

CYBER SECURITY TIPS FOR PARENTS

COVID-19 isolation means young people spending more time at home and online. There are a lot of great ways they can use connected devices to learn and play, but there are also risks that you can help them avoid. Below are some measures to promote Internet security.

1

INCREASE AWARENESS AND ENCOURAGE COMMUNICATION

Help ensure younger children know the basics of staying safe online by using techniques like online games and videos that will define computer terms (e.g., Cyber bullying, netiquette, virus protection) to establish basic understanding. Engage in conversations on boundaries, manners, credibility, expectations, accountability, oversharing and help available.

<https://sos.fbi.gov/en/>



2

CONSIDER PARENTAL CONTROLS

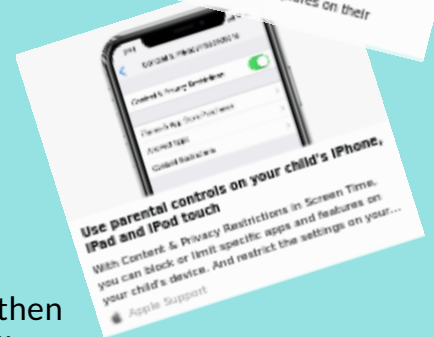
Consider software or devices with features like - filtering and blocking, blocking outgoing content, limiting of internet time, WiFi zone restriction and monitoring controls. Choose child friendly browsers and search engines and enable parental controls on mobile devices, gaming platforms and games.



3

PRIORITIZE PRIVACY

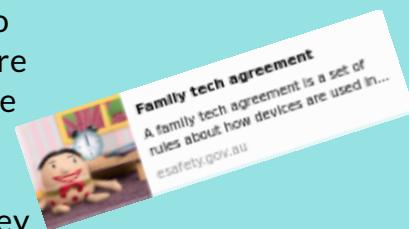
Revisit the “stranger danger” conversation every now and then to ensure that they are always on their guard both physically and digitally around untrusted individuals. Specifically, enforce the policy that they should not share or post any data related to their name, phone number, or address without first talking to you. Ensure privacy settings are enabled on their social media accounts, chat and video accounts.



4

CREATE FAMILY TECH AGREEMENT

Having a family agreement or set of rules for using the Internet is also a great way for parents and kids to work together on how to be safe, wise and responsible online. As kids get older and explore more of the online world, you can discuss new rules together. The most important rule is that if anything ever happens online that makes your children scared, worried or uncomfortable, they should come to you or to another adult they trust. Make sure they know that you're on their side; a lot of kids are reluctant to tell their parents when things go wrong because they're afraid of losing their Internet access or their digital devices.



5

PROMOTE STRONG PASSWORDS

Just like adults, children need to be taught about the importance of strong, secure passwords. Teach them to avoid using the same password on multiple websites, and to make their passwords hard to guess like a paraphrase. As a family, you should pick a day every few months to have all members change their passwords.



6

CHECK SMART TOY SETTINGS

It's surprising how many toys or devices can connect online these days, from drones and smart teddies to tablets and wearables. While they can be both entertaining and educational, they can reveal your child's personal details and location – and allow other people to contact them without you knowing. You can help keep them stay safe by setting strong passwords, turning off location settings and limiting the amount of personal information shared.



7

CYBERBULLYING

As part of your social media monitoring, be on the lookout for any indication of cyber bullying, both outgoing and incoming. You can often spot symptoms of cyber bullying just from your child's behavior. If they start withdrawing from conversations or suddenly become more antisocial, start asking questions right away and find out how their online friendships have been going.

