

Apps which help young people control time spent on phones



SelfControl

A free Mac application to help you avoid distracting websites.

Download SelfControl

v2.2.2, for Mac OS X 10.7+

Users of older OS versions can [download SelfControl 1.5.1](#) for Mac OS X 10.5+.



StayFocusd

Block **time-wasting** websites



FocusMe



 Moment

Put down your phone and get back to your life