sporting san jose

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lt;div>OffScreen is designed to help control screen
usage time and assist with reducing phone addiction.</div></div><
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gt;<div><div><div>We tested four new apps and retested four ap
ps, and we still recommend Apple's Screen Time, Google Family Link, and Qust
odio. Parental controls allow adults to set limits on their child's app acce
ss and overall phone use, and they serve as training wheels to help kids and
 teens build healthy tech habits.</div></div></div></div&gt
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