



ONLINE SAFETY TIPS



Popular Parental Control and Location Tracking Apps

Life 360 – Free app where you can see where your family is on a map, can set up notifications to know when your child arrives at practices/school/etc. Can set up last minute requests while at the grocery store between family members. Has a driving analysis and crash detection feature that has a cost. www.life360.com

Bark - Subscription Fee. Application monitoring including most major social media applications. Monitoring of text messaging and emails for signs of digital dangers along with screen time management and web filtering tools and location updates. <https://www.bark.us/>

Norton Family Premier – Subscription Fee. Provides web supervision, time on the web supervision, search supervision, social network supervision, personal info protection, video supervision, app supervision, text messaging supervision, location monitoring, parental device lock control and email alerts. <https://us.norton.com/norton-family-premier>

ESET Parental Control – Subscription Fee. App manager, GPS locator, website manager, fun/games time limit and budget, parental messaging. www.eset.com

Family Time – Subscription Fee. App manager, internet filter, screen time monitor, SOS/panic button, teen safe drive, contacts manager, location history, mobile geofence alerts, family map feature. <https://familytime.io>

Link to help guide you through parental control settings on **Apple** (ios) devices <https://support.apple.com/en-us/HT201304>

Link to help guide you through parental control settings on **Android** devices <https://support.google.com/googleplay/answer/11075738?hl=en>



Contact Information

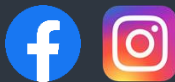
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ACCORDING TO A SURVEY CONDUCTED BY STATISTA IN FALL OF 2021

92 % OF AMERICAN TEENS ACCESSED THE INTERNET ON A DAILY BASIS

56% CLAIM TO CONNECT SEVERAL TIMES A DAY

24% ARE CONNECTED ALMOST CONSTANTLY TO THE INTERNET

MOST POPULAR SOCIAL NETWORKS OF TEENS

Platform	Fall 2020	Fall 2021
Snapchat	34%	35%
TikTok	29%	30%
Instagram	25%	22%
Twitter	3%	2%
Discord	3%	5%
Facebook	2%	2%

Practical Online Tips for Parents and/or Guardians

Get involved - Be aware of what your child is doing online. Become familiar with social media platforms - explore them with your child or join yourself to see how they work. Be “friends” with your children on social media.

Agree on clear expectations and rules - Agree on acceptable online behavior, which sites are okay and the amount of time they can spend online. Be aware that having lots of restrictions minimizes risk, but also minimizes opportunity to develop skills and become resilient.

Actively talk to your child about things they may find problematic online - Help them develop proactive coping strategies such as blocking unwanted contacts, telling a trusted adult or making an official report of the problem.

Explain the implications - Ensure that children understand that things they post can be copied and shared elsewhere and that it is almost impossible to remove them after that happens. Children may not think about the future and need help to realize that something which seems harmless now could be very embarrassing or damaging in the future (e.g., when a future employer sees it).

Keep lines of communication open - Reassure children that while there may be consequences for their actions, depending on the severity, reassure them that telling you when something goes wrong is important (e.g., if they accessed inappropriate content or contacted a stranger).

Learn about the privacy and protection features of the social media platforms your child uses - Help children review their privacy settings.

Use safety tools - All major internet service providers offer tools to help manage children’s online access (e.g., filtering inappropriate websites). Keep in mind that most of your children’s access to the internet can take place away from home on smart phones or other hand held devices.

Never ignore or minimize cyberbullying - If your child shows signs of being cyberbullied, listen to their concerns, work with them to take control of the situation and seek professional help if needed.

Set healthy time limits on devices and or social media use – This can be done in most device’s setting or through third party applications. Encourage your child to engage in outside activities and value face-to-face time with friends.

Practical Online Tips for Youth

Set your profile to friends only - The default setting for many social media platforms is to share all information publicly. It is suggested that you change the setting to share only with friends.

Use strong passwords - that are easy to remember, but difficult for others to guess. Parents have the right to know their children’s passwords to social media accounts.

Don’t share passwords with friends - Children do this frequently as a sign of trust between friends, or to maintain social media presence when unable to do so themselves but problems can occur when friendships dissolve.

Think before you post – “Would I want the whole world to see this?” “Even when I’m an adult?” Once something is online, it can’t ever be completely removed.

Think before you click - How do I know this is safe? Never click on links in emails or on social media platforms. They may download malware to your computer/phone or be an attempt to get your personal information.

Don’t connect with people you don’t know in real life - People may not always be who they say they are. It is not safe to connect with someone who you have never met in real life.

Don’t put personal information that identifies you on social media platforms – Such as date of birth, address, location, etc.

Disable geotagging and avoid behaviors that reveal your location (e.g., “checking in” on Facebook, photo geotagging on Instagram, “SnapMap” location sharing feature on Snapchat)

Tell a trusted adult right away if you see something online that bothers you, or if someone is bullying or harassing you.

