

FIGHT4FREEDOM

HOW TO PROTECT YOUR KIDS



HOW DO YOU PROTECT YOUR CHILDREN WHEN THEY GO ONLINE?

Although no system is ever perfect and cannot guarantee that all unwanted websites will be blocked, parents will be able to more effectively control the types of websites their children access with the following information.

Tip #1: Location matters

Make sure your kids use a PC or smartphone in a place where you can see them. This way, you can periodically view what your children are watching/typing. For example,

parents can be cooking dinner while unobtrusively keeping tabs on their sons or daughters' online activity. This isn't about shoulder surfing; this is about taking reasonable precautions. Surveys say nearly 20% of parents have seen their children doing inappropriate things on the Internet. What's even more disconcerting is that a whopping 60% of parents say they aren't really aware of what their children are doing online.

Tip #2: Stay up to date on the social networks your child uses

Being aware of what social platforms and apps your child uses will help you understand how to keep them safe.



Having an account yourself and adding them to your friend's list or following them can allow you to keep track of what is happening in their social circles. You can enforce a rule that if they want an account they'll need to share their usernames and passwords with you. Some children may write offensive comments or upload photos that don't belong on a social network. Monitoring these things makes it easier to prevent and sort out such scenarios.

Tip #3: Once you share it, you can never get it back!

Tell your kids that all information they post online composes their digital footprint and stays there, no matter if their profile is publicly accessible or private. Many children tend to overshare about themselves and their family, so parents should emphasize the dangers of oversharing. There are criminals conducting OSINT (open-source intelligence) on social

networks to commit various frauds. Information that should not be shared includes personal home addresses, passwords to your banking information and other social media sites and emails, also personal contact information such as your phone number and your date of birth.

Tip #4: Be proactive! Educate and reward

Don't underestimate the power of teaching and open communication. Talk to your kids about the basics of online security, placing particular stress on the common pitfalls such as cyberstalking. When you give them a new device, explain how to use it properly first. Finally, be sure to reward their progress as they learn.

This is of huge importance. Use parental control software to prevent things from getting out of hand. There are plenty of free and commercial versions of these tools to choose from.

Parental control software keeps track of your kid's whereabouts, (the websites your child visits), which makes it easy for you to restrict the amount of time they spend on the Internet and provides an effective way to ensure they steer clear of unwanted websites.

An effective parental control tool can be an all-encompassing solution, giving you sufficient privileges on all of your child's devices to take no chances in terms of their safety online.



PARENTAL CONTROL SOFTWARE & INTERNET FILTERS

If your child really wants to visit a certain site, the application can be used to send you a message with the appropriate request. Additionally, you can submit special messages that lock your kid's device or specific apps and won't unfreeze it until they send a response. Such software also allows you to whitelist apps. All in all, monitoring and limiting what your kids do in cyberspace is completely normal in today's world.



PARENTAL CONTROL BAR

The *Parental Control Bar* is a free service that helps parents prevent their children from accessing adult-oriented websites.

HOW IT WORKS

When your child attempts to access a website, the toolbar first checks to see if the site is self-labeled, then compares this site label to your parental settings and determines whether to block or allow access. If the site is not self-labeled, then the toolbar scans an extensive list of 3rd-party labels before deciding whether to block or allow. The toolbar also allows parents to add specific websites to a personal 'always blocked' or 'always allowed' list.

THIS IS A FREE APP THAT WORKS ON BOTH iMAC AND PC BASED PLATFORMS

MINORMONITOR

The free *MinorMonitor* service aims to help parents keep track of that social media activity.

HOW IT WORKS

MinorMonitor is a free web-based tool that gives a parent a quick, easy window into their child's Facebook activities and friends through knowledge-based analytics. Via an intuitive dashboard view, parents can access either a snapshot, or full detail and specifics, of potentially dangerous activities such as bullying,

hate crimes, drug use and sexual references.

To use this service, first visit the MinorMonitor website and create an account. Next, connect that account to your child's Facebook or Twitter account by logging in with the child's credentials. Within a few minutes, MinorMonitor completes its analysis of the last 180 days of activity on the account and displays a summary.

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SURFIE-PARENT

Surfie-Parent lets you know whenever anything needs your attention: if your children are being cyberbullied, if they are online where or when they shouldn't be, their location and more.

HOW IT WORKS

Surfie-Parent helps you gain an understanding of your child's digital lifestyle, making it easier to start an open conversation about online behaviours. By downloading the app,

Surfie-Parent lets you define age-appropriate boundaries, monitor digital use, and get alerts on your child's online behavior. Surfie-Parent lets you monitor time spent online, set website filtering for porn and other inappropriate content, utilize real-time location tracking and geofencing, and even receive alerts for cyber bullying.

Cost: 1 Month Free

Monthly: \$4.99

Yearly: \$49.99

NET NANNY

Net Nanny has internet filtering software which has a pre-determined age-based settings and unlimited customization options. Only suitable, age-appropriate content will be delivered to your child based on the age group and settings you have defined, and you can easily allow or block specific websites. The app masks exposure to unwanted language content and you can also access summary reviews and online activity reports to see what and when your children are accessing content when they go online.

HOW TO USE

Net Nanny lets you monitor your family's Internet access and social media use. By installing Net Nanny on your computer or mobile device, you can create user profiles to individual family members' needs, keep pornography and other adult content from appearing on your computer, mask profanity before it appears on the screen, control access to set time limits on internet usage, and receive alerts and reports to your console or email.

COST : DESKTOP/MOBILE – \$39.99 | FAMILY PROTECTION PASS –\$59.90

THIS APP WORKS ON BOTH iMAC AND PC BASED PLATFORMS.



CURBI

curbi is an app for all smartphones that allows you to manage and monitor your child's mobile web and app activity. You can lock apps, block inappropriate sites and put a time limit on screen time.

HOW IT WORKS

curbi keeps track of the sites your child visits. You can view a summary that shows what sites have been accessed – and for how long. The app also lets you decide which apps your child can access – and when. Set ground rules for games, block specific apps or call a total timeout when it's time to study – or sleep. *curbi* is also great for blocking content on a mobile device. Not every website is suitable for children and teens, so *curbi* makes it easy to block the inappropriate ones. *curbi* blocks all adult sites and lets you control access to any other categories – like gambling or violent content.

COST: BASIC – FREE | PREMIUM \$3.99/MONTH

BARK

HOW IT WORKS

Connect to 30+ platforms to monitor text messages, emails, and social activity for signs of harmful interactions and content.

Get automatic alerts via email and text when Bark's algorithms detect potential risks, so you don't have to comb through every post and text.

Makes it easy for parents to talk to kids about digital dangers and other sensitive online issues.

COST

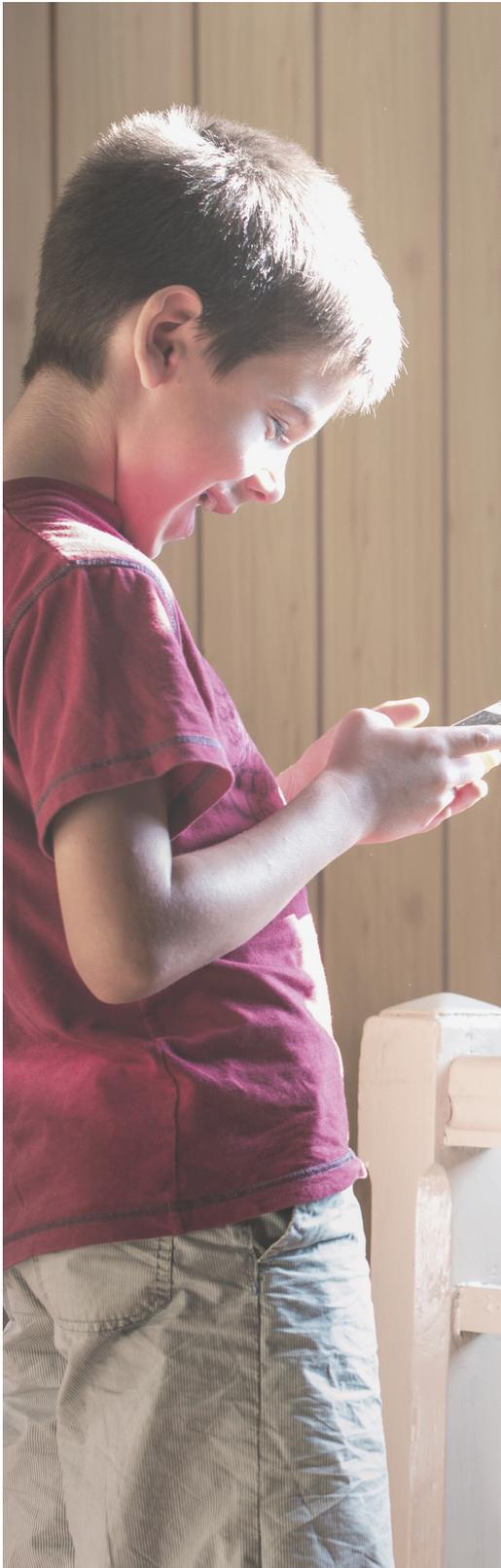
BARK JR FOR KIDS: \$5/MO OR \$49/YR

- Manage screen time
- Filter which websites your kids can visit
- Keep up with kids with location check-ins

BARK FOR PARENTS: \$14/MO OR \$99/YR

- Monitor texts, email, YouTube, and 30+ apps and platforms
- Get alerts for issues like cyberbullying, online predators, suicidal ideation, and more
- Manage screen time
- Filter which websites your kids can visit
- Keep up with kids with location check-in





SEND THIS INSTEAD

While this app isn't really for parents, it is still a unique and interesting app for teens to have handy. The "Send this Instead" app empowers teens, giving them a voice when they are under pressure to send intimate images of themselves online.

HOW IT WORKS

Send This Instead developers asked all the funny people they knew, "What would you say if someone asked you to send images you didn't want to?" They took the best answers and created humorous posters to develop this app. The posters are witty, sarcastic and meant to help get the point across – using humor as a strategy. While this app may seem all fun and games, it also includes reference points and links for youth dealing with issues of sharing of intimate images, so that they can get the proper help they need. The app's motto is:

"When no doesn't get it into their head... Send This Instead"

COST

1 Week Free | \$10/month

**THIS APP WORKS ON BOTH IMAC
AND PC BASED PLATFORMS**