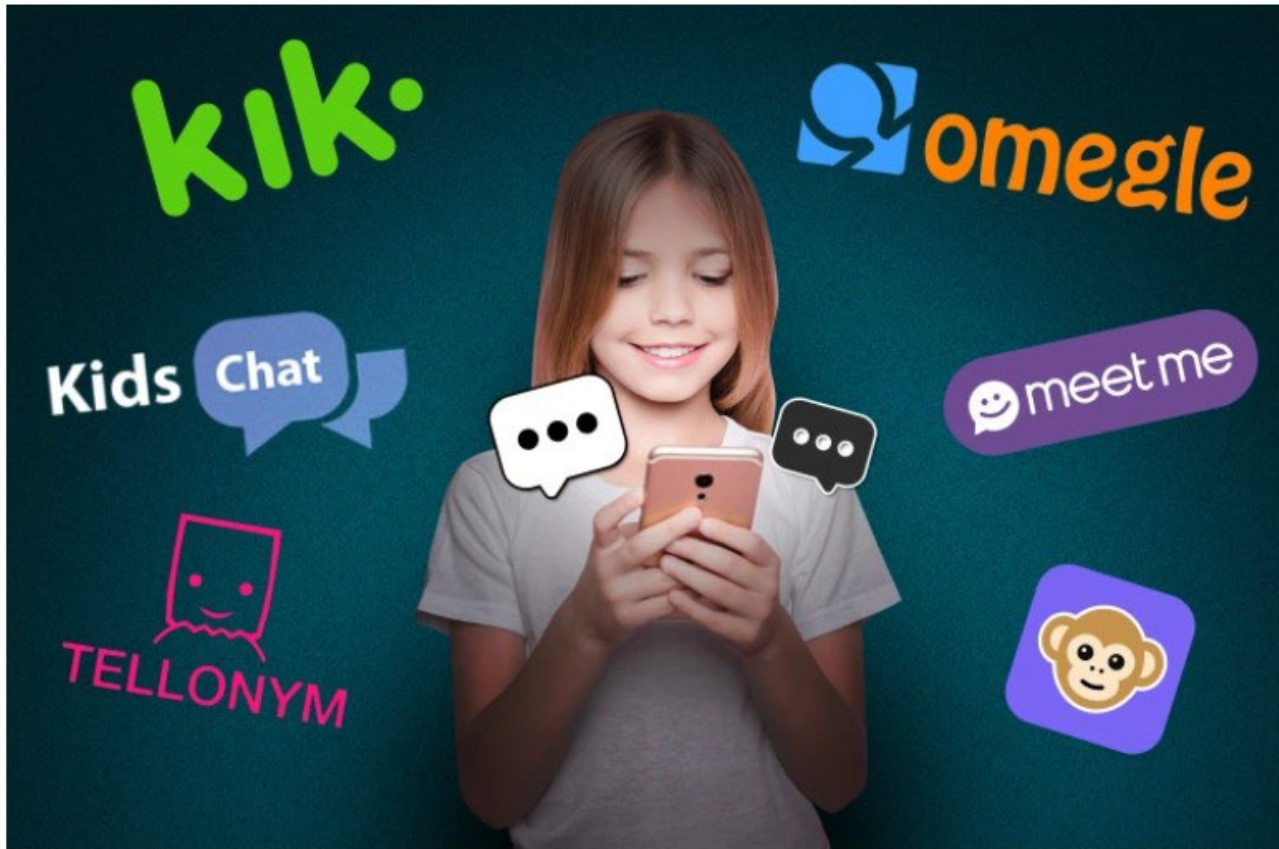




Common Sense Ways to Protect Your Children

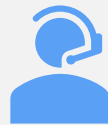
Common Sense Ways to Protect Your Children



Communicate



Restrict Access



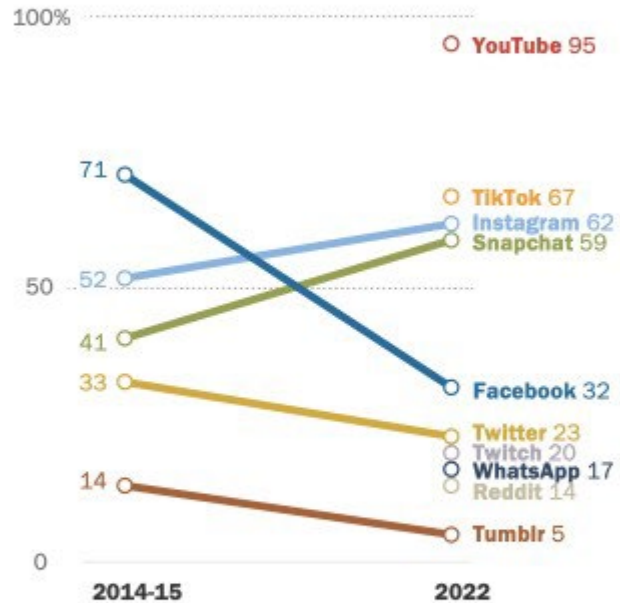
Provide Support



Communication
is the Key

**Since 2014-15, TikTok has arisen;
Facebook usage has dropped;
Instagram, Snapchat have grown**

*% of U.S. teens who say they ever use any of the
following apps or sites*



Note: Teens refer to those ages 13 to 17. Those who did not give an answer are not shown. The 2014-15 survey did not ask about YouTube, WhatsApp, Twitch and Reddit. TikTok debuted globally in 2018.

Source: Survey conducted April 14-May 4, 2022.

"Teens, Social Media and Technology 2022"

PEW RESEARCH CENTER

► This year's Snapchat is
next year's Facebook.

Restricting Access Isn't Enough!



Common Sense Ways to Protect Your Children

Computers

Laptops

Phones

Tablets

IPad/iPods

E-readers

TVs, Watches, Appliances

Gaming systems

Handheld gaming devices

“Smart” Toys

Your kid

Friends

Parents & Parents of Friends

Shared Family Devices

Grandma, Grandpa, Family

School

Restricting Access Isn't Enough!

Start even
before the
touch an
iPad



1. I will tell a trusted adult if I don't like what I see online (anything online makes me feel sad, scared or uncomfortable).

2. I will never friend/follow/subscribe strangers online (the Face to Face Rule).

3. I will end the conversation (the Walk Away Rule).

4. I will use good netiquette.

HOW DO YOU PROTECT YOURSELF ONLINE WHEN YOU'RE PLAYING YOUR FAVORITE GAMES OR DOING YOUR FAVORITE THINGS?

Tiff's Rules of Internet Safety

- ▶ I will not create or share inappropriate content. (Grandma/Grandpa rule)
- ▶ I will not take or share a revealing video/image of myself.
- ▶ I will limit my personal information from being posted publicly online.
- ▶ I will never friend/follow/subscribe/communicate with a stranger online. (Face to Face Rule)
- ▶ I will never meet with anyone in person I met on the internet who is a stranger.
- ▶ I will end the conversation. (Walk away rule)
- ▶ I will report, block, and tell a trusted adult.

Talk to your kids about creating and accessing inappropriate content

Pornography

Self-Made
Child
Pornography

Hate speech

Illegal activities
(drugs,
alcohol)

Offensive
speech

Threats

Bullying

The Grandma and Grandpa Rule and Revealing Images/Videos



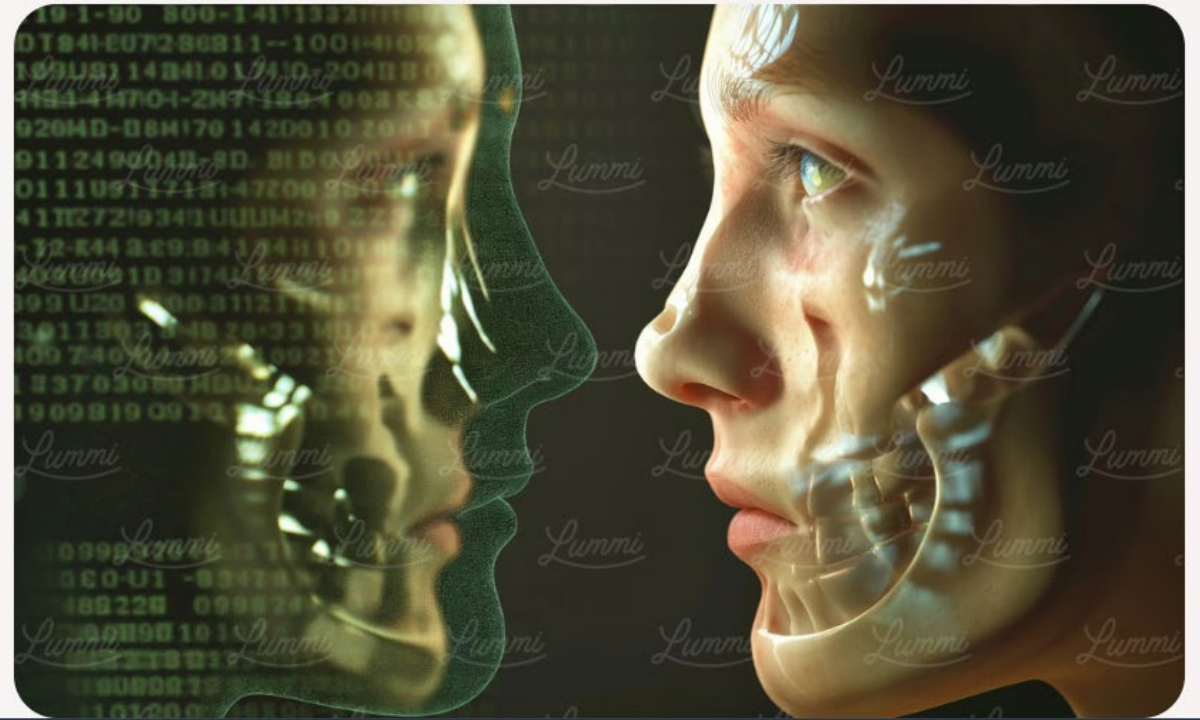
Should I
create a
photo or
video?

Lock
down
your
data

ONLINE SAFETY AND PRIVACY
DEC 22, 2023 | 4 MIN READ

How To Protect Yourself Against Deepfakes

Deepfake technologies can be used to steal your identity even if you don't use generative AI platforms.





Lock down your data

1250

posts

48.8k

followers

442

following

Follow

What is a stranger?

What is a stranger online?

- ▶ If you haven't met them in person, they are a stranger.
- ▶ "Face to face."
- ▶ Be specific with kids of ALL AGES.
 - ▶ Has my child actually met 1000 people?
 - ▶ Have I?
 - ▶ Who are my kids' friends on Roblox? Fortnite?
 - ▶ Who is my child talking to?

Talk to your kids about
what to do when things
go wrong



I will help you.

A trusted adult will help
you.

Even if you break a rule.

DO NOT RESPOND



Don't just
take
away the
game.

REWARD SELF REPORTING!

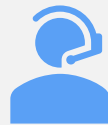
Common Sense Ways to Protect Your Children



Communicate



Restrict Access



Provide Support

Restrict Access



Go Old School



Charge in Central Locations



Restrict Access to Apps



Restrict Access Within Apps



Screen Time



Trust, but Verify (aka Spy)



Set Clear Consequences



I OWN THE DEVICE.

ESTABLISH DOMINION AND CONTROL.

These crimes are committed against your children when they are at home and oftentimes, when you are also at home.

Go old school

THE 3 B'S– NO BEDROOMS, NO BATHROOMS, NO BASEMENTS.
YOU MUST BE ABLE TO SEE AND LISTEN TO WHAT THEY ARE SEEING
AND DOING.

Restrict Access



Go Old School



Charge in Central Locations



Restrict Access to Apps



Restrict Access Within Apps



Screen Time



Trust, but Verify (aka Spy)



Set Clear Consequences



Charge in Central
Locations that
they Can't
Access when
you're asleep.

Restrict Access



Go Old School



Charge in Central Locations



Restrict Access to Apps



Restrict Access Within Apps



Screen Time



Trust, but Verify (aka Spy)



Set Clear Consequences



Common Sense Media

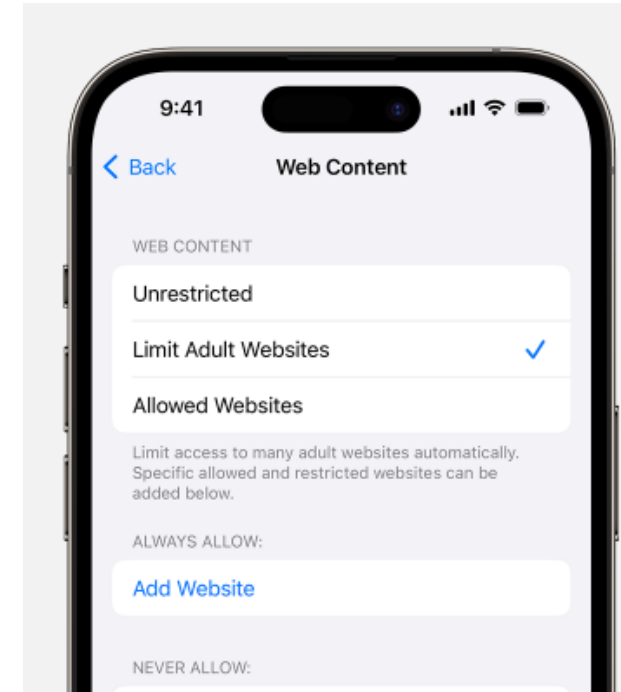
January 9, 2023

[Browse all articles](#)

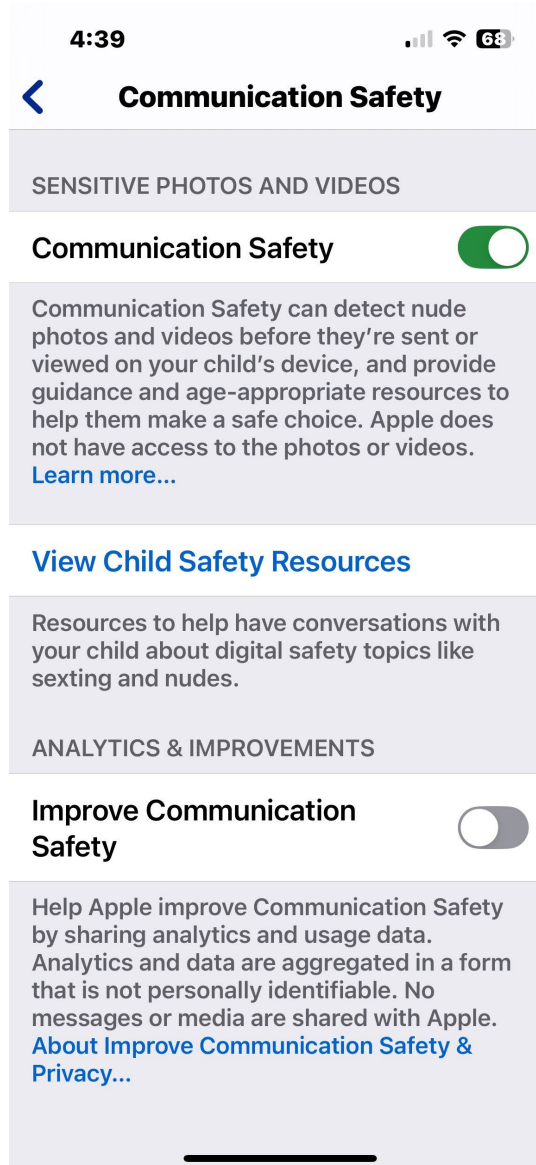
How to Block Pornography on Your Child's Devices

Parents and caregivers can use these tools to limit adult videos and images on phones, tablets, and computers.

Topics: [Cellphones and Devices](#) [Online Safety](#) [Parental Controls](#) [Sex, Gender, and Body Image](#)

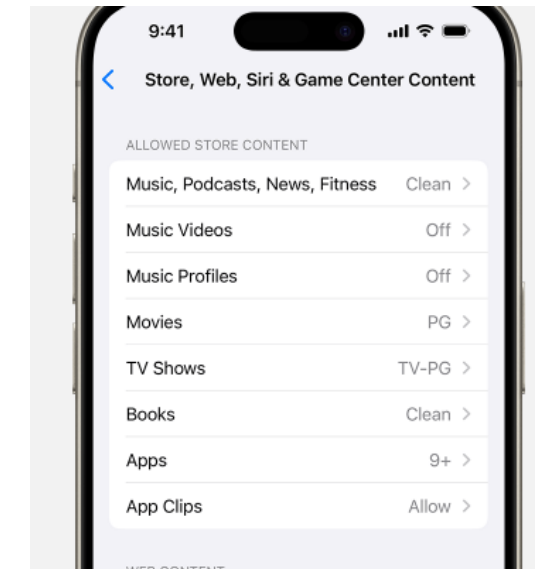
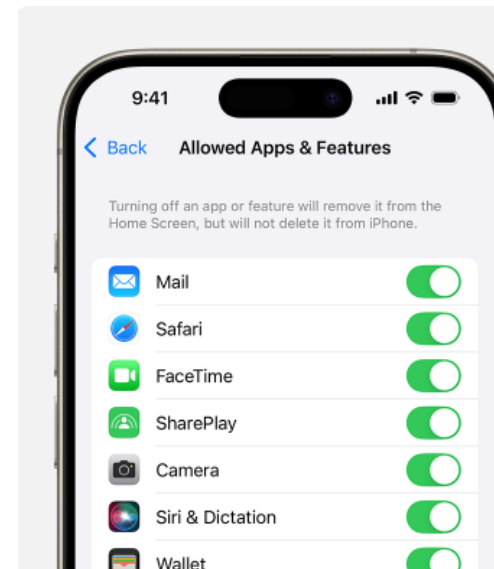
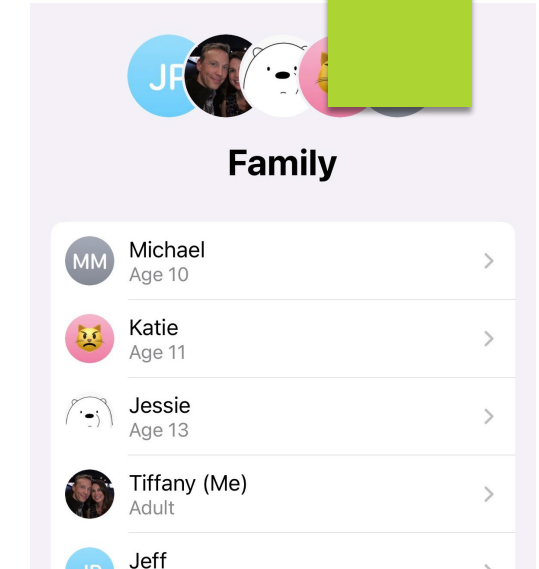
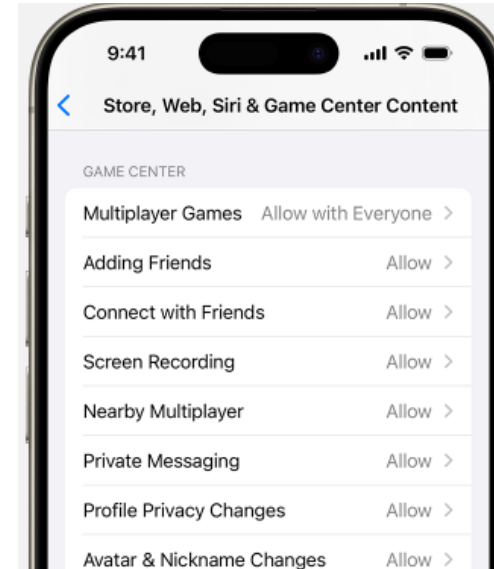


SETTINGS
SCREEN TIME
COMMUNTTION SAFETY



Restrict Access to Apps

- ▶ Family Link
- ▶ Bark
- ▶ Aura
- ▶ Mspy
- ▶ Norton



Topics: Screen Time, Violence in the Media

Ver en español



The *Fortnite* frenzy seemed to come out of nowhere – almost as if it dropped from a party bus in the sky. And now many parents are taking notice of this rollicking game where players fight to the death. With *Fortnite*'s millions of players and sudden success, you might be wondering: What's it all about – and is it OK for my kids?

This survival-action game is a bit like what you'd get if you combined a sandbox-building game like *Minecraft* with an action shooter like *Call of Duty*. On one hand, it's getting major points with kids and parents alike for building teamwork and thoughtful collaboration. On the other hand, it's a combat-based game with tons of guns and violence.

For Parents & Caregivers

For Advocates

Artículos en español

News About Kids

Most Discussed

Most Shared

55
comm
ents

19
comm
ents

5 c
omme
nts

4 c
omme
nts

4 c
omme
nts

Don't
always say
no, say later
(build trust).

Restrict Access



Go Old School



Charge in Central Locations



Restrict Access to Apps



Restrict Access Within Apps



Screen Time



Trust, but Verify (aka Spy)



Set Clear Consequences

are Robux?

Topics:

Gaming

Online Safety



What is Roblox?

What age is Roblox for?

What are Robux?

How much does Roblox cost?

Are there parental controls for Roblox?

Common Sense Media

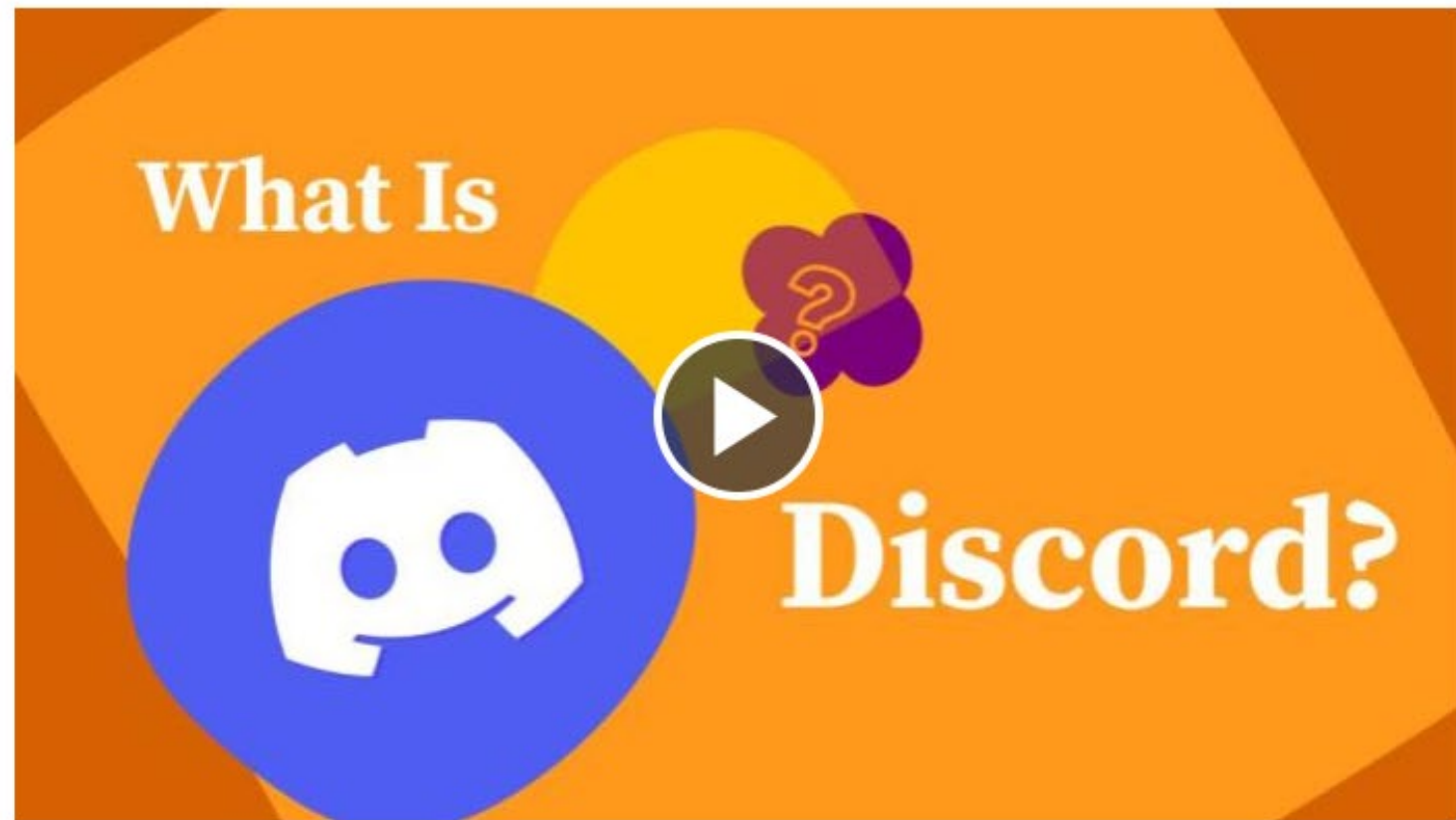
February 8, 2024

Is Discord safe? How does it work? Here's everything you need to know about this popular chat app.

Topics:

Gaming

Online Safety



Restrict access- Gaming

- ▶ Check settings particularly on multiplayer games
- ▶ Play the game (yeah, right)
- ▶ Filter Mature Language
- ▶ Limit Players
- ▶ Turn off chat features
- ▶ Keep gaming systems where you can see and hear them (no headphones)



Restrict access

- ▶ Use Instagram's Safety Features
- ▶ Use parental controls
- ▶ Purge unknowns
- ▶ Enable private accounts
- ▶ Take off geotagging
- ▶ Take off location sharing
- ▶ Gabb watches, etc.



Restrict access

- ▶ So easy to abuse– WAIT.
- ▶ Monitor
- ▶ Monitor Story (24 hours)
- ▶ **NO SnapMap**
- ▶ Limit Snapstreaks
- ▶ Focus on privacy settings
- ▶ WAIT.



Restrict Access



Go Old School



Charge in Central Locations



Restrict Access to Apps



Restrict Access Within Apps



Screen Time



Trust, but Verify (aka Spy)



Set Clear Consequences

Limit Wi-Fi Access when You're Asleep

- ▶ Crimes Committed at times
parents not home (3-5 p.m.)
- ▶ Or asleep.



10:22

5G

85

< Back

Downtime

Turn On Downtime Until Schedule

A five minute downtime reminder will be sent and downtime will be turned on until schedule resumes.

Scheduled

☒

Scheduled turns on downtime for the time period you select. A downtime reminder will appear five minutes before downtime.

Every Day

☒

Customize Days

Time

9:30 PM–6:00 AM >

Downtime will apply to Jessie's devices. A downtime reminder will appear five minutes before downtime begins.

Block at Downtime

☒

The device will be blocked at downtime. Jessie will be able to ask for more time from a parent or guardian.

BLOCK
ACCESS AT
NIGHT OR
BETWEEN 3-
5 p.m.

Screen Time

<u>What is Screen Time?</u>	<u>How much of this Screen time During the week?</u>	<u>How much of this Screen Time on Weekend?</u>	<u>Exceptions</u>
- Long form content on your device (movies, videos over 15 minutes on your device) - Gaming on TV - Gaming on Device - Apps on Device - Direct or Text Messaging Friends and Family - Using Apps (Pinterest)	2 hours per day	3 hours per day	You may ask to earn additional time, but you will not always get permission. Sleepovers, family visits, holidays, vacations When both parents agree (you must ask both)
Short form content on your device or TV (such as YouTube Shorts or videos less than 15 minutes long, scrolling on apps)	20 minutes per day	30 minutes per day	Sleepovers, family visits, holidays, vacations When both parents agree (you must ask both)
<u>What is NOT Screen Time?</u>			
- Watching a movie or other long form content on TV. (Movies/videos over 15 minutes) - Mental Health apps - Facetiming or calling friends and family - Homework on your device	No limit with parent permission (taking into account family time, homework, plans, school, and extracurricular obligations)	No limit with parent permission (taking into account family time, homework, plans, school, and extracurricular obligations)	No limit with parent permission (taking into account family time, homework, plans, school, and extracurricular obligations)

Restrict Access



Go Old School



Charge in Central Locations



Restrict Access to Apps



Restrict Access Within Apps



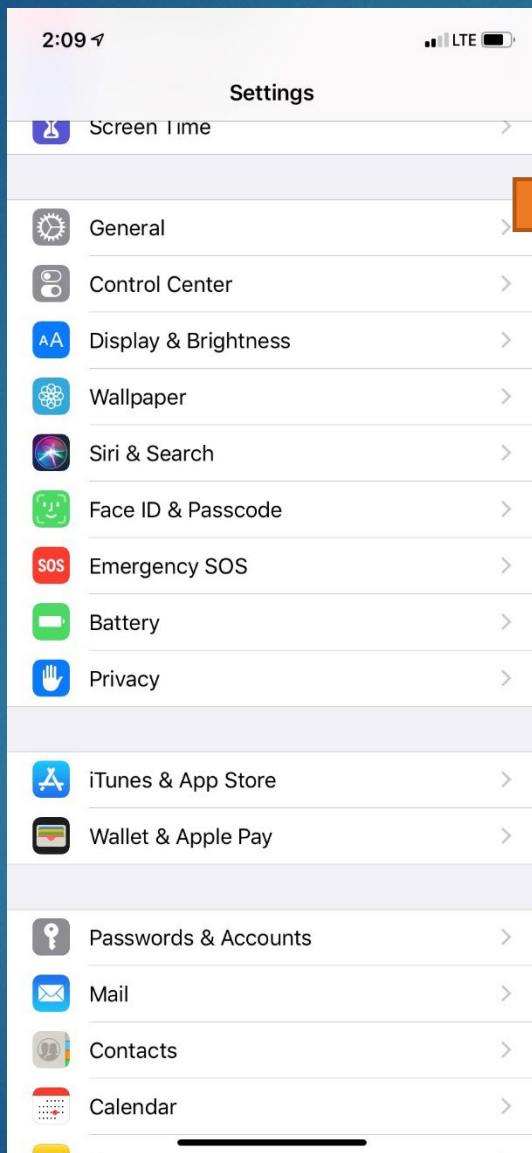
Screen Time



Trust, but Verify (aka Spy)



Set Clear Consequences



Restrict Access



Go Old School



Charge in Central Locations



Restrict Access to Apps



Restrict Access Within Apps



Screen Time



Trust, but Verify (aka Spy)



Set Clear Consequences



Every kid is
different.

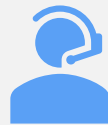
Common Sense Ways to Protect Your Children



Communicate



Restrict Access



Provide Support



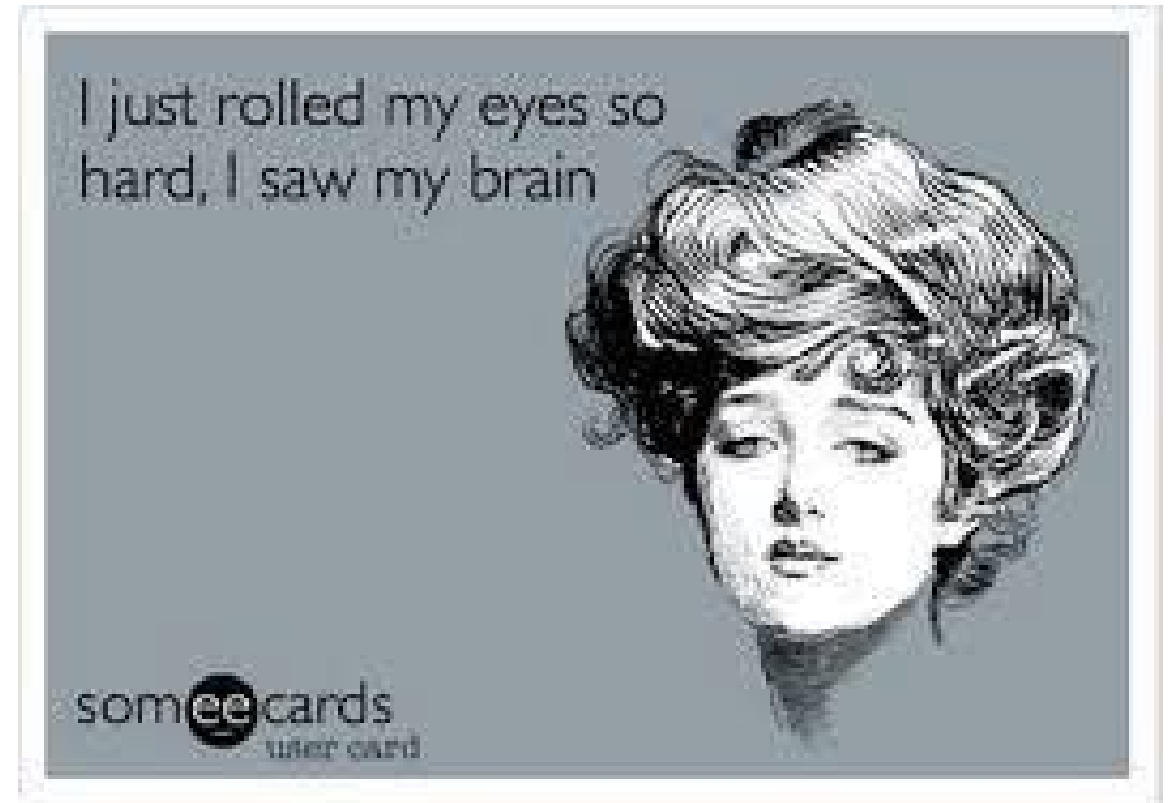
I just didn't
want my dad
to be
disappointed
in me.

Tell them you will help
them no matter what.

Give them a trusted
adult.

Don't. Give. Up.

- ▶ If they're rolling their eyes, you're doing something right.



Tiff's Rules of Internet Safety

- ▶ I will not create or share inappropriate content. (Grandma/Grandpa rule)
- ▶ I will not take or share a revealing video/image of myself.
- ▶ I will limit my personal information from being posted publicly online.
- ▶ I will never friend/follow/subscribe/communicate with a stranger online. (Face to Face Rule)
- ▶ I will never meet with anyone in person I met on the internet who is a stranger.
- ▶ I will end the conversation. (Walk away rule)
- ▶ I will report, block, and tell a trusted adult.