



# Child Computer Monitoring and Protection



Focused on locking down and monitoring a child's computer/cell phone use.

# About Me

## ▶ Education Background

- Bachelors in Information Technology Security

- Certified:

  - A+

  - Network+

  - Security+

  - Microsoft Professional

  - Microsoft Security

  - CIW Internet/Web Professional

## ▶ Employment Background

- Owner of Canal Computer Services

- Current member of the MA ANG as an Information Technology Specialist

- Worked for Best Buy Geek Squad

- Have been operating, fixing, and installing computer systems for about 17 years

# Overview

- ▶ Facebook/Social Media
  - What is Facebook?
  - How to monitor/secure Facebook
  - Twitter and Instagram
  - Ask.fm
- ▶ Web Browsers (Explorer, Firefox etc.)
  - Checking browser history
  - Viewing browser history even if it has been deleted
- ▶ Email
  - Keeping tabs on sent and received emails
- ▶ Monitoring Software
- ▶ Basic Network Lockdown
  - Creating usage windows of time that internet is available
- ▶ Cell Phones
  - Popular Apps that pose a threat
  - Allowing or denying internet and/or app usage
  - Monitoring text messages
- ▶ Conclusion

**Get over the idea that you are spying on your child if you decide to monitor their actions. Yes, there is a level of respect that you need to give your child because this will foster in them responsibility and trust, however, the ultimate responsibility for safety lies in parenting. Making the decision to monitor your child's computer/phone activities might be a solution that saves them.**

**“My son/daughter is a good kid and doesn't need to be monitored.”**

- We all like to think our kids know better, but they are still kids. They may not be doing things maliciously but simply because they don't know better.
- Also, keep in mind not every parent is like you and every child like yours. Sometimes other kids may expose your child to things you don't want, and if you're not monitoring you won't be aware.

You wouldn't let your children wander the streets all day and night unsupervised right? Of course not.



Handing them a computer and cellphone without monitoring is giving them access to the world and anyone in it without stepping foot out of their front door.



- ▶ **Facebook** is a social networking service launched in February 2004. As of June 2012, Facebook has over 955 million active users.
  - Users must create a personal profile
  - Can add “friends” and send private messages to other users
  - Facebook allows any users who declare themselves to be at **least 13 years old** to become registered users of the site.



### Mashpee Middle School PTO

43 likes · 2 talking about this

Like Message

Education

About



Photos

43 Likes

Highlights

Post Photo / Video

Write something...

Mashpee Middle School PTO 6 hours ago

Polar Cave fundraiser TODAY from 3-7pm. Please support the Mashpee Middle School PTO and come out and eat some ice cream!! We will receive 20% of all sales between 3-7!! We will also be selling raffle tickets for the Patriots-Miami game on December 30. See you there!!

1 Friend Likes Mashpee Middle School PTO

Recent Posts by Others on Mashpee Middle School PTO See All

Sheila Arnold Digital Bookmobile to Visit Mashpee Public Library Mashpee P... August 16 at 6:27pm

Create A Page

Now

July

Joined Facebook

Sponsored

Create an Ad

#### The 1000watt Spotlight



Interesting and useful tech tools, tips and trends for the real estate industry.

#### Best Game Online



The world's best war game is here! Destroy your enemies and expand your empire

2,500,000 people played War Commander.

#### TD Ameritrade



Win our sweeps to spend a day with Jonathan Horton. No purch nec Subj to official rules.

Like · 9,900 people like this.

#### Dell for Business



Learn how mobile workstations are improving productivity. Register now.

Like · 140,797 people like this.

#### The San Francisco 49ers Block...



Click "LIKE" if you like the 49ers.

Like · 52,760 people like this.

# Facebook average user figures / facts

- ▶ Average user has 130 friends on the site
- ▶ Average user sends 8 friend requests per month
- ▶ Average user spends an average 15 hours and 33 minutes on Facebook per month
- ▶ Average user visits the site 40 times per month
- ▶ Average user spends 23 minutes (23:20 to be precise) on each visit
- ▶ Average user is connected to 80 community pages, groups and events
- ▶ Average user creates 90 pieces of content each month
- ▶ 200 million people access Facebook via a mobile device each day
- ▶ More than 30 billion pieces of content are shared each day
- ▶ Users that access Facebook on mobile devices are twice as active on Facebook compared to non-mobile users
- ▶ Facebook generates a staggering 770 billion page views per month

# Problems With Facebook

- ▶ **Everything is public**

Even if the account privacy is set up properly, every word or picture posted is displayed and able to be copied or transferred.

- ▶ **Facebook is not very secure**

Whether we like it or not, the internet is not completely secure. Facebook is known for its lack of security and easy access to other people's accounts without them knowing.

- ▶ **Using Facebook to bully (possibly the biggest problem)**

Many people use Facebook to say hurtful things about others (cyber bullying) because it is easier to hurt someone when you can't see them face to face.

# Kids' Safety on Facebook

Based on a survey of 1,000 U.S.-based parents of Facebook users

Kindergarteners on Facebook

**38%**

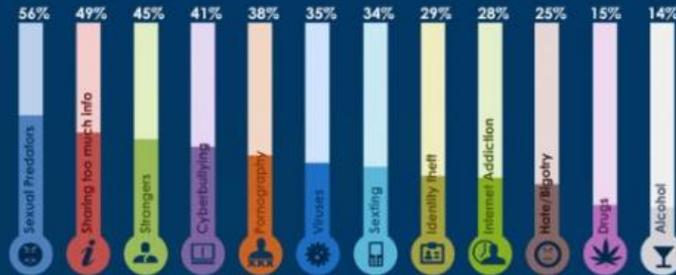
of all kids on Facebook are under 13, even though it is against Facebook policy



40 of 1,000 children on Facebook are 6 years old or younger

## Concerns of parents with their child's Facebook use

74% of parents are concerned about their child's safety on Facebook



The #1 concern of parents is sexual predators, by a wide margin



**30%**

Faced Cyberbullying



**51%**

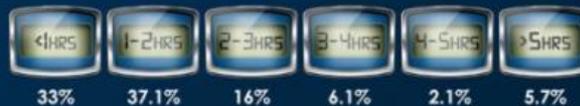
of Parents monitor their children by logging into their Account



- Monitor by logging into child's account with their username and password
- Monitor by "friending" them
- Monitor by making them show their profile page
- Do not monitor child's Facebook activities

**30%**

Children spend two or more hours per day on Facebook



### Sources

Provides opinion data is based on 1,000 U.S.-based parents who have minors with Facebook accounts. Please email us at [press@minormonitor.com](mailto:press@minormonitor.com) to request additional survey details.

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MinorMonitor.com

# Ways to Monitor/Secure Facebook

- ▶ Create an account and “friend” your child.

This small step but can be effective because you will see the same things his/her other friends see on their page.

-The problem with only doing this is the child can exclude individual people from getting alerts and seeing certain things.

- ▶ Change their password and don't give it to them.

I like this method. By doing this, they can not even log on without you being aware of it. There may be some resistance if the account is already established.

- ▶ Have them use a computer/laptop in view.

This can be a bit tricky but if you have a computer in or near a family room, maybe a laptop that can be moved, have them use that one so you can at least see what they are doing. I'd use this with the above two, but I'm paranoid about Facebook.

# Monitor/Secure Facebook (Cont.)

- ▶ **Adjust Privacy Setting**

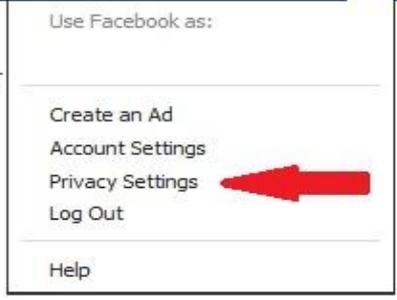
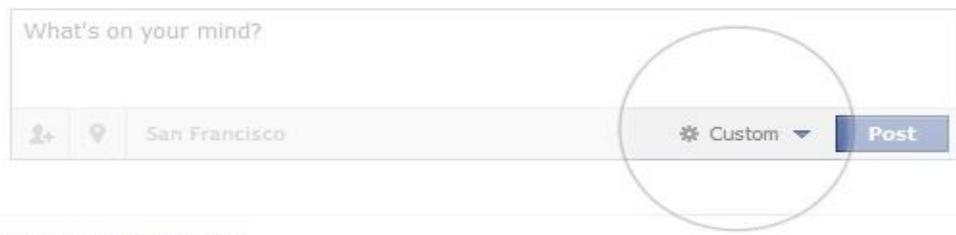
This will set their page to private so the general public cannot view their page, pictures and/or posts. This helps to protect them from people they don't know or people you may not want from viewing anything on the page.

- ▶ **If nothing else, just read your child's page once in a while.**

You'll be amazed at how much people are willing to post on Facebook, especially kids. If you don't take anything else from this, please at least somehow read their Facebook page. Its for their own good, don't feel like you're being nosey or overly protective.

### Control Privacy When You Post

You can manage the privacy of your status updates, photos and information using the inline audience selector — when you share or afterwards. Remember: the people you share with can always share your information with others, including apps. Try editing your basic info to see how it works or learn more.



### Control Your Default Privacy

This setting will apply to status updates and photos you post to your timeline from a Facebook app that doesn't have the inline audience selector, like Facebook for Blackberry.



### How You Connect

Control how you connect with people you know.

[Edit Settings](#)



### Timeline and Tagging

Control what happens when friends tag you or your content, or post on your timeline.

[Edit Settings](#)



### Ads, Apps and Websites

Manage your settings for ads, apps, games and websites.

[Edit Settings](#)



### Limit the Audience for Past Posts

Limit the audience for posts you shared with friends of friends or Public

[Manage Past Post Visibility](#)



### Blocked People and Apps

Manage the people and apps you've blocked.

[Manage Blocking](#)

# Twitter/Instagram

- ▶ Both of these social media outlets allow for people to quickly share thoughts and pictures to followers and to the general public.
- ▶ Setting can be changed to block anyone who is not approved as a follower.
- ▶ **Cannot** single out specific groups who see posts—all or nothing. (This is a good thing; content can't be hidden from you if you follow)
- ▶ The easiest social media to keep tabs on.

# Ask.fm

- ▶ This social site lets kids ask questions and anonymously answer questions posted by other users.
- ▶ As with many social sites, some users keep things friendly and clean, while others post hateful comments or come-ons.
- ▶ Kids have the option of recording themselves with a webcam when answering a question.
- ▶ The site does not monitor content, but users can report behavior that's violent, pornographic, or contains hate speech.

about 1 month ago

1 person likes this

**You have such a nice [REDACTED]**

no

about 1 month ago

**What was your th [REDACTED] color today**

no

about 1 month ago

**Th [REDACTED] color???**

no

about 1 month ago

**Did tom [REDACTED] u**

no

about 1 month ago

**are you and tomtom still dayting**

yeahh

about 1 month ago

**Can my [REDACTED] go in you**

ofcourse not

about 1 month ago

**v lmaooooooo emeka totally**

Whatt did he do?

2 months ago

## safety tips

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Being part of our community means following our [Terms of service](#).

Our Safety Tips will give you basic pointers about being smart and responsible on Ask.fm.

### General safety

When you're online, there are some important safety precautions you should always keep in mind: Be smart about the content you share. Never share personal information like phone numbers, email addresses, or home addresses on your page. Block and report users who break our [Terms of service](#), and tell an adult if you're being targeted. Don't respond to questions that are inappropriate or abusive.

### Privacy

You can turn off anonymous questions in your [Privacy settings](#) - this way nobody will be able to ask you anonymously and you'll have better control over content you receive in your Inbox. Remember that anyone on Ask.fm, and on the Web can see your profile and content, so think before you post!

### Questions that cross the line

If you receive a question that makes you uncomfortable for any reason, do not respond to the question. Tell a parent, guardian, or other trusted adult and block the user who sent it, so they can't contact you again. If the person keeps bothering you, report the abuse to us by pressing the Report button, and to law enforcement.

### Anonymity

Anonymity should never be used to ask questions that are mean or hurtful. Asking a question anonymously on Ask.fm hides your name from the person you're asking and from other users. We will never reveal your identity to the user. This can be useful if you're feeling shy or think that the recipient would be more comfortable answering a question without knowing who may have asked it.

If you break the rules, you are responsible - and we can supply identifying information to law enforcement if necessary.

# Web Browsers

# Internet Explorer

## ▶ Browser History

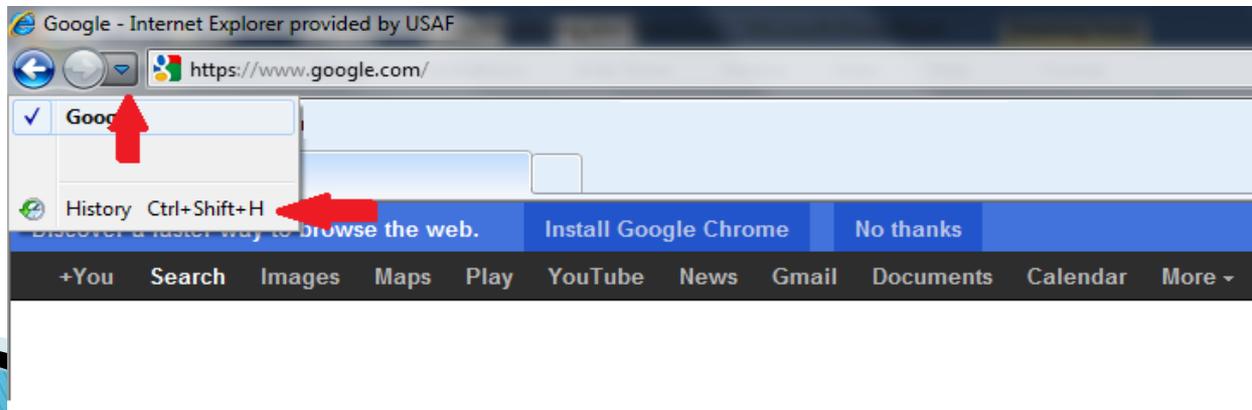
The browser history keeps track of all websites visited for a set amount of time (hours, days, weeks etc.)

–History can be a useful tool to see where your child has been going on the web.

–History can be set to delete every time the browser is closed or manually deleted in the Internet Explorer properties.

## ▶ Checking History

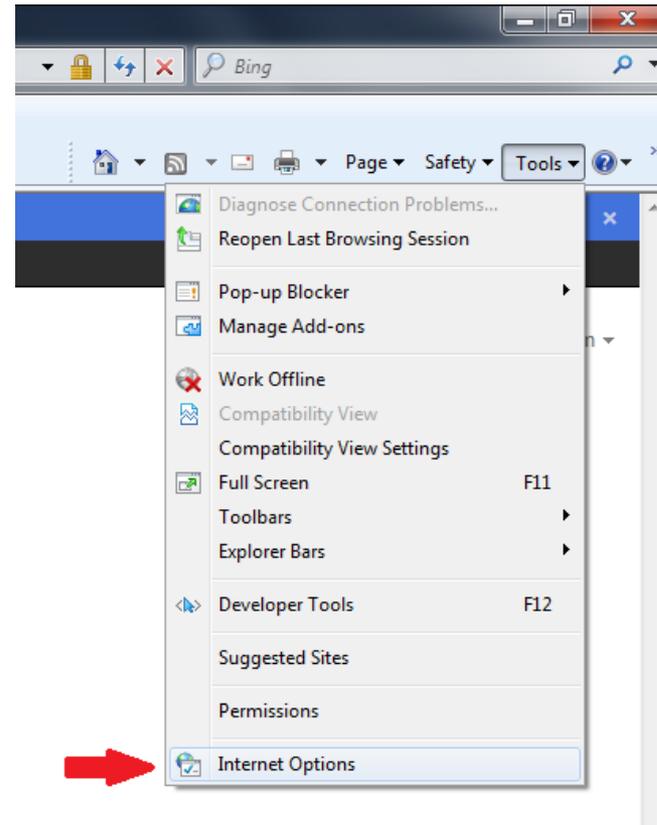
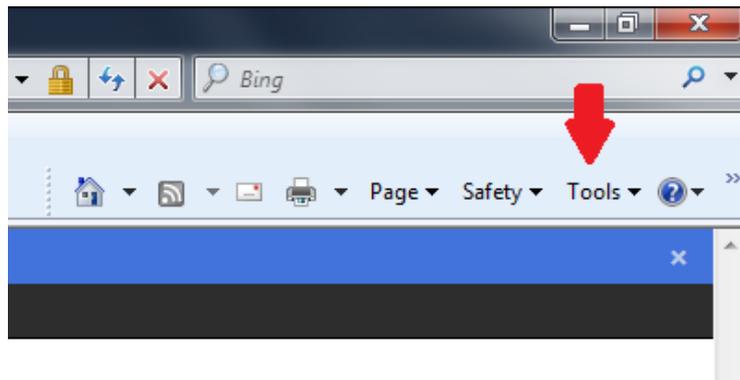
Open Internet Explorer click the little arrow to the right of the page forward arrow or press Ctrl+Shift+H



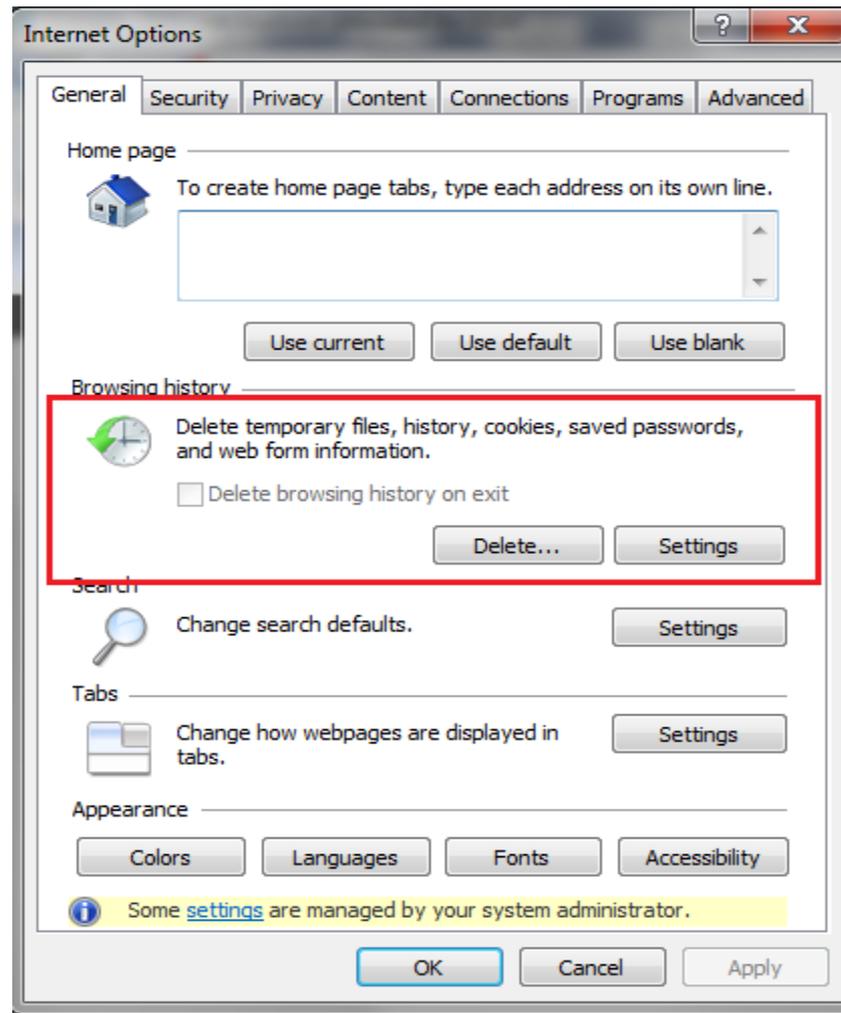
# Internet Explorer (Cont.)

## ▶ Changing History Deletion Options

Click tools>internet options another window will open up with the option to “delete history” or “setting”.



This is the Internet Options windows where you can delete history or chose when, if ever, it will be automatically deleted.

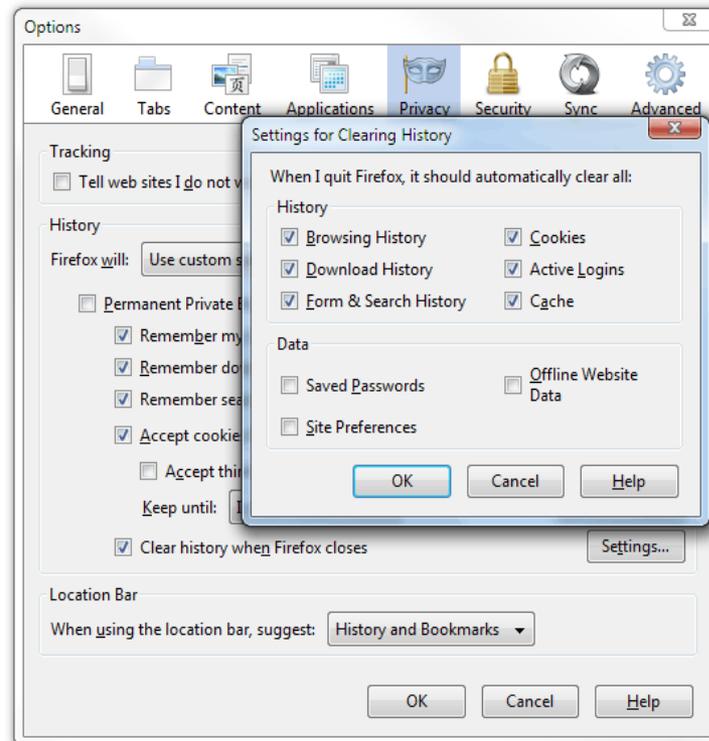




# Firefox



- ▶ Firefox is an alternative web browser
  - I personally recommend using this over Internet Explorer due to it being more resilient to Spyware/Malware.
  - Operates very similar to IE but must be downloaded.

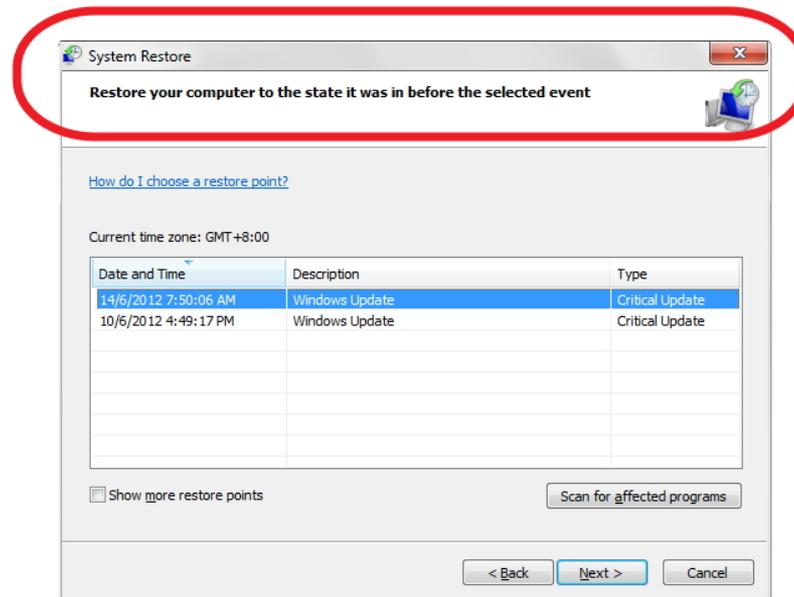


# Viewing Deleted History

When someone deletes the browsing history there is still a couple ways to retrieve and read it.

- ▶ **Perform a system restore**

In the start menu go to All Programs>Accessories>System Tools>System Restore. When prompted, pick a previous date and restore. This is a bit drastic, but if you really need the history it will work.



# Viewing Deleted History (Cont.)

- ▶ Use the Windows Search Tool to find all occurrences of "index.dat" on your C: drive.
  - click Start >Search. Now enter "index.dat" in the Filename field.
  - Open your browser and navigate to:  
<http://www.pointstone.com/products/index.dat-Viewer/> and download the viewer. This will allow you to read the "index.dat" file because it is not a text file.

# Email

# Monitoring Email

## ▶ Keeping tabs on sent and received email

Email providers allow you to set up multiple delivery points which means you can have email delivered to your child and yourself at the same time on Outlook and/or cell phone.

- Enable POP in your email account. Don't forget to click **Save Changes** when you're done.
- Open Outlook.
- Click the **Tools** menu, and select **Account Settings...**
- On the **E-mail** tab, click **New...**
- If you are prompted to **Choose E-mail Service**, select **Microsoft Exchange, POP3, IMAP, or HTTP**, and click **Next**.
- Fill in all necessary fields to include the following information:
  - Your name
  - Email Address
  - Password

**Add New E-mail Account** ✖

**Auto Account Setup** 

Clicking Next will contact your e-mail server and configure your Internet service provider or Microsoft Exchange server account settings.

**Your Name:**   
Example: Barbara Sankovic

**E-mail Address:**   
Example: barbara@contoso.com

**Password:**

**Retype Password:**   
Type the password your Internet service provider has given you.

**Manually configure server settings or additional server types**

## Server Information

Account Type: POP3

Incoming mail server: pop.gmail.com (Google Apps users, enter the server names provided, don't add your domain2 name in these steps)

Outgoing mail server3 (SMTP): smtp.gmail.com

## Logon Information

User Name: Enter your Gmail username (including @gmail.com).

Google Apps users, enter your full address in the format  
*username@your\_domain.com*

Password: Enter your email password.

**Add New E-mail Account**

**Internet E-mail Settings**  
Each of these settings are required to get your e-mail account working.

**User Information**

Your Name:

E-mail Address:

**Server Information**

Account Type:

Incoming mail server:

Outgoing mail server (SMTP):

**Logon Information**

User Name:

Password:

Remember password

Require logon using Secure Password Authentication (SPA)

**Test Account Settings**

After filling out the information on this screen, we recommend you test your account by clicking the button below. (Requires network connection)

# Monitoring Software

# About Monitoring Software

- ▶ Monitoring Software is special software designed specifically to keep tabs on the actions performed on the computer by anyone who's logged in.
- ▶ It can be fully customized to provide extremely tight to loose security depending on the user.
  - multiple accounts can be set up for children of different ages and adults in order to drop or implement security measures according to your needs.
- ▶ Can actively block websites, services and other applications or passively monitor activity.
  - You can block all sites except what you specify (very tight security)
  - Open all sites but excluded using keyword or specified sites.
- ▶ Can “listen” for keywords entered in email, IM, or websites and report the violation directly to the parent.
  - The software will record the entire conversation or screen shot and email it to the parent. All violations will also be logged into the software.

# Monitoring Software Available

Here is a list of a few monitoring programs available for purchase.

**Sentry PC Plus** –Possibly the best monitoring software available

**PC Tattletale** –Monitor all activity and adjust access levels

**Net Nanny** –Monitor all activity and adjust access levels

**UKnowKids** –Designed for social media and cell phone activities

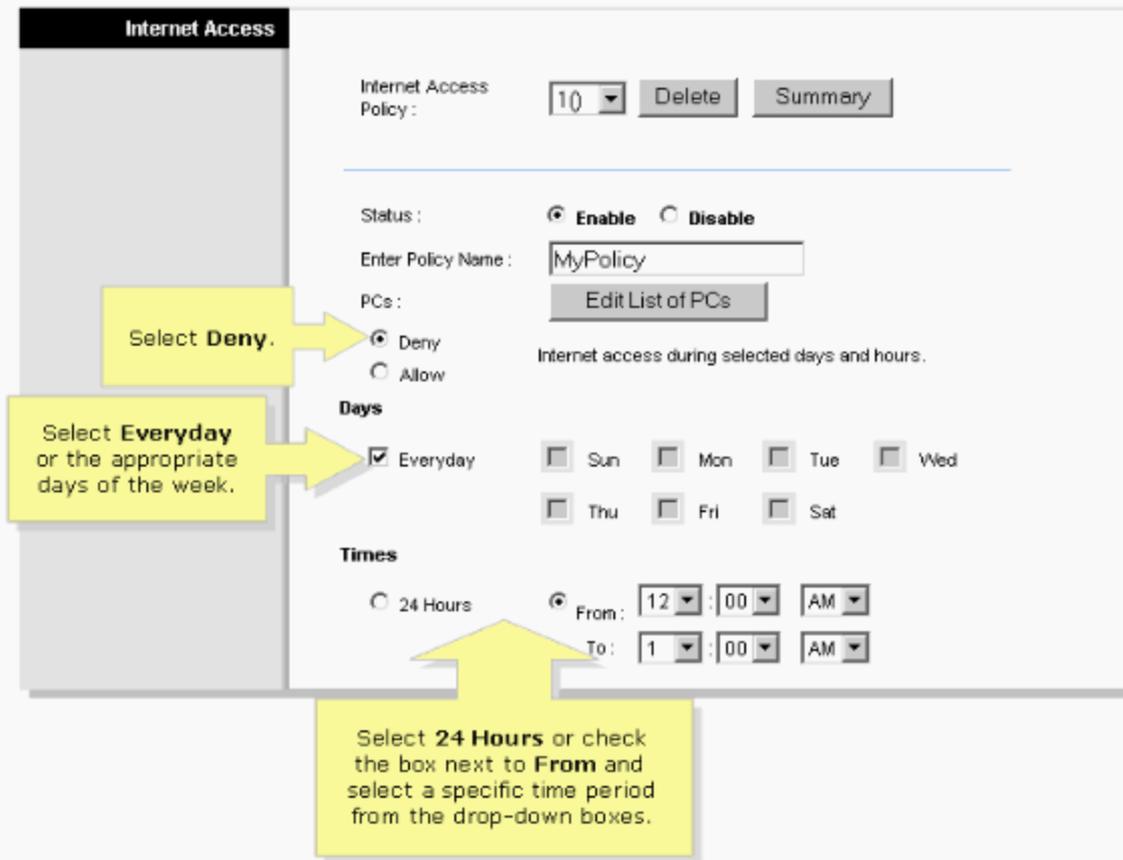
# Basic Network Lockdown

# Home Networks

- ▶ A **home network** is the connection made between all enabled devices in your home via hardwire or wireless connectivity.
- ▶ A **Router** is the device through which all connects are made. Your cable/DSL modem plugs into this to allow your home network to access the internet.
- ▶ By accessing the software built into the router, you can control access to the internet as well.
  - Internet access can be adjusted by date/time to specific computers or the entire network.
  - Individual website can be block by adding them to the denial list in the router.

There are too many routers to explain exactly how to configure each one but here is a very basic overview.

- ▶ Open your browser (IE, Firefox etc.)
- ▶ In the address bar type 192.168.1.1 or 192.168.1.100
- ▶ It will prompt for a username and password
  - Default is Username:admin Password:admin or Username:admin Password:password
- ▶ You are now in the router firmware and can alter setting. Just be very careful what you change, if you don't feel comfortable don't change anything!

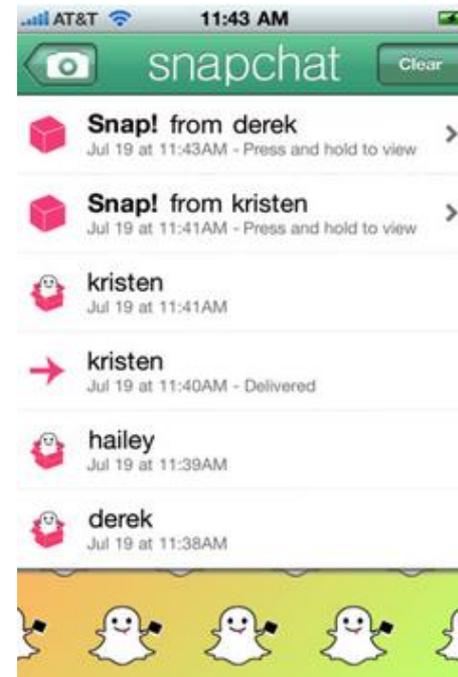


# Cell Phones

# Popular Chat Apps



# KiK and Snapchat



# KiK and Snapchat (cont.)

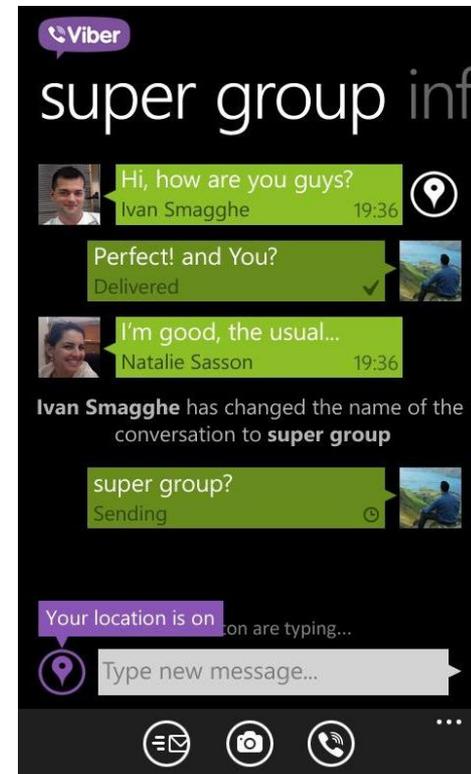
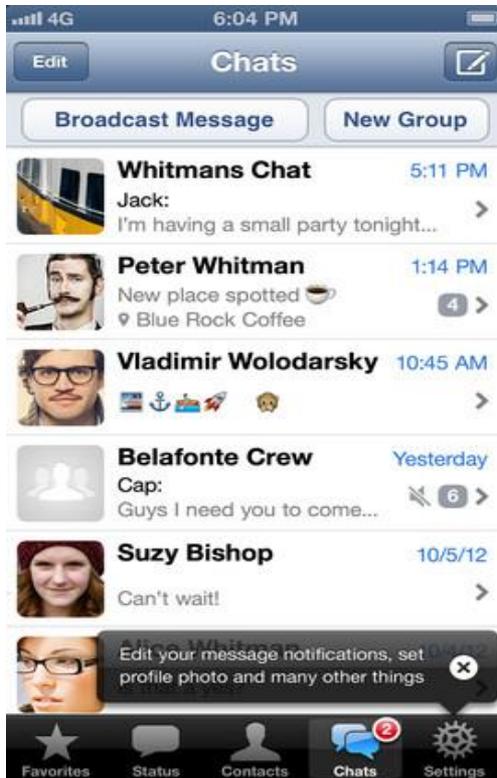
- ▶ No way to verify profiles. **Easy for adults to pose as kids!**
- ▶ Allows texting, pictures, and video to be sent through the app without ties to other verified accounts.
- ▶ Extremely easy for random people to contact with a very high probability of it happening.

There have been an alarming number of arrests made from the improper use of these two apps specifically involving predators. If so many arrests have been made, think about how many have not been caught.

**Biggest concern with KiK and Snapchat...**

**Once the conversation is deleted on both ends there is no record the conversation happened!**

# WhatsApp and Viber



# WhatsApp and Viber (cont.)

- ▶ Both apps accounts are linked directly to phone numbers.
- ▶ Much less susceptible to random contacts compared to KiK and Snapchat due to users needing your phone number.
- ▶ Text, pictures, and video can be sent as well.
- ▶ Even though its less likely they will be contacted by strangers through these 2 apps, they can still text anyone with a phone number and bypass the phones built in texting.

As with most chat apps NO history or record of conversations are kept once deleted with these as well.

# Cell Phones

- ▶ Cell phone companies allow you to disable internet access, block individual phone numbers from calling, and block texts through their website
- ▶ iPhones have security options that limit app downloads completely or by criteria (multiplayer, chat, etc)
- ▶ There are no free options to monitor texts and cell phone activity but these two are great:
  - RADAR** This program will monitor cell phone calls, text messages, instant messaging, picture messages, and email. This will enable you to be notified when your child receives any of the above, as well as have access to the content. [www.mymobilewatchdog.com](http://www.mymobilewatchdog.com)
  - UKnowKids** Tracks social networking activity for Facebook, MySpace, and Twitter. Tracks smartphone calls, texts, and emails.

# What happens when you come across inappropriate content?

- ▶ **DO NOT** delete any conversations, emails, pictures or emails.
- ▶ Take screen shots (Ctrl+PrntScr), paste into Paint or other photo editing software.
- ▶ Contact police if needed.
- ▶ Obviously talk to your kids. Let them know it's ok to come tell you if someone attempts to collect personal information or asks too many questions.
- ▶ If bullying is occurring use outlets such as school officials in an attempt to mediate.

# Conclusion

- ▶ Frequently check Facebook account/control the password.
- ▶ Check browser history if you suspect multiple accounts or other sites in use.
- ▶ Have emails sent to you as well.
- ▶ Use monitoring software if you feel its necessary.
- ▶ Set windows of time for internet access on home network.
- ▶ Use tools available to monitor cell phones or at least do random spot checks of the phone.

# Contact Information



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