# INTERNET SAFETY

## TIPS FOR SAFEGUARDING DEVICES AND HELPING YOUR CHILD UNDERSTAND THE RISKS OF SOCIAL MEDIA

Kids are spending more and more time on social media and technology devices. The internet is an attractive place for predators and bullies to interact with them. It is important to be aware of what is out there to protect your child from bullying, unwanted sexual messaging, location identification and so much more. Most apps, regardless of how harmless they seem, have the potential risk of exposing your children to inappropriate behaviors. If an app allows pictures, even if those pictures are "deleted", these can be screenshot from any phone and be used against someone.



> "Parents who are observant, engaged, and informed raise kids who use technology well." - Protect Young Eyes, www.protectyoungeyes.com

## BE AWARE

Know what dangers are out there and what technology and devices your child is using. Research apps that are currently trending and learn about the dangers of different apps. Most apps have a recommended age rating, but it is rarely enforced or verified.

## MONITOR

Keep your iTunes password private. Research the app before you allow your child to download it. Have parental control apps. Keep all technology, including phone, access in high traffic areas of the house – it is unwise to leave a child alone with access to the internet.

## TALK

Have regular discussions about appropriate technology use and the dangers of predators and bullying. Encourage your child to use technology for good. Educate your child on the dangers of giving out passwords, even to close friends, or any personal information through social media.

# PROTECT YOUNG EYES

Protect Young Eyes is one of the best resources for internet safety. They walk you through step by step how to safeguard your devices- from Xbox to social media, etc. Their goal is to train you, not to scare you- to teach you to build trust with your children. Visit www.protectyoungeyes for more information and to access free 30-minute webinars, articles, YouTube videos, and more.

*When visiting this website, make sure to click on the APPS tab. It gives you a clear description of the popular apps that your children are using. In each description they tell you the benefits and the possible negatives or harm that your child could be exposed to.*

# BARK PARENT MONITORING

Bark Parent Monitoring is a monitoring app that will send parents alerts when potential issues occur. It monitors apps as well as internet sites. It can also monitor text messaging and email for signs of digital danger. Bark is the most recommended parent monitoring app right now.

*For a video on how Bark works, go to www.youtube.com and search for Bark Parenting Monitoring: How Does It Work?*

Other Resources:
www.commonsensemedia.org
www.familyeducation.com
www.educateempowerkids.org
www.smartsocial.com