Online Safety: Keeping Your Family Safe on the Internet, Part 1

These days, anything and everything is available on the internet. This means that children often encounter inappropriate content. This class will explore a few ways you can use your devices to limit your family’s exposure to online content you do not want them to see.

Start with your Internet Service Provider (ISP):

Many common ISPs offer extra parental controls they can enable for your entire home. They can block entire websites or services (like instant messaging), set time limits for internet usage, and help manage your settings. Please note that the options available to you will depend on your specific ISP.

- TV content can also be restricted through this avenue, and is often the most common way to help limit inappropriate content, especially with smart TVs. See the resources page for links to common ISPs and their parental control options.
- If you have a smart TV, see the resources page for information specific to your device. Usually, the manual for your smart TV will have a section on parental controls; if you do not have your manual, an online version is usually available.

On the Family Computer:

- Use browser settings to limit content:
  - Standard browsers like Chrome, Firefox and Internet Explorer often have extra content settings you can enable to protect your child while browsing.
  - Google Chrome, in conjunction with your Google account, allows you to choose separate settings like ad blockers, disabling the camera, and disabling payment methods. Many Google Chrome parental control options have been replaced with FamilyLink – see below.
  - Many browsers also allow you to create separate accounts for users, so your child can use an account created with extra security for her uses.
- Depending on the type of computer you have, you can set up a separate login for the entire computer, disable all web browsers on that login, and install a kid safe browser such as KidSplorer (see the extra resources at the end of this handout for other suggestions).
- Use search engine settings to add an extra layer of security:
  - Turn on safe search options for major search engines like Google, Yahoo, or Bing.
  - Go to “Search Settings” and select features you want to enable. Bing, for example, allows you to select moderate or strict controls. Some search engines (Google/Yahoo) require you to sign in to your Google or Yahoo account.
- Or, use a kid friendly search engine like Kiddle.
• Install extra security software:
  o There are many options for extra security software that will keep your entire
computer safe and secure.
  o CyberPatrol, Mobicip, and Norton Family are just a few examples of software that
allow you to monitor and protect internet usage.
  o Depending on the software, you can enable certain age-appropriate websites and
black list others, control download behavior, enable custom filter settings, establish
time limits, etc.
  o Many software packages also have version for mobile devices and tablets (see
below).

On Your Mobile Devices:

• Use built in control functions:
  o Apple iPads and iPhones have a function called Guided Access that allows you to
freeze the device on one specific app. You set a code by which the iPad can be
frozen or unfrozen. Use this tool to make sure your child only plays a certain game
or uses a certain app until you disable Guided Access. Go to Settings – General –
Accessibility to turn on this program.
    ▪ You can also “Enable Restrictions” in settings. This allows you to choose
which apps your child can use by “hiding” them on the home screen.
    Please note that this setting requires a PIN, and if you forget the PIN you
have to erase the phone. While enabled, the phone cannot be backed up
or restored.
    ▪ Restrictions also let you block content that goes past a certain rating, such
as music and films, restrict content on the web, and prevent privacy settings
from being altered.
  o Android devices also have built in systems by which parents can limit access.
    ▪ You can enable parental controls on Google Play, limiting access to apps,
games, movies, etc. See resources below for links on how to enable these.
    Please note that there are other ways to download content outside of
Google Play.
    ▪ Add a user account to Android that is set up for each child according to
their age group and needs.
    ▪ Android parental controls also apply to some smart TVs that use the
Android operating system, like Sony BRAVIA.

Other Apps for your Mobile Devices:

• There are many choices out there for extra apps that will enable you to have more control
over your mobile devices:
  o FamilyLink is a relatively new app from Google that allows you to control screen
time, approve or block specific apps, set up specific accounts for minors, and set
digital ground rules. This app is currently only compatible with Android.
Norton, NetNanny, Kaspersky Safe Kids, and many other companies offer mobile device applications that provide parental controls and safety controls. They often require a purchase, but can be a great option. See the resources page below for a comparison chart of apps.

Kid friendly browsers are also available for mobile devices: see the resources page for links to potential options.

Don’t forget about gaming systems!

- Many gaming consoles also have parental control capability.
- The Entertainment Software Rating Board offers [this site](http://www.esrb.org) that explains parental control options depending on which gaming system your child uses. Other sites can be found below in the Resources section.

**Resources**

### Internet Service Providers:

- Comcast/Xfinity TV options: [https://www.xfinity.com/support/articles/x1-parental-controls-turn-on-off](https://www.xfinity.com/support/articles/x1-parental-controls-turn-on-off)
- Xfinity internet parental controls: [https://www.xfinity.com/support/articles/set-up-parental-controls-with-comcast-networking](https://www.xfinity.com/support/articles/set-up-parental-controls-with-comcast-networking)

### Smart TVs:

- Roku TV: [https://support.roku.com/article/208755938-how-to-block-content-using-parental-controls](https://support.roku.com/article/208755938-how-to-block-content-using-parental-controls)

### Internet Browsers:

- Internet Explorer:
Apple Devices:

- Parental controls for mobile iOS:
  - Built-in options: [https://www.cnet.com/how-to/parental-controls-you-can-use-right-now-on-your-kids-iphone/](https://www.cnet.com/how-to/parental-controls-you-can-use-right-now-on-your-kids-iphone/)
  - App comparison: [https://www.pcmag.com/roundup/342731/the-best-parental-control-apps-for-your-phone](https://www.pcmag.com/roundup/342731/the-best-parental-control-apps-for-your-phone)

- Apple computer built-in control options:

- Compare software: [https://www.toptenreviews.com/software/privacy/best-parental-software/](https://www.toptenreviews.com/software/privacy/best-parental-software/)

Android Devices:

- Mobile Android parental controls:
  - Google Play controls: [https://support.google.com/googleplay/answer/1075738?hl=en](https://support.google.com/googleplay/answer/1075738?hl=en)
  - Built-in Android controls and FamilyLink: [https://www.techadvisor.co.uk/how-to/googleandroid/android-parental-controls-3461359/](https://www.techadvisor.co.uk/how-to/googleandroid/android-parental-controls-3461359/)
  - App comparison: [https://www.pcmag.com/roundup/342731/the-best-parental-control-apps-for-your-phone](https://www.pcmag.com/roundup/342731/the-best-parental-control-apps-for-your-phone)

PC Computers:

- Parental controls in Windows 10: [https://www.laptopmag.com/articles/parental-controls-windows-10](https://www.laptopmag.com/articles/parental-controls-windows-10)
- NetNanny Windows 10 advice: [https://www.netnanny.com/blog/how-to-set-parental-controls-for-windows-10/](https://www.netnanny.com/blog/how-to-set-parental-controls-for-windows-10/)


- Software options:

Compare software compatible with Android, iOS, and mobile devices:

- [https://www.pcmag.com/article2/0,2817,2346997,00.asp](https://www.pcmag.com/article2/0,2817,2346997,00.asp)

Kid safe browsers:


Gaming Consoles:

- Entertainment Software Rating Board: [http://www.esrb.org/about/settingcontrols.aspx](http://www.esrb.org/about/settingcontrols.aspx)

Considering buying a console? Check these sites for ratings and helpful tips:


Helpful sites for ratings, tips, and advice:

- [https://www.commonsensemedia.org/](https://www.commonsensemedia.org/)
- [https://staysafeonline.org/](https://staysafeonline.org/)
- [https://www.teensafe.com/](https://www.teensafe.com/)
- [https://www.stopbullying.gov/](https://www.stopbullying.gov/)
- [https://www.us-cert.gov/ncas/tips/ST05-002](https://www.us-cert.gov/ncas/tips/ST05-002)