



## Protecting Our Children on the Internet Simplifi Tech Talk episode #2, July 2022

**Simplifi Tech Talks is a series of technical topics and how we can use technology to better our lives.**

There are many good things that can be done on the Internet, schooling, education, social media, etc. We need to encourage our children to use the Internet in a positive way.

But, there are issues and concerns with children using the Internet. As parents we need to protect our children with all methods, from creating strong relationships to using technology to help monitor and protect. What are the bad areas of the Internet:

- Bad/Fake people on the Internet
- Being bullied on the Internet
- Sites that want to steal your information and identity
- Cybercrime
- Adult content
- Disturbing content – people sending shocking pictures and videos

In addition to issues mentioned above, there are trends on the Internet that can be harmful, and in some cases fatal.

- Stranger will ask child for a compromising picture, then use for blackmail
- Tik-tok challenges – tide pods, choking/blackout, drinking, some have already killed people
- Selfies in dangerous places – every year people die trying to take shock pics for “likes”
- Staying up late, to talk or social media, neglecting homework and family.

### **Different issues at various ages**

Different age groups have different challenges, with younger children, they just don't know what to do on the Internet and can click randomly. As our children get older and influenced by others can cause higher risks.

- 5-8 – simple games, videos, cartoons
- 8-15 – social media, tik-tok, communicating with friends

### **Different devices can be used:**

There are many ways to access the Internet, using computers, tablets, smartphones, and now even Virtual Reality.

### **How to get Internet to your home**

Internet can be brought into your home using fiber, wireless (both sim and fixed wireless), TV cable, telephone lines, and even satellite. Your Internet connection usually connects to a router, which is a device that can provide wifi and to separate your home from the Internet.

## Best tools to help protect our children

- Talking to your children on a regular basis to let them know the dangers. If you don't know, have one of your "techie" friends help. Trust with your child is the best way to protect our children
  - Children should be able to talk to you about issues they see or questions they have about the Internet, such as, sites, pictures or videos that they have seen, bullying, what makes them uncomfortable or what they do not understand
- Monitor usage
  - Keep devices in same or common area
  - Check history of devices or browsers
  - Time limits – set limits per day, per week, per device
  - Block sites – completely block sites that have bad content
  - Don't give unprotected phone with Internet as a babysitting device
- Link through the child social media to see who they are talking to, friending, and what they may be posting
- Don't allow child to sign up for a site without your permission
- Keep yourself informed on the trends and issues related to Internet
- Talk to other parents about their findings and solutions
- If child is in boarding school, make sure school has policy for protecting your children on the Internet
- No solution is 100%, and other children's home may not have the same rules or controls
- Do not ban your children from the Internet as children will find other ways to access

## Using technology

- Safe browser modes for Chrome or others
- YouTube "restricted mode"
- Vilo Living to limit times and block site
  - A Simplifi WiFi router that will help you manage your home WiFi, Schedule Internet access for your child's device, restrict access to sites.
- Google Family Link – Download the Google Family Link app and set up an account for your child to be able to monitor
  - Apps that are installed
  - Amount of screen time
- OpenDNS [Visit the OpenDNS website](#) and set up an account, change your router DNS settings (more advanced)
- Using Artificial Intelligence to monitor social media content that children visit such as product called Bark

If you have additional questions send email to:

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