

# PC MODERATOR™

Setting Limits, Not Controls



## Installation and User Guide Model PCM-1

woog Labs

[www.pcmoderator.com](http://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 valuable time that your child would otherwise have 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 small Phillips 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.

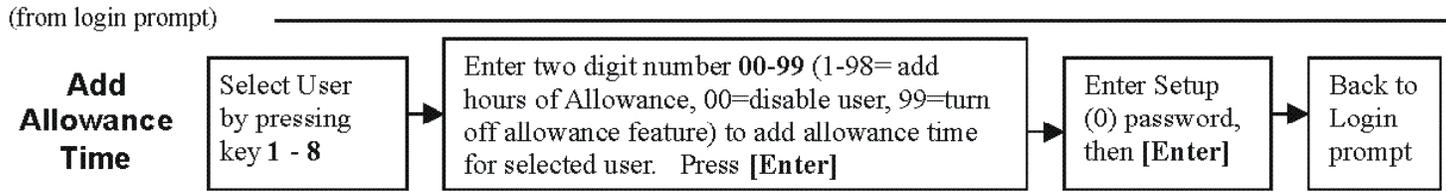
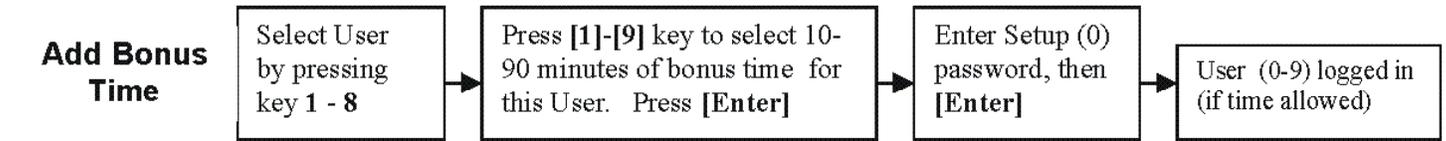
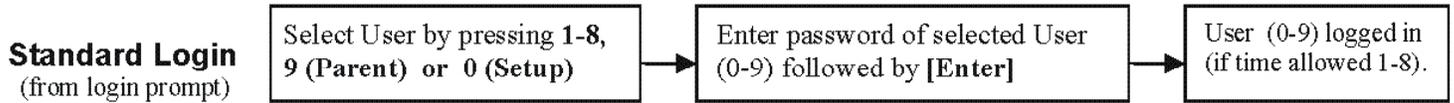
**Refer to the Quick Installation Guide for installation instructions. Once the PC Moderator is installed and set up, proceed to “Before Using the PC Moderator”.**

**Features**

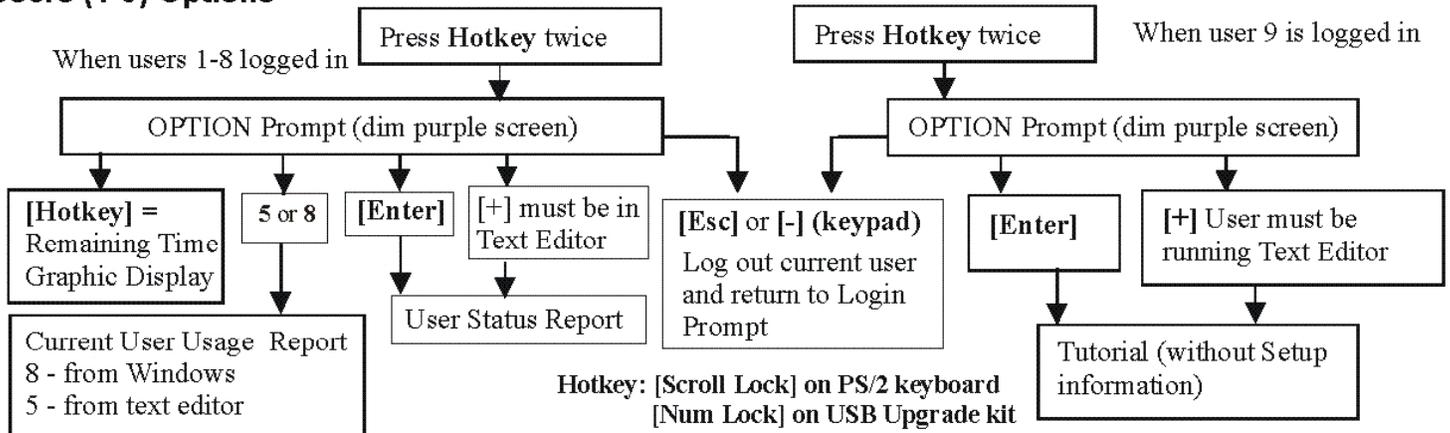
- Supports 8 password protected users (in addition to parent and setup users)
- Independent limit settings for each user (time ranges/amount in 1-minute intervals)
- Limit settings can be set independently for each day of week
- Easy setup of a restricted time period during the day for homework, chores or meals
- Holiday settings allow relaxed limits during child’s vacation or holidays from school
- Daily use can be restricted until parents manually enable user (i.e. homework complete)
- Allowance feature enables parents to set hourly limits over weeks or months
- Bonus time feature allows from 10-90 minutes of time easily added by parent
- Computer grounding feature with re-enable date
- Automatic User 1 login feature enables computer at allowed times without password
- Nighttime display dim helps reduce biological effects of late night computer use
- 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, standby or shutdown
- Internal Setup Override Jumper forces Setup Login allowing Setup program to be run to reset passwords if Setup password forgotten or unintentionally changed
- Lithium battery-backed real time clock with Daylight Saving Time option
- Time remaining graphic and screen flash warnings at 10, 5 and 1 minutes remaining
- No software installation – works with *any* operating system
- 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
- Compatible with virtually any desktop computer (not Macs) with VGA display
- Padlock with hardened steel shackle included
- Optional DVI Port Upgrade Kit and USB Port Upgrade Kit with Login Keypad

**System Requirements:** Computer with VGA monitor and PS/2 keyboard or USB port

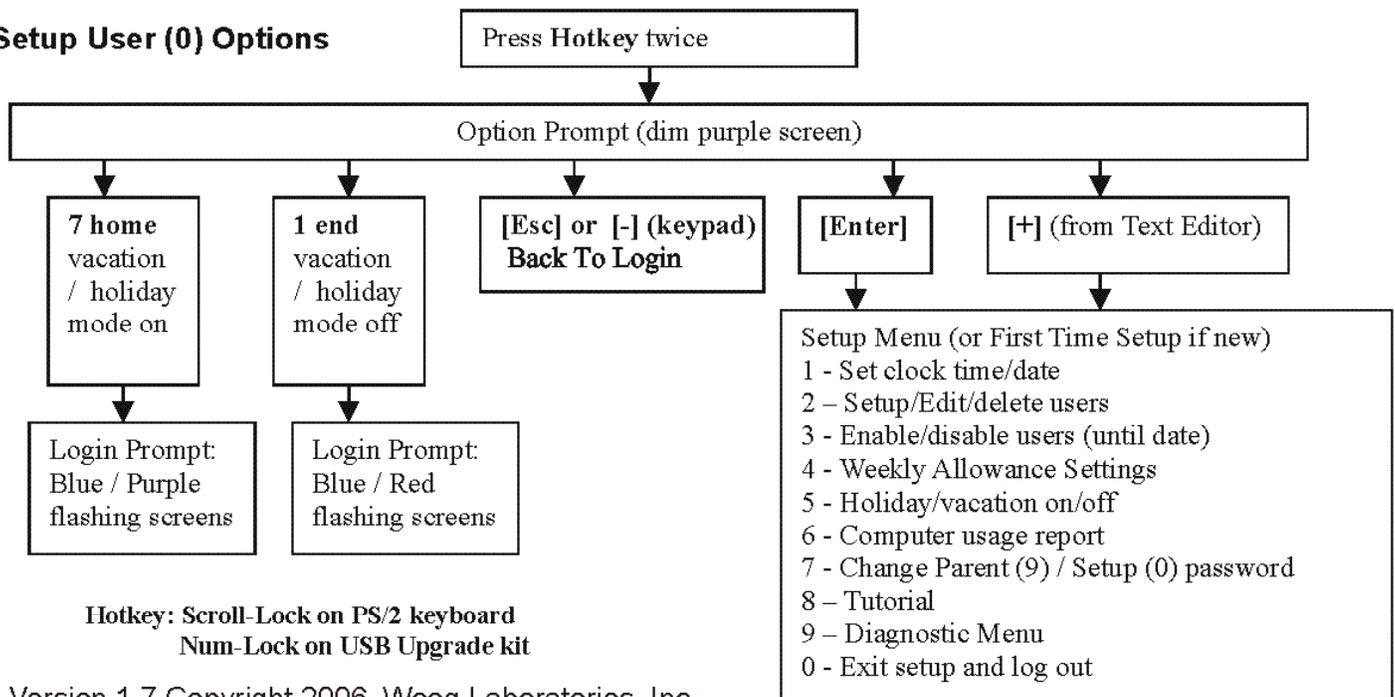
# Quick Reference Chart



## Users (1-9) Options



## Setup User (0) Options



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## 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 to your children *before they use the computer* 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 also 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 login identification number (1-8) 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.

## PC Moderator Operation

### Keyboard Operation

The term **Hotkey** is used throughout this manual to describe the key on your keyboard or keypad that, when pressed twice, signals the PC Moderator's attention. During the initial setup of the PC Moderator, you were instructed to press this key followed by either [Enter] or the [+] key on the keypad to start the first time setup program. The purple screen that appears after pressing the Hotkey twice is called the "Option Prompt" confirming that the Hotkey was properly recognized and the PC Moderator is waiting for another key to be pressed to select one of various features or "options".

The **Hotkey** is the [**Scroll Lock**] key if your *PS/2 keyboard* is attached to the PC Moderator or [**Num Lock**] if you have the *USB Upgrade Login Keypad* connected to the PC Moderator. The PC Moderator *only responds to the keyboard it is connected to*. The PC Moderator only accepts numbers from the numeric keypad regardless of the Num Lock state. Setup has special uses of certain keys on the keyboard/keypad:

[Enter]= submit entry

[-] (minus key on numeric pad)=Go back to previous menu or prompt (same as Esc key),

[← Backspace]=backspace, toggle entries such as yes/no, am/pm

[\*](numeric keypad)= Quit Setup, exit to Setup Main Menu.

### System Power Up

When the computer is powered with the PC Moderator installed and configured, the display will show the power on test and timeout pattern for about 30 seconds. This pattern will include a bright then dimmed image on the display, full blue and red screens followed by a flashing blue screen (red indicates possible hacking attempt) pattern that gets smaller over time. The keyboard is **not** disabled during this time. When the 30-second timeout elapses, the screen will either show the Login Prompt graphic or the display will be enabled if User 1 was set to Auto Login *and* time is currently allowed for User 1. In the latter case, User 1 was automatically logged in.

The Login prompt appears as alternating blue and red (normal mode) or purple (vacation mode) full screen patterns. At any time during the 30-second timeout, the user may press the **Hotkey** twice 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 graphic is displayed, the user may “log in” and assuming time is available for that user, the PC Moderator will enable the display and the keyboard attached to the PC Moderator. To log in from the Login Prompt:

**1. Select a user number by pressing a number key 1–8 (User), 9 (Parent) or 0 (Setup).**

If you select a valid user number that has been setup, a red screen with a steady solid purple bar at the top will be displayed. If you select the wrong user press [-] (on keypad) until the Login Prompt appears and repeat this step. If the user has been disabled using the grounding feature, the screen will flash solid red after the user presses the User Number.

**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 [-] (on keypad) to clear your entry. Pressing [-] twice will return you to the Login Prompt.

If the password is entered correctly (and for Users 1-8, 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 an internal 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.

If the User 1 Auto Login feature was enabled for User 1, the PC Moderator continually checks the available time amounts and ranges for User 1 during the Login Prompt. As soon as time is allowed, the PC Moderator will automatically log in User 1. When time is no longer allowed, then User 1 is automatically logged off.

## Shutting Down and Logging Off the PC Moderator

At any time the user may log off the PC Moderator by either *shutting down* the computer or manually logging off the PC Moderator. The PC Moderator will also automatically log off the user when the display is placed in standby or shut off by the operating system using the screens saver settings.

## Manual Logging Off the PC Moderator

1. **Press the Hotkey twice.**
2. **When the screen turns a dim purple, press the [-] key on the keypad.**

The Login Prompt will be immediately displayed and another user may log in. If User 1 has Auto Login enabled and the current time is available according to the settings for User 1, the Login Prompt will be displayed for less than 1 minute before User 1 is automatically logged in again.

**Note:** Logging out is independent of the operating system or application(s) running.

## Automatic Log Off Feature

Since the PC Moderator™ senses missing video signals the same as powering off, certain monitor power saver/screen saver settings and standby modes will 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. If the PS/2 keyboard is attached to the PC Moderator, the PC Moderator detects when this key is pressed, logs out the current user when the computer enters standby. Do not press this key *and then turn the computer off*. You may need to power cycle the computer for proper operation.

**User Tips:** Since the PC Moderator™ only affects the display and keyboard, the computer will still operate even when no users are logged into the PC Moderator. Your child can listen to their downloaded music by running a play list before logging out. In this way, they can listen to music during homework time (i.e. lock out time) while not being distracted by other on-line activities. On-line game players can run “bots” while the display is 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. To conserve user 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.

**Display Prompt Summary**

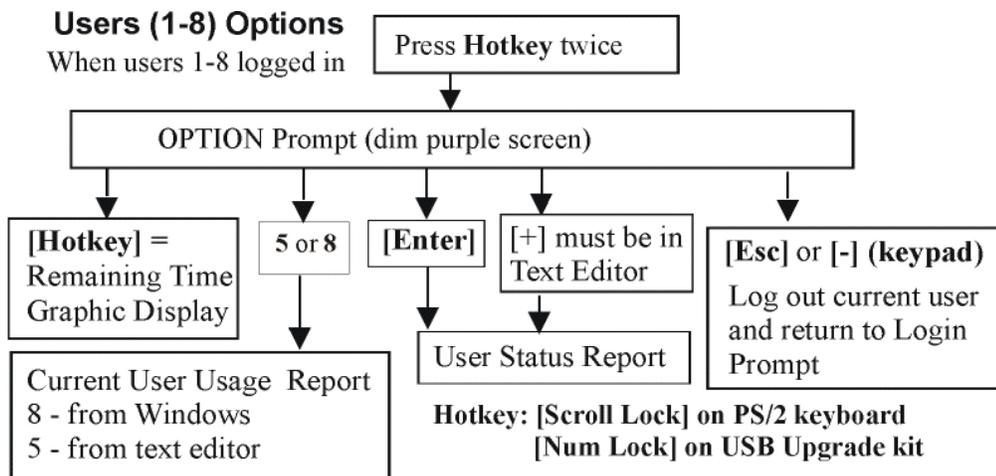
<u>State</u>	<u>Display</u>	<u>What to do next</u>
Powerup waiting	Blinking blue or red (1) pattern getting smaller from top of screen	Wait for Login Prompt (40 seconds). If you are 100% confident the keyboard has been enabled, you can go directly to Login Prompt by pressing <b>Hotkey</b> twice
Logged in as Setup User	Alternating dim and normal screen	Run Setup ( <b>Hotkey</b> twice followed by [Enter] or [+]) or Log out ( <b>Hotkey</b> twice , [-] key)
Login Prompt User Entry	Alternating red (purple for vacation Mode) and blue screens	Press 1-8 for Users 1-8, 9 for parent or 0 for setup. If does not go to Password Screen, then not valid user (not set up) or user not enabled
User Disabled	Flashing red screen after pressing 1-8	User is disabled, wait until enabled by parent or automatically on specified date
Password, Bonus Time or Allowance Time Entry	Purple bar at top of red screen. As keys entered, blue/red bars appear down the screen	Enter password followed by [Enter] (10 digits max.). Parent may add bonus time (1 digit) or Allowance time (2 digits) or simply enable user when Manual Daily (no digits) if followed by <i>Setup</i> password.
Wrong password entered or user not yet enabled	Screen flashes red then back to Password Entry	Enter correct password followed by [Enter] or wait for parent to log in or enable user for that day (Manual Daily Enable set)
Wrong password 3 times	Full red screen	Wait approximately 10 seconds before return to Login Prompt
Wrong password 9 times	Full red screen	Wait approximately 1 minute before return to Login Prompt
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 last 9 unsuccessful password attempts since last Parent or Setup login suggesting possible hacking or power cycling attempts.

## User 1 – 8 Operation

While a user is logged in, the amount of time used for that day and the current time are continually being monitored against the limits and range settings for the user for that day of the week and available allowance and bonus time (if enabled). 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 attached to the PC Moderator will be shut off except for the [Esc] and the **Hotkey** and the display will continue to flash for another minute. The [Esc] key allows full screen applications to be closed. **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 attached PS/2 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 find out how much time they have left to use the computer (until the display shuts off), output a period usage report, output a report of today's usage (status report) or log out. These four options are accessed from the User Control Prompt as shown in the following operating chart.



## Remaining Time Graphic Display

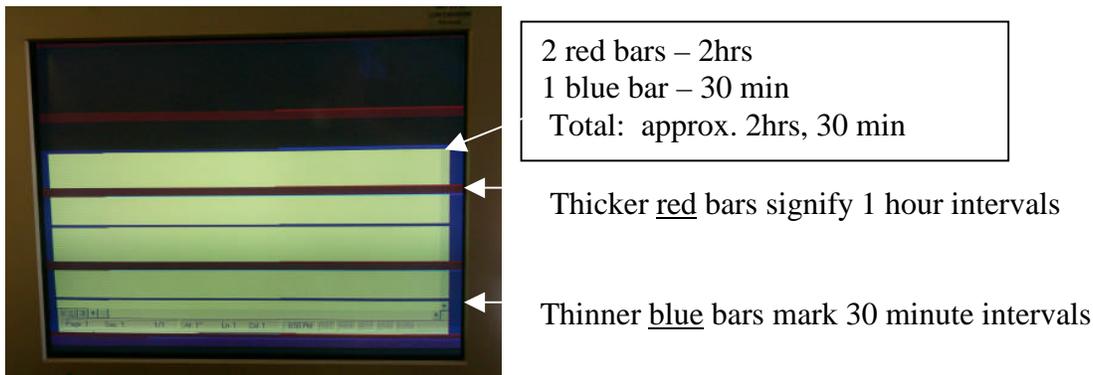
While a user is logged in (the computer may be running any application), the PC Moderator can be prompted to provide a simple graphic display of remaining time until shutoff. The time remaining reported is the amount of time until the next time the display shuts off due to 1) running out of total time (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 Hotkey twice.**
2. **When the screen turns a dim purple, press the Hotkey 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:



## 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. To invoke this report:

1. **Press the Hotkey twice.**
2. **When the screen turns a dim purple, press the [Enter] key.**

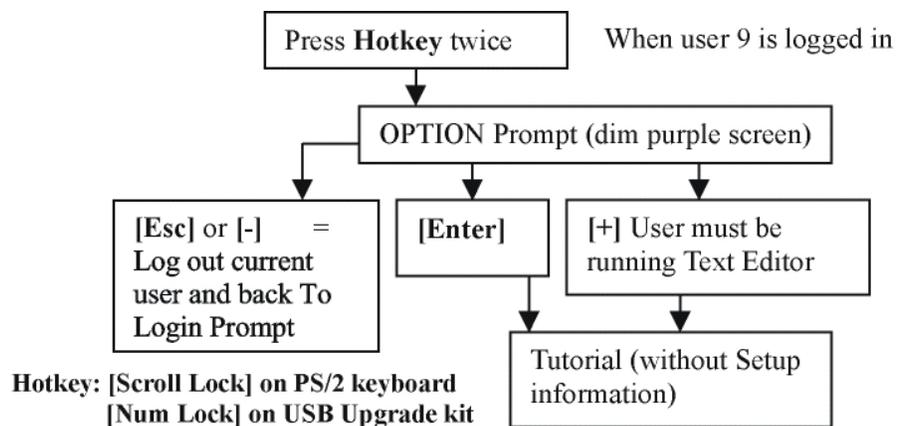
The PC Moderator will output the report by loading Wordpad and then generating keystrokes to the text editor. Make sure that no pop-up applications are loaded or the keystrokes may be sent to the other application or the operating system with unpredictable results. If the above doesn't work, run a text editor application, press the hotkey twice then press the [+] key.

## 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 yet not allow the user to simply turn up the brightness. 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. It has even been suggested that there exists significant developmental and environmental hazards presented by blue light at night-time (Pauly, 2004).

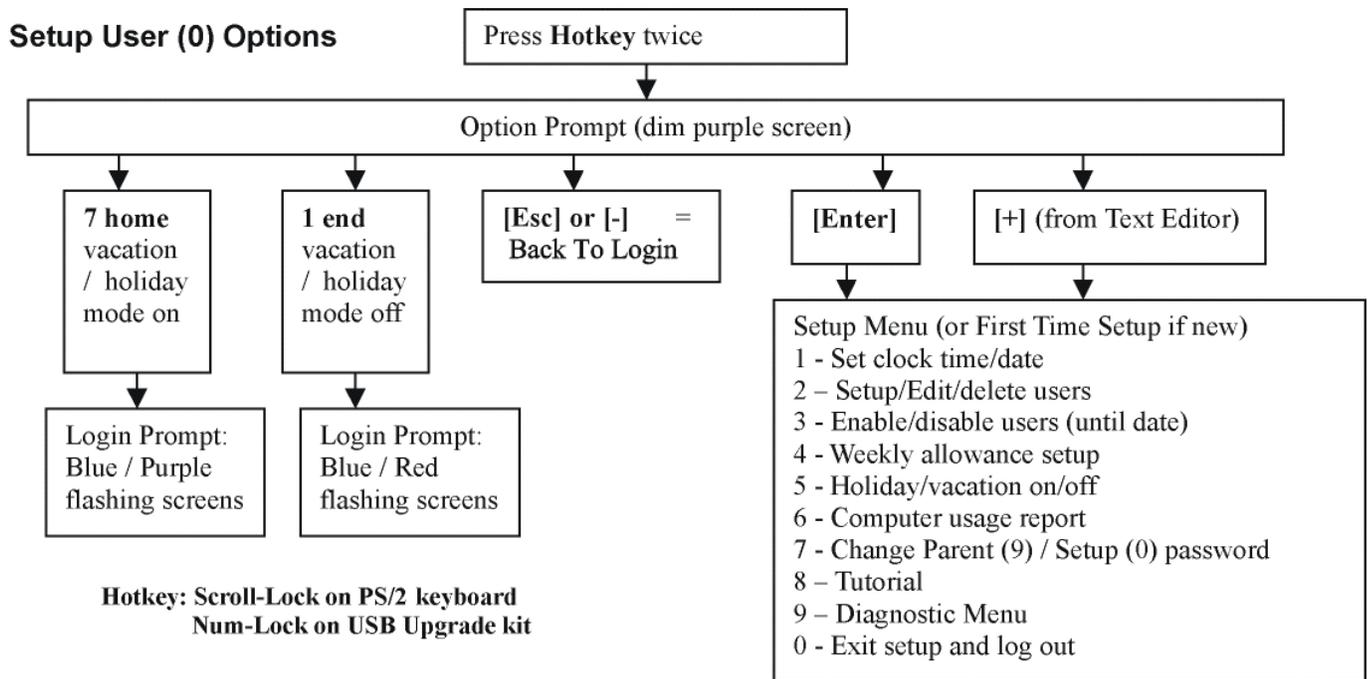
## Parent (9) Operation

Parent (9) operation is the same as that for users 1-8 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 1-8 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 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 (0) enters setup. Otherwise, logging in as the Setup User (0) allows the option of either 1) entering the Setup Menu to manually configure the time/date, user settings and various preferences **OR** 2) make quick changes such as enabling/disabling Vacation mode without the inconvenience of running Setup. The following flow chart shows the various options available to Setup User 0:



To enter the Setup Menu:

1. **Login as user 0 from the Login Prompt. The screen will alternate between normal/dim. Close any pop up applications such as AOL Instant Messenger.**
- 2a. **If running Windows 98, ME, XP or 2000 - Press the Hotkey twice. When the screen turns a dim purple, press the [Enter] 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 Hotkey twice. When the screen turns a dim purple, press the [+] key.**
3. **The setup program will begin to run with the display generated by keystrokes sent by the PC Moderator to the text editor. Follow the menus by pressing the key associated with the menu line. For convenience and speed of operation, menu items may be selected (i.e. key pressed) before all menu items have been displayed. To exit Setup, press [0] at most of the menus. Note: Do not leave the computer unattended while logged into setup or running the Setup Menu! 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.

### Temporary User (8)

You can create a temporary user 8 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 add a user with a unique password and a set amount of time and a range similar to that of your child's. Manually add allowance time (see the following section) to limit the number of hours to ensure against unauthorized use of User 8 until you change the password. 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 and add allowance time so you can use it another time should the situation arise again. Although 8 is suggested, you can add any user for this purpose.

## Advanced Features

### Manual Daily Enable

This allows parents to 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 less desirable tasks or responsibilities such as chores or homework. It can also prevent unattended computer use such as before parents return home from work regardless of when they return. This feature was enabled or disabled for each day during first time setup or can be enabled or disabled from the Setup Menu. This feature can be used with the Automatic User 1 login, however, the user will not be automatically log in until they have been manually enabled for that day (a flashing red screen serves notice).

To enable a user *and* log them in on that day:

- 1. At the login prompt, press the numeric key to select the user (1-8).**
- 2. At the password input screen, enter the *Setup (0)* password instead of the user's password followed by [Enter]. The User is now logged in.**

### Computer Grounding

Users can be enabled and disabled from the Setup Menu. When a user is disabled, an option is available to input a re-enable date. 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.

## Bonus time

When a parent wants to add time for a user *at that moment*, such as a late school project or as a special privilege, they can add Bonus Time. Rather than making permanent setting changes, bonus time between 10 and 90 minutes can be added by:

- 1. At the login prompt, press the numeric key of the user (1-8).**
- 2. At the password input screen, press a single 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. Pressing 0 will clear any bonus time previously set. Press [Enter] and the password input screen will appear reset (single purple bar at the top of screen).**
- 3. Enter the *Setup (0)* password instead of the user's password followed by [Enter]. The display will then confirm the entry by briefly displaying the number of horizontal red/blue bars corresponding to the value entered above.**

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. 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. Contact [www.pcmoderator.com](http://www.pcmoderator.com) for more information.

## Allowance Time

Besides daily limits, weekly limits can be set using the automatic weekly allowance feature (may have been configured during first time setup). When enabled, once per week a preset number of allowance hours (1-98) are set. During the week, additional allowance hours can be added manually as described below, however, when automatic weekly allowance is given, unused time is cleared each week. If parents want time to roll over, they must disable the weekly allowance feature and add allowance time manually each week. Weekly allowance date and amounts can be changed from the Setup program.

Parents can easily add between 1 and 98 hours of allowance at any time. Once logged in, the allowance balance is automatically reduced until it reaches zero at which time the user is logged out and cannot log in until the feature is turned off or more allowance time is added.

Bonus time does not reduce available allowance time and balances are maintained to the nearest minute. There is a great deal of flexibility on how allowance can be given. Allowance time can be fixed where parents clear any remaining balance and add a fixed number of hours to be used during the week or allowance can be earned with tokens, points or upon meeting certain responsibilities. The current allowance balance can be obtained using the User Status Report. Adding and clearing allowance time or disabling the allowance feature is accomplished in a manner similar to adding bonus time:

- 1. At the login prompt, press the numeric key of the user (1-8).**
- 2. At the password input screen, enter a two digit number between 00 and 99 corresponding to the amount of allowance time, in hours to add:**
  - 01-98 : Add this number of hours to child's available allowance time.**
  - 00 : Clear allowance balance and disable the user until the allowance feature is disabled of more allowance time is added.**
  - 99 : Clear the allowance balance and turn off the allowance feature**
- 3. Press [Enter] and the password input screen will appear reset (single purple bar at the top of screen).**
- 4. Enter the *Setup* (0) password instead of the user's password followed by [Enter]. The display should confirm the entry by showing, in sequence 1) the number of horizontal bars corresponding to the value of the first digit entered above and then 2) the number of horizontal bars corresponding to the value of the second digit entered.**

### **Enable or Disable Vacation Mode**

Vacation mode allows parents a relaxed setting for holidays or vacation periods without the need to make editing changes to the days of the week settings. The settings for this mode were input during first time setup or when a user was created or edited using the Setup Menu. When Vacation mode is enabled, the current day and all following days (until disabled) are considered Vacation days and use the settings for those types of days.

It is recommended that Vacation mode be turned off 2-3 days before the actual vacation is over to get your child back on a schedule more suitable for school or work.

To enable or disable Holiday/ Vacation mode:

- 1. Log in as the Setup user (0)**
- 2. Press Hotkey twice. The screen turns a dim purple.**
- 3. Press the [7] key to enable Vacation mode or [1] to disable Vacation mode.**

When Vacation mode is enabled, the flashing pattern for the Login Prompt changes to blue and purple (normally blue and 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 spend on the computer and help their children to make effective changes to their 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 (including days the computer was not used at all). 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. **Note: Enabling a monitor/display power saving screensaver will automatically log out your child during extended absences from the computer. This provides more accurate time recording.**

## Resetting the PC Moderator as New

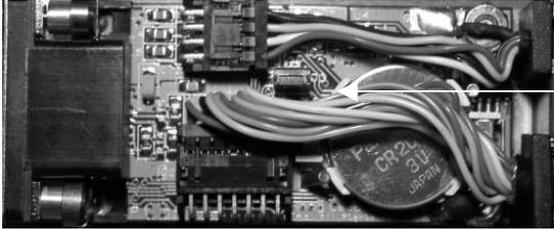
The PC Moderator can be reset completely as new allowing the easy setup option for a first time user. To clear all, from the Setup Menu select “9. Diagnostic Menu”, then “9. Reset all”. Press [.del] on the keypad to Select “Yes”, then [Enter] to confirm. The PC Moderator will have all the defaults reset and all users and user data cleared. The next time the PC Moderator is powered it will power up as though the Setup user (0) 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 Override Jumper

The setup override jumper is provided to force a Setup (0) User login if the setup password is forgotten or unknown for any reason. 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 (0). To run Setup, power up the computer, letting Windows® OS run as usual. Shut down any pop applications such as AIM or virus scanners. Then press and release the **Hotkey** twice. When the screen turns a

dim purple, press the [Enter] key. The setup menu should run automatically. *Note: If you are not running a Windows OS, you will need to run a text editor, press the Hotkey twice, followed by the [+] key.* Now you may view and change the Setup Password and any settings. Then exit setup, press “0” at any menu, power down the computer, disconnect the power cord, **replace the blue jumper**, reinstall the cover, lock and AC power cord.



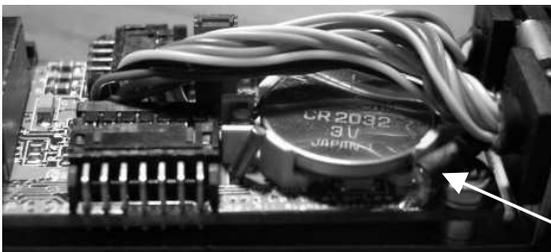
Setup Password override jumper

Used to force login as Setup user when computer powered. Must be replaced after Setup is run and Setup password changed.

## 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/date, especially after the computer 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 (+ Side Up) 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.*

## Battles With Your Children Regarding the PC Moderator

It is likely 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 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 **Hotkey**. 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 the technical support section of our web site [www.pcmoderator.com](http://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 they stop asking for Bonus time, double check to ensure that the PC Moderator is still connected and properly configured!**

### If You Forget or Don't Know the Setup Password

If you don't know the Setup password for any reason (such as you forgot it or the PC Moderator has been previously configured by someone else) you will not be able to run setup or edit the configuration settings. Removing the internal Setup Override jumper will allow you to run Setup to either change the Setup password or reset the PC Moderator as new allowing for First Time Setup to run. To do this:

1. Turn off the computer, remove the PC Moderator lock and case cover.
2. Remove the blue Setup jumper from inside the PC Moderator.
3. Replace the cover and power up the computer.
4. Follow the procedure as listed in the section entitled “PC Moderator First Time Setup” to enter the Setup Menu.
- 5a. Change the Setup Password. From the Main Setup Menu, select “7 - Change Parent (9) / Setup (0) password”, then “2- Change Setup (0) Password” and follow the prompts to change the Setup password. Proceed to Step 6.

#### **or if first time setup**

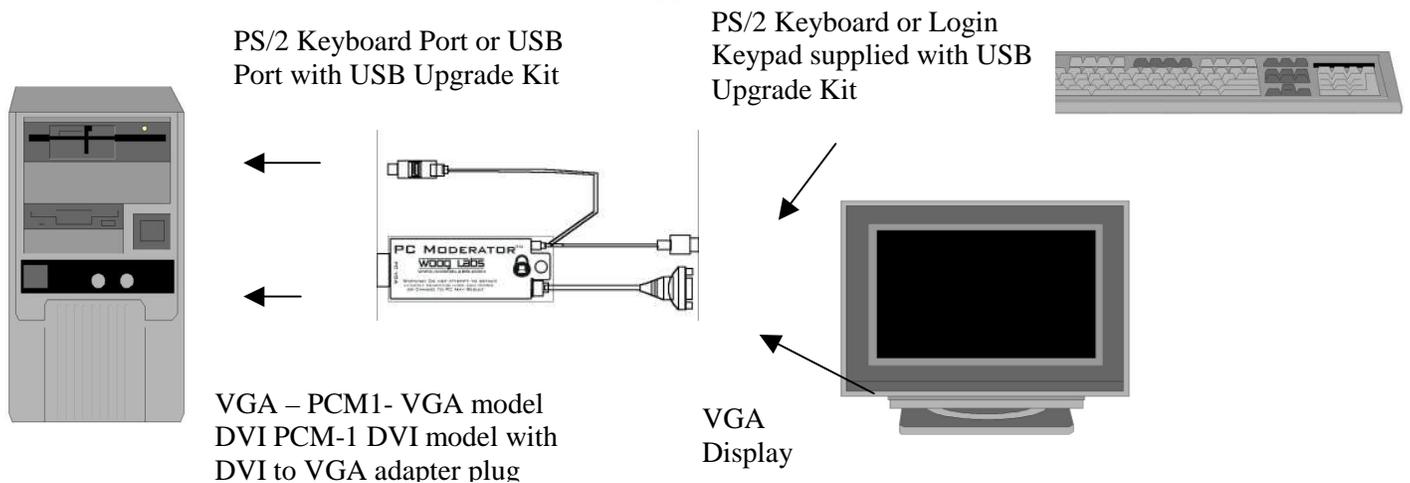
- 5b. Reset the PC Moderator as new. From the Main Setup Menu, select “9. Diagnostic Menu”, then “9. Reset all”. Press [= Backspace], [Enter] to confirm. The PC Moderator

will have all the defaults reset and all users and user data cleared. Proceed with Steps 6, 7 and then follow the instructions on page 9 for “PC Moderator First Time Setup”.

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

### Detailed PC Moderator Installation Instructions

The PC Moderator plugs into (and is mechanically mounted to) the VGA port (DVI with adapter) 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 receives keyboard signals by cabling to the PC’s PS/2 keyboard port (USB with adapter) and to the keyboard itself. The PC Moderator receives its power via the PS/2 keyboard cable connected to the computer. 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 PC Moderator is unplugged or removed.



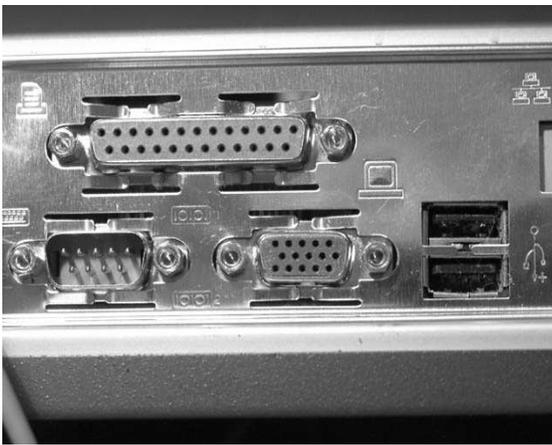
The cover of the PC moderator is open only for installation and to change the battery. A jumper inside can also be removed temporarily in the event that the setup password was forgotten or otherwise unknown. Only when the cover is removed are the screws that attach the PC Moderator to the VGA port of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

Note: The PC Moderator only operates with monitors that provide a VGA connection. If your computer or video display adapter provides one or more DVI (Digital Visual Interface) ports, you will need the DVI Upgrade Kit (included with the PC Moderator DVI

model) to ensure compatibility and security. The upgrade kit includes a **DVI to VGA Shield** allowing the PC Moderator to connect to and securely lock to a DVI to VGA adapter plug. The **DVI Cover Lock** locks access to DVI ports on the computer or video adapter to prevent users from using alternative port connections. Refer to [www.pcmoderator.com](http://www.pcmoderator.com) for product and compatibility information.

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).

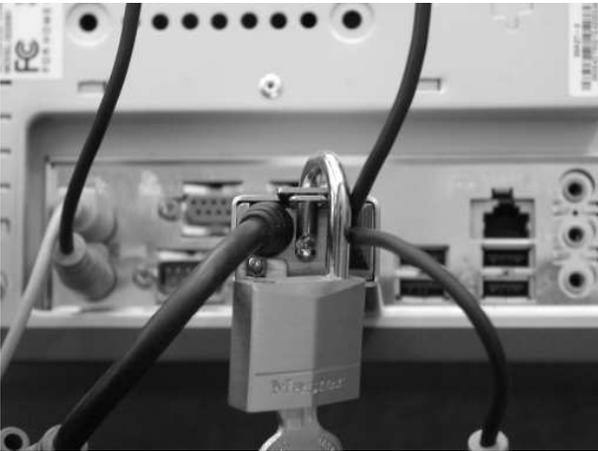
5. **While holding the opened PC Moderator™ in place, tighten the two mounting screws with a small Phillips screwdriver.** Tip: Depending on the orientation of the PC Moderator it may be more convenient to place the PC on its side or front in order to tighten the set screws. Do not over tighten.



or



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:

- 1. Power up the computer.** The computer should display a red, normal, tinted screen and then blue and red screens before the display alternates between normal and dim/yellow (indicates Setup login). 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 **Before Using the PC Moderator**. If the PC Moderator *has not been previously setup* or you are not aware of the Setup password, refer to the section **If You Forget the Setup Password**. If nothing appears on the display aware of the Setup password, then it must be reset before proceeding. Refer to the section or if the computer fails to power up, refer to the troubleshooting section of this manual.
- 2. Wait 5 minutes 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 the **Hotkey** 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 of the settings. Regardless, you **will** be able to set the most common settings without being able to log into or run the Setup program on their computer.

**3a. Windows 98, NT, ME, XP, 2000, Vista users. Press the Hotkey twice. 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 [Enter]. The PC Moderator will run Wordpad, 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 4.**

**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 Wordpad 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”).

**While in the text editor, press the Hotkey twice. The screen should turn a dim purple. Now press the [+] key (keypad). The text editor should reappear and the setup program will begin.**

#### **4. 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 displays menu 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 [-] (on keypad) at any time to go back to the previous question/prompt or [\*] on keypad 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 type 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 provide two choices such as AM/PM or Yes/No. Press [=Backspace] to toggle. Do not use the mouse to move the cursor to change previous entries. Pressing **Hotkey** during setup will abort the setup immediately leaving the user in the text editor application but logged in as Setup User.

If you run setup while another application is or becomes enabled as the foreground application (such as AIM or other pop up applications), the keystrokes will be fed to that application or to the Windows Operating system with unpredictable results.

### **Setup Suggestions**

During first time setup, passwords must be created for Setup, Parent User and Users 1-8. These passwords should not be 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.

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 change their password from the Setup Menu. If you have only one child using the computer, you can

choose Automatic Login for User 1 during first time setup. This sets a blank password (same as pressing [Enter] when prompted for the user's password in the Setup program) for User 1. If time is available for User 1, User 1 is automatically logged in when the computer is powered. When time is unavailable, they are logged out and when time is again available (i.e. next day, outside of lock out period) they are again automatically logged in.

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](http://www.pcmoderator.com).

5. **View the on-screen tutorial.** The on-screen tutorial walks you through the operation and features of the PC Moderator. **It is necessary to view the Tutorial to understand the special graphical screens and the changes to the system's operation.**
6. **Exit setup by pressing [0] at the Setup Menu.** If you want to keep a hard copy of the settings you may print out the text at any time during setup (using the mouse only).

## 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](http://www.pcmoderator.com).

Note: Hotkey is [**Scroll Lock**] unless PC Moderator is used with USB Upgrade Kit ([**Num Lock**]).

### Problem

### Answer

Get 3 flashing red patterned screen when attempting to log in my child, then returns to Login Prompt (flashing red/blue).	<ol style="list-style-type: none"> <li>1) User not allowed to log in at current time or time in PC Moderator clock set wrong (i.e. set to AM should be PM).</li> <li>2) Manual Daily Enable is set and not enabled today</li> </ol>
The computer displays only a dim purple or solid red screen on power up.	Device may have locked up. <b>Unplug</b> (critical) the computer from AC power, wait 5 minutes, plug in and power up again.
Keyboard and/or mouse is locked up after installation or removal of the PC Moderator.	Make sure that the computer was unplugged or disconnected from AC power (not just turned off) during installation or removal of the PC Moderator.
Nothing appears on the display when the computer is first powered.	<ol style="list-style-type: none"> <li>1) Check that the VGA display cable is properly connected to the cable exiting the PC Moderator.</li> <li>2) Check that the long keyboard plug is completely plugged into the PS/2 keyboard port of the PC.</li> <li>3) Check that the PC Moderator is properly secured to the VGA port of the computer (or the DVI/VGA adapter).</li> <li>4) Make sure the computer and display are properly powered.</li> <li>5) Make sure that a screen saver has not timed out.</li> </ol>
Nothing appears on the display when the computer has been left unattended for some period of time. 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 <b>Hotkey</b> two times	May be pressing keys too fast or too slow. Try slowing down or alternatively speeding up.
When attempting to run Setup, many application windows open up and the PC beeps	Wordpad or Notepad text editor application was not running or was not the active window when Setup was activated. Press <b>Hotkey</b> to abort setup, close the errant applications, open/select the text editor and try again. Make sure that no pop up applications such as 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"> <li>1) The PC Moderator is not set up or reset</li> <li>2) The blue Setup override jumper may be pulled off.</li> <li>3) Auto Login User 1 feature on and current time allowed.</li> </ol>
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 5-10 years on most PCs with constant keyboard power.
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 your child pay for the repairs/upgrade. Check <a href="http://www.pcmoderator.com">www.pcmoderator.com</a> for return information.
Computer only uses a USB style keyboard.	Order the USB adapter upgrade kit. Check <a href="http://www.pcmoderator.com">www.pcmoderator.com</a> for more info.
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. Press the “Esc” key, then computer keyboard’s power or standby key or power button on the case.

## 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](http://www.pcmoderator.com/survey.pdf).

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## Battery Replacement type: CR2032 - 3V lithium coin cell

User 1: \_\_\_\_\_

User 2: \_\_\_\_\_

User 3: \_\_\_\_\_

User 4: \_\_\_\_\_

User 5: \_\_\_\_\_

User 6: \_\_\_\_\_

User 7: \_\_\_\_\_

User 8: \_\_\_\_\_

Notes:

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