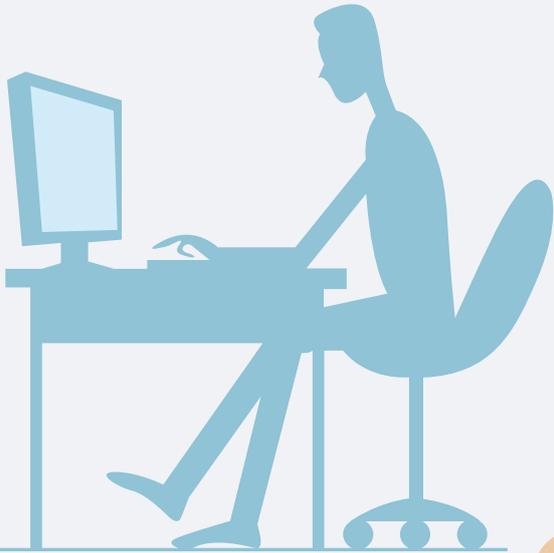# ULTIMATE PARENT'S GUIDE TO

INTERNET SAFETY

What example are we setting our children?

If we spend hours on the Internet how can we expect our children not to want to do the same?

DID YOU KNOW?

97% of under 4s in the US use mobile devices; half are using more than 1 at once.

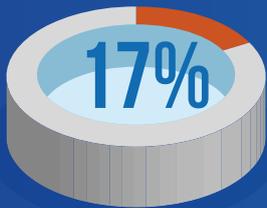**20%** of 1-year-olds own a tablet.

37% of 3 to 4-year-olds browse the web, play games and watch video, for multiple hours a week.
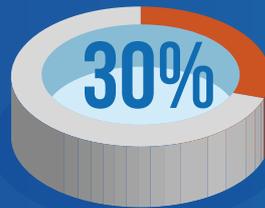
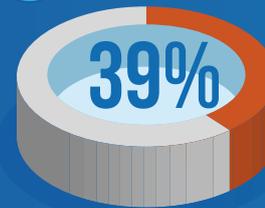**28%** of 2-year-olds don't need help using mobile devices.

THE DANGERS OF SOCIAL MEDIA FOR TEENS

17% of teens have felt scared or uncomfortable after contact from an unknown person.

30% of teens have seen inappropriate online ads.

39% of teens admitted to lying about their age to gain access to websites.

African-American and Hispanic youth use Internet the most

34% of African-American teens report "almost constant" use.

32% Compared to Hispanic.

19% White.

85% of moms admit to using tech to keep their kids occupied.

Most households surveyed had

97% Televisions

83% Tablets

77% Smartphones

56% Video consoles

58% Computer

59% Internet access at home

HOW MANY TEENS USE SOCIAL MEDIA?

71% of US teens use more than one social site.
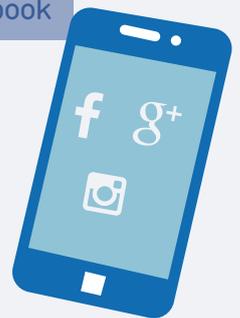
THE MOST POPULAR NETWORK

66% of US teens use **Facebook**

13% use Instagram

13% use Google+

Time spent on Social Media

6 HOURS

8-12 years old - 6 hours per day

9 HOURS

13-18 years old - 9 hours per day

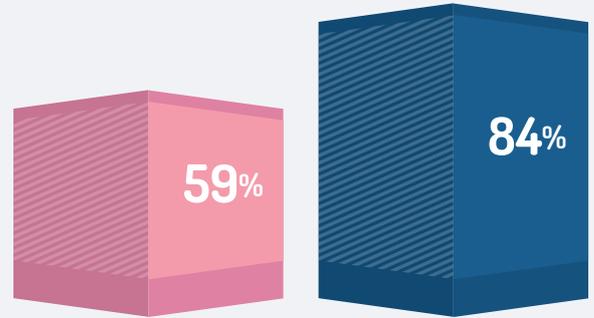# More Girls use Social Media; more Boys play Video Games

Instagram

61% GIRLS

44% BOYS

Play video games

59% GIRLS
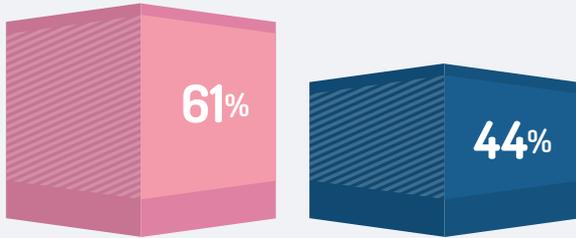
84% BOYS

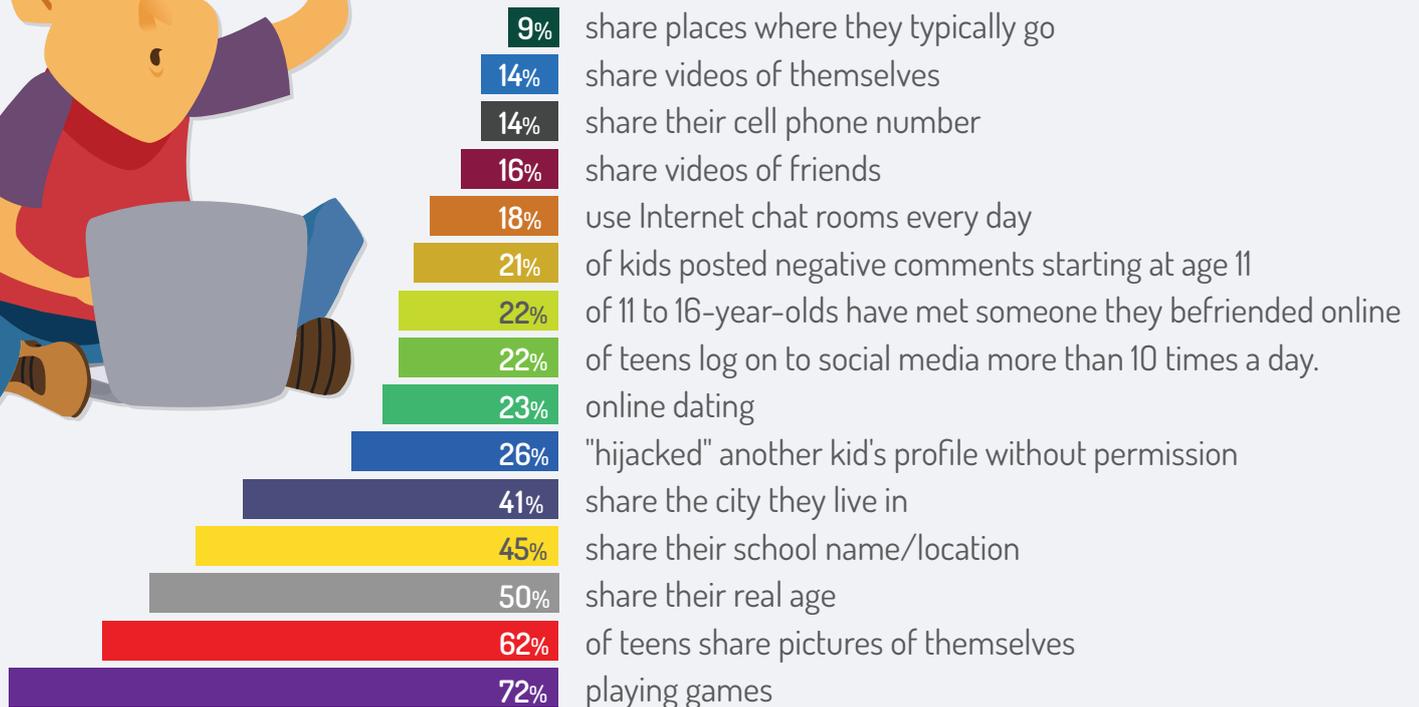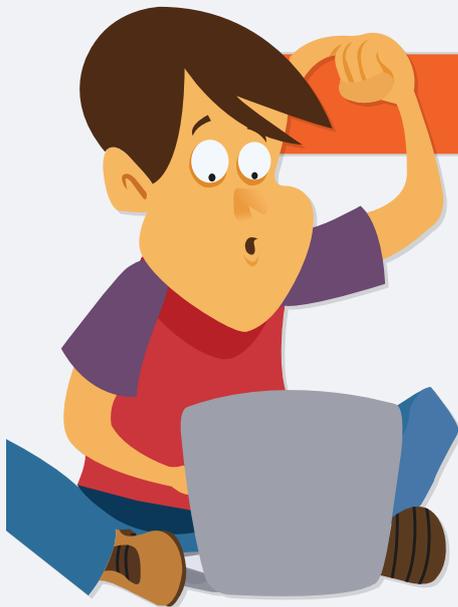# ChildLine Charity Helpline Says Kids At Risk

In 2014 alone, 4,000 ChildLine calls about online and phone abuse, regarding 12 to 15-year-olds.

70% spike in calls about Internet pornography, with kids as young as 11.

Kids as young as 5 should be taught Internet safety.

What Teens do Online

%	
9%	share places where they typically go
14%	share videos of themselves
14%	share their cell phone number
16%	share videos of friends
18%	use Internet chat rooms every day
21%	of kids posted negative comments starting at age 11
22%	of 11 to 16-year-olds have met someone they befriended online
22%	of teens log on to social media more than 10 times a day.
23%	online dating
26%	"hijacked" another kid's profile without permission
41%	share the city they live in
45%	share their school name/location
50%	share their real age
62%	of teens share pictures of themselves
72%	playing games

68% of children said their parents never check their online activity.

WHAT CHILDREN DO ONLINE

Pie chart data:
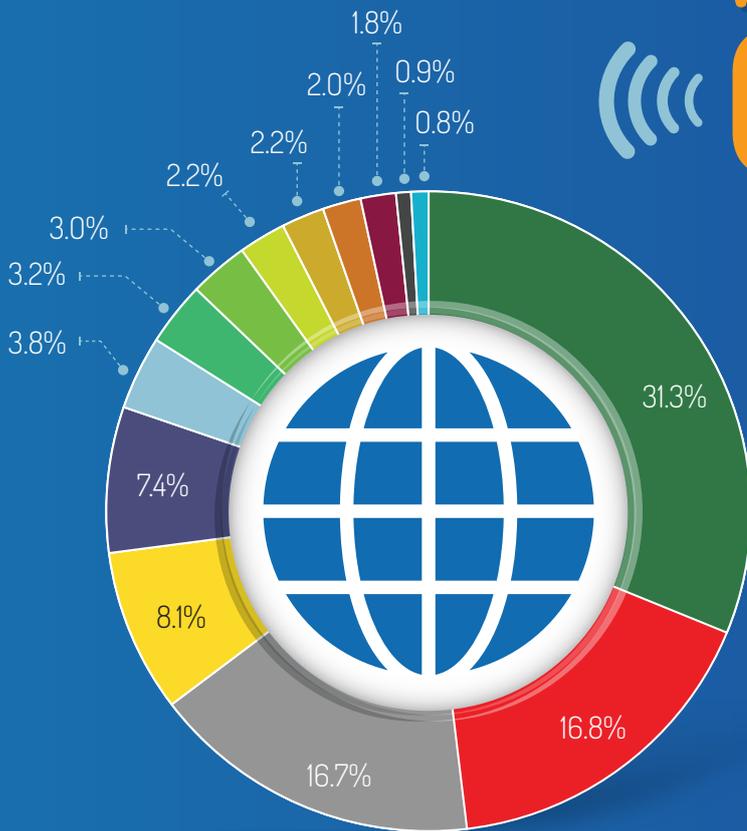
- **Social networks** — 31.3%
- **Pornography, erotic materials** — 16.8%
- **Online stores** — 16.7%
- **Forums and chat** — 8.1%
- **Web mails** — 7.4%
- Illegal software — 3.8%
- Casual games — 3.2%
- Violence — 3.0%
- Explicit language — 2.2%
- Payment systems — 2.2%
- Weapons — 2.0%
- Gambling — 1.8%
- Drugs — 0.9%
- Anonymous proxy servers — 0.8%

What are the biggest security threats to kids?

The same kinds of security problems that affect adults (drive-by downloads, links to malicious sites, viruses and malware, etc.).

- "Free stuff"
- Messages that look like they're from friends
- Offers of free music or movies
- Ringtones

The Child 'Sexting" Problem

Children can be charged under child pornography laws for sharing images of themselves!

FOR PARENTS

FOR TEENS

FOR PARENTS

- Ensure they delete the photos.
- Discuss the psychological and legal consequences.
- Consider respectfully talking to other parents and involved parties.
- Some schools have mandatory reporting requirements.
- Consider seeking professional help if you think your child has a problem.

FOR TEENS

- Never taking a photo means it will never be found.
- Never feel pressured in to taking or sharing.
- Inform your parents if you get inappropriate messages.
- Never share somebody else's sexting photo.

Do you know what is "Game of 72"?

facebook®

72 HOURS

Teenagers have come up with a new Facebook challenge that dares them disappear without a trace for up to three days (72 hours) without contacting their family

Why the Internet Can Be Dangerous for Children

- False Identities Are Easy To Create
- Internet Predators
- So Many Websites To Choose From
- Not All Information Is Private
- When Your Child Uses The Internet, They Are The Ones Who Are In Control
- Inappropriate Content, Including Pornography
- Grooming and Sexual Abuse
- Gambling or Running Up Debts

4 Signs That Your Teenager May Be In Trouble Online

1. They Get on the Computer at the Same Time Everyday

2. They Are Secretive When They Use the Computer

3. They Are Very Happy When Getting Off the Computer

4. They Are Very Depressed

How Internet can affect your kids

Health issues

- Eyesight
- Eye strain
- Sitting still for long periods of time
- Brain plasticity and creativity
- Insomnia
- Obesity
- Carpal tunnel
- Flashing images of certain websites and games can trigger epileptic seizures
- Addiction
- Digital devices before bedtime cause sleep disruption

Physical & Social issue

- Moral corruption
- Cyberbullying
- Isolation from their friends and family
- Less able to separate fact from fiction.
- Feelings of loneliness and depression
- Child pornography may forever change a child's understanding of human sexuality Inactivity
- Tend to be more aggressive

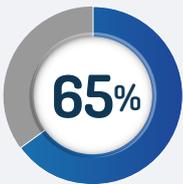# How much screen time is healthy for children?

Under 2 years old	None
2-5 years old	No more than an hour a day
5-18 years old	No more than 2 hours a day

How do I know if my child is being cyberbullied?

65% of 8 to 14-years-old have been involved in a cyberbullying incident

Girls are more likely than boys to be the target of cyberbullying

- Obsessed about checking text messages & social apps
- Difficulty sleeping
- Frequent nightmares
- Declining grades
- Not wanting to go to school or not attend his/her classes after leaving for school.
- Feelings of helplessness or decreased self-esteem
- Avoiding social situations they used to enjoy
- Your child begins to avoid using his/her mobile device or computer

What can help?

- Talk with your child about cyberbullying
- Report the cyberbullying to digital providers
- Report the cyberbullying to your child's school
- Report the cyberbullying to law enforcement
- Get outside help to deal with cyberbullying

PRECAUTION

Be careful where you click

Don't get caught by phishers

Having strong passwords & changing them periodically

Watch out for scams

Be careful about plug-ins

Consider using extra authentication

Be careful about word FREE

Shop on secure sites

Use secure Wi-Fi

Use monitoring apps

Educate yourself first

Have an honest & open discussion

Do NOT give out personal information online

Prevent your child from posting personal pictures or videos or at least review them

Keep software & apps up-to-date

Use security software

Make sure your child knows that they are not allowed to meet, in person, with anyone who they meet online

Apps parents should use

The Minormonitor app
Aim specifically to safeguard your children from the dangers inherent in social media, particularly Facebook and Twitter.

CyberPatrol
Blocking undesirable websites and keeping track of what happens on your Internet connection

K9 Web Protection
Regulate and monitor the way the Internet is used on a device

WebSafety's vision
Parents can monitor questionable and potentially harmful content or a direct predatory exchange occurring on their child's mobile device.

Positive Effects

Online games and activities can enhance teamwork and creativity

Improve both visual intelligence and hand–eye coordination

Children in households with computers perform better academically than peers without computers

Knowledge, provided that the child has learned to discriminate between good and bad information sources

Children's Internet safety websites

http://www.thinkuknow.co.uk/

http://www.kidsmart.org.uk/

http://www.netsmartz.org/InternetSafety

http://www.safetynetkids.org.uk/personal –safety/staying–safe–online/

http://www.guardchild.com/statistics/
https://www.websafety.com/#how-it-works
http://www.guardchild.com/social-media-statistics-2/
http://www.internetsafety101.org/Socialmediastats.htm
https://www.rt.com/usa/320541-young-children-mobile-devices/
http://life.familyeducation.com/internet-safety/computers/58015.html
http://www.connectsafely.org/wp-content/uploads/securityguide.pdf
http://www.connectsafely.org/wp-content/uploads/cyberbullying_guide.pdf
https://securelist.com/blog/research/35928/what-are-children-doing-online/
http://www.pewinternet.org/2015/04/09/teens-social-media-technology-2015/
https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/
http://edition.cnn.com/2015/11/03/health/teens-tweens-media-screen-use-report/
http://www.1stplace.uk.com/how-smartphones-and-tablets-affect-childrens-brains/
http://nymag.com/thecut/2014/02/over-half-kids-social-media-before-age-ten.html
http://retnotamia.blogspot.co.id/2013/04/top-10-negative-effects-of-internet-on.html
http://www.theguardian.com/technology/2013/nov/03/internet-children-parents-safety
http://www.parenting.com/blogs/children-and-technology-blog/kim-babytalk/safe-online
http://science.opposingviews.com/physical-social-effects-internet-use-children-1471.html
http://www.parentalcontrolsapps.com/parents-5-tips-for-your-child-to-stay-safe-on-internet/
http://kidshealth.org/parent/positive/family/social-media-smarts.html?tracking=P_RelatedArticle
http://www.livestrong.com/article/516549-physical-and-social-effects-of-internet-use-in-children/
http://childdevelopmentinfo.com/family-living/kids-media-safety/children-teens-web-internet-safety/
http://www.parentalcontrolsapps.com/the-bizarre-reality-and-impact-of-the-internet-on-your-teenager/
http://www.safekids.com/2015/05/08/french-media-reports-of-kids-disappearing-for-3-days-in-game-of-72/
https://www.socialmediaexplorer.com/social-media-marketing/4-apps-to-help-keep-your-children-safe-online/
http://www.todayszaman.com/national_experts-say-internet-has-many-harmful-effects-on-children_319576.html
http://www.pcadvisor.co.uk/feature/digital-home/how-much-screen-time-is-healthy-for-children-benefits-3520917/
http://www.safekids.com/2015/09/21/north-carolina-teens-charged-under-child-porn-laws-what-you-need-to-know-about-teen-sexting/
http://www.telegraph.co.uk/technology/internet-security/11403463/Safer-Internet-Day-Do-you-know-what-your-child-is-doing-online.html

Every Cloud
YOUR SILVER LINING

www.everycloudtech.com