

Utah Child Protection Registry  
Presents

# Internet Safety

A GUIDE FOR PARENTS AND TEACHERS

PRACTICAL TIPS TO KEEPING KIDS SAFE ONLINE



Utah Child  
Protection  
Registry

[donotcontact.utah.gov](http://donotcontact.utah.gov)

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# SECTION ONE

# CHILDREN NEED SUPERVISION



# THERE'S NO SUBSTITUTE FOR PARENTING

As a parent or teacher would you allow a young child to go out into the world without supervision? Responsible parents and educators would answer, "No." Today's online world can be just as dangerous as sending a child into the streets without supervision.

Children need to understand that there are dangers they could face beyond the keyboard. The information they post could pose a risk to their physical well-being and safety or impact future job opportunities.

Teaching our children how to become a responsible digital citizen is important they need to know that you as their parent/teacher care and will supervise their activity to assure their safety.

This E-booklet will give you tips on setting rules for online use, assist you in learning about popular social platforms and give you ideas on how to make your child's online experience as safe as possible.



## SECTION TWO

# Age Appropriate Tips

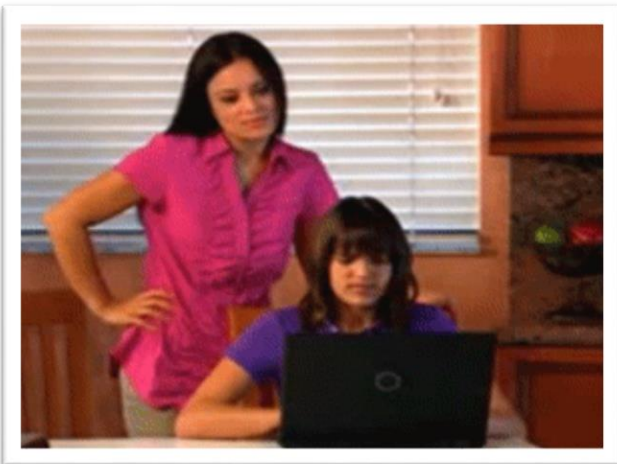
***Parents who discuss their family values and expectations for participating in the digital world are more likely to have children whose behavior online reflect their values.***



# AGE APPROPRIATE TIPS

## 2 – 8 years old

- Sit with your children and supervise them closely while on devices.
- Set clear rules for length of computer time and what sites/apps are appropriate to visit. A best practice to enforce this would be only allow them to visit bookmarked sites.
- Tell your children to never talk to “strangers” online/offline.
- Teach them what their personal information is and not to share it with anyone. (Name of school, names of places they participate in activities i.e., theater, dance studio, sports teams, name of school)
- Go to [www.netsmartzkids.org](http://www.netsmartzkids.org) for some short, fun videos and e-books for this age group regarding specific subjects on internet safety.



*Although 71 percent of parents said they had talked to their children about online behavior, only 44 percent of children agreed that they had.*

***–Pew Internet Research***

# AGE APPROPRIATE TIPS

## 9 – 12 years old

- Keep your computer in an area of your home that is accessible to everyone.
- Talk to your kids about cyberbullying.
- Help them understand the consequences of saying hurtful things online.
- Set clear rules about what is appropriate to post online in regards to pictures, language, personal information, etc. Talk to them about the permanence of the internet and how their actions may affect them in the future.
- Explain to them the consequences of file sharing and downloading music, games and movies. Set rules that they will not download or pay for anything without checking with you first.
- Tell them never to share their passwords with anyone except you.
- Let them know to never open an email from a stranger because it may contain a virus and harm the computer.
- Ask them to tell you if a stranger is contacting them online immediately.
- As a parent, you should about the social media apps your child is using. Create a personal profile and make sure they “friend” you.
- Have your entire family sign a “Family Internet Safety Contract”.

## 13 – 18 years old

- Follow all of the above
- Talk to your teens about the dangers of online gambling and other illegal and harmful activities that can be found online. (Prescription drugs, pornography, tobacco and alcohol sites)



## SECTION THREE

# 5 Steps to Internet Safety





# 5 STEPS TO INTERNET SAFETY

## STEP 1: Register with the Utah Child Protection Registry!

Protect your email addresses, cell phone numbers and instant messenger ID's from companies marketing alcohol, tobacco, pornography, online gambling and illegal drugs.

It is fast, safe and FREE to register and protect your family.  
[donotcontact.utah.gov](http://donotcontact.utah.gov)



# 5 STEPS TO INTERNET SAFETY

## STEP 2: Turn on Safe Search

Turn on “**Safe Searches**” feature in your search engine.

Google, Bing, YouTube, and YouTube Kids have built in safety features that will prevent inappropriate sites and content from coming up when your child conducts a search.



70% of Tweens and Teens  
Hide Their Online Behavior  
from Their Parents.

-McAfee 2014



# 5 STEPS TO INTERNET SAFETY

## Step 2: Turn on Safe Search

To enable safe-search on Google:

- Visit the Search Settings page at [www.google.com/preferences](http://www.google.com/preferences).
- In the “**safe search**” filter section, check the box next to “**Filter explicit results**” to filter sexually explicit video and images from Google Search result pages.



- Make sure to click the Save button at the bottom of the page.

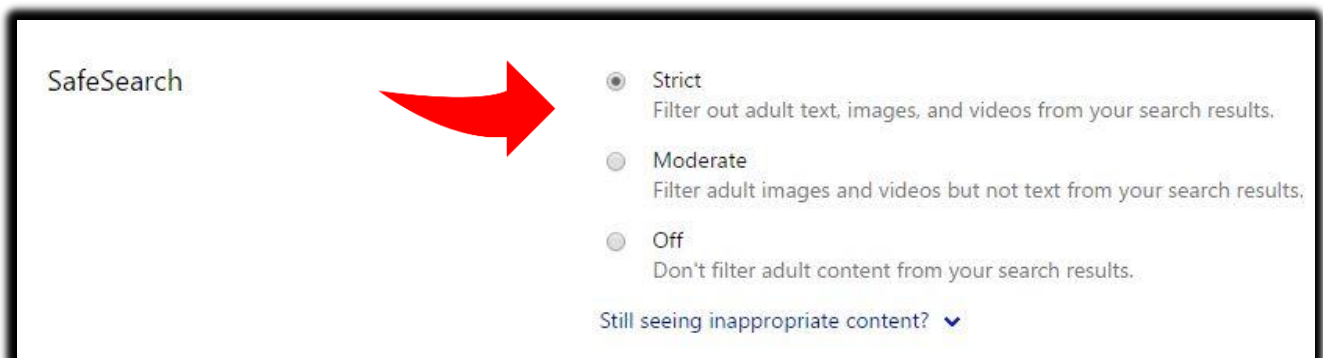


# 5 STEPS TO INTERNET SAFETY

## Step 2: Turn on Safe Search

To enable safe-search on Bing:

- Go to <http://www.bing.com/preferences.aspx> You will see that the first section is the “**Safe Search**” section. Here you can click “**Strict Filter**” to filter out adult text, images and videos.



- Be sure to click “save” at the bottom of your screen.

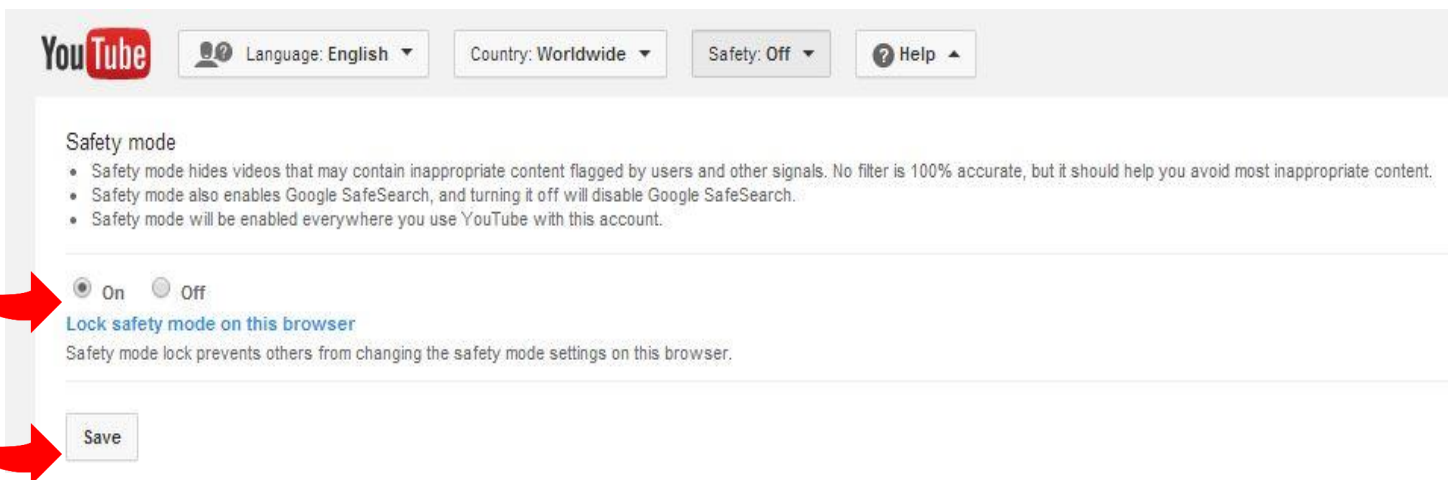


# 5 STEPS TO INTERNET SAFETY

## Step 2: Turn on Safe Search

To enable safe-search on YouTube:

- Go to [Youtube.com](https://www.youtube.com). Scroll down to bottom of the page. You will see a tab that says “**Safety**”. Click the arrow and a drop down menu will appear.
- Click “**On**”
- Be sure to click “**Save.**”



The screenshot shows the YouTube interface with the 'Safety' dropdown menu open. The 'Safety: Off' option is currently selected. The 'Safety mode' section is visible, with the 'On' radio button selected. A red arrow points to the 'On' radio button. Below the radio buttons, there is a link for 'Lock safety mode on this browser' and a 'Save' button. Another red arrow points to the 'Save' button.

YouTube

Language: English Country: Worldwide Safety: Off Help

Safety mode

- Safety mode hides videos that may contain inappropriate content flagged by users and other signals. No filter is 100% accurate, but it should help you avoid most inappropriate content.
- Safety mode also enables Google SafeSearch, and turning it off will disable Google SafeSearch.
- Safety mode will be enabled everywhere you use YouTube with this account.

On  Off

[Lock safety mode on this browser](#)

Safety mode lock prevents others from changing the safety mode settings on this browser.

Save

# 5 STEPS TO INTERNET SAFETY

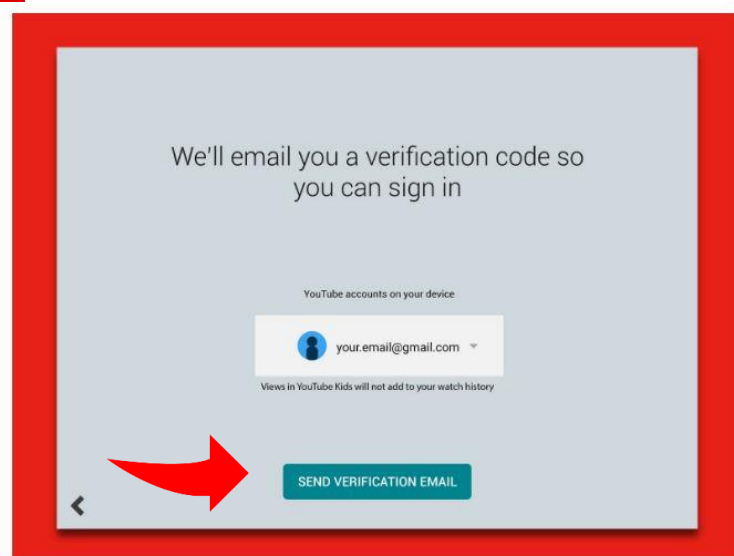
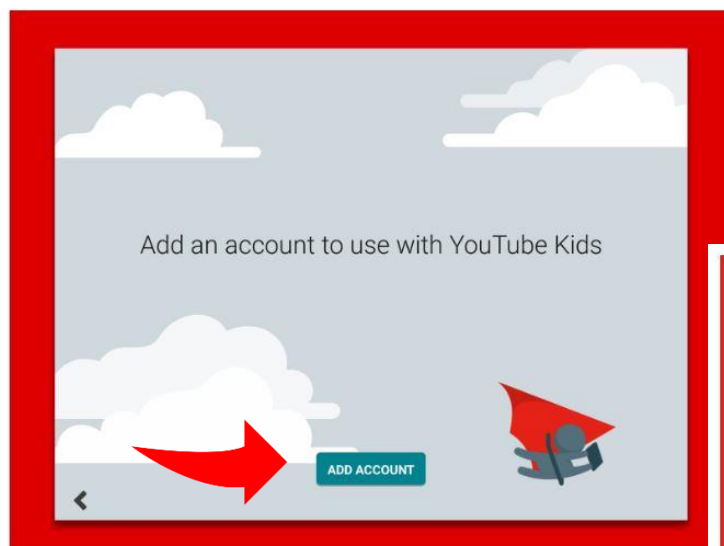
## Step 2: Turn on Safe Search

To enable safe-search on [YouTubeKids \(https://kids.youtube.com/\)](https://kids.youtube.com/) :

After you're logged in, the videos and channels you block in YouTube Kids will remain consistent across all your devices. And as a parent, if you change your mind, you can unblock all restricted videos or channels at once.

- Go to YouTubeKids (<https://kids.youtube.com/>)
- Concerned parents should create and sign in with a YouTube account that will allow them to control settings.
- Be sure turn off the search option on YouTube Kids and lock it with a secret passcode. It'll keep kids from searching for new videos without adult permission.
- With the search function deactivated, the app won't recommend new videos for a child to click on and watch.

*To sign in you will be asked to send yourself a parental consent email.*



# 5 STEPS TO INTERNET SAFETY

## Step 2: Turn on Safe Search

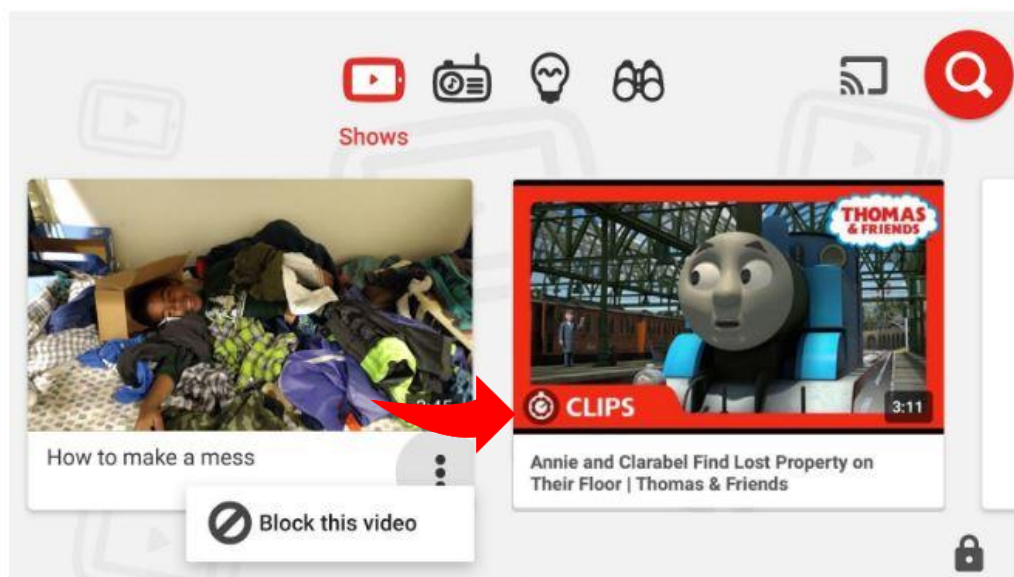
To enable safe-search on [YouTubeKids](https://kids.youtube.com/) (<https://kids.youtube.com/>) :

Learn how the app works: When parents open YouTube Kids, they explain upfront how their systems choose and recommend content and how to flag videos. They also prompt you to make a choice about how broadly you want your child to explore—turn search on to access millions of family-friendly videos, or turn search off to restrict your child’s experience to a more limited set.

- **Timer:** Let the app be the bad guy with a built-in timer that lets you limit kids’ screen time. The app alerts your child when the session is over, so you don’t have to.
- **YouTube Kids on the big screen:** Watch YouTube Kids as a family on your big screen. Now YouTube Kids is available on your TV, using Chromecast, Apple TV, game consoles or a smart TV.
- **Age-based customization:** When you first open the app, you can select from three general age groups (preschool, school age or all kids) making the initial home screen reflect videos that may interest children in that age range.
- **For more information see the [parental guide](#).**

<https://support.google.com/youtubekids/bin/topic.py?topic=6130504&hl=en>

*Block videos using the 3 dot menu next to any video or channel*



# 5 STEPS TO INTERNET SAFETY

## STEP 3: Set Parental Control Settings

Set parental controls on your child's devices.

Designate allowances based on your child's level of responsibility and need to access information on the internet. Consult your owner's manual or store where you purchased your device for details. The following links will assist you with some of the most popular devices.

### **MACINTOSH COMPUTERS**

(<http://www.dummies.com/how-to/content/how-to-use-mac-parental-controls.html>)

### **IPHONE**

(<http://www1.k9webprotection.com/support/set-idevice-restrictions>)

### **IPAD**

(<http://www.gottabemobile.com/2012/03/26/how-to-set-up-ipad-parental-controls-and-content-filtering/>)

### **ITUNES**

(<http://support.apple.com/kb/ht1904>)

### **ANDRIOD**

(<http://www.pcadvisor.co.uk/how-to/google-android/3461359/parental-control-on-android/>)

### **MICROSOFT WINDOWS**

(<https://support.microsoft.com/en-us/help/10551/microsoft-account-set-up-family-after-upgrade>)

### **XBOX**

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

### **XBOX ONE**

(<https://support.xbox.com/en-US/browse/xbox-one/security>)

### **PLAYSTATION PS4**

(<https://www.playstation.com/en-au/get-help/help-library/my-account/parental-controls/parental-controls-on-playstation-4/>)





# 5 STEPS TO INTERNET SAFETY

## STEP 4: Install a Filter (Free)

A Internet filter is a software tool that allows parents and system administrators to control the list of permitted and blocked websites and programs.

### **FREE FILTERS:**

- **[K9 WEB FILTER](http://www1.k9webprotection.com)** (<http://www1.k9webprotection.com>)

**K9 Web Protection** is a free Internet filter and parental control software for your home Windows or Mac computer. K9 puts YOU in control of the Internet so you can protect your kids.

- **[QUSTODIO](https://www.qustodio.com/en/)**

Qustodio is available for the Mac, [Android](#), iOS, Kindle and Nook. The free version covers the basics, enabling you to set rules and time schedules, block pornography and other unsuitable content; if you go for the paid-for version that adds SMS monitoring, social media features and per-app controls. Download here <https://www.qustodio.com/en/>

- **[Open DNS FAMILY SHIELD](https://www.opendns.com/home-internet-security/)**

[FamilyShield](https://www.opendns.com/home-internet-security/) is a free service from OpenDNS. Its parental control tools automatically block domains that OpenDNS has flagged under the headings "tasteless, proxy/anonymizer, sexuality, or pornography". FamilyShield can run on PCs and mobile devices or you can apply it to your network router and filter all the traffic that passes through it. Download here <https://www.opendns.com/home-internet-security/>

- **[KIDLOGGER](http://kidlogger.net/)**

This free parental control software tracks what your children type, which websites they visit and keeps a record of which programs they use and any screenshots they take. If you're concerned about who your kids might be talking to online, there's a voice-activated sound recorder. This free software only covers one device and lacks some of the sneakier features of the premium editions (including silent monitoring of WhatsApp conversations and the ability to listen to phone calls), but it's still a well-rounded tool if you're concerned about your kids' safety. Download here <http://kidlogger.net/>

- **[ZOODLES](https://www.zoodles.com/)**

Zoodles is a whole browser designed for younger kids, but quite easily circumvented. The problem with many parental control apps is that they're most effective for older children. Filtering adult content is obviously a good thing, but there's plenty of stuff that isn't adult oriented that can still scare younger children. [Zoodles](https://www.zoodles.com/) addresses this by combining filtered browsing and a dedicated web browser to create a walled garden. Everything in it is safe for kids and there's no risk of anything awful popping up. Zoodles works for Windows, Mac, Android and iOS. Download here <https://www.zoodles.com/>



# 5 STEPS TO INTERNET SAFETY

## STEP 4: Install a Filter (Paid)

*Add disclaimer*

### **FOR PURCHASE FILTERS**

- **[CIRCLE WITH DISNEY](#)**

Circle With Disney is by far the best filter to keep your family safe. It manages all of your home's connected devices. With [Circle](#), parents can filter content, limit screen time and set a bedtime for every device in the home. All for \$99 to buy the device, which looks like a small, white box that works alongside your home's router. [Circle Go](#) extends all of Circle's settings on your home Wi-Fi to your kid's mobile device 4G connections, and any other Wi-Fi network they join, giving you control no matter how they're connected (\$9.99/month for up to 10 devices). For more information and/or to purchase go to <https://meetcircle.com/>

- **[MOBICIP](#)**

Parents can setup and enable [Mobicip](#) on their family's mobile devices and computers and then remotely manage settings, monitor internet and app usage from an easy web-based Monitor dashboard. [Mobicip](#) replaces the browser on mobile platforms, like Chrome (Android), Safari (iOS) and [Chromebooks](#). This filter will cover up to 5 devices for \$39.99/year. For more information go to [http://www.mobicip.com/?tap\\_a=478-0cfcfe&tap\\_s=1556-b94429](http://www.mobicip.com/?tap_a=478-0cfcfe&tap_s=1556-b94429)

- **[NET NANNY](#)**

Families can use Net Nanny to protect their children from pornography, online predators, cyberbullying, and other threats that compromise online safety. Net Nanny filters, monitors, and blocks unsafe materials while allowing kids access to the Internet. Net Nanny's dynamic filter scans and analyses each web site to determine if it is appropriate for your child, based on your unique customization. It can even mask profanity but let the site pass, ensuring kids are protected while they navigate the Internet. For more information and/or to purchase go to [https://www.netnanny.com/?utm\\_exp=120295470-55.HtnNqQ21TpKN7VZqZ6MIQA.0](https://www.netnanny.com/?utm_exp=120295470-55.HtnNqQ21TpKN7VZqZ6MIQA.0)

# 5 STEPS TO INTERNET SAFETY

## STEP 5: Talk to Your Kids

The digital world is vast and can seem overwhelming, but if you break it into three topic areas, it will be easier to discuss. Those areas are their digital citizenship, digital footprint, and online risks.

### Digital Citizenship

The first area digital citizenship includes online social behavior. Topics of discussion should include how you would talk to your friends in person and how quickly one can misinterpret words online. A person's intention or tone is hard to read, and sometimes we can write something that could be interpreted as mean even if we didn't intend to say it that way. It is important to relay that it is easy to shoot off a message while sitting at a keyboard but they should consider whether or not they would say that message if that person were standing in front of them. They should be aware that they are developing an online reputation, and it will be one that lasts.

### Digital Footprint

Second, their digital footprint. Children need to be made mindful of the fact that once they push send information they can't just delete it. What goes online, stays online. They need to be aware of privacy issues. Giving out personal information such as a phone number, the city, and state they live in and sharing photos with school name or mascot is a threat to their safety by providing clues for someone to locate them.

### Online Risks

The last area of conversation should be about online risks. Sexting and Cyberbullying should be a top discussion, especially for tweens and teens. Sexting is a big problem among youth. While your child may think it is harmless, it isn't. Sending pictures may be used abusively against them in the future. There have been stories published by teens who have been caught up in these online behaviors, and the outcome is always unfavorable. Studies are showing an increase in emotional, physical and mental health stress among teens who use social media, particularly in the evening hours.

No online tool can protect your children all of the time. The fact is that the most important thing your child needs in their life is your time. Parents need to be aware of the dangers that are presented to their children while online, and your kids need to know you have a set of standards and an expectations of their use of technology. Learn where your kids are online, become familiar with privacy settings and look for the nuances that your child may not understand. Help them to be aware of the potentials for risks with the apps they are using. The fact is that we all want our kids to be upstanding citizens both online and offline.



# Social Media Tips



# SOCIAL MEDIA TIPS

## Facebook Safety

Parents should learn how Facebook works, be a participant on Facebook, and make sure their family is using the privacy settings correctly. Below are some helpful tips on how to keep your family safe while using Facebook.

- If they are going to be on Facebook, then they need to be “friends” with you as well.
- Helping you learn how to use Facebook if you are a first time user and creating your page.
- Not posting any personal information on Facebook, such as their phone number, address, location and inappropriate pictures, videos and posts.
- Thinking before they post a status, picture or video. Have them ask themselves would this be something I wouldn't mind my parent, teacher or future employer to see.
- Discuss what cyberbullying is and how it can affect others. Let them know that they need to come to you if they feel like they are being bullied online or if someone is sending them messages that make them uncomfortable.
- Not sharing their password with anyone but you.
- Only accepting a friend request from people they know.
- Make sure your family is properly using all of the privacy settings on Facebook. You can go to Facebook privacy settings and determine who can contact you, who can see your posts and only allow friends to tag you in pictures after your approval.
- Make sure they log out completely when on a public or shared device.



# SOCIAL MEDIA TIPS

## Facebook Safety

facebook Search for people, places and things

General  
Security  
**Privacy**  
Timeline and Tagging  
Blocking

Notifications  
Mobile  
Followers

Apps  
Ads  
Payments

### Privacy Settings and Tools

<b>Who can see my stuff?</b>	Who can see your future posts?	Friends
	Review all your posts and things you're tagged in	
	Limit the audience for posts you've shared with friends of friends or Public?	
<b>Who can look me up?</b>	Who can look you up using the email address or phone number you provided?	Friends
	Do you want other search engines to link to your timeline?	Off

1. Set default privacy to **Friends**
2. Use the Activity Log to review all your posts and things you're tagged in
3. Limit the audience for old posts on your Timeline
4. Set "Who can look me up?" to **Friends**
5. Don't allow search engines to link to your Timeline

**Timeline and Tagging** -Click the 'Timeline and Tagging' tab located in the left column:

facebook Search for people, places and things

General  
Security  
Privacy  
**Timeline and Tagging**  
Blocking

Notifications  
Mobile  
Followers

Apps  
Ads  
Payments  
Gifts  
Support Dashboard

### Timeline and Tagging Settings

<b>Who can add things to my timeline?</b>	Who can post on your timeline?	Friends
	Review posts friends tag you in before they appear on your timeline?	On
<b>Who can see things on my timeline?</b>	Review what other people see on your timeline	
	Who can see posts you've been tagged in on your timeline?	Friends except Acquaintances
	Who can see what others post on your timeline?	Friends except Acquaintances
<b>How can I manage tags people add and tagging suggestions?</b>	Review tags people add to your own posts before the tags appear on Facebook?	On
	When you're tagged in a post, who do you want to add to the audience if they aren't already in it?	Custom
	Who sees tag suggestions when photos that look like you are uploaded?	No One

1. Under **Timeline and Tagging**, we recommend using the options shown above

# SOCIAL MEDIA TIPS

## Facebook Safety

**Blocking** – Click the 'Blocking' tab located in the left column:

The screenshot shows the Facebook 'Manage Blocking' interface. The left sidebar contains navigation options: General, Security, Privacy, Timeline and Tagging, **Blocking**, Notifications, Mobile, Followers, Apps, Ads, Payments, Gifts, and Support Dashboard. The main content area is titled 'Manage Blocking' and includes the following sections:

- Restricted List:** When you add friends to your Restricted list they can only see the information and posts that you make public. Facebook does not notify your friends when you add them to your Restricted list.
- Block users:** Once you block someone, that person can no longer be your friend on Facebook or interact with you (except within apps and games you both use and groups you are both a member of). This section includes a form with a 'Block' button, highlighted by a red arrow.
- Block app invites:** Once you block app invites from someone, you'll automatically ignore future app requests from that friend. To block invites from a specific friend, click the "Ignore All Invites From This Friend" link under your latest request. This section includes a form with a dropdown menu, highlighted by a red arrow.
- Block event invites:** Once you block event invites from someone, you'll automatically ignore future event requests from that friend. This section includes a form with a dropdown menu, highlighted by a red arrow.
- Block apps:** Once you block an app, it can no longer contact you or get non-public information about you through Facebook. Learn more. This section is highlighted by a red arrow.

1. Here you can manage all of the people, applications and events that you have blocked on Facebook.

For more tips see "[Help Your Teens Play It Safe.](https://www.facebook.com/safety/groups/parents/)"  
(<https://www.facebook.com/safety/groups/parents/>)

# SOCIAL MEDIA TIPS

## Twitter Safety

Twitter, like Facebook, has become one of the most popular social media applications for tweens and teens. As a parent, you should learn how to use Twitter and talk to your children about how to be safe when using it. Below are some tips for parents on how to talk with your children about being responsible when tweeting.

Talk to your children about:

- Do not tweet any personal information on Twitter this includes phone number, address, location, inappropriate pictures, videos and posts.
- Think before tweeting a status, picture or video. Have them ask themselves would this be something I wouldn't mind my parent, teacher or future employer to see.
- Do not share their password with anyone but you.
- Make sure they log out completely when on a public or shared device.
- Discuss what cyberbullying is and how it can affect others. Let them know that they need to come to you if they feel like they are being bullied online or if someone is sending them messages that make them uncomfortable.
- Not allowing them to make their tweets public. You can require that their tweets need manual approval from them or you by changing the settings on the Default Account Settings page. By doing this, you can also control who is "following" them on Twitter as well.
- More Tips on [Safety](https://about.twitter.com/safety/families). (<https://about.twitter.com/safety/families>)





# SOCIAL MEDIA TIPS

## SnapChat Safety

SnapChat is a social media app that allows the user to send a picture that will then delete itself after a few seconds. The person receiving the picture can take a screenshot of the picture but it notifies the sender that a screenshot has been taken.

SnapChat is criticized by many internet safety experts as a tool for sexting. Parents should be aware that this could be going on so decide accordingly whether or not you will allow your child to use this app.

SnapChat recently released SnapMap, allowing users to allow their friends or other snapchat users to see their live location. This

Talk to your kids about:

- What goes on the Internet stays on the Internet. SnapChat creates a false sense of security that your images are deleted but kids should know that those pictures are being stored somewhere. ***Nothing is ever really deleted.***
- The dangers of sexting. Children don't often understand the harmful effects of sharing compromising pictures of themselves including bullying, self-esteem and protecting their online reputations.
- [Snapchat Safety Resource Center](https://www.snapchat.com/safety) has valuable information and resources for parents. (<https://www.snapchat.com/safety>)

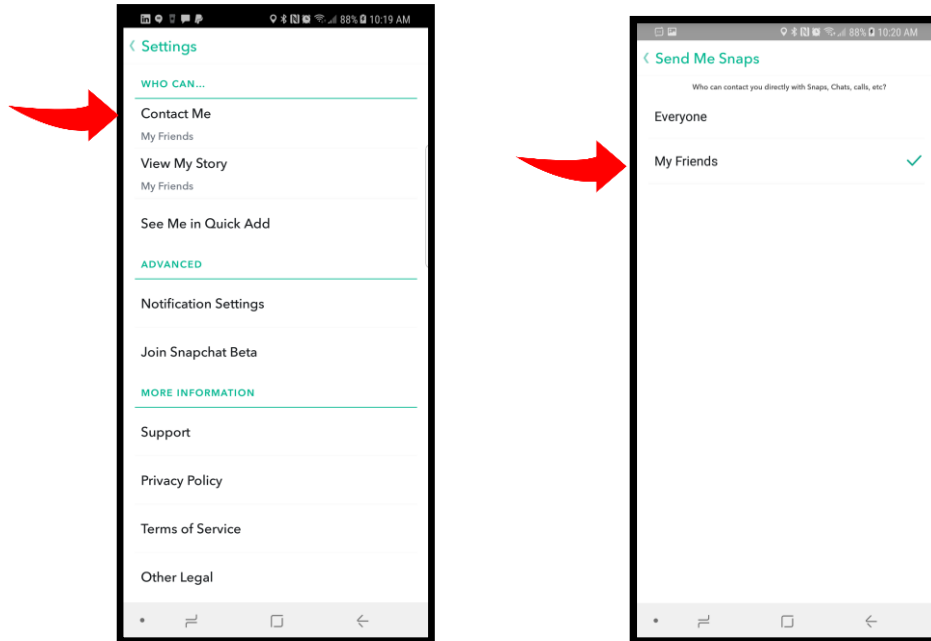


# SOCIAL MEDIA TIPS

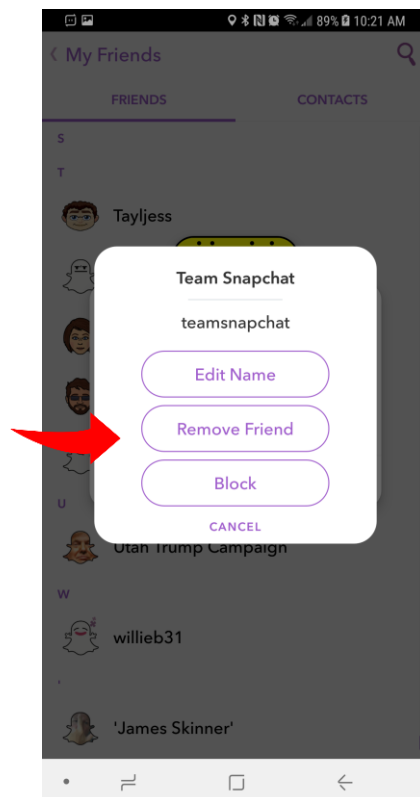
## SnapChat Safety

To set up safety features on SnapChat.

Go to **Settings**, Under the tab “**Who Can...**”, choose to only allow **My Friends** to send you snaps. Otherwise anybody can send you pictures.



To block someone find their name in your list of friends, swipe to the right, click **Edit** and click **Block**.




# SOCIAL MEDIA TIPS

## SnapChat Safety for SnapMap

Snap Map is a new feature on SnapChat. Allowing users to view Snaps of sporting events, celebrations, breaking news, and more from all across the world. Users can share locations with each other so you can see where your friends are and what they are doing. Making meeting up with people easy.


Users can choose who can see their location. If you're friends with your boss, you can still keep your location private during a "sick day." Snaps you submit to Our Story will still show up on the Map, though!

### To open the Snap Map:

- Go to your **Camera screen**
- **Put your fingers like this**  and pinch them in like you're zooming out from a photo!
- **Your location on the Snap Map is updated when you're using Snapchat** — you don't have to worry about your location being updated in the background. Your location on the Map will expire after several hours, or as soon as you go into Ghost Mode.


### Location Sharing Options

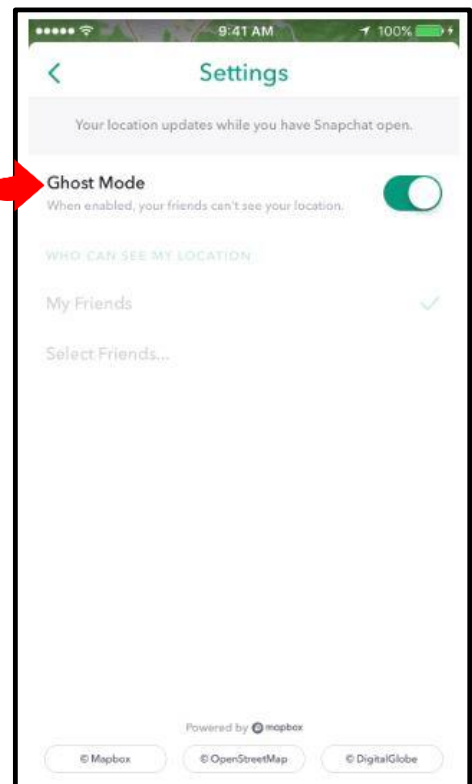
When you open the Snap Map for the first time, you'll get a prompt to choose who to share your location with. Whatever you choose, you'll be able to update this setting later at any time.

**Only Me (Ghost Mode):** Your location won't be visible to anyone else on the Map. When you're in Ghost Mode, your Bitmoji will hold up a blue sign with a spooky specter 

**My Friends:** Your location will be visible to all of your friends on the Map as long as you are mutual friends. This includes any new friends you make too! If you want to choose this option later, go to 'Select Friends...', scroll down to 'All Friends,' and tap '✓ Select All.'

**Select Friends...:** Choose specific friends to share your location with. Friends you select won't be notified that you chose them, but they'll be able to see your location as long as you are mutual friends!

**To edit your location settings,** just tap the  button in the top-right corner of the Map screen! You can change who can see your location, or you can hide your location altogether by going into Ghost Mode



# SOCIAL MEDIA TIPS

## Ask.fm Safety

Ask.fm is a question and answer type forum where users can anonymously (or not) ask questions to other users. You can typically find questions like “who is your favorite celebrity” or “What is your favorite song?” but the fact that users can stay anonymous when asking questions and commenting on it makes it ripe for cyber bullying.

Here is what parents should know:

- Learn the “community rules.”
- Unlike other social media platforms, Ask.fm does very little to ensure that the offensive comments or hate language posted on the site are deleted.
- Questions that are inappropriate should never be answered. Teens that are targeted by abusive comments should block and report the user immediately.
- The ability to be asked questions anonymously is the default feature of ask.fm. Teens should disable this feature in order to avoid receiving questions from users wishing to remain anonymous.
- If a teenager is feeling uncomfortable with any of the questions or comments, parents should strongly encourage them to disable their accounts.
- Parents should talk regularly with their teens about cyber bullying and monitor which sites their kids are socializing on. You wouldn’t feel like you are invading your child’s privacy by asking them who they are hanging out with on the weekends so parents should be asking these same questions about who their kids are talking to online.

### [Parental Safety on Ask.fm](#)

(<https://safety.ask.fm/ask-fm-safety-guidelines-for-parents/>)

If you believe your child or other children, under the age of 13, has an ASK.fm profile, please [Contact Ask.fm](http://about.ask.fm/contact-us/) (<http://about.ask.fm/contact-us/>) . You can also report a profile: see how [here](http://askfmsafety.4mf.co/safety-tools/). (<http://askfmsafety.4mf.co/safety-tools/>)



# SOCIAL MEDIA TIPS

## Kik Safety

Kik is an instant messaging app that is similar to texting but users have multiple options of talking with individuals, with groups and within a social networking environment. Users can also use Kik to send photos and files and send greeting cards. It combines texting with a social network.

Here is what parents should know:

- Users are supposed to be age 13 or older.
  - a. This is because it is not compliant with COPPA (Children's Online Privacy Protection Act) requirements of specific features for a website designed for children, meaning those 12 and under.
  - b. Kik itself states, "Children under the age of 13 are prohibited from having a Kik account by the Kik Terms of Service." The site has no age verification.
- Kik does not have parental controls.
- If your child is on Kik and you want them off? Parents of kids who are under age 13 who have a Kik account must submit a deactivation request to Kik by [opening a ticket](https://kikinteractive.zendesk.com/access/unauthenticated?return_to=https%3A%2F%2Fkikinteractive.zendesk.com%2Ftickets%2Fnew) through their help desk.  
([https://kikinteractive.zendesk.com/access/unauthenticated?return\\_to=https%3A%2F%2Fkikinteractive.zendesk.com%2Ftickets%2Fnew](https://kikinteractive.zendesk.com/access/unauthenticated?return_to=https%3A%2F%2Fkikinteractive.zendesk.com%2Ftickets%2Fnew))



# SOCIAL MEDIA TIPS

## Tumblr Safety

Tumblr is a streamlined blogging platform that is extremely appealing to teenagers. This is a extremely visual platform that allows users to put together picture collages and blogs in a very graphically appealing way. Chances are your kids have at least looked through this platform if they have not gone as far as creating a profile.

Here is what parents should know:

- You do not need an account to view content.
- Tumblr is not allowed for children 12 and under. If you sign up using an age that is under 13, it will not allow you to set up an account. However, it is not hard to get around the age requirement.
- Because this platform is not allowed for children under the age of 13 finding inappropriate pictures is pretty easy. All one would have to do is search a topic and very quickly parents can see why this is not a site for kids. We recommend you keep your kids off or at the very least talk to them about why you are concerned with the site.
- Tumblr does give you the ability to block sites that are deemed NSFW (Not Suitable for Work) from appearing in your newsfeed but it still does not stop you from finding the inappropriate content if you are looking for it. This screen shot is from the adult content page. There is however an adult content filter in Tumblr that will filter out some adult content, but it cannot be locked on, **your teen can turn it off anytime.**

If you don't want to see NSFW content:

- For material on your dashboard, you should be judicious about who you choose to follow. If someone posts stuff you don't want to see, whether it's adult-oriented or not, don't follow them. If you don't want to see anything overtly sexual in your search results:
  - On the web: Click the padlock in the upper-right corner of the search results.
  - In the Android app: Tap the padlock that appears at the far right of the search filters list (that white bar that says "Top," "Recent," etc.).
  - In the iOS app: Go to the main Settings app on your device, scroll down and tap "Tumblr," then look for "Safe Search."

- If your child experiences cyberbullying on Tumblr, the site has made it possible to report and block the offending user.
- [Tumblr Adult Content](https://tumblr.zendesk.com/hc/en-us/articles/231885248-Adult-content)  
(<https://tumblr.zendesk.com/hc/en-us/articles/231885248-Adult-content>)



# SOCIAL MEDIA TIPS

## Instagram Safety

Instagram is a photo sharing social platform. Users can upload their photos via a mobile app and share it with their followers. This platform has grown enormously popular over the last year and is a favorite among teens.

Here is what parents should know:

- Instagram will only allow you to create a profile if you are over the age of 13. The user must provide an email address and create a username. There is no age verification process to ensure kids under 13 aren't using it.
- Your child can set their profile to private which means only followers can see and comment on their pictures. A follower must send a request and be approved by the user in order to gain access. If you do not manually change profile to private any Instagram user can view your profile.
- Talk to your kids about who they should add as followers. Remind them to never ever allow strangers to follow their profile.
- If your child is being harassed on Instagram they can block the offending user from being able to see and comment on their photos.

For more information read "[A Parents Guide to Instagram](https://www.connectsafely.org/wp-content/uploads/instagram_guide.pdf)"  
([https://www.connectsafely.org/wp-content/uploads/instagram\\_guide.pdf](https://www.connectsafely.org/wp-content/uploads/instagram_guide.pdf))



# SOCIAL MEDIA TIPS

## Jott Safety

Jott Messenger is a social network that allows users to send individual and group messages, like vanishing text and pictures as does Snapchat, to close friends and anyone else who attends their school.

Here is what you need to know about Jott:

- You can add any school without proof that you attend, but to see more than the basic profiles of other students, you have to ask a peer to verify you attend the school. It also connects through work and Instagram.
- The app requires users to provide their real names, birth dates, phone numbers or emails and location to gain access to a school network.
- Jott uses social media must-haves that kids love, including stickers, screenshot detection (of conversations), the ability to send photos, and it even borrows functionality similar to Snapchat, by allowing kids to select a “timer” (destruct) option after photos or chats are viewed.
- The apps founders foresee potential use during a natural disaster if cell towers were disabled. According to Jared Allgood, the CEO, and co-founder, “You could be on top of Mount Everest or on an airplane completely disconnected and yet still be able to send text messages [to other Jott users]”.
- It’s easy to block and report bad behavior.
- There is a risk to the teen who has added hundreds of unknown “followers” on Instagram, and Jott would use this follower-base as a contact list that is somewhat “trusted.”
- **No Parental Controls** – Jott isn’t blocked by anything because it doesn’t rely on an internet connection or even Wi-Fi. There are no monitoring reports for the conversations that occur within Jott.





# SOCIAL MEDIA TIPS

## Wishbone and Slingshot Safety

Wishbone is for girls and Slingshot is for boys.

**Wishbone** is an app that allows users to compare two images and vote on their favorite, such as fashion, movies, celebrities, animals, music, boys and travel.

**Slingshot** is an app that allows users to compare anything and everything and vote on their favorite, such as sports, video games, celebrities, humor, music, girls and travel.

Here is what you need to know about these two apps:

- Both apps users can create their own polls and get feedback from the community and friends.
- There are many 30-60 minute ads that pop up in this app that are not appropriate for minors.
- Many teens use this app to compare classmates, which leads to bullying in the comment area.
- **NO PARENTAL CONTROLS**



# SOCIAL MEDIA TIPS

## After School Safety

After School is a social media app that is an anonymous and private message board for your school. Students must enable geolocation and select their high school from a list. The app will verify via Facebook that they're a student at the indicated school.

Here is what you need to know about AFTER SCHOOL:

- Teens 13 and up can register, but to see posts tagged with "sex," "drugs," "profanity," or "gross," teens must verify they're over 17 by scanning the code on their ID cards.
- Due to bullying and threats of violence at schools, this app was removed from the app store and then uploaded again with strict age controls and a live moderator that views every post.

To learn more download the PDF by [Connect Safely](http://www.connectsafely.org/wp-content/uploads/The-Parent%E2%80%99s-Guide-to-After-School.pdf) (<http://www.connectsafely.org/wp-content/uploads/The-Parent%E2%80%99s-Guide-to-After-School.pdf>)



# SOCIAL MEDIA TIPS

## Whisper Safety

Whisper is a social networking app that encourages users to post pictures and secrets anonymously. Their tag line is "Express Yourself - Share Secrets - Meet New People."

Parents need to know this about Whisper:

- This app is for users 17 and older.
- Whisper reveals the users location.
- Teens can hide who they are in contact with because this app requires a password to view it's history.

[Parental Guide for Whisper](#) has information to block this app on iPhone and Android.

(<http://support.whisper.sh/customer/portal/articles/1560710-parental-controls>)



# SOCIAL MEDIA TIPS

## Omegle Safety

Their tag line “Talk to strangers!” Obviously this is the purpose of the the Omegle app. Users can chat by text or video.

Here is what you need to know about Omegle:

- Omegle itself says that it is intended for those 18 years old and specifically states on its website, "Do not use Omegle if you are under 13."
- There are privacy issues. One of concern is when using the video chat option, Omegle requires that the user's computer's IP address is made available to the stranger's computer.
- **NO PARENTAL CONTROL OR APP BLOCKING FEATURES**



# SOCIAL MEDIA TIPS

## Calculator%, Vaulty, and Audio Manager Safety

**CALCULATOR%** - This app looks just like a calculator, but when you click on it and put in the correct password, you could find photos, apps and other files that are nowhere else on the device.

**VAULTY** - Vaulty will not only store photos and videos away from parental spying eyes, but it also will snap a photo of anyone who tries to access the “vault” with the wrong password.

**AUDIO MANAGER** - Audio Manager is one of the top apps for hiding other apps. When you press and hold the Audio Manager app, a lock screen is revealed behind which users can hide messages, photos, videos, and other apps.

Here is what you need to know about these apps:

- The purpose of these “hidden” apps is to hide online behavior or participation that is not acceptable.
- Teens often use these apps to keep inappropriate pictures of themselves to share or of other people that have shared photos with them.
- There are no age limits or requirements to download these apps.
- **NO PARENTAL CONTROL OR APP BLOCKING FEATURES**



# SOCIAL MEDIA TIPS

## YikYak Safety

Yik Yak is a free social-networking app that lets users post brief, Twitter-like comments to the 500 geographically nearest Yik Yak users. Kids can find out opinions, secrets, rumors, and more. Plus, they'll get the bonus thrill of knowing all these have come from a 1.5-mile radius (maybe even from the kids at the desks in front of them!).

What parents need to know:

- It reveals your location. By default, your exact location is shown unless you toggle location-sharing off. Each time you open the app, GPS updates your location.
- It's a mixed bag of trouble. This app has it all: cyberbullying, explicit sexual content, unintended location-sharing, and exposure to explicit information about drugs and alcohol.
- Some schools have banned access. Some teens have used the app to threaten others, causing school lockdowns and more. Its gossipy and sometimes cruel nature can be toxic to a high school environment, so administrators are cracking down.
- **NO PARENTAL CONTROL OR APP BLOCKING FEATURES**



# SOCIAL MEDIA TIPS

## Line Safety

Line is an all-in-one mobile multifaceted text, video, and voice-messaging app that also includes social media elements, such as games, group chats, and personal timelines.

What parents need to know about this app:

- Teens can decide how long they want their chats to be saved, whether it's two seconds or a week.
- While the app says that minors need their parents' permission to use it, there is no monitoring to ensure this takes place.
- The app is free, but in-app purchases are required for some features, such as calling contacts who aren't Line users and using most stickers, themes, and games.
- **NO PARENTAL CONTROL OR APP BLOCKING FEATURES**



# SOCIAL MEDIA TIPS

## Blender Safety

Like Tinder, Blender uses GPS technology to pinpoint a user's location and is intended for others to meet in real life.

Here is what parents need to know about Blender:

- The app reads each user's location as they are signed in, and then will display matches for each user's preferences within a given area.
- **NO PARENTAL CONTROL OR APP BLOCKING FEATURES**





# SOCIAL MEDIA TIPS

## Down Safety

The Down app, originally titled “Bang With Friends”, is a dating app.

What parents need to know about Down:

- This app works through Facebook to see if anyone on your friends list is also a Down member.
- You can select a “Down” status meaning you are looking to just hook up or a “Get Date” meaning you are looking for something more serious.
- The application will actually keep score on the desirability of each candidate, giving them a “Down” score based on other people’s opinions of them.
- This app is intended for adults, however, minors can falsify their birth date on Facebook in order to use this app.
- **NO PARENTAL CONTROL OR APP BLOCKING FEATURES**



# SOCIAL MEDIA TIPS

## Tinder Safety

Tinder is a dating app that consists of traditional online dating, GPS targeting, and instant messaging. Users are shown a photo of potential matches and can anonymously rate that person by “swiping” right if interested and left if not interested.

What you need to know about Tinder:

- If two users both swipe right, Tinder makes an introduction and reveals each user’s identity.
- Users between the ages of 13 to 17 can only connect with other users in that same age range.
- Tinder is installed once you link the app with your Facebook.
- Tinder has a reputation to be an app for hook ups and sexual encounters.
- This app uses a location tracking to connect people within one to one hundred mile radius.
- **NO PARENTAL CONTROL OR APP BLOCKING FEATURES**



# SOCIAL MEDIA TIPS

## YELLOW Safety

(Also, referred to as TINDER for Teens)

Often dubbed "Tinder for teens", users swipe left or right on profiles. Yellow has exacerbated the risks on Snapchat (where teens are sharing sexting images thinking they will disappear when they are actually being screenshotted and shared). Matches are automatically provided with a platform to chat and link to each other's Snapchat accounts, to increase their Snapchat followers.

A closer look at this app and we're in agreement with authorities calling Yellow a potential grooming tool for online predators.

Here's what parents need to know:

- Although Yellow requires users to be 17 anyone can open an account and begin browsing (swiping) through user profiles instantly.
- Contradicting their app's age requirement, Yellow gives you the option of posting your age, which is numbers between 13-17.
- Many of users posted first and last names and their locations —always a bad sign of an app's level of attention to safety.
- The app immediately allows users to connect with friends on three accounts: Snapchat, Instagram, and Musical.ly, which is far too much immediate access.
- Yellow allows a user to report a suspicious account but does not have a blocking feature, which opens the door to malicious activity including cyber bullying.
- Yellow makes it tough to follow a basic family technology rule, which is never send a photo to a stranger. Your kids connect with real-life friends through other networks. So why connect with strangers? Yellow is photo-based and exists off discovering new people nearby. Those strangers could easily be adults posing as kids.
- Sexting could quickly become an issue with Yellow. In a very short time, we noticed many male teens posting shirtless photos and females posting sexy photos.

• **NO PARENTAL CONTROL OR APP BLOCKING FEATURES**



# SOCIAL MEDIA TIPS

## Periscope Safety

The Periscope app works in conjuncture with Twitter.

Here is what you need to know about Periscope:

- Users can broadcast live, with no filter or delay, to their Twitter followers using only a smartphone.
- The audience can immediately give feedback, comments, watch and replay the video for up to 24 hours.
- Periscope's guidelines urge users to "not show graphic material," but essentially, anyone can broadcast anything.
- **NO PARENTAL CONTROL OR APP BLOCKING FEATURES**



# SECTION FIVE

## CELL PHONE CARRIER FAMILY LIMITS

Most mobile phone carriers provide filtering options for children. Some carriers' offer these limits through the user profile settings and others through application downloads or the combination of the two. Typical filtering options include; location finders, web restrictions, text and data time limits, restrictions on incoming and outgoing calls and text messages, and limits of hours the phone can be used.

The following information is provided for the four top mobile providers in Utah. Check with your carrier to learn more about the features they provide to help keep your kids safe using mobile technology. Understand that these companies update plans, features, and this information may change. Fees vary by carrier.

64% of teens with cell phones have texted in class;  
25% have made or received a call during class. -Pew Survey

Kids who text send an average of 118 text messages in a typical day.  
-The Kaiser Family Foundation



# CELL PHONE CARRIER FAMILY LIMITS

## T-Mobile

### T-Mobile

Most of these services are free. However, some features carry a monthly service fee. T-Mobile calls their safety features, Family Allowances®.

#### Message Blocking

Message Blocking is a free T-Mobile service that allows you to block messages to and from your phone, to help you avoid unwanted messages.

You can block incoming and outgoing text messages (SMS), picture messages (MMS), Instant Messages (IM), and email.

#### NOTE:

Blocking incoming and outgoing Instant Messages and email apply to phones that use text messaging to send/receive these messages. If you want to be able to send or receive messages, Message Blocking is not the right service for you. Messaging Blocking is intended to block messages, in general, not to prevent overage charges.

#### Web Guard

- Web Guard is a free service which you can use to help restrict adult content from being seen or accessed by family members under 18 years of age. The “Primary Account Holder” can add or remove Web Guard by going to “My T-Mobile” and logging in to your account.

#### How it works

Web Guard helps to block or filter web page content, but it won't block everything. It won't block user-generated content such as Instant Messaging (IM), email, and text messages. Keep in mind the filter is not available on all phones. It might not work at certain times or in certain locations, and it doesn't work with downloaded, third-party web browsers.



# CELL PHONE CARRIER FAMILY LIMITS

## T-Mobile

### T-Mobile continued...

#### **Content Blocking**

Content Blocking allows you to block T-Mobile downloadable content—games, ringtones, wallpaper, and CallerTunes®—from your handset. This free feature can help you avoid unwanted charges from downloadable content.

**Family Allowances**® allow greater control over access and how your child uses their phones. With Family Allowances, you can:

Choose Always Allow and Never Allowed numbers

Manage Spending Limits for Downloads

Receive Notifications When a Line has Reached its Limits

Manage the Amount of Messages Sent on an Account

Minutes

Time-of-day restrictions

Enable or disable a line

To learn more visit, [Family Allowances](#).

Web source: <https://support.t-mobile.com/docs/DOC-9138>



# CELL PHONE CARRIER FAMILY LIMITS

Verizon

## VERIZON

### Family Locator

For \$9.99 a month for your whole account, the Verizon Family Locator app can help you monitor your children's whereabouts as they go about their day. The app sends you an alert by email. (i.e., your daughter leaves her dance recital and arrives at her best friend's house) It can also pinpoint her smartphone signal on an aerial photo or a map.

### Family Base

For \$4.99 a month per account. You can manage a variety of settings. See a dashboard of your kid(s) wireless usage. Know when and how your child is using their phone. Set limits on data, voice, and messaging usage.

### **Be in the know**

- See a dashboard of your kid(s) wireless usage. Know when and how your kid uses their phone. Set controls or limits on data, voice and messaging usage.

### **Tired of arguing?**

- Kids still texting during school hours, at the dinner table or late at night? Lock their phone on demand or define restricted times of use.

### **There's an app for that?**

- View a list of all the applications installed on your kid's device and which of those apps they use the most. Be a hero and give your kid an allowance to purchase those most wanted apps.

### **New friend?**

- Explore the contacts your kid has made, old and new. Add always trusted contacts or block those that are undesirable.

To learn more visit, Verizon Family Safe Guards & Controls.

Web source: <http://www.familybase.vzw.com/>





# CELL PHONE CARRIER FAMILY LIMITS

AT&T

## [AT&T](#)

AT&T has an app that you download called “SMART LIMITS”. Once downloaded you sign in with the main AT&T user account. This feature cost is \$4.99/mo. for 1 line or \$9.99/mo. for up to 10 lines.

It is easy to manage your family’s phone use at home or on-the-go. With Smart Limits, you can:

- Block cellular data.
- Set up text reminders to switch to Wi-Fi when a set amount of cellular data is used.
- Set text and purchase limits.
- Block numbers.
- Limit phone use during certain times of the day or night.
- Download the app for your iOS or Android phone.

To learn more visit, AT&T’s [SMART LIMITS](#).

Web source: <https://smartlimits.att.com/#/>



# CELL PHONE CARRIER FAMILY LIMITS

## SPRINT

### SPRINT

Sprint Mobile Controls provides a simple web page that gives parents the power to set phone use limits by time of day or week and see the applications downloaded to their child's phone. Manage various on-demand controls and receive optional alerts that will keep your family close even when you cannot be together.

With Sprint Mobile Controls, you can:

- Set their phone to lock while they're at school and after bedtime.
- Insight into who your kid texts with the most.
- Lock your teen's phone on demand during dinner or family time.
- Make yourself an "anytime Contact" so you can always call, even when their phone is locked.
- Receive insightful alerts about how your kid uses their phone.
- Explore your kid's contacts to see new friends they've made.
- View a list of apps installed on your teen's phone.

They also offer the Sprint family Locator and Sprint Drive First app.

To learn more visit, [Sprint Mobile Controls](#).

Web source: <https://mobilecontrols.sprint.com/welcome.htm>



# Our children need guidance while navigating the world available to them through the internet.

Dear Utah Families & Educators,

While it may seem like a daunting task to keep up with the fast paced changes in technology if you are willing to start with a few steps your efforts will go a long way in making sure your children have a positive experience online.

This E-book is meant to be a quick reference and source of information in order for you to get started today. It is our mission to keep this updated with the latest social media apps, tech gadgets and internet guide so that you can get back to doing what you do best– spending quality time with your kids! Please do not hesitate to contact us if we can make this E-book better and more useful in any way.

Sincerely,

Sean Reyes, Utah Attorney General



# SIGN UP FOR UTAH'S CHILD PROTECTION REGISTRY TODAY

Go to [donotcontact.utah.gov](https://donotcontact.utah.gov) to protect your email, cell phone numbers and instant messenger ID's from adult oriented marketing. Its safe, fast and best of all FREE for Utah schools and families.



Utah Child  
Protection  
Registry

[donotcontact.utah.gov](https://donotcontact.utah.gov)

SIGN UP

