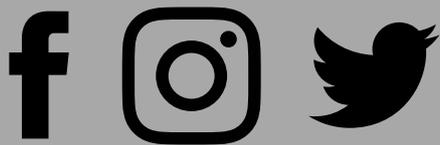




ySafe

Cyber Safety

PARENT  
GUIDE



# THE PARENT GUIDE TO CYBER SAFETY

Hi there!

If you've received this, we take it you came along to one of our parent cyber safety education sessions. Thanks! You've officially taken the first steps to setting up a cyber safe home for your family.

You've now also been inducted into the ySafe cyber safe community. You're joining thousands of other parents who are approaching cyber safety the ySafe way- with drive and assertiveness ( we know this, otherwise you wouldn't have attended our session!) So well done! It's great to have you aboard!

In this document you'll find information that summarises the key points discussed on the night, plus some additional notes.

If you would like to get in touch with us, please feel free to contact us at anytime. You can email us at [information@ysafe.com.au](mailto:information@ysafe.com.au)

Don't forget to Like us on Facebook! (@ysafesolutions).

See you soon! [The ySafe Team](#)



# KEY CYBER SAFETY RULES FOR YOUR FAMILY

It's important that everyone in the family understands cyber safety principles, and puts measures in place to ensure their safety. Some of the staple cyber safety rules that can be implemented in your home are:

- Always keep all your social media profiles on private
- Never talk to strangers and accept friend requests/follow requests from people you have never met before
- Turn off location services on all apps that don't require them to be turned on.
- Never post a photo or video of yourself in a school uniform
- Never send inappropriate photos of yourself or of other people (even if it's just a joke)
- Treat other people online with respect and care
- Tell a parent if anyone ever bullies you, or says something to you that is not ok to say.

## TOP TIP

Use a digital contract with your kids, to help set clear rules about their social media/gaming use. A contract also encourages kids to be accountable for their actions online.

## PARENTAL CONTROL TOOLS

Implementing parental controls is the most pain-free and effective way of managing your child's online activity. These tools can help parents:

- Set technology to turn off at bedtime
- Keep kids off social media during homework time
- Protect kids from seeing inappropriate content
- Give you control over the apps that kids are accessing
- Manage your child's device in and outside of home
- Receive information about dangerous apps to block

## WANT US IN YOUR HOME? (...wait, what?)

We've partnered with Family Zone, Australia's leading parental control tool, to give you our expertise in your home. Want us to tell you all the things you need to know about the apps your kids are using? Visit the link for more information and try it out for free: [www.familyzone.com/ysafe](http://www.familyzone.com/ysafe)





Facebook is less popular with kids and teenagers, as their parents now have a strong presence on this platform.

One of the major problems with Facebook is their Live Feed. People can post live videos on their Facebook pages, which can sometimes involve risque or inappropriate content. Once kids have seen this though, the damage is done.

## TURNING ON PRIVACY SETTINGS (settle in, this will take a while)

1. In the app, click on the 3 lines in the bottom right hand corner
2. Scroll to the bottom and click 'Privacy Shortcuts'
3. Click 'Who can see my stuff?' and set to 'Friends'
4. Click 'More Settings'
5. Click on 'Privacy'
6. Under 'Who can see the people and lists you follow', select 'Friends'
7. Click 'Limit the audience for posts you've shared..' and click 'Limit Old Posts'
8. Click on 'Reviews posts that friends tag you in before they appear on your Timeline?' and select 'On'
9. Click 'Who can see posts you've been tagged in on your Timeline?' and select 'Friends'
10. Click on 'Who can see what others post on your Timeline' and select 'Friends'

Did you complete Step 7? Your privacy settings will be pointless unless you have done this (for adults included, maybe check your own settings while you're in the swing of things?)





Instagram is a popular photo and video sharing app that is a fan favourite for kids and teenagers ranging from 8-17 (yes, you read correctly, kids as young as 8!)

Instagram is a popular platform for cyber bullying, inappropriate photo sharing, and host a substantial amount of easy-to-come-across pornography.

When setting up your child's Instagram account, make sure the following settings are in place.

## TURNING ON PRIVACY SETTINGS

1. Log in to their profile
2. Click on Profile Tab
3. Click the Settings Tab
4. Click 'Private Account'

## BLOCKING MEAN COMMENTS

1. Open Instagram app
2. Click on the profile tab (the icon of a head & shoulders)
- 3.. Click the Settings Tab (the gear in the right hand corner)
4. Scroll down and click 'Comments'
5. Click 'Hide Inappropriate Comments'

## GHOST ACCOUNTS

Kids often have more than one Instagram account. They have one they show their parents, and one that they show their friends. There are two ways to find your child's Ghost accounts on Instagram.

1. Search for their first & last name in the search bar
2. Scroll through their followers list on their 'normal' account and look for a photo of them in the profile pictures'





# SnapChat

SnapChat is a photo and video sharing app that allows users to send information that is time-limited. Kids send photos or videos that can only be accessed for a time period between 1-10 seconds after it has been opened. After that time has elapsed, the photo or video 'disappears'.

Kids can also private message and make phone calls on SnapChat. Once a message has been opened though, the message is deleted, making it impossible for parents to supervise discussions.

## TURNING ON PRIVACY SETTINGS

1. When opening the app, slide the screen down with your finger
2. In the top right hand corner, click on the Settings button (the gear)
3. Under the 'Who Can...' section, set everything to 'My Friends'
4. Click on 'See me in Quick Add' and turn off

## TURNING OFF LOCATION TRACKING

SnapChat can track your location on a map, that is sent out to other people on your friends list. Unless turned off, the app will provide information about your exact location, including providing an aerial photo of your house when at home. To turn this off:

1. When opening the app, slide the screen down with your finger
2. In the top right hand corner, click on the Settings button (the gear)
3. Under the 'Who Can...' section, click on 'See My Location'
4. Turn on 'Ghost Mode'

## WATCH OUT...

Be careful if your child downloads the app 'Yellow'. It is linked to SnapChat and is the Tinder-equivalent for teenagers and kids. Use parental control tools to block this app.





Kids as young as 6 are posting videos of themselves on YouTube. There are serious safety issues associated with this, as well as many people in the YouTube community that feel that it is appropriate to post horrifically mean comments on other people's videos.

## TURNING ON RESTRICTED SETTINGS (IE. FILTERING)

1. On your computer/laptop, visit youtube.com
2. At the bottom of the page, turn 'Restricted Mode' to 'On'
3. Click 'Lock Restricted Mode in Browser'
4. Repeat all of these steps on every browser on each computer

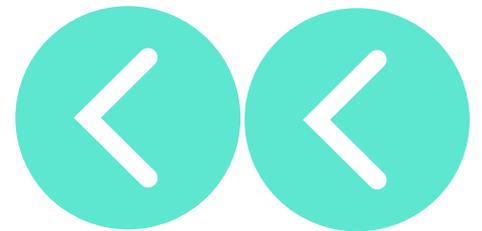
## RESTRICTED SETTINGS ON DEVICES & IPHONES

1. On the YouTube app on each device/iphone/tablet
2. In the top right hand corner, click on the circle next to the magnifying glass.
3. Click 'Settings'
4. Click 'Restricted Mode Filtering' and click 'Strict'

The average teenager will spend

**40 MINUTES**

watching YouTube videos in one session



## WHEN POSTING VIDEOS

Before your child posts a video, make sure that comments on their video are disabled. This will stop people from 'trolling' or writing nasty comments on their posts.





Google is arguably one of the greatest assets that has come out of the Digital Age. However, despite hosting an infinite amount of valuable information, there is a nasty side to Googling. Many children and teenagers are exposed to inappropriate or harmful content based on what we would otherwise think of as 'innocuous search terms'. Maybe your child has an affinity for cats. In order to protect them from the possible outcomes of searching for 'pussy', you need to setup Google Safe Searches on each of their devices and browsers.

## TURNING ON SAFE SEARCHES (on Google Chrome)

1. Search for something generic on the computer/laptop (the search doesn't matter, you just want the search page to come up)
2. Under the toolbar, click the 'Settings' button
3. Click on 'Turn on SafeSearch'

## TURNING ON SAFE SEARCHES (Google Chrome App)

1. Open Google app on iPhone/iPad/device
2. In the top left hand corner. Click on name/email address that is signed in
3. Scroll down and click 'Search Settings'
4. Click 'Filter Explicit Results'

## TURNING ON SAFE SEARCHES (Safari App)

1. Open Safari on iPad/iPhone/device and go to Google.com
2. Scroll down to the bottom of the page and click Settings
3. Click 'Search Settings'
4. Click 'Filter Explicit Results'





A popular app with primary school aged children, this app allows people to film themselves signing along to their favourite song, and posting it online like their very own music video. Sounds great, right?

It is great, except for the major privacy issues and bad people ruining it for kids. This app is rife with predators, and given that videos can be geotagged (allowing people to track someone's location), if unsupervised this app is extremely dangerous for kids.

## TURNING ON PRIVACY SETTINGS

1. In the app, click on the head & shoulders icon (right hand corner)
2. In the top right hand corner, click the settings button (gear icon)
3. Click 'Settings'
4. Turn on 'Only friends can direct.ly me'
5. Turn on 'Hide location info'
6. Turn on 'Private account'
7. Go back to profile page, and click 'Edit Profile'. Ensure that your child has not recorded any personal information in their bio.

## ONGOING SUPERVISION

For kids on this app, only viewing other people's videos minimises safety risks (not entirely, but at least the risk of posting personal information online). However, ongoing supervision on this app is key! If your child is posting videos to their profiles, check these regularly, and delete any that are not appropriate or safe.

## AGE RECOMMENDATION?

Kids all of ages love posting on this app. Even 6 year olds are loving posting to this platform! Though, to play devil's advocate, we recommend kids aged 12+ on this app (with ongoing supervision). The risks are just too great for anyone younger.



## STEP-BY-STEP

# SETTING UP YOUR CYBER SAFE HOME

## STEP 1.

### **Setup your child's devices with restrictions and settings**

At the most basic level, setup filtering systems on your child's devices. On an IOS device (Apple), go to Settings > General > Restrictions, and turn on relevant restrictions (keep in mind, these are only basic functions, but better than nothing!)

Use parental control tools to block apps, inappropriate content, set up times schedules, control devices remotely, and monitor child's use. For this, we recommend using Family Zone. (Visit [familyzone.com](http://familyzone.com) for more information)

## STEP 2.

### **Discuss and sign a digital agreement**

Use this moment to go over your expectations about their use, your rules and what happens when they break the rules

This is your time to assert that you're the parent. You are going to supervise and check in when you feel it is necessary.

## STEP 3.

### **Setup your child's accounts**

Jointly create passwords

Reiterate your expectations of their online behaviour, the rules around use and your stance of supervising them

Ensure privacy settings are at the maximum level, and turn off geolocation services on their devices (for apps that don't require it, apps like Pokemon Go need this function turned on)

## STEP-BY-STEP

# SETTING UP YOUR CYBER SAFE HOME

## STEP 4.

### Make a technology-use schedule & identify a technology free-zone

In the schedule, include social activities, time online, family time, bedtime, etc. Kids work best when they have structured boundaries to help guide their expectations. This is a key factor in behaviour management.

Designate an area in the home that is 'technology free', like the dinner table or the living room. Keep in mind, this rule has to apply to parents too! (#positivemodelling)

## STEP 5.

### Supervise & participate

Check social media profiles regularly. Perform 'culls' on your child's friends or follow lists sporadically.

Use device restriction as form of behaviour management (or more free time on devices as a reward for good behaviour)

Make cyber safety a regular talking point in your home

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## CYBER SAFETY CONVERSATION STARTERS

How do you know who is seeing the information that your posting online?

What are three positive and three negative points about using social media?

*How would you like people to treat you when you're online? How do you think you should treat others online?*

*When you post something online, where does it go? Can you track where that information goes once it's online?*

Get a piece of paper and draw two columns. In each column, write down what kind of personal information is and isn't ok to post online.

Why is it important for everyone to have their social media profiles set to private? What are privacy settings and what do they do?

## USEFUL

# WEBSITES

INSTAGRAM FAMILY HELP CENTRE

<https://help.instagram.com/>

SNAPCHAT FAMILY HELP CENTRE

<https://storage.googleapis.com/snapchat-web/safety/parents-guide-en.pdf>

FACEBOOK FAMILY HELP CENTRE

<https://www.facebook.com/safety/parents>

YOUTUBE FAMILY HELP CENTRE

<https://support.google.com/youtube/answer/2802272?hl=en-GB>

RESOURCES ABOUT APPS, GAMES AND OTHER DIGITAL PARENTING TIPS

<https://esafety.gov.au/>

REVIEWS AND AGE RECOMMENDATIONS FOR GAMES

<https://www.common sense media.org/reviews/category/game>

PARENTAL CONTROL TOOLS

<https://www.familyzone.com/>

FAMILY CONTROL TOOLS FOR PLAYSTATIONS

<https://www.playstation.com/en-au/get-help/help-library/my-account/parental-controls/age-ratings-and-parental-controls/>

FAMILY CONTROL TOOLS FOR XBOX

<http://support.xbox.com/en-AU/xbox-360/security/xbox-live-parental-control>



**ySafe**

Social Media & Cyber Safety Experts

## TALK TO US

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