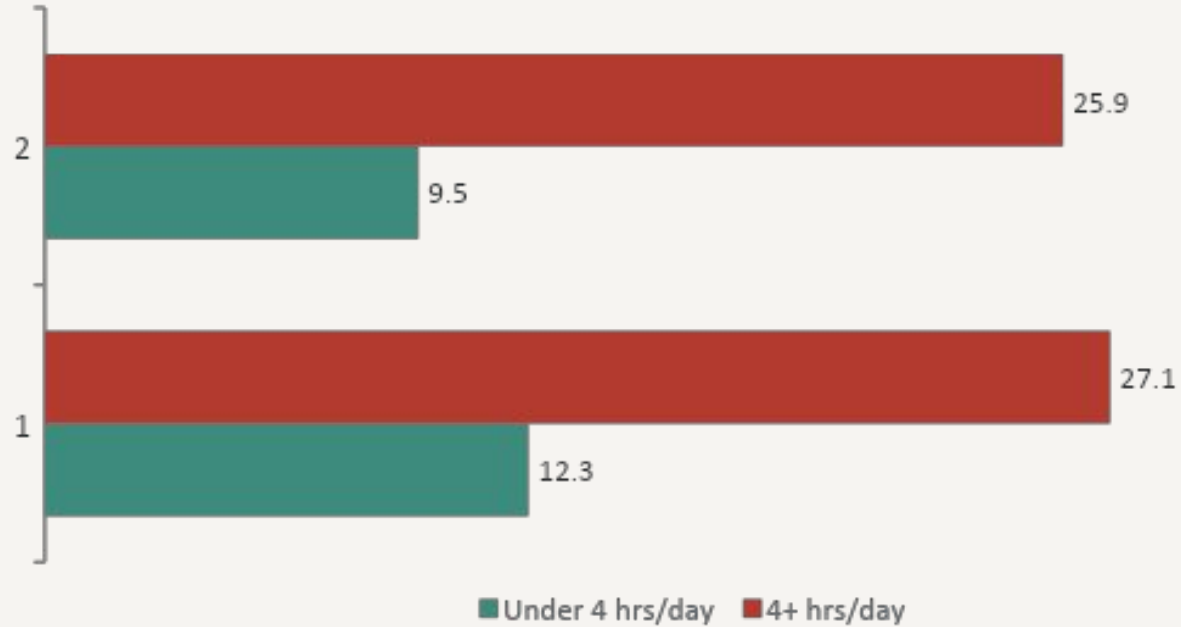
Most of them already feel it. They just don't know how to stop — and neither do we.

No estás en contra de tu hijo. Muchos ya lo sienten. Solo no saben cómo parar — y nosotros tampoco.

Pew Research Center, US teens 13–17, 2024–2025 surveys

Half of teens get 4+ hours a day

La mitad pasa 4+ horas al día



Roughly

2x

the anxiety

el doble de ansiedad

Nearly

3x

the depression

casi el triple de depresión

Careful: this is a link, not proof that screens cause it. • Ojo: es una asociación, no una prueba de causa.

CDC / National Center for Health Statistics, teens 12–17, data 2021–2023

Stop counting hours. Ask this instead.

Deja de contar horas. Pregunta esto.

“Can he put it down?”

¿Puede soltarlo?

1

A 2025 study followed 4,000+ kids from age 9 to 14.

Un estudio de 2025 siguió a más de 4,000 niños de los 9 a los 14 años.

2

About 1 in 3 slid into an addictive pattern with social media.

Cerca de 1 de cada 3 cayó en un patrón adictivo con las redes sociales.

3

Those kids had 2 to 3 times the risk of suicidal thoughts.

Esos niños tuvieron de 2 a 3 veces más riesgo de pensamientos suicidas.

4

Total screen hours did NOT predict the risk. The pattern did.

Las horas totales NO predijeron el riesgo. El patrón sí.

Nagata et al., JAMA, June 2025 (ABCD study)

THE RISK MOST DADS NEVER SEE COMING

El riesgo que casi ningún papá ve venir

If you have a son, listen close.

Sextortion: it targets boys

Sextorsión: va tras los varones

80,000+

sexortion reports to
NCMEC in 2025

*reportes de sextorsión
en 2025*

137/day

of those were for money
— up 37% in one year

*con fines económicos
— 37% más en un año*

14-17

the age range most
targeted — boys

*la edad más atacada
— los varones*

5 min

how fast it can go
from hello to threat

de “hola” a amenaza

How it works · Cómo funciona

- 1 A girl who isn't real messages your son.
- 2 She sends a photo first. He sends one back.
- 3 Instantly: “Pay me or I send this to your contacts.”

Where it starts · Dónde empieza

Snapchat	37%
Instagram	24%
Messenger	21%
Discord	18%

Only 23% told a parent

Solo el 23% le dijo a un papá o mamá



Told a parent • Le dijeron a un papá

Carried it alone • Lo cargaron solos

No setting on this earth fixes that number.

Ningún ajuste en el mundo arregla ese número. Solo tú puedes.

Say this to your kid tonight, word for word:

“If something happens on that phone and you're scared — come to me. You will not lose the phone. You will not be in trouble. I will handle it with you.”

“Si algo pasa en ese teléfono y tienes miedo — ven conmigo. No te voy a quitar el teléfono. No te vas a meter en problemas. Lo resolvemos juntos.”

Texas changed the rules this year

Texas cambió las reglas este año

App Store Accountability Act

Ley de responsabilidad de las tiendas de apps

IN EFFECT NOW

Apple and Google must verify your kid's age and get YOUR consent before they download any app or make any purchase.

SCOPE Act — parent tools

Ley SCOPE — herramientas para padres

IN EFFECT NOW

Platforms must give you real controls over your minor's account. Most parents have no idea these exist. Go ask for them.

Paxton v. Discord

Paxton contra Discord

90-DAY CLOCK

Court order, July 2026: Discord must route stranger messages to a separate inbox and lock sensitive-content filters for Texas teens.

Still being fought in court. Good news for us either way: the app store is now the strongest single control you have.

PHONES OUT. LET'S DO IT.

Saca tu teléfono. Vamos a hacerlo.

Every menu path in this section is also on your handout — in English and Spanish.

Todo esto también está en tu hoja impresa, en inglés y español.

Three layers. In this order.

Tres capas. En este orden.

1

THE PHONE

El teléfono

Apple Family Sharing or Google Family Link.
Controls which apps exist at all.

Start here. Everything else is weaker.

2

THE APPS

Las apps

Instagram, TikTok, Snapchat, Discord, Roblox.
Each has its own parent tool.

Do the big 3 your kid actually uses.

3

THE KID

El hijo

The conversation. What he does when
something goes wrong.

The only layer that scales.

We're spending the next 11 minutes on Layer 1, because it's the only one that governs the whole phone.

iPhone — set it up (5 minutes)

iOS 26

iPhone — configúralo (5 minutos)

1 Set up your family group

Settings > [your name] > Family > Continue

Ajustes > [tu nombre] > Familia > Continuar

2 Add your kid

Settings > Family > Add Member > Create an Account for a Child

Ajustes > Familia > Agregar miembro > Crear una cuenta para un niño

3 Turn on tracking (people miss this)

Settings > Screen Time > App & Website Activity > Turn On

Ajustes > Tiempo de uso > Actividad de apps y sitios web > Activar

4 Lock it with a passcode — NOT the same one he uses to unlock the phone

Settings > Screen Time > Lock Screen Time Settings

Ajustes > Tiempo de uso > Bloquear ajustes de Tiempo de uso

5 Add passcode recovery. Skip this and a forgotten code means wiping the phone.

Enter your Apple Account email when prompted

Escribe tu correo de Apple cuando lo pida

Steps 4 and 5 are where dads get burned. Different passcode. Add recovery. Enter it where he can't see.

iPhone — the 5 that matter

iPhone — los 5 que importan

All of these live under: **Settings > Screen Time > [your child's name]**

Todos están en: Ajustes > Tiempo de uso > [nombre de tu hijo]

1

Content & Privacy Restrictions

Restricciones de contenido y privacidad

Turn it ON, then set iTunes & App Store Purchases → Installing Apps and Deleting Apps to Don't Allow. Deleting is how he resets a time limit.

2

Web Content → Limit Adult Websites

Contenido web → Limitar sitios para adultos

Under Content & Privacy Restrictions > App Store, Media, Web & Games. For younger kids pick Only Approved Websites instead.

3

Apps → pick an age rating

Apps → elige una clasificación

Apple changed these in 2025. The old 12+ and 17+ are GONE. If you set this years ago, go re-pick: 4+, 9+, 13+, 16+, 18+.

4

Communication Safety

Seguridad en la comunicación

Blurs nude photos in Messages, AirDrop and FaceTime before he sees them. Runs on the phone — Apple never sees the picture.

5

Downtime + App Limits

Tiempo de inactividad + Límites de apps

Bedtime hours and per-app caps. In iOS 26 you can set an app to zero minutes, which blocks it outright.

iPhone — 3 traps

iPhone — 3 trampas

The browser hole

El hueco del navegador

1

In iOS 26, Private Browsing is no longer blocked by “Limit Adult Websites.”

Fix: use Only Approved Websites, or turn Safari off entirely under Allowed Apps & Features — then block Chrome, Firefox and Opera too.

The settings he can undo

Los ajustes que él puede deshacer

2

If he can change the passcode or add a second Apple Account, none of this holds.

Fix: Content & Privacy Restrictions → Allow Changes To → set Passcode & Face ID and Accounts to Don't Allow.

The apps Apple can't touch

Las apps que Apple no controla

3

Communication Limits only cover Phone, FaceTime and Messages.

WhatsApp, Discord, Instagram DMs, Snapchat and Roblox chat are completely outside it. Those need Layer 2.

Android — set it up (5 minutes)

Family Link

Android — configúralo (5 minutos)

1

Install Family Link on YOUR phone (works on iPhone too)

Play Store or App Store > “Family Link” > Install

Play Store o App Store > “Family Link” > Instalar

2

Create your family group

g.co/yourfamily > Create a family group > Get started

g.co/yourfamily > Crear un grupo familiar > Comenzar

3

Add your kid — or supervise the account he already has

Family Link > tap child icon (top left) > Add child

Family Link > toca el ícono (arriba a la izquierda) > Agregar niño

4

For an existing account, do it ON HIS PHONE, with him there

His phone: Settings > Google > All services > Parental controls

Su teléfono: Configuración > Google > Todos los servicios > Controles parentales

5

Samsung phones take a different door

Settings > Digital Wellbeing and parental controls > Parental controls

Configuración > Bienestar digital y controles parentales > Controles parentales

Good news, and it's new: your teen can NO LONGER turn off supervision by himself at 13. Google reversed that in early 2026.

Android — the 5 that matter

Android — los 5 que importan

All of these live under: **Family Link > select your child > Controls / Screen time**

Todos están en: *Family Link > selecciona a tu hijo > Controles / Tiempo en pantalla*

1

Google Play → Require approval for → ALL CONTENT

Google Play → Requerir aprobación → TODO EL CONTENIDO

Most dads pick “Paid content only” and then wonder why 40 free games showed up. Free apps are the problem. Pick All content.

2

Google Chrome and Web → filter level

Google Chrome y la Web → nivel de filtro

Three choices: Allow all sites / Try to block explicit sites / Only allow approved sites. Add specific blocks under Manage sites.

3

Screen time → Time limits + Schedules

Tiempo en pantalla → Límites y Horarios

Daily limit, per-app limits, Downtime, and School time — which lets only certain apps run during school hours.

4

Google Search → SafeSearch

Búsqueda de Google → SafeSearch

On and LOCKED by default for a supervised account. He cannot change it. Verify it's on — it's the one freebie Google gives you.

5

Location → Family places

Ubicación → Lugares familiares

See where the phone is, and get an alert when he arrives at or leaves school, home, or practice.

Android — 3 traps

Android — 3 trampas

Family Link supervises the ACCOUNT, not the phone

1

Family Link supervisa la CUENTA, no el teléfono

This one sentence explains every workaround that exists.

Fix: Settings > System > Multiple users → turn OFF guest mode and delete extra users. A second Google account is invisible to you either way.

Developer options = a back door

2

Opciones de desarrollador = puerta trasera

With USB debugging on, a laptop can strip the controls off in minutes.

Fix: Settings > System > Developer options → OFF. Re-check after every system update, because updates turn things back on.

Sideloaded and app cloning

3

Instalación externa y clonación de apps

He can install an app without the Play Store, or run a second hidden copy of Instagram.

Fix: Settings > Apps > Special app access > Install unknown apps → turn OFF for everything, especially Chrome and Files. On Samsung, check Secure Folder and Dual Messenger.

The apps: what you CAN'T see

Las apps: lo que NO puedes ver

App	Parent tool	Read their messages?	Set time limits?
Instagram / Facebook	Meta Family Center	No	Yes
TikTok	Family Pairing	No	Yes
Snapchat	Family Center	No	No — reports only
Discord	Family Center	No	Yes
Roblox	Parental Controls	No	Yes (under 13)
WhatsApp	Only for under-13 accounts	No — encrypted	No
X (Twitter)	None at all	No	No

Not one major app lets you read your kid's messages. Not one.

Ninguna app te deja leer los mensajes de tu hijo. Te muestran CON QUIÉN habla y CUÁNTO tiempo — nunca QUÉ dice.

And every one of these watches ONE linked account. The second account — the “finsta” — defeats all of it.

How they get around all of it

Cómo le dan la vuelta a todo esto

Fake the age

Falsear la edad

- Type a birth year that makes him 18+
- Borrow an adult's ID or card to “appeal” an age check
- Use an older cousin's account

Hide the account

Esconder la cuenta

- A second “finsta” you never see
- App cloners — two copies of Instagram
- Unpair from Family Center (Snapchat, Discord)

Leave the app

Salir de la app

- Use tiktok.com in a browser instead of the app
- “Add to Home Screen” — looks like an app, isn't one
- Tap links inside TikTok's built-in browser

Hide the evidence

Esconder la evidencia

- Calculator apps that open a hidden vault
- Vanish mode and disappearing messages
- A friend's phone, an old phone, the Xbox

The check worth more than an hour of settings: pick up his phone and long-press the Instagram icon.

The account switcher lists every account signed in on that phone. Do the same on Snapchat and TikTok.

Toma su teléfono y mantén presionado el ícono de Instagram — verás todas las cuentas conectadas.

So what actually works?

Entonces, ¿qué sí funciona?

1

Set it up TOGETHER, out loud

Configúralo JUNTO con él, en voz alta

A control he watched you turn on is a rule. A control he discovers is a challenge.

2

Loosen it as he earns it

Aflójalo conforme se lo gana

Tell him what it takes to get more. A setting that never changes is a setting he'll go around.

3

Check the phone — and say you will

Revisa el teléfono — y avísale que lo harás

Half of parents check. Only 43% of teens think theirs does. Surprise inspections build hiding skills.

4

Fix the console. Nobody does.

Arregla la consola. Nadie lo hace.

Only 35% of parents put controls on game consoles — the lowest of any device, and a documented sextortion contact point.

5

Put your own phone down first

Baja tu propio teléfono primero

84% of moms are comfortable talking to their kid about mental health. Only 75% of dads. That gap is ours to close.

Before you leave: pick your three

Antes de irte: elige tus tres

TONIGHT

ESTA NOCHE

- 1 Say the sentence. "Come to me. You won't lose the phone."
- 2 Long-press Instagram — check for a second account.
- 3 Look for two calculator apps.

THIS WEEK

ESTA SEMANA

- 1 Finish the setup on the handout — both phones if you have both.
- 2 Re-pick the App Store age rating. Apple changed them.
- 3 Turn on parental controls on the game console.

THIS MONTH

ESTE MES

- 1 Set up the parent tool on the ONE app he actually lives in.
- 2 Sit down and renegotiate the limits with him.
- 3 Send this handout to three other dads.

Don't try to do all nine. Pick one from each column and actually finish it. · No intentes hacer los nueve. Elige uno de cada columna y termínalo.

You can't watch the whole river. Teach him to swim.

No puedes vigilar todo el río. Enséñale a nadar.

Take the handout

Every menu path from today, English and Spanish, on one page.
Toma la hoja — todo en una página.

If something is happening right now

NCMEC CyberTipline: 1-800-843-5678 · report.cybertip.org
Take It Down (removes images of minors): takeitdown.ncmec.org

Questions · Preguntas