

PC MODERATOR™

Setting Limits, Not Controls



Installation and User Guide Model PCM-1

woog Labs

www.pcmoderator.com

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- 1) orient or relocate the receiving antenna;
- 2) increase the separation between the equipment and the receiver;
- 3) connect the equipment to an outlet on a circuit different from that to which the receiver is connected;
- 4) consult the dealer or an experienced radio/TV technician for help.

Any changes of modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. Where shielded cables have been provided with the product or specified additional components or accessories elsewhere defined to be used with the installation of the product, they must be used in order to ensure compliance with FCC regulations.

PC Moderator™ PCM-1 Installation and User Guide

Thank you for purchasing the PC Moderator™ from Woog Labs™. You have made an important investment toward reclaiming your children's valuable time that would otherwise be lost due to excessive computer use. Installation of the PC Moderator™ is easy. Just follow the Quick Installation Guide. The only tool required is a standard slotted screwdriver. Setup is also easy. Power up the computer, type a few keys and the setup runs automatically with no software to install. Simply answer the questions one-by-one. PC Moderator Installation and PC Moderator First Time Setup sections of this manual are provided should you need additional technical guidance through this process. Once the PC Moderator is installed and set up, skip ahead to "Before Using the PC Moderator" (pg. 12).

Features

- Supports 8 password protected users (in addition to parent and setup users)
- Independent limit settings for each user (time ranges/amount in 1-minute intervals)
- Limit settings can be set by day of week, weekdays, weekend days and holidays
- Easy setup of a restricted time period during the day for homework, chores or meals
- Holiday settings allow relaxed limits during child's vacation or holidays from school.
- Nighttime display dim helps reduce biological effects of late night computer use
- Daily user enable feature allows parents to manually enable use once each day
- Bonus time feature allows from 10-90 minutes of time easily added by parent
- User-disable feature with re-enable date (i.e. for computer grounding)
- Computer Use Report provides daily usage and period average use statistics
- Parent User allows unlimited use without setup access to reduce risk of tampering
- Automatically logs out users when computer is turned off or shutdown
- Internal setup password override jumper if the setup password is forgotten/changed
- Lithium battery-backed real time clock with Daylight Saving Time
- On-screen graphical display reports time remaining
- 10, 5 and 1 minute warnings of impending time expiration
- No software installation required – works with *any* operating system
- Compatible with virtually any desktop computer with VGA display and PS/2 keyboard
- Tamper resistant design using heavy-duty 18-gauge stainless steel enclosure
- Software hack resistant since it operates completely independent of the computer
- Easy step-by-step first time setup with on screen tutorial
- Advanced setup menu allows for advanced controls and reports
- Optional factory setup for extreme ease of installation

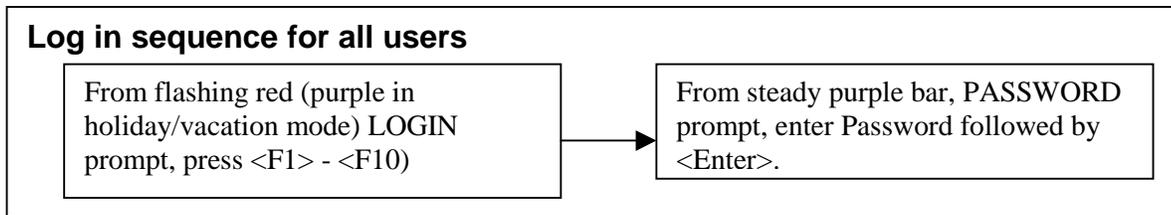
External padlock (included)

- Laminated steel body with 7/32" hardened steel shackle

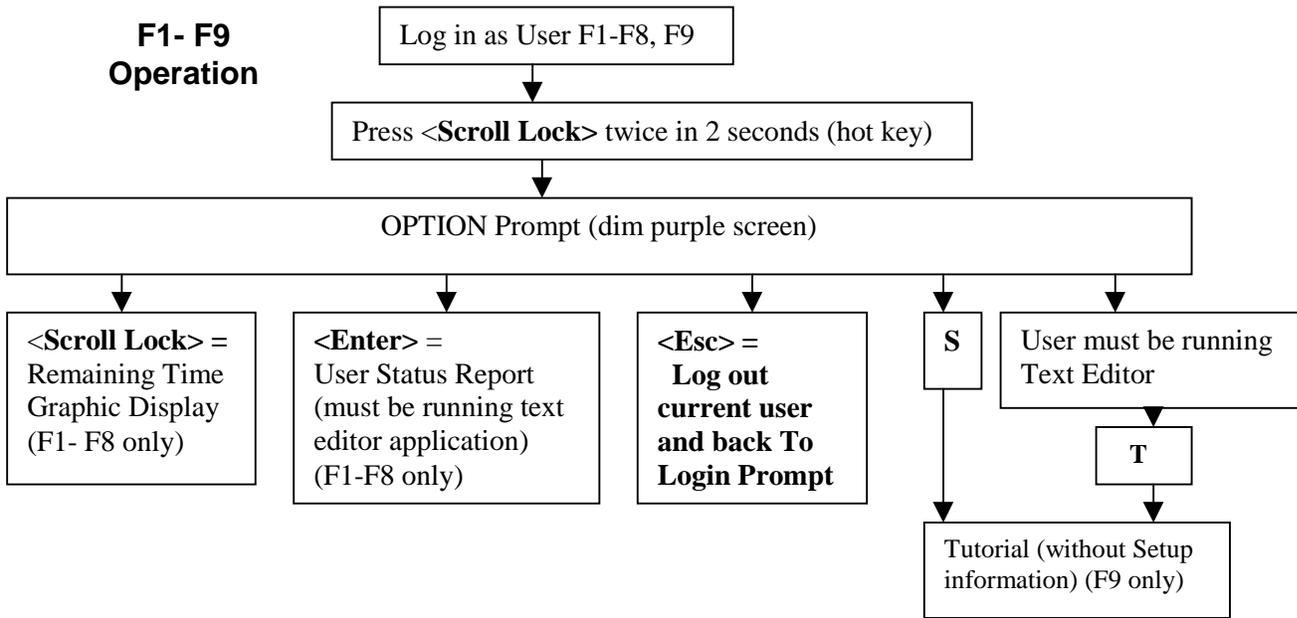
System Requirements:

IBM Compatible PC with external VGA monitor and PS/2 Keyboard

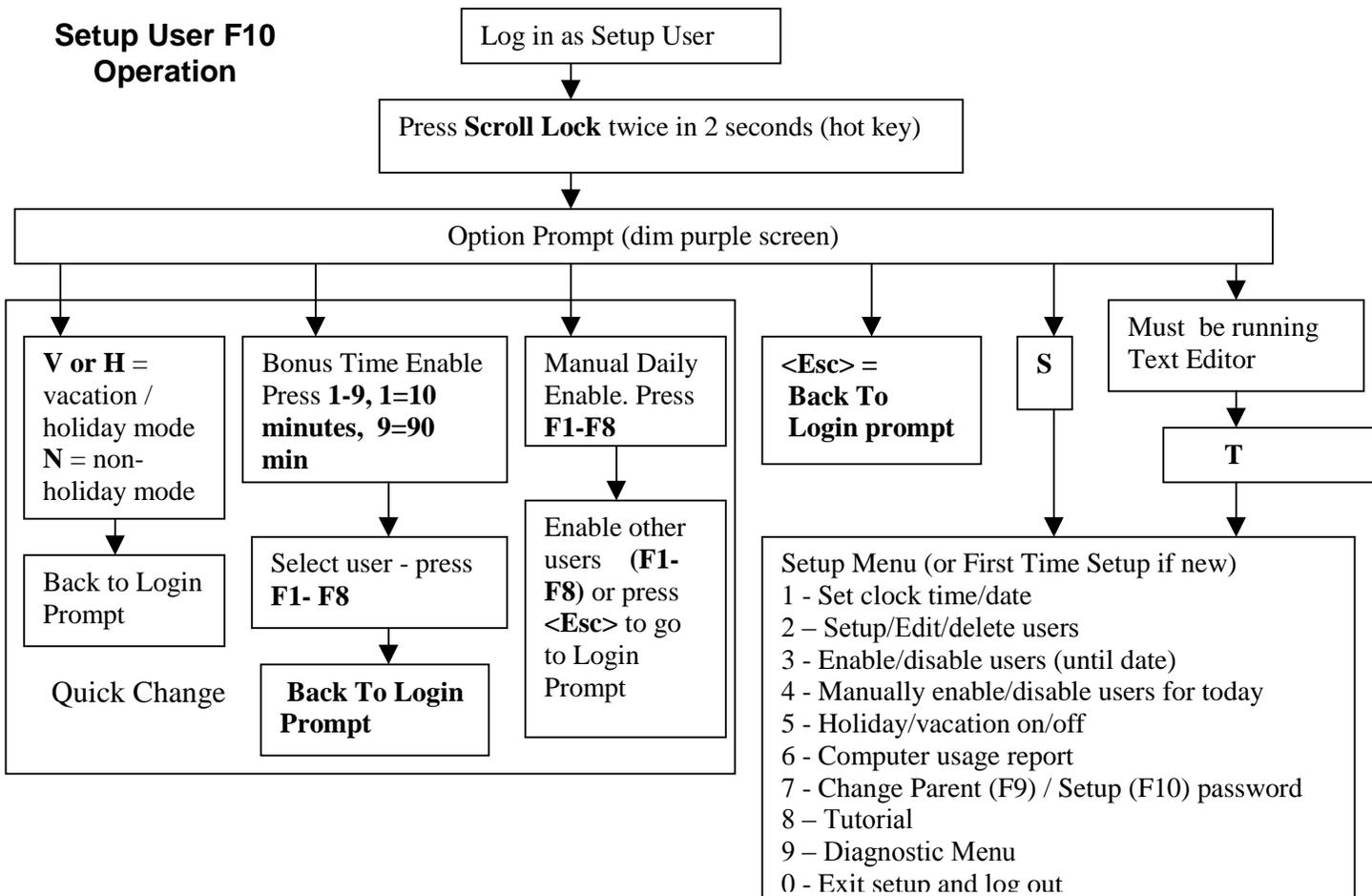
Operating Quick Reference Charts



F1- F9 Operation



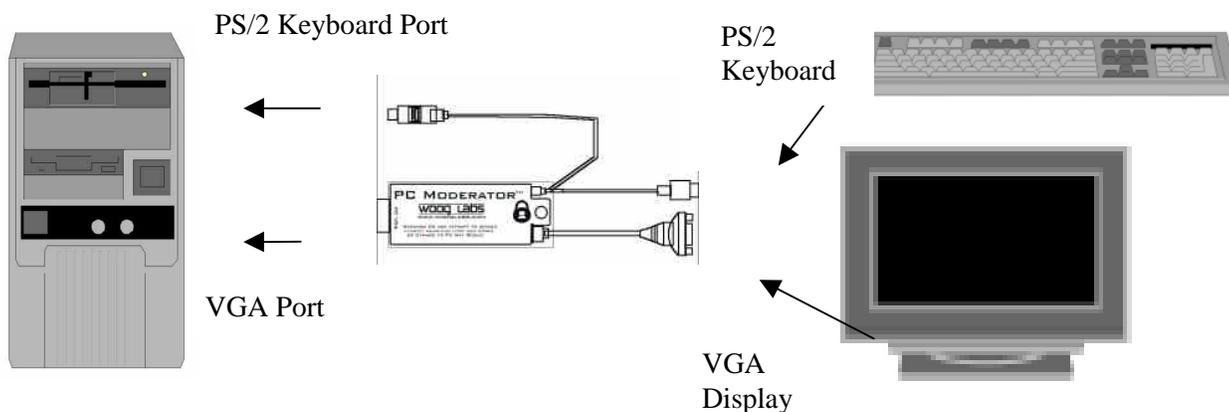
Setup User F10 Operation



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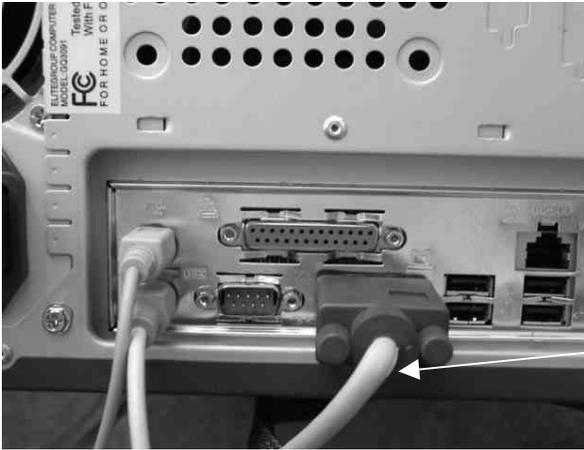
PC Moderator Installation

The PC Moderator plugs into (and is mechanically mounted to) the VGA port of your computer. The video display cable then connects to the connector on the VGA cable exiting the rear of the PC Moderator. This is how the PC Moderator intercepts the video signals. The PC Moderator intercepts the keyboard signals by cabling to the PC's PS/2 keyboard port and to the keyboard itself. The PC Moderator receives its power via the cable connected to the computer's PS/2 keyboard port. If this cable is disconnected, the PC Moderator and the VGA display are turned off. An internal lithium battery provides back-up power for the built-in real time clock when the computer is powered off or the device is unplugged or removed.



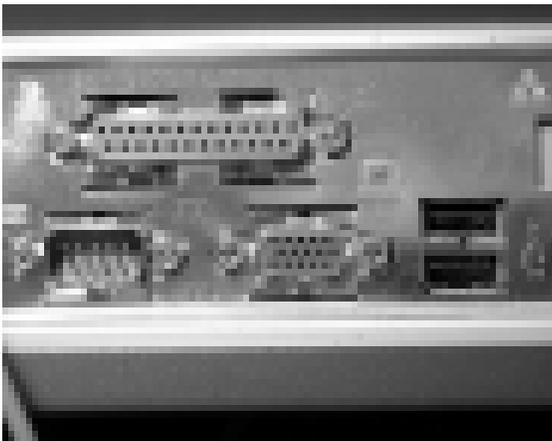
The cover of the PC moderator is open only for installation and to change the battery. A jumper inside can also be removed temporarily in the event that the setup password was forgotten or otherwise unknown. Only when the cover is removed are the screws that attach the PC Moderator to the VGA port of the computer accessible. To install follow the steps below:

1. **Turn off your personal computer and unplug the computer from the AC outlet.** (This is important as many PCs supply live power to the keyboard port even when "turned off".)
2. **Find the cable connecting the computer's VGA port to the video monitor/display. Remove the cable from the computer port by unscrewing the set screws, either by hand or with an appropriate screwdriver.**



VGA Cable to
Monitor

3. **Remove the cover to the PC Moderator™ by sliding the cover back toward the cables until it is off the base panel.** You do not need to remove the cover completely away from the unit. The cables will hold it in place.
4. **Identify the correct orientation and plug the PC Moderator™ into the computer's VGA port as shown in the photo below.** Note that the case of the PC Moderator is heavy and must be held in place in order to secure the screws in the next step.

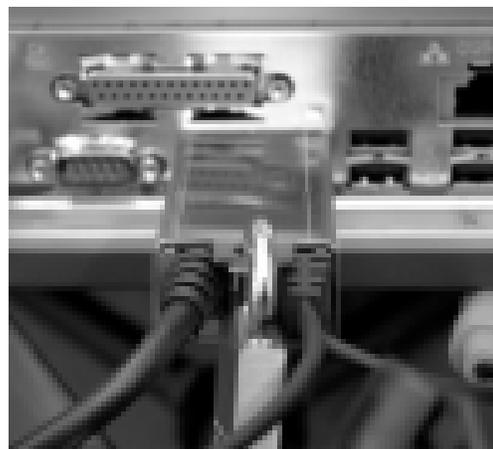
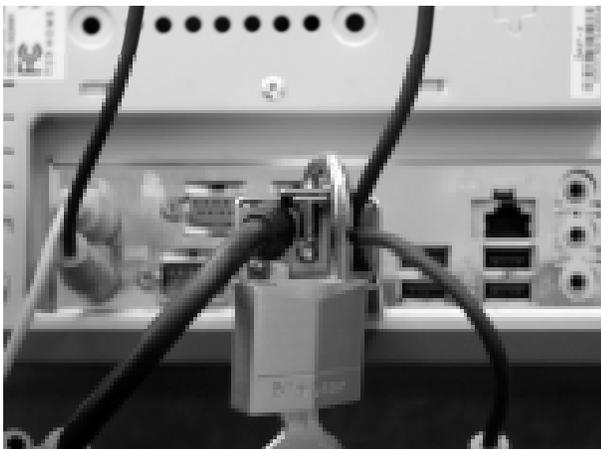


Tip: The PC Moderator should plug in correctly. If not, try again with the PC Moderator turned upside down. If it still does not plug-in, check to make sure you are plugging it into the VGA video connector and make sure that the connector is a 15 pin type and that pin 9 of the PC's VGA connector is not plugged (certain older PCs).

5. **While holding the opened PC Moderator™ in place, tighten the two mounting screws with a small Phillips screwdriver.** Tip: Depending on the orientation of the PC Moderator it may be more convenient to place the PC on its side or front in order to tighten the set screws. Do not over tighten.



6. **Slide the cover of the PC Moderator™ back on the base as far as it will go. The hole on the cover should line up perfectly with the hole on the base.** If the cover does not slide on easily, make sure the internal wires do not interfere with the case cover. If the cover has been removed completely, the cables will need to be fed through the slit in the bottom of the cover.
7. **Attach the monitor's cable to the VGA cable of the PC Moderator. Tighten the set screws finger-tight.**
8. **Unplug the PS/2 style keyboard connector from the keyboard socket on the back of the computer and plug the keyboard into the short keyboard cable of the PC Moderator™.**
9. **Plug the long keyboard cable from the PC Moderator™ into the PS/2 keyboard socket on the computer (where the keyboard cable was unplugged).**
10. **Guide the shackle of the padlock through the hole at the center of the back of the PC Moderator cover and base. Lock the padlock**



Tip: You may replace the supplied padlock if desired to any style including combination types, however, the shackle must not be greater than 7/32" diameter. When using a keyed

lock, keep the keys in a safe place where users do not have access. This preferably should not be kept in the home unless you are absolutely sure that users cannot access the keys. Remember that teenagers are both imaginative and persistent so don't just hide them in a place where you think that they won't find it. Do not use luggage locks or very small padlocks as these can be easily pried open.

11. Make sure the computer is upright and connect the computer's power cable to AC power.

PC Moderator First Time Setup

Once the PC Moderator™ has been installed on the PC, it must be configured. If this has already been done or was configured for you by Woog Labs or your retailer, you may skip this section.

1. Power up the computer. The computer should display a tinted screen and then blue and red screens before the display appears normal. If blinking color bars are displayed followed by a blinking red or purple bar at the top of the screen, the PC Moderator has previously been setup. If this has already been done or was configured by Woog Labs or your retailer, you may skip this section and proceed to the section entitled "Before Using the PC Moderator". If the PC Moderator has not been previously setup or you are not aware of the Setup password then it must be reset before proceeding. Refer to the section entitled "Resetting the PC Moderator as New". If nothing appears on the display or if the computer fails to power up, refer to the troubleshooting section of this manual.

2. Wait for the operating system to load completely. You may need to enter a password. Close all applications that might pop up automatically such as AIM (AOL Instant Messenger) or virus scanners. You may need to right click on icons in the system tray to disable these various applications. This is important as the PC Moderator setup works by sending keystrokes to the computer as though you are typing to the text editor application. If the keys are sent to another application, quite undesirable results may occur! If this does happen, press <Scroll Lock> to abort the setup process.

Tip: If the computer is password protected so you cannot run any applications, remove the PC Moderator and install it on another computer. Then follow the configuration steps listed below. Once configured, remove and install on the original computer. If this is one of your children's computers, suggest that they provide you with password access or you may not be able to change many settings. You will be still able to enable users, enable/disable holiday/vacation mode and add bonus time.

3a. Windows 98, NT, ME, XP or 2000 users. Press and release the <Scroll Lock> key two times (this is the hot key). The screen should turn a dim purple. If nothing happens, try it again at a slower or faster rate. Once the screen is purple, press and release the “S” key. The PC Moderator will run Winpad, make it full screen, and enable word wrap. Then after a delay the setup program will start automatically. Be patient, it may take up to 30 seconds. Go to step 5.

3b. All other Operating Systems or if 3a. does not work. Run a text editor application. Examples are Wordpad (preferred for Windows platforms) and Notepad (Windows) or “Text Editor” (Linux). Most text editors should work fine although many word processors may not. Make sure the text editor has “word wrap” enabled and maximized on the screen (full screen) otherwise the character formatting will be wrong and reading some of the text might be difficult. The Winpad and Notepad applications are found under the Accessories folder. To run Wordpad, click on the the Windows “Start” button, then click “Programs” or “All Programs”, then “Accessories”, then “Wordpad” (or if not available, “Notepad”).

Tip: In order to enable word wrap, refer to the following instructions:

Winpad – Press <Alt>-V (View), then O (Options) and check “Wrap to Window”.

Notepad – <Alt>-E (Edit), check to see if there is a check by Word wrap. If not, click on it and word wrap will be enabled. For Notepad under Windows 95, word wrap may need to be set each time you run notepad.

4. While in the text editor, press and release the <Scroll Lock> key two times (within 2 seconds). The screen should turn a dim purple. Press and release <Scroll Lock> one more time. The text editor should reappear and the setup program will begin.

If this is the first time the unit has been setup or has been manually reset, the introductory step-by-step first time setup will run. Otherwise the setup menu screen will be displayed for manual configuration. If this menu appears and this is your first time using the device, you should reset the configuration by selecting item - “9. Diagnostic Menu” followed by “9. Reset All” to reset the unit to its original new configuration. Then power down the computer and go back to Setup 1.

5. Follow the on-screen instructions to set the clock, passwords and user settings.

Because the PC Moderator does not use the computer’s operating system or applications to operate, it uses a simple menu system for setup. It literally disconnects the keyboard from the computer and displays items on the screen by emulating typing on the keyboard. It then looks for what *you* type at the various prompts. Wait for the menus or questions to be displayed and answer the questions when asked. You may press <Esc> at any time to go back to the previous question/prompt or <F10> to exit the step-by-step setup altogether. Default values will be displayed for many of the settings as they are prompted. Press <Enter> to simply accept the current displayed value or enter the new value followed by the <Enter> key. For convenience, pressing any other key will usually cause the current

value to be completely erased. To speed input, values that can be either single or multiple digits can be entered as only a single digit (i.e. date values). Some prompts will only accept a single digit input such as “A” for AM or “Y” for Yes. Pressing <Scroll Lock> during setup will abort the setup immediately leaving the user in the text editor application.

The PC Moderator displays the setup screen by generating keystrokes to the text editor application. If you enable the setup operation while another application is enabled (as the foreground application), the keystrokes will be fed to that application or to the Windows Operating system with unpredictable results. This is why pop up screens or applications such as AIM should not be enabled while setting up the PC Moderator. Note that the mouse cannot be used to operate the setup program.. Press the <Scroll Lock> key at any time to abort the setup process.

Setup Suggestions

During setup, passwords must be created for Setup, Parent User and the F1-F8 users. These passwords should not be so easy or obvious. The Setup password is most critical to remember as Setup provides access of all User passwords. Memorize it and keep a written copy away from the home. Note that if you forget the Setup Password, you will need to remove the Setup jumper inside the PC Moderator and then run the setup program as described in the section that follows “If You Forget the Setup Password”. Choose passwords for your children that they will be able to remember but not obvious (i.e. their name) unless there will be only one child using the computer.

Choosing the time limits for computer use should be done with care. In general, drastically reducing the available computer time abruptly will result in distress for both you and your child (regardless of what you think is fair and even what they verbally agree to). Depending on how defiant your child is they may resort to unpleasant manipulation or device tampering in an attempt to get their way. Remember that installing the PC Moderator gives you a great deal of power and control over what may be your child’s most cherished past time. Don’t be tempted to simply set your will immediately or you will find the power struggle shifting to other areas of the child’s life.

We recommend that you initially establish a time amount that will cover virtually unlimited usage (i.e. 10 hours/day) but with time range limits such that they can’t use it after a certain time in the evening (i.e. 9:30pm bedtime). You can also create a restricted time range, say between 5 and 6pm for homework, dinner or chores. Let the PC Moderator monitor use over several weeks. Then you can generate a usage report for that user over that period to see how much the computer was actually used each day and on average. (see Setup Menu).

If you then feel the computer is being used too much, each week manually change the amount of time available for use each day by lowering the amount of time by 10 minutes. Do this for weekday, weekend settings and/or day of week settings until you reach your target levels. This gives you and your child time to adjust to the change. Keep an open mind and compromise with your child. You can even reward better school grades by increasing the time allowed. Keep in mind that by taking unlimited access to the computer away they will need to fill recovered time with other activities. Help them find constructive and rewarding use of their time – perhaps even time spent with you. Otherwise you may find them simply filling their available time playing video games or watching TV. For more information, tips and support visit our web site at www.pcmoderator.com.

6. **View the on-screen tutorial.** The on-screen tutorial walks you through the operation and features of the PC Moderator. It is highly recommended that first time users view this program that runs automatically after the first time setup program.
7. **Exit setup by pressing <0> and <Enter> at the Setup Menu.** If you want to keep a hard copy of the settings and passwords, you may print out the text at any time during setup (using the mouse). Store the printout at your office or a remote location. Do not save the printout in your home (unless you edit the password entries) or you are at risk of your children finding it and having complete setup access to the PC Moderator™.

Before Using the PC Moderator

Some mental health professionals believe that for certain individuals, excessive computer use that causes problems in academic, occupational or social functioning may be symptomatic of more serious mental health problems such as Obsessive Compulsive Disorder (OCD), anxiety or depression (Woog, 2004). **If you suspect a more serious mental health issue or your child exhibits violence, drug and/or alcohol abuse, self-injurious behavior or threats of suicide, CONTACT A MENTAL HEALTH PROFESSIONAL IMMEDIATELY.**

Talking To Your Children about the PC Moderator

Before your children use the computer with the PC Moderator, explain to them the purpose and the conditions for which they are allowed the *privilege* of using the computer. Even if your child has their own computer that was given to or purchased by them, using it your home is still a privilege. Remember that you are paying for the electricity, Internet connection and a place to use the computer.

Explain to them that the purpose of the PC Moderator is to allow parents to monitor and set reasonable limits on computer use. Explain that it cannot be easily removed even if

they open up the computer since it is locked onto the VGA port. Explain that the key for the lock will not be kept in the home so they should not waste time looking for it. Also let them know that attempting to detach the PC Moderator without properly removing the lock and cover might seriously damage the computer or cause them personal injury (i.e. they attempt to cut the case or lock shackle).

Note: While the PC Moderator is constructed of 18 gauge stainless steel and the padlock of hardened steel, nothing is 100% impenetrable. That is why you will need to explain up front to your children that if they tamper, destroy or otherwise remove the PC Moderator, they will lose access to the computer for 3 weeks or longer and if they persist, the computer may be removed from the home indefinitely. We suggest that you inform them in advance that if they damage or destroy the PC Moderator or computer they will be required to pay for or work to pay the cost of repair or replacement.

You will need to tell each child they have a unique identification number (F1-F8) and give them the password you have assigned them. We suggest you write this information down on a piece of paper and give it to them. Tell them to destroy the paper once they have it memorized. If you have more than one child using the computer be sure to choose passwords that are not obvious (i.e. their name) or the same for all users (i.e. password). If they want to change the password or if both you and they forget the password, you can recall or change their password from the Setup Menu. If you have only one child using the computer, you can simply press <Enter> when prompted for the user's password in the Setup program. Then they won't have to remember a password or enter one after the Login prompt. They can simply press <Enter> at the Password screen.

Battles With Your Children Regarding the PC Moderator

It is likely, especially if you have teenagers, that your children will not be happy about the setting of limits on their computer use. There is little you can say to convince them that this product is helpful to them except for research suggesting negative biological effects due to nighttime computer use. Getting into an argument about the PC Moderator will not be useful. Tell them that you have decided to set limits and will continue to do so until you decide otherwise. It is important to be empathic and understanding of their frustration while continuing to stand firm on your decision. Temper tantrums, yelling matches and other forms of adolescent manipulation may result. Usually these will settle down quickly followed by days of griping or attempts to coerce you into removing it. They might explain that it conflicts with their programs especially those that use the <Scroll Lock> key. Very few program use this key and many (especially games) allow the "remapping" (changing the keys used for certain functions) of conflicting keys. If you are not sure about conflicts

or the compatibility problems reported by your child, please go to our technical support section of our web site www.pcmoderator.com.

Once things have settled down, it is likely your child will be coming to you for some additional bonus time. If you choose to offer bonus time, we suggest you do so only after they have shown you their completed homework and/or chores. Explaining this to your children from the very beginning is strongly recommended. Remember that bonus time overrides the time ranges thus it may allow your child to stay on the computer later than you expect.

If You Forget the Setup Password

If you forget the setup password or if your child finds it and changes your setup password to lock you out of the computer, you will need to change it. This is accomplished by removing the case cover and removing the Setup jumper and running the Setup Menu to change the password. To do this:

1. Turn off the computer
2. Remove the lock and case cover
3. Remove the blue Setup jumper from inside the PC Moderator
4. Replace the cover
5. Power up the computer and run a text editor (Wordpad).

While in the text editor application. Press and quickly release the <Scroll Lock> key two times within 2 seconds. The screen turns a dim purple. Press and quickly release <Scroll Lock> one more time. The text editor should reappear and the setup program will begin after a short delay. Use Setup to change or recall the password. Then log out of Setup by pressing <0> at any menu.

6. Shutdown the computer, remove the case cover, replace the blue Setup Jumper.
7. Install the case cover and again lock the PC Moderator using the padlock.

PC Moderator Operation

Power Up

When the computer is powered with the PC Moderator installed and users configured, the display shows the power on test pattern for about 40 seconds. This pattern will include a bright then dimmed image of the display, full blue and red screens followed by a flashing blue screen (red indicates possible hacking attempt) that gets smaller over time. The keyboard is **not** disabled during this time. When the 40-second timeout elapses, the screen will show the Login prompt. The Login prompt is a small horizontal flashing red (normal mode) or purple (vacation mode) bar pattern that moves slowly down the screen. At any time during the 40 second timeout (flashing blue pattern) the user may press <Scroll Lock> twice (within 1 second) and the login prompt will be *immediately* displayed. It is recommended that the user does **not** type on the keyboard until sure that the keyboard has

been properly initialized and the operating system is loading. Your child will probably want to wait before logging in otherwise they waste their allowed time waiting for the operating system to load. Typing on the keyboard immediately after powering the computer may create a start up error that could prevent the computer from powering up properly.

Logging In

Once the Login Prompt is displayed, the user may “log in”. Once logged in (and assuming time is available for that user), the PC Moderator will enable the display and keyboard. This process requires two steps 1) entering a user number and 2) entering the associated password. The user can be a Parent user (F9), Setup user (F10) or users F1-F8. The passwords for each user were set during first time setup or by using the Setup Menu. To log in from the Login Prompt:

1. Select a user number by pressing a function key F1 – F8 (users), F9 (Parent) or F10 (Setup). After you select a valid user number (F1-F10) that has been setup, a steady solid purple bar will be displayed at the top of the screen. If you select the wrong user press <Esc> until the Login Prompt appears and repeat this step. If the user has been disabled then the screen will flash red after the user presses the function key.

2. Enter your password followed by <Enter>. As the password is entered, the display will extend downward with small blue and red bars appearing for each character pressed. Press the <Enter> key after the password has been entered. If you make a mistake while typing a password you can backspace or just press <Esc> to clear your entry. Pressing <Esc> twice will return you to the Login Prompt.

If the password is entered correctly (and for F1-F8 users, they are currently allowed use), the display and keyboard are immediately enabled. If no time available is available *now* for the user, the screen will flash a red pattern three times.

If the password is entered incorrectly, the display will flash a solid red and then the steady solid purple bar will again be displayed at the top of the screen to prompt the user to reenter the password. If the password is entered incorrectly three times, the PC Moderator displays a red screen, clears the user number, waits 10 seconds and goes back to the Login prompt. If the password is entered incorrectly 9 times, the PC Moderator displays a red screen, waits *one minute* and makes a record of possible tampering. This information is displayed as a red flashing pattern instead of blue during all power up sequences until a Setup or Parent user logs in. This warns the parent of possible tampering or power cycling of the computer or the PC Moderator without logging in.

Display Prompt Summary

| <u>State</u> | <u>Display</u> | <u>What to do next</u> |
|--------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Powerup Waiting | Blinking blue or red (1) pattern getting smaller from top of screen | Wait for Login Prompt (40 seconds). If you are 100% confident the keyboard has been enabled, you can go directly to Login prompt by pressing <Scroll Lock> 2 times |
| Login Prompt User Entry | Blinking red or purple(2) color bar at top of screen | Press F1-F8 for users 1-8, F9 for parent) or F10 for setup. If red bar simply goes to top of screen, then not valid user (not set up) |
| User Disabled | Flashing red screen after pressing F1-F8 | User is disabled, wait until enabled by parent or automatically on specific date |
| Password Entry | Steady purple bar At top of screen | Enter password followed by <Enter> (10 digits maximum) |
| Wrong password entered | Screen flashes red then back to Password Entry | Enter correct password followed by <Enter> |
| Wrong password 3 times | Full red screen | Wait approximately 10 seconds before return to Login |
| Wrong password 9 times | Full red screen | Wait approximately 1 minute before return to Login |
| No time available now for user | Flashing full red screen 3 times | Wait until you have time available before attempting to log in. |
| Option Prompt | Dim purple screen | Enter appropriate key depending on option or setting and user type |

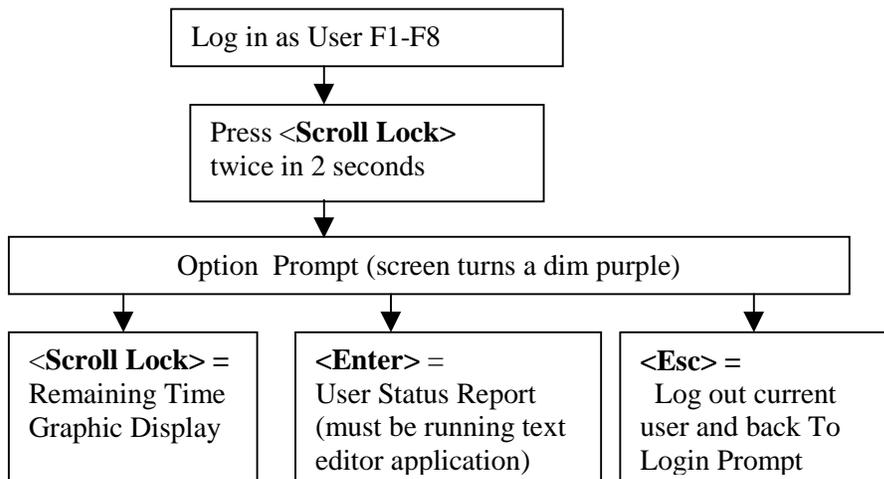
Note 1 – red indicates at least 9 unsuccessful password attempts since last Parent or Setup login. This is provided to provide evidence of hacking attempts. This resets to blue pattern when either Parent or Setup User logs in.

Note 2 – purple indicates vacation/holiday mode as a reminder to parents to turn it off.

User F1 – F8 Operation

While a user is logged-in, the duration of time used for that day and the current time is continually being monitored against the limit and range settings for the user for that day of the week. In order to provide warning that time is running out, the display will flash in various ways. At 10 minutes remaining, the display will flash once and at 5 minutes twice to alert the user of the upcoming time limit. With only 1 minute remaining, the display will flash once per second. After the minute has elapsed, the keyboard will be shut off except for the <Esc> and <Scroll Lock> keys and the display will continue to flash for another minute. The <Esc> key allows full screen applications to be closed. The <Scroll Lock> key allows the user to log out immediately. **It is during this time that the computer should be shut down (using the mouse and if required the <Esc> key) if the computer is not going to be used by another user.** After the minute has elapsed, the display will turn off, the keyboard will be disabled and the display will return to the Login Prompt as described in the previous section.

While the user is logged in, they may access the PC Moderator to 1) find out how much time they have left to use the computer until the display and keyboard are shut off, 2) output a report of today's usage to a text editor or 3) log out. These three options are accessed from the User Control Prompt as shown in the following operating chart.



Remaining Time Graphic Display

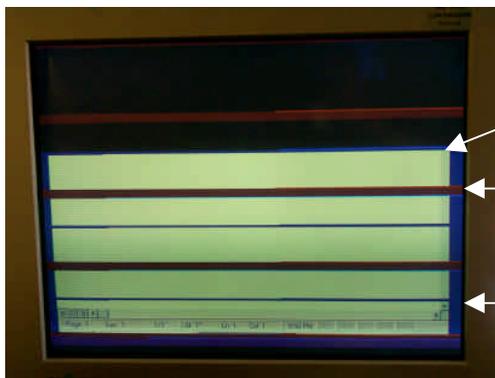
While a user is logged in (the computer may be running any application), the PC Moderator can be prompted to provide a graphic display of remaining time until shutoff. The time remaining reported is the amount of time until the next time the display shuts off due to 1) running out of total time (daily limit), 2) reaching an end of day range 3) impending lock-out period or 4) bonus time is running out.

To invoke this graphic display while logged in and running any application:

1. **Press the <Scroll Lock> key twice in two seconds.**
2. **When the screen turns a dim purple, press the <Scroll Lock> key again.**

The bar chart graphic of remaining time will now be displayed. This display consists of red and blue bars with a dimmed view of the current display in the background. The graphic is the full width of the display starting at the bottom and extending upwards like a bar chart. The length of the visible display (solid dark blue if the screen background is black) represents how much time is remaining. The red bars signify one-hour intervals and the thinner blue bars represent 30-minute intervals. Each scan line of the display signifies 1 minute. If more time remains than can be displayed, then the display will simply extend to the top of the screen. If the remaining time is less than 10 minutes, you may not see any display past the bottom thick red bar. To estimate the remaining time, count the number of red bars seen through the visible display and that is the number of full hours of user time remaining. See how far the display extends upward past the last red bar. If it is less than the next higher blue bar, then the remaining minutes are less than 30.

The graphic display will timeout after a brief period or press the <Shift> key to end the display (don't press other keys as they will get passed to the application). The following picture provides an example:



2 red bars – 2hrs
 1 blue bar – 30 min
 Total: approx. 2hrs, 30 min

Thicker red bars signify 1 hour intervals

Thinner blue bars mark 30 minute intervals

User Status Report

This display graphic above gives a quick sense of how much time is remaining. For a more exact report, the User Status Report may be invoked. The user must be running a text editor before invoking the report. To invoke this report:

1. Press the <Scroll Lock> key twice in two seconds.
2. When the screen turns a dim purple, press the <Enter> key.

The PC Moderator will output the report by generating keystrokes to the text editor. Make sure you are running a text editor and it is selected or the keystrokes may be sent to another application or the operating system with unpredictable results.

Log Out

At any the user may log out by either shutting down the computer or manually logging off the PC Moderator. To log off manually:

1. **Press the <Scroll Lock> key twice in two seconds to enter the Option Prompt (screen turns a dim purple).**
2. **Press the <Esc> (escape) key.**

The login screen will be immediately displayed.

User Tips: The PC Moderator™ only affects the display and keyboard and as such the computer will still operate and provide operating features even when logged out. To conserve time, the user could log out when waiting for mail or instant messages such as AOL Instant Message (AIM) that provide audible notification. The user can log in after hearing the notification without wasting valuable use time waiting for a friend to go on-line. The user can also listen to music such as MP3s by running a play list and then logging out. In this way, valuable use time is not wasted while simply listening to music. On-line game players can run “bots” while the display and keyboard are disabled. Downloads, disk maintenance (defragmentation), virus checking and hard drive backups can all be performed while the user is logged out. Consider this when children ask for more time to fix the computer or perform routine maintenance.

Monitor Standby and Screen Saver

Since the PC Moderator™ also senses missing video signals as powering off, certain screen saver settings and standby modes *may* also cause the PC Moderator™ to shut off and will automatically log out the current user. In order to log in a new user, move the mouse to bring back the screen. Note that pressing keys will not return the screen saver or the computer from standby since the keyboard is switched off. For most systems, the power indicator light on the monitor can provide clues to the state of the system. A steady power light (usually green) with a black display screen indicates that the monitor is not in standby mode. If the indicator is flashing or changes color (yellow or red), the computer may have placed the monitor in standby mode.

System Standby

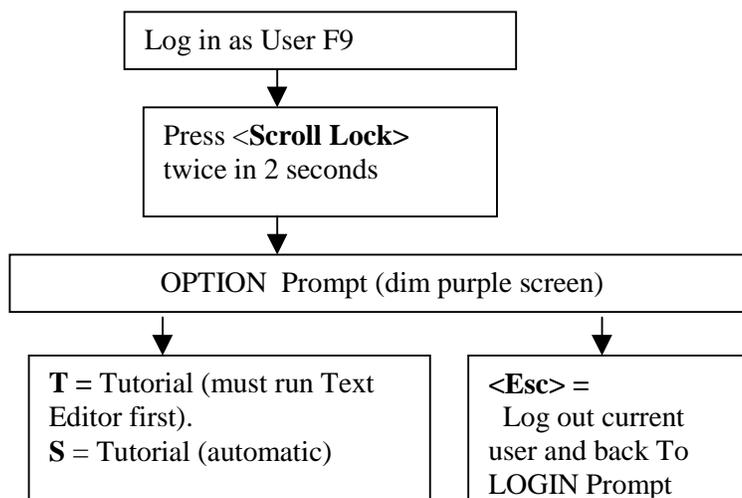
For Energy Star compliant computers with the latest operating systems, the keyboard will often include a standby or suspend key. The PC Moderator detects when this key is pressed, logs out the current user when the computer enters standby and will be ready for log in faster when returning from standby. Do not press this key and then turn the computer off. You may need to power cycle the computer for proper operation.

Display Dim

If the time reaches the point where the display is dimmed (if enabled), the display will dim and remain dimmed for that user until any new login the next the morning. The colors are not dimmed equally. Blue is dimmed approximately 90% while green and red are dimmed approximately 50%. The intended purpose of dimming the display is to reduce the effects of delayed sleep cycles caused by late night computer use. While the primary goal is to reduce blue light, the other colors are also dimmed to help keep a more balanced color on the display. Recent research from Japan (Higuchi, Motohashi, Yang, Ahara & Kaneko, 2003) found that youth playing computer games at night with a bright video display had lower saliva levels of melatonin and did not report being as tired as those that played with the display dimmed. Melatonin is the natural substance produced by the pineal gland that helps to regulate the day/night sleep cycles in mammals. An increase in this substance naturally occurs in the evening in response to lower blue light levels and causes us to feel sleepy. While parents already know that when teens stay up late on the computer it affects their ability to wake up in the morning, this research helps explain *why* they are able to stay up so late and not get tired. It has even been suggested that there exists significant developmental and environmental hazards presented by blue light at night-time (Pauly, 2004).

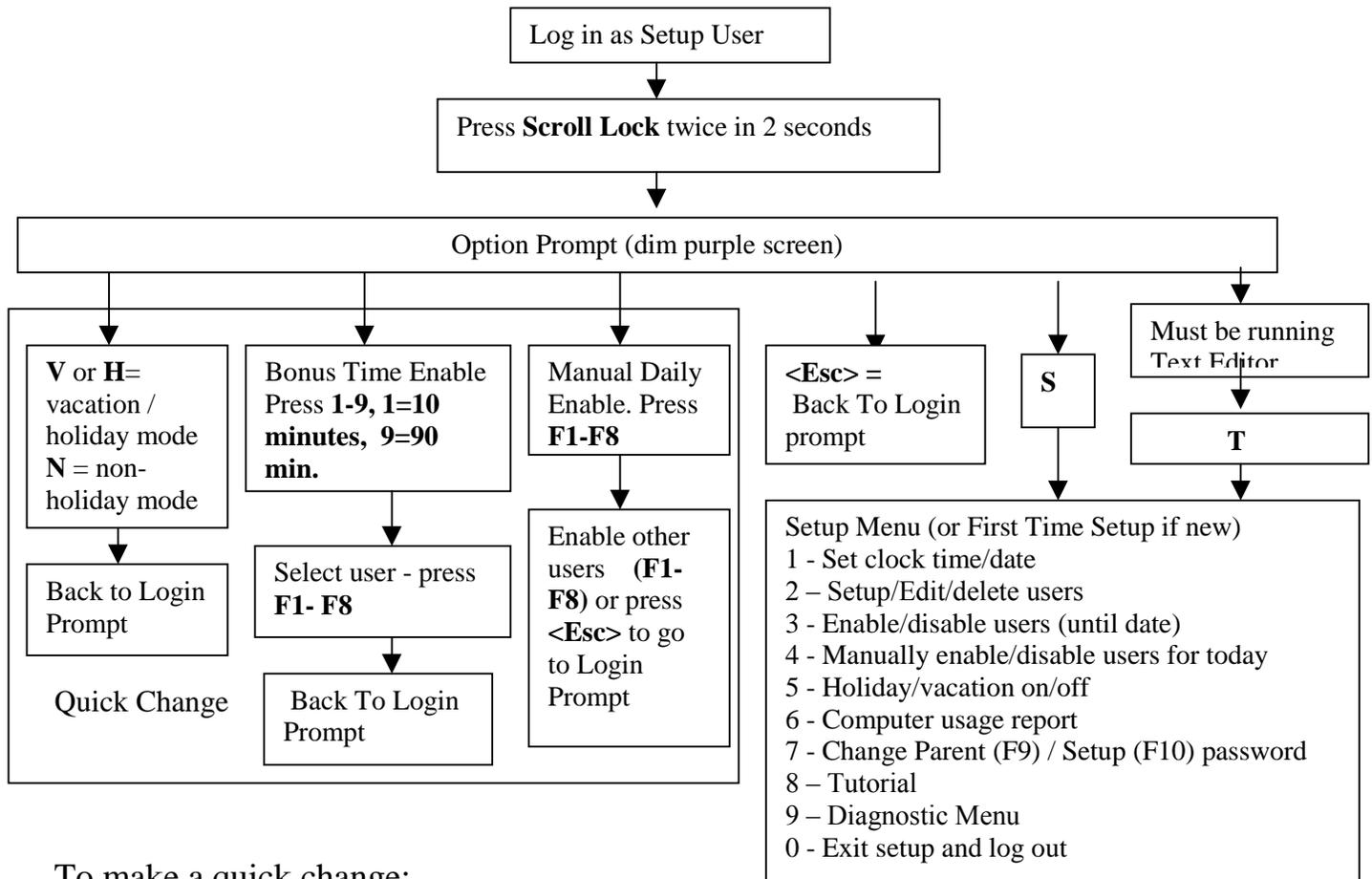
Parent (User F9) Operation

Parent (F9) operation is the same as that for users F1-F8 except there are no time limits, dimmed display or control/status options except logging out and running the Tutorial. If you would like to monitor your own computer use, or use the display dim features, setup one of the users F1-F8 for yourself. The only options for Parent users are to log out and to run the Tutorial. It is suggested that you run the Tutorial from the parent user to familiarize users with the operation of the PC Moderator. Although you can run the Tutorial from the Setup Menu, this is not recommended if you intend to leave a child alone with the computer.



Setup (User F10) Login and Menu Operation

If no users have been setup, the PC Moderator will automatically run the First Time Setup program when the Setup User (F10) enters setup. Otherwise, logging in as the Setup User (F10) allows the option of either 1) entering the Setup Menu while running a text editor to manually configure the time/date, user settings and various preferences **OR** 2) make quick changes such as manually enabling users or adding bonus time to users without the inconvenience of running a text editor. The following flow chart shows the various options available to Setup User F10:



To make a quick change:

1. Login as user F10 from the Login Prompt
2. Invoke the Option prompt by pressing the <Scroll Lock> key twice in two seconds.
3. Press keys in the sequence specified in the previous figure.

To enter the Setup Menu:

1. Login as user F10 from the Login Prompt after the OS is loaded. Close any pop up applications such as AOL Instant Messenger.
- 2a. If running Windows 98, ME, XP or 2000 - Press the <Scroll Lock> key twice in two seconds. When the screen turns a dim purple, press the <S> key. Go to step 3.
- 2b. - If running any other Operating System or if 2a above does not work -

Once logged in, run a text editor. Wordpad is the preferred text editor on Windows operating systems. Do not use a regular word processor or errors may result. Make sure that word wrap is enabled on the text editor. **Press the <Scroll Lock> key twice in two seconds. When the screen turns a dim purple, press the <Scroll Lock> key again.**

3. The setup program will begin to run with the display generated by keystrokes sent by the PC Moderator to the text editor or word processor. Follow the menus. To exit Setup, press <0> at most of the menus. Do not leave the computer unattended while logged into setup or running the Setup Menu! **Note: Turning off the computer while in Setup will not result in the PC Moderator logging out of Setup if the computer retains power to the keyboard and mouse when shut down. The next person to power the computer (i.e. your child) will have full access to setup. Always log out of the Setup user and Setup Menu before shutting down the computer or leaving the computer unattended.**

Temporary User (F8)

You can create a temporary user F8 so that you can provide additional time when you are not home (i.e. working late). This might be useful if you have your child on a manual daily enable setting and you have to stay late at the office. Simply create a user with its unique password and a set amount of time with a range similar to that of your child's. At any time you can tell your child (i.e. over the phone) the password. This would allow them the ability to use the computer. Once you are home you can change the password so you can use it another time should the situation arise again. Although F8 is suggested, you can use any function key other than F10, F9 and your existing users.

Advanced Features

Bonus time

There may be circumstances where a parent may want to add time for a user. An example might be a late school project or as a special privilege. Rather than making permanent setting changes, an easy and quick method is provided to allow a one-time addition of between 10 and 90 minutes for a user regardless of the time limit or range settings. In order to allow bonus time:

- 1. Log in as setup user (F10, password).**
- 2. Once logged in, press <Scroll Lock> twice to enter the Setup User Prompt. The screen turns a dim purple.**
- 3. Then press a numeric (1-9) key corresponding to the amount of time to add. Pressing 1 corresponds to 10 minutes, 2=20 minutes, 3=30,... 9=90 minutes, etc.**
- 4. Then press the function key of the user (F1-F8) for whom the bonus time is being added. The setup user will be automatically logged out.**

Remember that bonus time *overrides* both the amount of time allowed and the time ranges thus it may allow your child to stay on the computer later in the evening than you might anticipate. Make sure that your child has no remaining time and is not simply saving their time for late night computer use. Consider the case where it is 7 pm and your child is asking you for 90 minutes of bonus time. If they still had 2 hours of remaining time and their time range that day ended at 9pm the bonus time you gave them would last them until 10:30pm!

Note: Bonus time can be an effective reward as long as it does not become a regular occurrence. When children are aware that the parent can add time easily, they may grow to demand it and may use various methods including tantrums in an attempt to get additional time. Using this feature as a condition for showing completed homework can be an effective way to reward their school effort even if it done every day.

Manual Daily Enable

Manual Daily Enable is a feature allowing parents to automatically restrict computer use each day until they have specifically enabled that user. This allows the computer to be used to motivate a child to complete a less desirable task or responsibility such as chores or homework. It can also be used to limit unattended computer use such as before parents return home from work regardless of what time they return.

To enable a user:

- 1. Log in as the Setup user (F10)**
- 2. Press <Scroll Lock> twice. The screen turns a dim purple.**
- 3. Press the function key of the user (F1-F8) to enable for that day. Press <Esc> to exit from User Setup prompt.**

The user can now log in (F1-F8, password) and use the computer according to the limit and range settings for that day. Once the user is logged in, the computer can be shut down and turned on and off that day without requiring re-enabling by the parent. However, if the computer is turned off before the user logs in, then the parent will need to re-enable for that day before the user can log in.

Alternately, users can be enabled from the Setup Menu item number 4 , “Manually enable/disable users for today”. Once I user has been enabled and logged in, they cannot be disabled using this menu item. See Setup Menu item 3, Enable/disable users (until date)”, described in the following section.

Enable/disable users (until date)

Users can be enabled and disabled from the Setup Menu. When a user is disabled, an option is available to input a date to be re-enabled. This allows parents to institute grounding from the computer as a consequence of some undesired behavior. Since the date

is entered into the device, it is easier for parents to hold to their consequence as it is easier to leave the current settings (and hear the child gripe) than to run the Setup menu and make the change. It is recommended that you consider the grounding carefully. The length of the grounding should not be so long that the computer loses its role as an effective motivator. You want the consequence to teach an effective lesson and not serve to alienate you from your child.

Enable or Disable Holiday/Vacation Mode

Another convenience feature of the PC Moderator is the Holiday/Vacation mode. The settings for this mode were input during first time setup or when a user was created or edited using the Setup Menu. When the Holiday/ Vacation mode is enabled, the current day and all following days (until disabled) are considered Holiday / Vacation days and use the settings for those types of days. This allows the parent to set relaxed settings during holiday and vacation periods since the child does not have work or school on the following day.

It is recommended that this mode be turned off several days before the actual vacation is over to get your child back on a schedule more suitable for school or work. To enable:

To enable or disable Holiday/ Vacation mode:

- 1. Log in as the Setup user (F10)**
- 2. Press <Scroll Lock> twice. The screen turns a dim purple.**
- 3. Press the “H” or “V” key to enable Holiday/ Vacation mode or “N” to disable Holiday/ Vacation mode.**

When Holiday/ Vacation mode is enabled, the blinking pattern for user login turns purple colored (normally is red) as a reminder that it is enabled.

Computer Usage Reports

The PC Moderator allows parents to find out exactly how much time their children (and if set up properly even they) spend on the computer and, with their children, make effective changes to the computing habits. The computer usage reports are available from the Setup Menu. Enter the setup menu and press “6” for Computer Usage Reports. Select a single user or “all users“ and enter the date range for the reports. The report will identify the user, days the computer was used by them and for how long. It also provides an average use statistic. This averages the total usage amount by the number of days in the selected period. Since the output of the report is generated in a text editor you can edit and print it for you and your child to see. This report can be effective at identifying problematic computer use. There is often a discrepancy between the parent’s and the child’s perception of how much the computer is being used. This report provides a definitive answer that can help both parents and children make more productive choices. It also serves as a first step toward mapping out a plan to make more effective use of the child’s time. It is important to make this a collaborative effort rather than a point of your child’s rebellion.

Compromise and help your child identify more effective use for their time. Continue to generate these reports and discuss them with your children on an ongoing basis to evaluate progress.

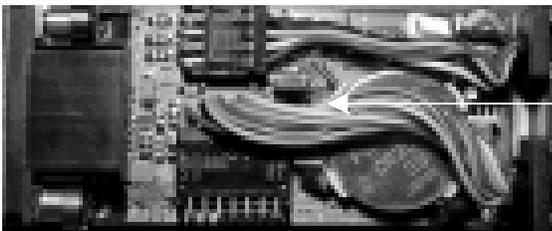
Resetting the PC Moderator as New

The PC Moderator can be reset completely as new allowing the easy setup option for a first time user. To clear all, from the Setup Menu select “9. Diagnostic Menu”, then “9. Reset all”. Enter “Y” to confirm. The PC Moderator will have all the defaults reset and all users and user data cleared. The next time the PC Moderator is powered it will power up as though the Setup user (F10) has logged in. Attempting to run the Setup Menu will result in the PC Moderator running the first time setup and the tutorial.

Internal Components and Configuration

Setup Jumper

The setup jumper is provided to force a setup login if the setup password is forgotten or maliciously changed. To remove the jumper, turn off the computer and unplug it from the wall power. Remove the lock and pull the cover back exposing the internals of the PC Moderator as shown in the following photo. Pull the blue jumper and then slide the cover back in place. Plug and power up the computer and the display will be on as though the user logged in as the Setup user (F10). To run Setup, run a text editor and then press and release <Scroll Lock> twice. When the screen turns a dim purple, press and release <Scroll Lock> one time. The setup menu should be displayed. Now you may view and change the Setup Password Then exit setup, power down, disconnect the power cord, reinstall the jumper, cover and lock.

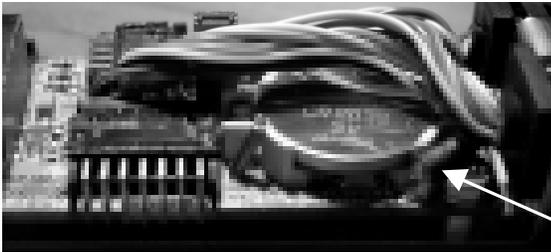


Setup Password override jumper

Replacing the Battery

The CR2032 3V lithium coin cell battery should last at least 1 year under normal use. If your computer provides continuous power to the mouse (i.e. you can see the optical mouse glowing red in the dark when the computer is off) and keyboard even when turned off, your battery may last for years. It only supplies power to the real time clock when the PC Moderator does not have a source of power. If you notice the clock does not keep time but occasionally resets to some random time especially when the device is turned off, the battery has most likely run out of power and will need to be replaced.

To remove the battery, turn off the computer and unplug it from the wall power. Remove the lock and pull the cover back exposing the internals of the PC Moderator as shown in the following photo.



Remove battery by prying up with non-metallic object.

Install new battery by placing right side of battery down first as shown by arrow, then snap left side down.

Pry the side of the battery up (as pictured above) with a flat non-metallic object – even your finger may do. Pull the battery out from under the cables. Install a new battery (+ side up) into the battery holder. Place the right side of the battery down in the holder first and then snap the left side down to lock the coin cell battery in place. When correctly installed, the battery should appear like the one in the photo above.

Tip: Be careful of the internal cables. Move these wires as little as possible to change the battery or replace the cover.

Troubleshooting

The following is a list of common problems and possible solutions. For more information and the latest troubleshooting hints, please visit our web site at www.pcmoderator.com.

| Problem | Answer |
|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PC Moderator cannot plug into the PC or the cover will not fully slide over the base due to interference with the PC chassis or other connectors | Refer to the product web site at www.pcmoderator.com and click on “Support” for technical help. Please be prepared to report the computer manufacturer and model number. |
| The shackle (hook) of the padlock will not fit into the holes of the cover and base. | <ol style="list-style-type: none"> 1) The padlock is too large. The maximum shackle diameter is 7/32” (supplied padlock). 2) The cover is not on as far as it will go. |
| Nothing appears on the display when the computer is first powered. | <ol style="list-style-type: none"> 1) Check that the VGA display cable is properly connected to the cable exiting the PC Moderator. 2) Check that the long keyboard plug is completely plugged into the PS/2 keyboard port of the PC. 3) Check that the PC Moderator is properly secured to the VGA port of the computer. 4) Make sure the computer and display are properly powered. 5) Make sure that a screen saver has not timed out. |
| Nothing appears on the display when the computer has been left unattended. Pressing a key does not restore the login prompt. | The monitor may have been placed in standby or powered off by the computer. Screen savers or power saving features of the computer automatically shut down “Energy Star” monitors. Move the mouse and see if the screen returns. You may need to press the power button on the computer to return the computer from standby. |
| When attempting to run Setup, nothing happens when pressing <Scroll Lock> two times | May be pressing keys too fast. Try slowing down to 1 time per second. |
| When attempting to run Setup, many application windows open up and the PC beeps | Winpad or Notepad text editor application was not running or was not the active window when Setup was activated. Press <Scroll Lock> to abort setup, close the errant applications, open/select the text editor and try again. Make sure that no pop up applications such AIM or virus scanners are running. |
| The PC Moderator powers up with the display on after displaying a few colored screens. | <ol style="list-style-type: none"> 1) The PC Moderator is not set up or has been completely reset 2) The internal blue shunt is not properly installed |
| The PC Moderator does not keep time or properly provide time limits after powering down the computer. | The CR2032 Lithium battery may have run down and must be replaced. It should last at least 1 year with normal use. It may last years on the newer computers. |
| The Setup and/or parent passwords no longer work (or my children have discovered the Setup password and made changes). | If the passwords have been changed or forgotten, refer to the manual section entitled “If You Forget the Setup Password” to change the password. |
| My child has damaged the PC Moderator and it no longer works or will not lock. | Return the PC Moderator for out of warranty service. We suggest you make you child pay for the repairs/upgrade. Check the Woog Labs web site for return information. |
| Computer only uses a USB style keyboard | Obtain a PS/2 keyboard to USB adapter and a PS/2 keyboard. |
| Once the PC Moderator times out, the child cannot see the display to shut down the computer and asks for bonus time to do so. | Parent should shut down computer and encourage the child to shut down properly during last 1 minute when the keyboard has been shut off. |

References

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Pauly, S. (2004). Lighting for the human circadian clock; recent research indicates that lighting has become a public health issue. *Medical Hypothesis*.

Woog, K. (2004) A survey of mental health professionals clinical exposure to problematic computer use. www.pcmoderator.com/survey.pdf.

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