

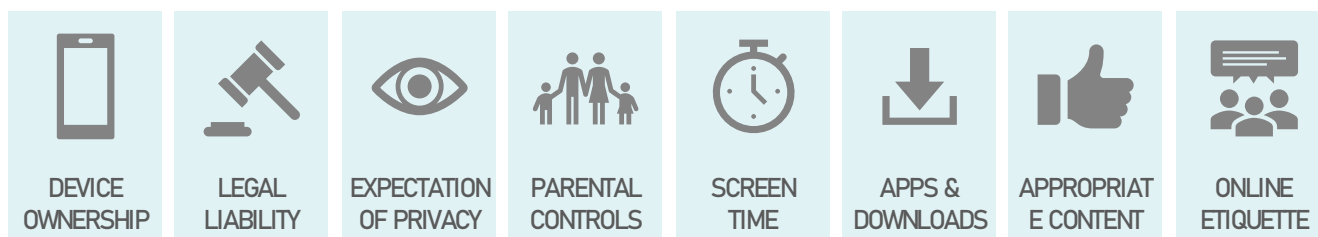
A Parent's Guide to Online Protection

Sow a thought, reap an action.
Sow an action, reap a habit.
Sow a habit, reap a character.
Sow a character, reap a destiny.

STEPHEN COVEY

RULES & COMMUNICATION

Consider creating rules or communicating with your child on:



PASSWORDS

Passwords need to be secure, but also something we can remember.

My personal method for keeping secure passwords that I can remember, is to have different passwords for different kinds of accounts:

- Email Accounts
- Social Media Accounts
- Accounts with Financial Information
- Accounts I Had to Create
- Accounts I Share with My Kids

The password you use for your email address SHOULD NEVER be used for any other account. It is the social-security-number of your passwords as it can ultimately give access to every other account you have.

NETWORK

Your network is the heart of your digital home.

The modem and router are the main point through which the internet (and everything that comes with it) enters and exits your home. Because of that, they are the most crucial place to enable filters.

Filters & parental controls can be set up in various ways, common methods include:

Changing Domain Name Server (DNS) Settings

Popular DNS Filtering Sites

- **OpenDNS** – www.opendns.com
- **Comodo Dome** – cdome.comodo.com
- **Safe DNS** – www.safedns.com
- **Yandex.DNS** – www.dns.yandex.com
- **CleanBrowsing** – www.cleanbrowsing.org

To sign up for a free, home account with OpenDNS: <https://signup.opendns.com/homefree>

Install OpenDNS on your modem or router:

<https://support.opendns.com/hc/en-us/sections/206253667-Individual-Router-Configurations>

Some Internet Service Providers (ISP) have blocked users from being able to adjust the settings on their loaned or leased equipment. If your ISP has blocked you from being able to make these changes, contact them to see if your plan includes a software or options to enable parental controls through them.

Add-On Components

Add-on components are devices that connect to your existing network and offer features or software and apps that allow you to filter network content, but may also allow you to set time limits, app restrictions, or possibly even improve wireless signal throughout your home.



Disney Circle: www.meetcircle.com



KoalaSafe
Easier parenting.

KoalaSafe: www.koalasafe.com

Routers with Parental Controls

Some recent models of modems & routers come with parental control or filtering capabilities built right into your device that you can control by logging into your device or with an app you install on your smartphone.

Think it may be time to replace or upgrade your router? We did this recently. Here were my top picks:

- **Netgear Nighthawk** – www.netgear.com/nighthawk (there are multiple versions, we got the AC2300)
- **Google Wifi** – www.store.google.com
- **Netgear Orbi** – www.netgear.com/orbi
- **Linksys Velop** – www.linksys.com/us/velop
- **Gryphon** – www.gryphonconnect.com

OpenDNS Instructions

*If you are using OpenDNS for DNS Filtering, you can find many useful instructions on their site for changing device DNS settings.

<https://support.opendns.com/hc/en-us/sections/206253707-Smart-Devices>

DEVICES

One blanket rule that I would advise for any device is that whenever and wherever possible, the Admin account for any device should be a parent's account, never the child's account, the child's account should only be a user account. Doing this limits the settings changes that they can make.

Every device should be set up with parental controls and restrictions before it is ever placed in your child's hands.

COMPUTERS

- Sign in with Family-Linked account
- Disable Guest Accounts
(**How to:** Control Panel > User Accounts > Manage Another Account > Turn off guest account)
- Change DNS Servers (Windows 10 <https://support.opendns.com/hc/en-us/articles/228007207-Windows-10-Configuration>)
Note: Do this for both Wireless & Ethernet adapters if the computer can connect both ways.
- Download Google Chrome
- Set up Parental Controls

PHONES & TABLETS

- Sign in with Family-Linked account
- Disable Guest Accounts
- Change DNS Servers
- Download Google Chrome
- Explore settings & make necessary adjustments
- Install parental control apps

GAMING CONSOLES

- Sign in with Family-Linked account
- Change DNS Servers
- Enable Manufacturer's Parental Controls

SMART TVs

- Change DNS Servers (if possible)
- Enable Manufacturer's parental controls
- Set parental controls through service providers

SOFTWARE

Common features of Parental Control or Filtering Software



Content Filtering



Time Limits



Activity Monitoring



Message Monitoring



Social Media Monitoring



App Blocking



Location Monitoring



Invisibility

SERVICES YOU MIGHT ALREADY HAVE ACCESS TO

- **Microsoft Family** – www.account.microsoft.com/family
- **Google Family** – www.families.google.com
 - Google Activity & Timeline – www.myactivity.google.com
 - Web & App Activity
 - Location History
 - Device Information
 - Voice & Audio Activity
 - YouTube Search History
 - YouTube Watch History
 - Google Safe Search - <https://support.google.com/websearch/answer/510>
 - Keeping Safe Search turned on for the networks you manage: <https://support.google.com/websearch/answer/186669>
- **Apple Families** – www.apple.com/families



OTHER APPS OR SOFTWARE TO CONSIDER FOR FAMILY OR PARENTAL CONTROLS

NAME	COMPATIBLE	URL								
Bark		bark.us			✓	✓	✓			
Linksys Shield		linksys.com/us/linksys-shield	✓							
Qustodio		qustodio.com	✓	✓			✓	✓	✓	
Net Nanny		netnanny.com	✓	✓						
Circle*		meetcircle.com	✓	✓	✓			✓		
Family Time		familytime.io	✓	✓	✓	✓		✓	✓	
Screen Time		screentimelabs.com		✓	✓			✓		
Web Safety		websafety.com		✓	✓	✓	✓		✓	
KidBridge		kidbridge.com			✓	✓			✓	
KoalaSafe*		koalasafe.com	✓	✓	✓		✓	✓		
Clean Router*		cleanrouter.com	✓	✓	✓		✓			
Kaspersky Kids		usa.kaspersky.com/safe-kids	✓	✓			✓	✓	✓	
Life360		life360.com							✓	
mSpy		mspy.com		✓	✓	✓			✓	✓
Mobicip		mobicip.com	✓				✓	✓	✓	
WebWatcher		webwatcher.com		✓	✓	✓			✓	✓

* These are add-on components like we discussed under Network, however, they have applications & software that accompanies them.

IFTTT - www.IFTTT.com

Stands for "If This Then That". Allows you to create rules to automate processes such as:

If my Facebook profile picture changes, **then** change my Instagram photo to the same image.

If my child sends or receives a text message, **then** save it to a file in my Dropbox.

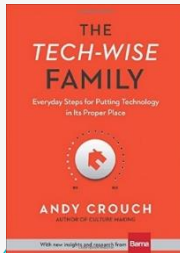
If an astronaut enters or exits space, **then** send me a text message to let me know.

Life360 - www.Life360.com



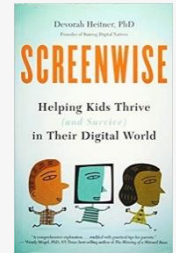
RESOURCES

The Tech-Wise Family
 Everyday Steps for Putting
 Technology in its
 Proper Place
 Andy Crouch (2017)



<https://smile.amazon.com/Tech-Wise-Family-Everyday-Putting-Technology/dp/0801018668/>

Screenwise
 Helping Kids Thrive (And
 Survive) In Their
 Digital World
 Devorah Heitner (2016)



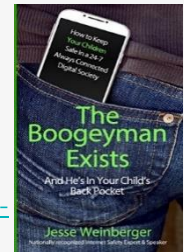
<https://smile.amazon.com/Screenwise-Helping-Thrive-Survive-Digital/dp/1629561452/>

**Raising Humans in a Digital
 World**
 Helping Kids Build a Healthy
 Relationship with Technology
 Diana Graber (2019)



<https://smile.amazon.com/dp/0814439799/>

The Boogeyman Exists
 And He's In Your Child's
 Back Pocket
 Jesse Weinberger (2014)

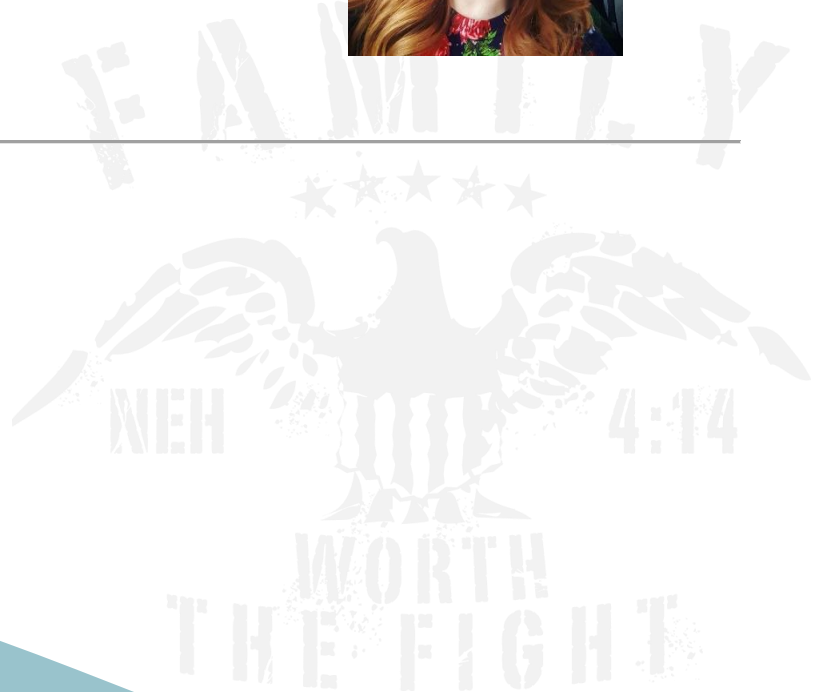


<https://smile.amazon.com/Boogeyman-Exists-Your-Childs-Pocket-ebook/dp/000NN50MFC/>

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CONNECT TIME

1. Are you comfortable with the current precautions you have in place on your home network and your family's devices?
2. What online threats are you most concerned about protecting your family from?
3. What steps do you feel you need to take in order to better protect your family?
4. You and your spouse may have different ideas as to what extent to implement parental controls. It's best to discuss where you both stand on the following topics so that you're in agreement prior to putting new rules or restrictions in place on your children's devices.

Privacy: is it a right or a privilege?

Screen time limits

Location Monitoring

Message Monitoring: Should we monitor messages? If so, should we just monitor who messages are being sent to, or is it important to us to see what is being said also?

