

# Internet Safety

Considerations for keeping your children safe when using the internet

## Hand-out

**Version:** Rev 05 - 2015

**Presenter:** [schoolswebsites.ie](http://schoolswebsites.ie)

# Cyber Bullying:

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## Tips:

1. Kids should NEVER share passwords with ANYONE – as a parent, you should know your child's passwords
2. Teach them how to use the “block”, “ban” and “report” features of the system.
3. If bullying continues – delete the account and start afresh – never giving out details to anyone other than family and real friends.
4. Never respond to rude, harassing, hurtful messages.
5. Report it to [www.hotline.ie](http://www.hotline.ie)
6. NEVER OVER REACT when your child talks to you about this.
7. Always maintain channels of communication with your kids

# Sexual Predators:

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## Tips:

1. Periodically check you child's social media presence. If allowed do it with your child. If not, use duckduckgo.com to search for your child's name.
2. Your child should NEVER post ANY information that could give a hint about geographical location: address; phone numbers etc.
3. You as a parent need to learn about privacy settings on the social media systems your child is using.
4. You need to learn the ‘text-speak’ that your children are using. For example “POS” = “Parent over Shoulder” and “LMIRL” means “Let's meet in real life”.  
[http://www.webopedia.com/quick\\_ref/textmessageabbreviations.asp](http://www.webopedia.com/quick_ref/textmessageabbreviations.asp)
5. There is no substitute for Parental Supervision. NEVER allow private internet access.
6. Your child should NEVER ‘friend’ someone WHO THEY DON'T KNOW IN REAL LIFE. If your child has more than a couple of dozen friends then you need to talk to them.
7. Kids should report anything they think is inappropriate: [www.hotline.ie](http://www.hotline.ie)

# Inappropriate Content:

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## Tips:

1. Never allow private internet access
2. Check browser history
3. Talk to your children
4. Make sure youtube settings are set for age appropriate content: protected vs unprotected
5. Use your wireless router to filter out dodgy sites: remember to put in foreign language equivalents. More on this later
6. Install filtering software on your devices:
  - a. Windows Family Safety: [familysecurity.microsoft.com](http://familysecurity.microsoft.com)
  - b. AVG Family Safety: <http://www.avg.com/us-en/avg-family-safety> (see ‘Making your mobile device safe for more details)

# Damaged Reputation:

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## Tips:

1. Get your kids to understand that even if they delete something from their online profiles – others WILL have already copied it.
2. Your child needs to tell their own friends NEVER to take images that might cause embarrassment in the future.
3. Talk to your kids about the future possible consequences of stupid posts they make now.

# Theft:

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## Tips:

1. Always intelligently look at EVERY link you are about to click on BEFORE you click on it.
2. Never install apps or software that you haven't checked the reviews of. Never install anything that doesn't have hundreds of good reviews.
3. Dis-associate your credit cards from you Play Store / iTunes account

# Making your mobile device safe

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## **AVG Family Safety**

AVG Family Safety is a free app for iPod touch, iPad and iPhone. It will automatically block websites categorized as pornography or malware. But you can also add websites to a block list. So if you want to block YouTube, just add it to the block list. Be sure to add both the full YouTube web address and the mobile version (m.youtube.com). There is also a tie-in with their AVG Family Safety service for your family computer. If you already use that service, then the app can connect and you'll get more advanced filtering features.

Pros: No registration needed, easy to use, can choose the default search engine

Cons: a few bugs, and need to specifically add most sites to block especially for younger kids

<http://itunes.apple.com/us/app/avg-family-safety/id423567709?mt=8>

## **K9 Web Protection browser**

K9 Web Web Protection is a free app for iPod touch, iPad and iPhone. It is also available for Android devices. It will block adult and potentially offensive or malicious sites. You can view the browsing history to see which sites were blocked (but note that your child could also view and then clear this history). The browser uses its own Safe Search capabilities. If you want to quickly block YouTube, this will do the trick.

Pros: Easiest to use with no registration or passwords needed

Cons: No customization available.

iTunes: <http://itunes.apple.com/app/k9-web-protection-browser/id407657840>

Android: <https://play.google.com/store/apps/details?id=com.bluecoat.k9.android&hl=en>

### McGruff Safe Guard Mobile Browser

McGruff Safe Guard is a free app for iPod touch, iPad and iPhone. It restricts websites by age range – either Child (1-12) or Teen (13-17). With a \$1 upgrade you'll get more features such as the ability to pick categories and sites to allow or deny. If your main goal is to block YouTube, you don't need the upgrade as it is blocked for both the child and teen age ranges. I did find though that my child's school website was blocked in the 1-12 range which was surprising. If I were to set this up on her device I'd definitely splurge and pay \$1 for the full version.

Pros: Easy to set up; daily e-mail report (can unsubscribe if desired), parent can lock safe search

Cons: Would be useful if the parent e-mail contained the URL of the sites that were blocked (need the full version for that).

<http://itunes.apple.com/us/app/mcgruff-safeguard-browser/id493861295?mt=8>

### MobSafety Ranger Browser

Ranger Browser is a free app for iPod touch, iPad and iPhone. It is also available for Android devices. This app is a bit different from the others. You register on their website and set up an account with your child's name. Then choose the level of content filtering per child – high, medium or low. You can, in theory, choose to block everything, and then just allow certain websites if you want to really limit things. However when I tried this, it did not work. If they could fix a few issues this app could be a good choice, but as-is I was able to view sites from search that should have been blocked.

Pros: Time limit settings; ability to customize and add websites to always block or allow; web page for parents to view history.

Cons: Could not find documentation in the app or their website; some of the settings did not seem to work – I blocked all sites except allowed one on the "whitelist" and I could still get to other sites using Search.

iTunes: <http://itunes.apple.com/us/app/ranger-browser-safe-internet/id406480823?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.gpit.android.safe.Ranger&hl=en>

## Putting Restrictions on Apple Devices

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Here are instructions for setting parental control restrictions on an iPod touch or iPad. This will also work on an iPhone. If you are "locking down" your child's device and installing a kid-safe browser (see page 1 above), then install the kid-safe browser first. Then follow these steps.

1. From the child's iPod or iPad, go to **Settings > General > Restrictions**.



(these two screenshots are from an iPhone; but should look about the same on your child's device)

2. If you have already set up restrictions, you'll be prompted for the passcode. If not, choose **Enable Restrictions** and enter a passcode. Be sure to use a 4-digit passcode that you will remember and your kids will not guess.
3. Turn YouTube and Safari to the OFF position. In addition, set Installing Apps and Deleting Apps into the OFF position as well (this will prevent your child from adding these Apps back to the device. If you install a kid safe browser, the restriction for Deleting apps will prevent them from deleting the app you install). Once done the screen should look like this:



4. That's it! Just be sure to remember that 4-digit restriction passcode. You will need it to go back and make adjustments such as removing apps or adding new ones. I really recommend this for younger children so you can have a better idea of what they're doing when they are seemingly tethered to their device! And as always, talk with your kids about what they're doing online – parental controls and restrictions are only one side of the equation.

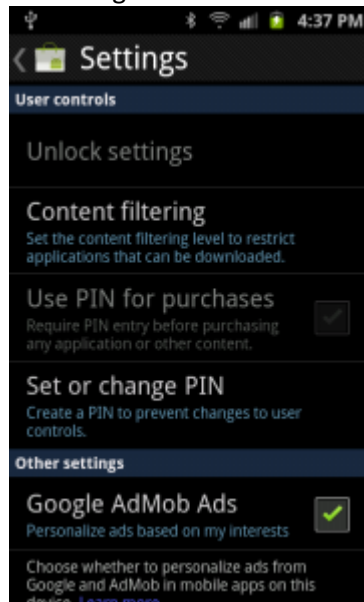
## Putting Restrictions on Android Devices

### Google Play

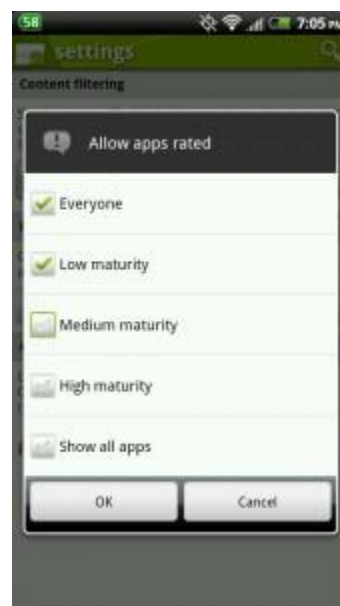
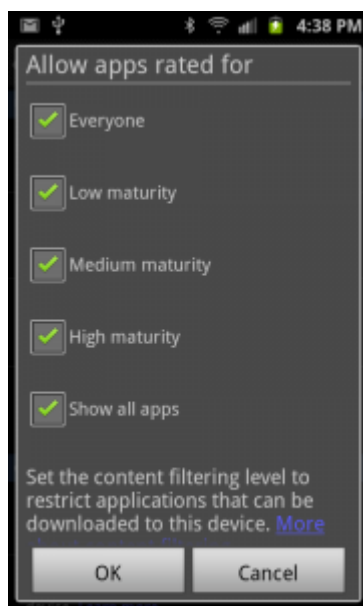
Below are the maturity levels that all apps on the Android Market are classified under:

- Everyone
- Low maturity
- Medium maturity
- High maturity

Simply go to your Google Play app and then click the MENU button on your Droid. Then click on the SETTINGS button. You'll then see one of the following screens:



Click on the PULL DOWN menu under Content Filtering and select the maturity level that you (or your child) will be allowed to download. After that, you'll want to click on the LOCK pad icon or the "Set or change PIN" option to setup a PIN password to lockdown the settings you just configured.



That's it! Now the Google Play will only allow you to install the apps that have been deemed appropriate for the maturity level that you have set.

### Restricted Profiles

Please refer to this site: <http://www.pcadvisor.co.uk/how-to/google-android/3461359/parental-control-on-android/>

## Browser History


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### Safari

1. First, open your Safari browser.
2. Click on History in your Safari menu, located at the top of your screen. When the drop-down menu appears your most recent history (the last 10 web pages that you have visited) will appear. In the screenshot below, this section is circled. Clicking on any of these items will take you directly to the respective page.

3. Directly below it you will find the rest of your recorded browsing history, grouped by day into sub-menus. If you have visited more than 10 web pages on the current day, there will also be a sub-menu present labelled “Earlier Today” containing the rest of today's history.

#### Google Chrome

1. Click the Chrome menu  on the browser toolbar.
2. Select History

#### Internet Explorer

1. Press the “ctrl” button and then tap the “H” button at the same time. Your history will appear.

#### Firefox

1. Press the “alt” key. This will display the menus at the top.
2. Click on History

## Blocking Advertisements on Browsers

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See <http://dottech.org/17516/block-ads-in-firefox-internet-explorer-chrome-and-opera-how-to/>

## Gmail

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Android: <https://play.google.com/store/apps/details?id=com.google.android.gm&hl=en>

iTunes: <https://itunes.apple.com/app/gmail/id422689480>

**How to setup email accounts on your Apple device:** <http://www.gilsmethod.com/how-to-setup-email-accounts-on-the-ipad>

#### How to setup email accounts on your android device:

As you would expect, Google have made it very easy to set up Gmail through an Android phone or tablet. To setup your Gmail on an Android phone, follow these steps.

1. Open the Settings menu and go to Accounts & sync settings on your device.
2. The Accounts & sync settings screen displays your current sync settings and a list of your current accounts.
3. Touch Add account.
4. Touch Google to add your Google Apps account.
5. Touch Sign in when prompted for your Google Account.
6. Enter your full Google Apps email address as your username, and then enter your password.
7. Select which services you'd like to sync.

## Facebook privacy

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All things to do with privacy can be found here: <https://www.facebook.com/help/445588775451827>

## Email Scams

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How to spot a scam: <http://www.wikihow.com/Spot-an-Email-Hoax-or-Phishing-Scam>

# YouTube Safe Searching

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## How to Activate Parental Controls for YouTube Safe Search

- To implement the Parental Controls for YouTube, go to YouTube.com and scroll down to the bottom of the page....
- You will see a reference to Safety Mode and it will say OFF...
- Click the Off button to access Parental Control to turn on YouTube Safe Search.
- (Likewise, if you want to turn YouTube Safe Search Off, click the bottom what will now say "On"...)

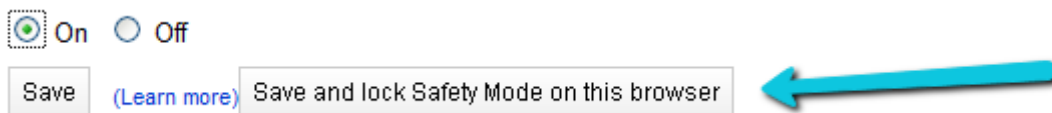
## Locking YouTube Safe Search

As you will see, it's very easy to turn safe search on and off. Therefore, you may want to lock it in order to ensure it is always activated for all family members.

To Lock the Parental Control for YouTube, you will need a Google account. To open a free Google account, go to google.com and click "Sign In" in the top right hand corner of their main website. You will then see the option to create a new account.

Now return to YouTube and scroll down to the bottom of the page to the safety mode link as shown above.

After selecting the "On" button, you will see an option to Lock Safe Search...



Select "Save and lock Safety Mode on this browser". You will then be required to sign in to your Google account if you have not already done so.

Once Safe Search for YouTube video search is Locked, you can now log out of your account. Unlocking safety mode on YouTube will require you to log into your account. This guarantees that no one else can deactivate the safety setting.

**Important:** If you have more than one browser on your computer, you will need to follow these steps for each browser. Below is a video that walks you through the process of implementing YouTube Parental Controls that were just explained.

[http://www.youtube.com/watch?feature=player\\_embedded&v=gkI3e0P3S5E](http://www.youtube.com/watch?feature=player_embedded&v=gkI3e0P3S5E)

# Content Filtering on your Router

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If you don't already have one, it is best to get a router that allows content filtering.

A Content Filtering router will allow you to set a number of different restrictions on the broadband as it enters your home and prior to its distribution to the various devices connected to it throughout the house, (eg tablet, laptop, smartphone, etc).

Log in to your router by following the manufacturer's instructions or generally, for NETGEAR routers use "routerlogin.net" and for LINKSYS routers use "192.168.1.1"



Once you are logged in you will have the ability to:

1. Set a new router login password
2. Schedule a time for the broadband to be disabled to all devices or some devices, eg night time
3. Schedule a time for the broadband to be enabled to all devices or some devices, eg morning time
4. Block access to any number of selected websites
5. Block access to the internet using certain keywords – the more keywords that are identified the greater the restriction

## Important resources

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1. **YouTube: “CEOP Channel”**  
Child Exploitation and Online Protection Centre
2. [www.Nobullying.com](http://www.Nobullying.com)
3. [www.watchyourspace.ie](http://www.watchyourspace.ie)
4. [www.webopedia.com/quick\\_ref/textmessageabbreviations.asp](http://www.webopedia.com/quick_ref/textmessageabbreviations.asp)
5. [www.Hotline.ie](http://www.Hotline.ie)
6. **The Garda National Crime Prevention Unit,**  
Garda H.Q., Harcourt Square, Dublin 2.  
Tel: (01) 6663362, Fax: (01) 6663314  
Email: [crime\\_prevention@garda.ie](mailto:crime_prevention@garda.ie)  
[www.garda.ie](http://www.garda.ie)
7. **Office for Internet Safety**  
[www.internetsafety.ie](http://www.internetsafety.ie)
8. **Child Safety Issues**  
[www.childline.ie](http://www.childline.ie)
9. **Website of National Parents Council**  
[www.npc.ie](http://www.npc.ie)
10. **Tips on Internet Safety**  
[www.webwise.ie](http://www.webwise.ie)
11. **Irish hotline for public to report child pornography and other illegal content on the internet**  
[www.hotline.ie](http://www.hotline.ie)

Send any questions to: [internetsafetytalk@lurtel.ie](mailto:internetsafetytalk@lurtel.ie)

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Online management system for Irish Primary Schools



[www.easygrouptexts.com](http://www.easygrouptexts.com)

For clubs and organisations. Send texts and emails to members



[www.manageourwater.com](http://www.manageourwater.com)

Online management system for Group Water Schemes