Saffron Centre

Parental Controls Handout

Learn more about parental controls, popular apps, privacy settings, and ways to monitor your child's digital footprint.

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What are Parental Controls?

Parental controls are software tools that allow parents or guardians to monitor and limit what their child sees and does online. Combined with privacy settings, parental controls can help caregivers protect children from inappropriate content, online grooming, cyberbullying, and other online safety issues.

Saffron understands that it can be daunting to stay up to date with and navigate the many different apps that exist and are used by children and youth. You are not alone! Many parents avoid using controls and settings believing they will be difficult to set up or complicated to use. This guide can help make it more simple and straightforward.

9/10

More than 9 in 10 parents of 5-15 year olds who use parental control software consider it useful.

15%
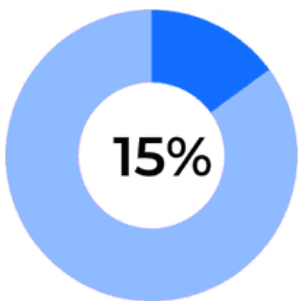
15% of teens say parental controls and restrictions should only be taken away once they're over 18 years of age.

65%
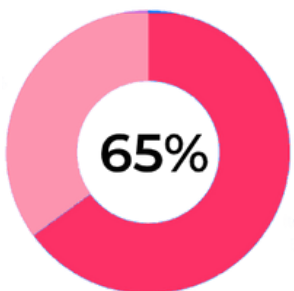
65% of young people aged 11-16 are in favour of parental controls.

Although parental control tools help minimize the risks children may face online, they are not 100% effective. It's important to teach children how to respond to problematic or inappropriate content they are exposed to. Always encourage them to talk to you about anything they find upsetting online.

Location & Activity Monitoring

WHAT ARE LOCATION SETTINGS & WHAT DO THEY DO?

In general, location settings refer to the act of sharing where you are through a mobile device. More recently, this term has started to refer to location-sharing apps in particular, where through different apps, users are able to see and track where you are at any given time. In many cases, users are not aware that location sharing is taking place on their devices.

Nearly 80% of people have location sharing activated on their phones some of the time, and 16% have it activated all of the time

WHAT IS THE IMPORTANCE OF LOCATION SHARING?

Sharing location settings is not a bad thing. It can serve many different positive functions, such as providing parents with a safety tool that ensures they know the whereabouts of their children. However, location-sharing conversations need to be had between families to understand the potential dangers of this tool.

THIS MAY LOOK LIKE:

1) Setting Boundaries
It is important to make sure your child is aware and has agreed to share locations with you. If they are not aware and later discover that they were forced to location-share without their knowledge, then this can lead to feelings of resentment and a breakdown of trust in your relationship.

2) Being Open & Honest
As children get older, caregivers may want to consider clarifying their intentions behind deciding to implement a location-sharing service in their family.

Safe Alternatives to Monitor Location Settings

Location-sharing apps can be useful in many scenarios, especially when taking care of your loved ones and ensuring that they are safe and sound. Below is a list of a few apps that can be used to track the given location of your child. These apps are a safer alternative in comparison to using potentially unsecured apps like Snapchat to track your children's location.

Familo- This is a real-time location-tracking app. You can use Familo to share your live location with anyone. Familo also has an advanced feature called Panic Button. The Panic Button feature is made for use in emergencies, immediately sending notifications to your contacts. This app is available for free on both Android and iOS.

Life 360- This is a family-orientated location-sharing app. It allows users to not only share location but also send group messages and calls for roadside assistance. This app is available for free on both Android and iOS.
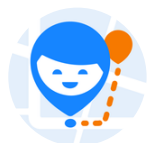
Find My Kids- Find My Kids is an app specially designed to ensure the safety of your kids from your smartphone. Find My Kids can send caregivers notifications when children leave home, are on school premises, etc. This app is available for free on both Android and iOS.
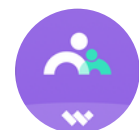
FamiSafe- This app allows you to view a family member's location with a street address and landmark, as well as allowing you to set up a safe zone and provide a real-time notification when the child leaves and enters the Geo-fence. This app is password-protected, so only parents and caregivers can see the location of their kids. This app is free for Android and iPhone users.

Glympse- This app lets you share your live location with anyone that you choose. One of the best features of Glympse is its location accuracy on maps. You can download the Glympse app from the Play Store and App Store and it is free of cost!
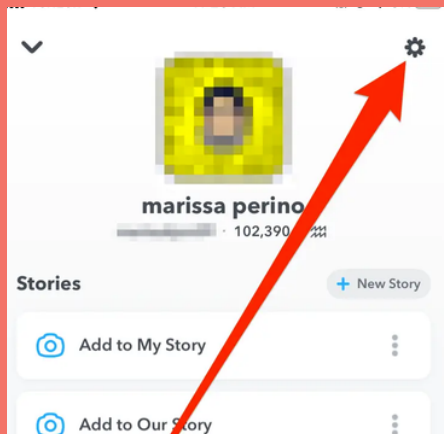
Popular Apps & Privacy

Snapchat is a mobile app that allows users to send photo or video "snaps" to other users. Each snap is a single image or short video with a time limit for viewing. The recipient can only view the snap between that time limit before it disappears. Snapchat can store images and videos in the app when saved and has a feature called "My Eyes Only" which stores photos in a password-protected folder. It also has a geolocation tracking feature called a "Snapmap" where users are able to see the exact locations of other users down to the address they are currently at.
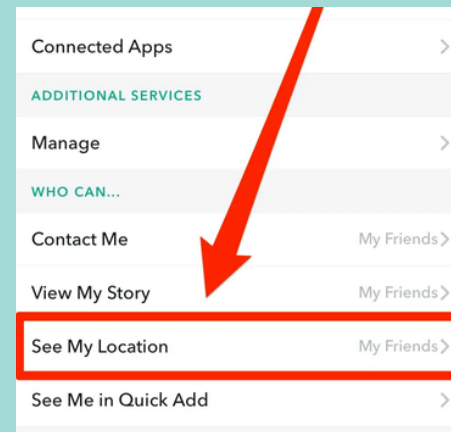
But how do I turn off location settings?

1.)

Click on the **settings logo** on the top right corner.
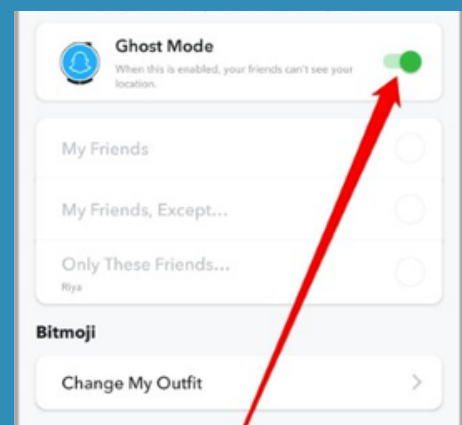
2.)

Scroll down and select "**see my location.**"

3.)

Slide the "**Ghost mode**" button over.

4.)

Ensure that the "**Ghost mode**" button is lit up, and the location sharing feature will be turned off.
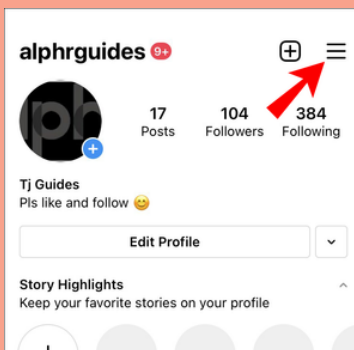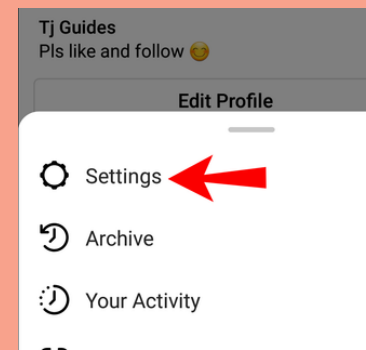
Popular Apps & Privacy

Instagram

What is Instagram?

Instagram is a social media platform where people can share photos and videos with their friends and followers. It allows users to upload pictures and short video clips, apply various filters and effects to their posts, and add captions and hashtags to describe or categorize their content. Users can also interact with others by liking, commenting, and sending direct messages. Instagram is popular for its visual content and is used for sharing personal moments, promoting businesses, and connecting with a wide audience. Instagram has the option of both private and public accounts, where you can allow only certain people to follow, like, and view your account (Private) or where anyone can view, follow, and like shared posts on your profile (Public).
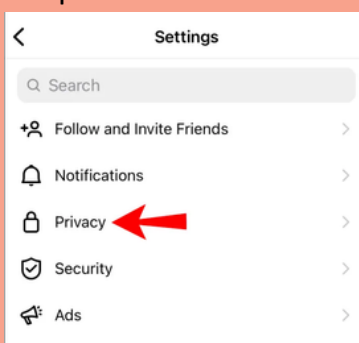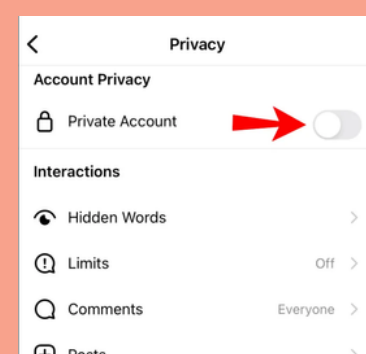
Step up Privacy Settings:

Step 1) Click on the **three lines** on the top right corner of your profile.

Step 2) Tap on "**Settings.**"

Step 3) Scroll down and select "**Privacy.**"

Step 4) Slide the "**Private Account**" bottom over & ensure that it is blue.

Popular Apps & Privacy

What is TikTok?

TikTok is a social media platform where users can create and share short videos, typically ranging from a few seconds to one minute in length. It's known for its user-friendly video editing tools, music and sound effects library, and a wide range of content, including funny skits, dances, tutorials, and more. People can follow others, like, comment on, and share videos, making it a popular platform for creative expression and entertainment.

A Step-by-Step Guide to Make a TikTok Account Private

1)
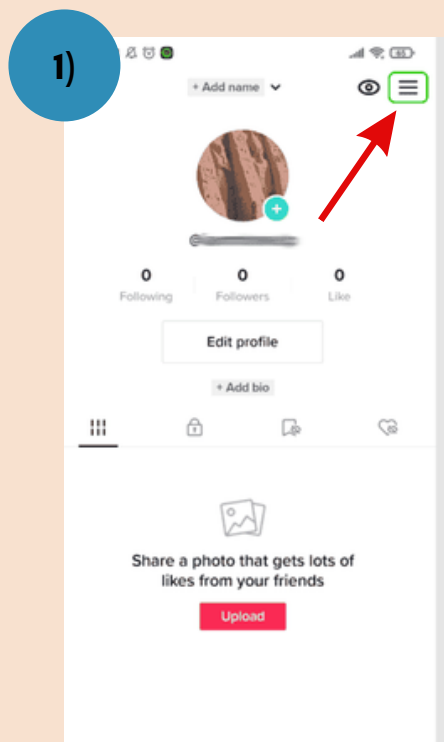
Go to your Profile on the app, and click on the **three lines** of the right hand corner of the screen.

2)
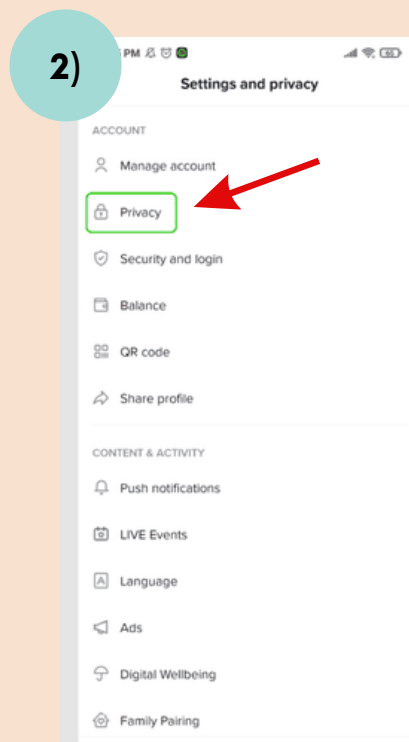
Scroll down the settings options and click on the "**Privacy**" option.

3)

Slide the tab of the "**private account**" button, & ensure that it is green.

Popular Apps & Privacy

Youtube

What is YouTube?

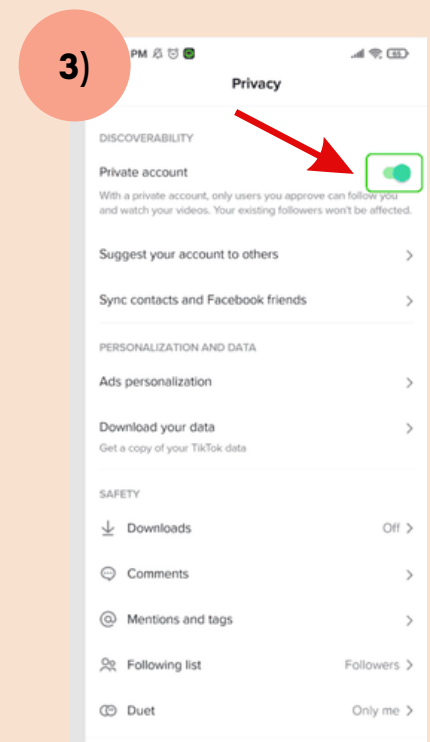**YouTube** is an international video-sharing and social networking website and app on the internet. Within this app, users can upload their own videos to their YouTube channels, making them accessible to a global audience. These videos can cover a wide range of topics, including vlogs, tutorials, music, entertainment, education, and more. Visitors can watch videos on YouTube without needing to create an account. They can search for specific content, explore various categories, and discover trending or recommended videos. YouTube provides a space for viewers to leave comments on videos. This enables interaction between content creators and their audience. Users can also like, dislike, and share videos. YouTube allows users to live stream events, presentations, gaming, and more. Viewers can engage in real-time through live chat.

What is a Safer Alternative to Using YouTube?

YouTube Kids is a child-friendly, curated version of YouTube that is designed specifically for children aged 12 and under. It offers a safer and more controlled environment for kids to explore and enjoy age-appropriate content. Key features include:

1) Age-appropriate content

2) Parental Controls

3) No comments or live chat options

Steps to Ensure That a Youtube Video is Shared Privately:

1)
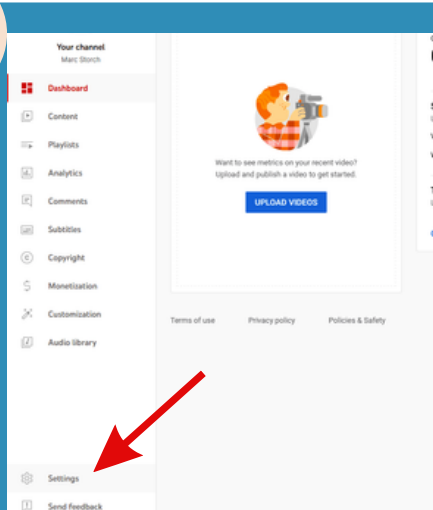
Click on the profile icon in the top-right corner and select **Settings** from the drop-down menu.

2)
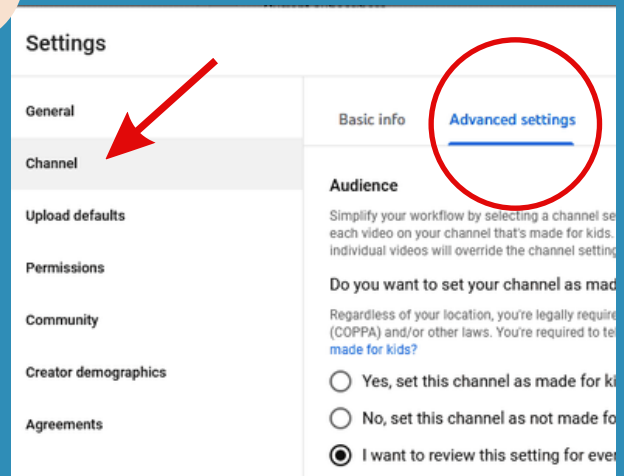
Navigate to the Channel tab to the left of your screen, and select **Advanced Settings.**

3)
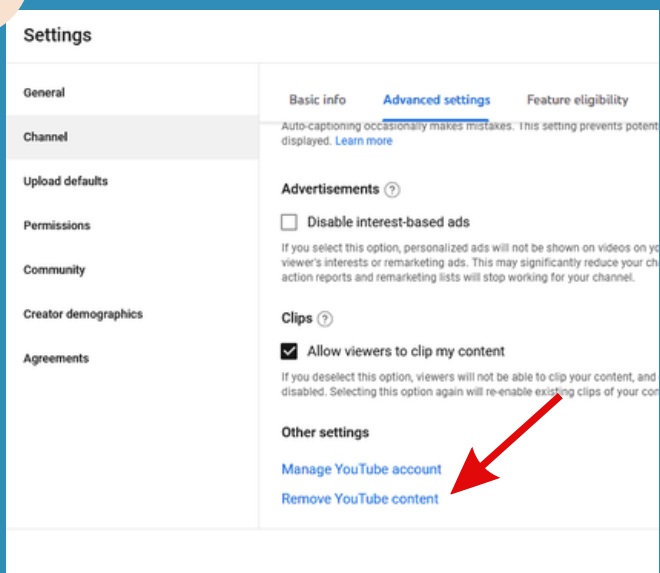
Scroll down to the bottom of this page until you see an option called **Remove YouTube Content.** Don't worry. This won't remove your content right away. There is another page to go through first.

4)
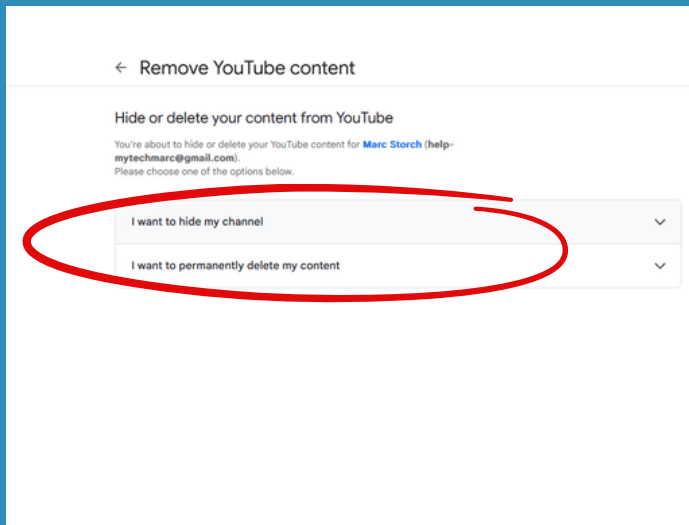
Here you will have two options, either "**I want to hide my channel**," or "**I want to permanently delete my content.**" For this guide, we recommend selecting I want to hide my channel, but if you want to eliminate your YouTube channel altogether, the second option might be better.

5)
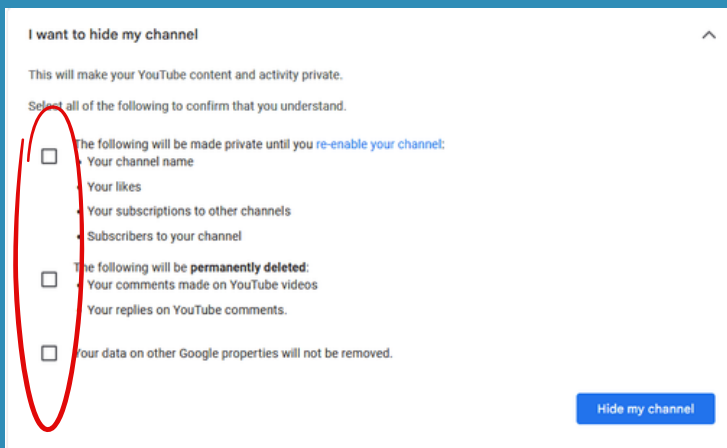
On the page now, you will see three checkboxes. The first option allows you to hide your channel's most publicly visible elements. The second option will permanently delete your comments made on YouTube and your replies on YouTube comments. The third option will remove your data from other Google properties. While these look like optional boxes, they are instead a way of YouTube confirming that you want to do all these things.

6)
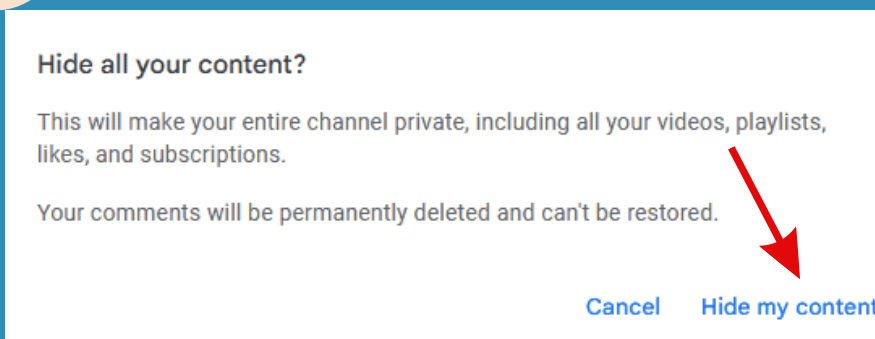
Now that you have selected what you want to hide or permanently delete, click on **Hide My Content** and confirm your selection.

Popular Apps & Privacy

Discord

What is Discord?

Discord is a communication platform that allows people to chat and interact with each other online. It's designed for text, voice, and video communication, making it popular for a wide range of activities, including gaming, socializing, or collaborating on projects. Users can join or create "servers," which are virtual meeting places where they can participate in conversations, share information, and connect with others who have similar interests.

- Most Discord users from 12-23 years old use Discord for daily life, such as connecting with classmates, gamers, and friends.
- The majority of Discord users are male, comprising 79% of the app visitors, while females represent 21%.

Discord has grown into a full social network with over **140 million active** monthly users. It is no longer just popular among gamers.

How to Make A Private Discord Server:

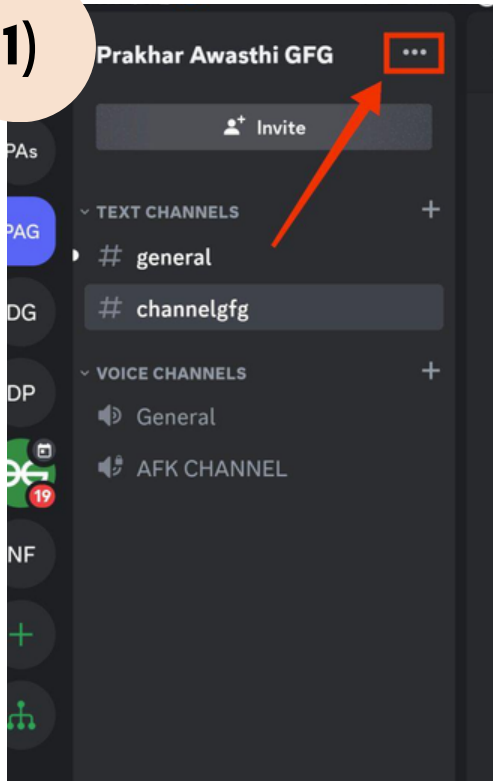**1)**

Select a Server that you want to make private and then click on the **three dots** to open the "server menu".

2)
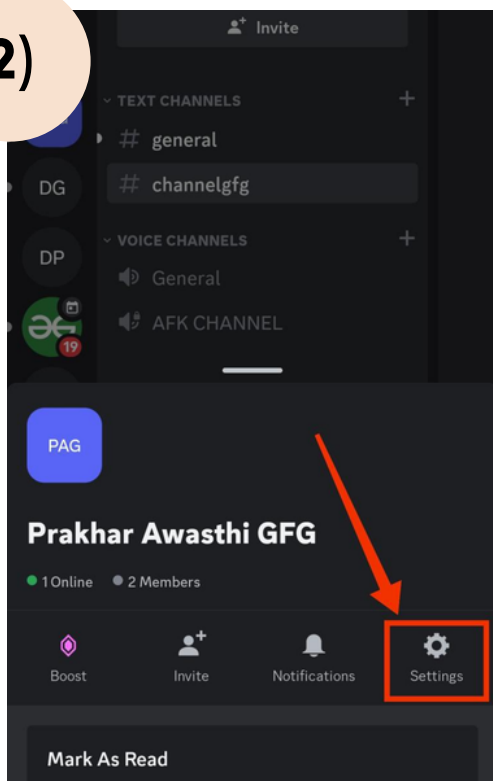
Now select Server **"settings"** to make changes in your server.

3)

Security

COMMUNITY

Enable Community

SERVER SUBSCRIPTIONS

Get Started

USER MANAGEMENT

Members

Roles

Invites

Bans
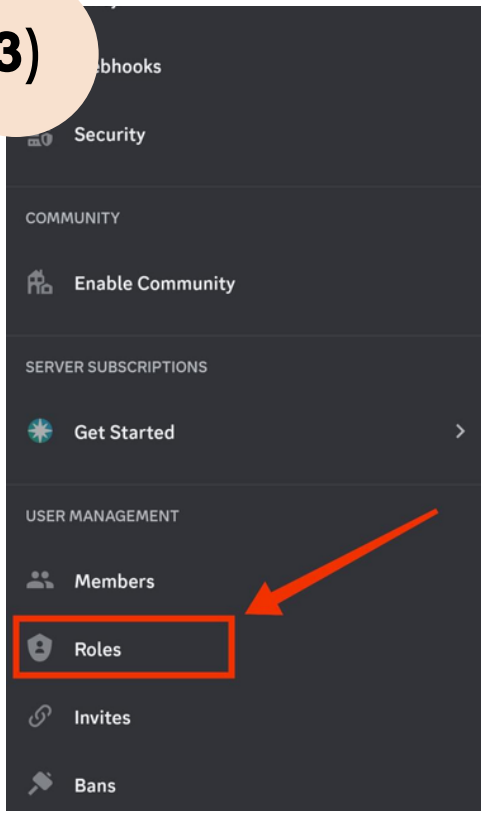
Scroll down to "User Management" and Select **"Roles"** Options from the menu.

4)

Wumpus#0000

coach   leaders   moderator

subscriber   dog lover   tea club

Organize your members

Use roles to group your server members and assign permissions.

Create Role

@everyone
Default permissions for all server members
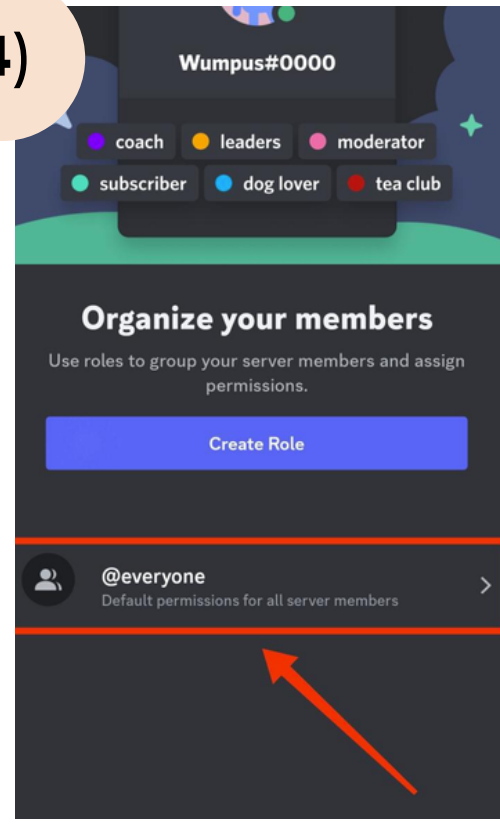
From the Server Roles select **@everyone** to change default permissions for all server members.

5)

w Channels
members to view channels by default (excluding channels).

Manage Channels
Allows members to create, edit, or delete channels.

Manage Roles
Allows members to create new roles and edit or delete roles lower than their highest role. Also allows members to change permissions of individual channels that they have access to.

Create Expressions
Allows members to add custom emoji, stickers, and sounds in this server.

Manage Expressions
Allows members to edit or remove custom emoji, stickers, and sounds in this server.

View Audit Log
Allows members to view a record of who made which changes in this server.

Manage Webhooks
Allows members to create, edit, or delete webhooks, which can post messages from other apps or sites into this server.

Deactivate all permissions associated with the "@everyone" role. This action ensures that no member has the ability to edit or modify any aspect of the server. Once you have disabled all these permissions, finalize your changes by clicking the "Save" button.

Popular Apps & Privacy

What is Roblox?

Roblox is an online platform and game creation system that allows users to design, create, and play games created by other users. The platform is particularly popular among children and teenagers and has a large and active user base. Roblox provides a wide range of tools and features that enable users to build their own games and experiences using the Roblox Studio. Players on Roblox can explore a vast library of user-created games, connect with friends, and customize their avatars. The in-game currency, known as Robux, can be used to purchase virtual items, accessories, and avatar upgrades. Robux can be obtained through in-app purchases or by participating in the platform's virtual economy.

How to Change Privacy & Chat Settings:

1.)
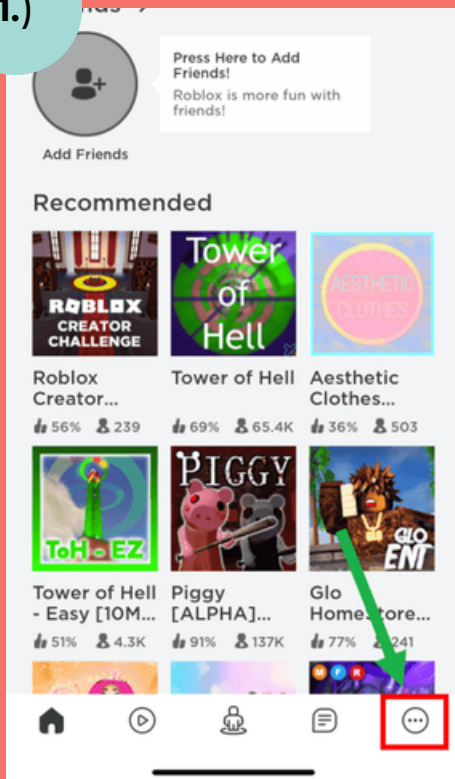
Go to the account settings, the **three dot circle icon** on the bottom right corner of the screen.

2.)

Scroll down and and select **"settings."**

3.)

Within the settings, select **"security."**

4.)

Settings

My Settings 🔒

Security ⌄

2 Step Verification

Improve your account security. A code will be required when you login from a new device. ⚪

A verified email is required.

What are Account Controls?

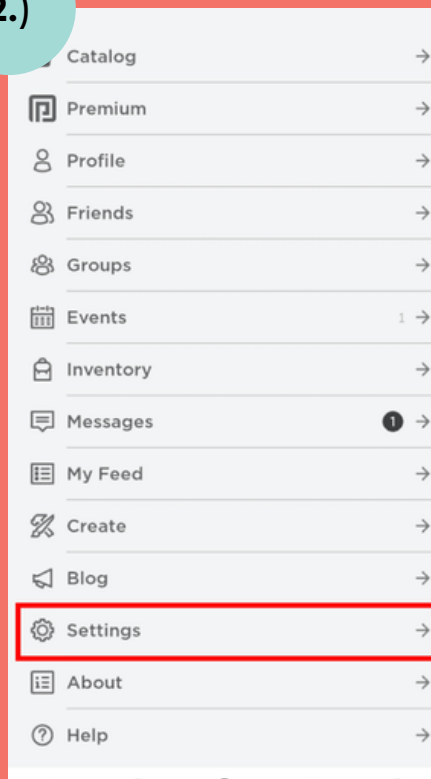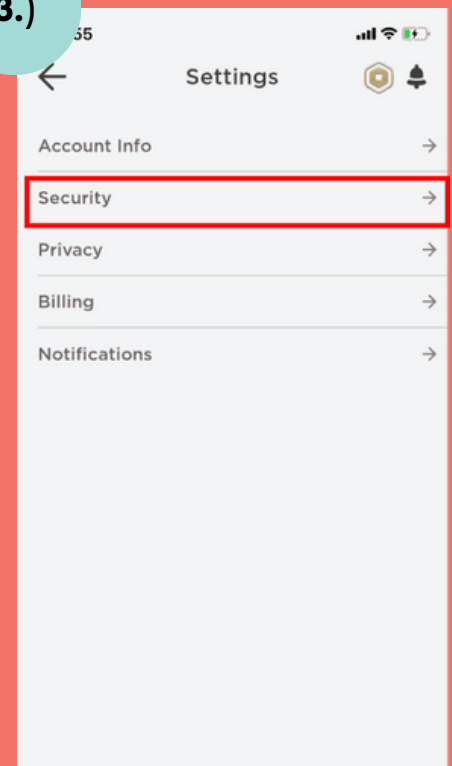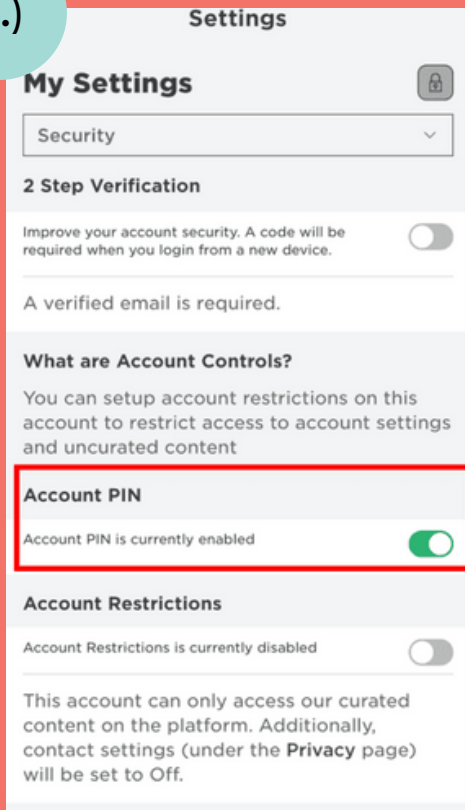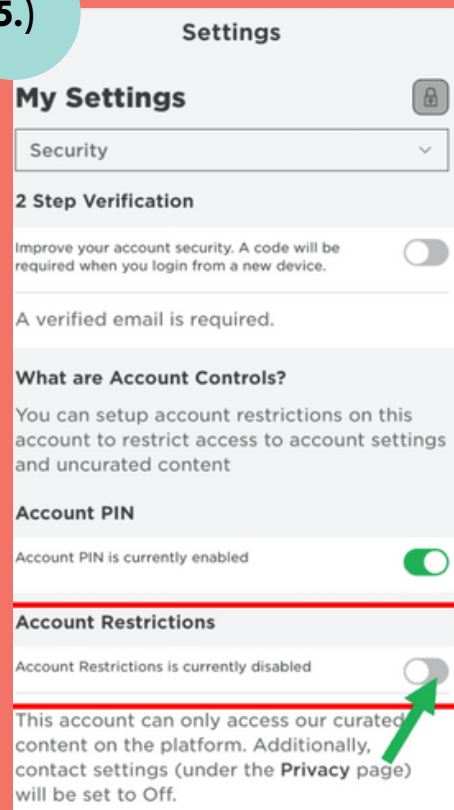You can setup account restrictions on this account to restrict access to account settings and uncurated content

Account PIN

Account PIN is currently enabled 🟢

Account Restrictions

Account Restrictions is currently disabled ⚪

This account can only access our curated content on the platform. Additionally, contact settings (under the **Privacy** page) will be set to Off.

Select/turn **account pin** on.

5.)

Settings

My Settings 🔒

Security ⌄

2 Step Verification

Improve your account security. A code will be required when you login from a new device. ⚪

A verified email is required.

What are Account Controls?

You can setup account restrictions on this account to restrict access to account settings and uncurated content

Account PIN

Account PIN is currently enabled 🟢

Account Restrictions

Account Restrictions is currently disabled ⚪

This account can only access our curated content on the platform. Additionally, contact settings (under the **Privacy** page) will be set to Off.

Select/turn on **"account restrictions."** This will automatically enable contact settings shown in stage 6.

6.)

Privacy Settings

Contact Settings are locked because Account Restrictions (under Security page) is enabled

Contact Settings ⑦

Off

Who can message me? ⑦

No one

Who can chat with me in app? ⑦

No one

Who can chat with me in game? ⑦

No one

Who can find me by my phone number? ⑦

No one
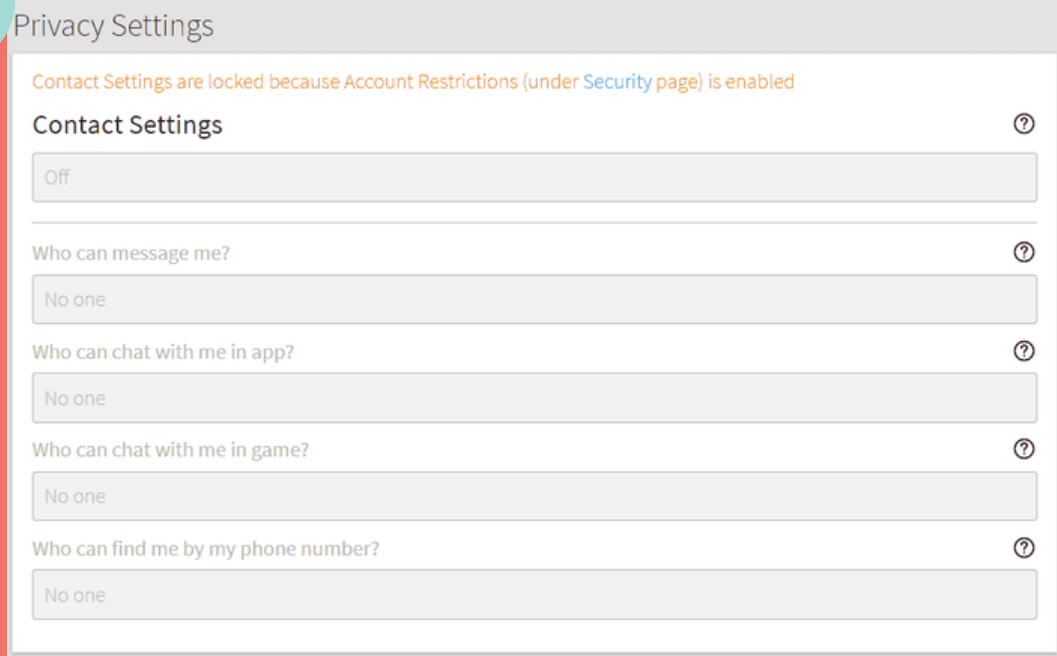
Enabling Account Restrictions will lock an account's **Contact Settings** so that no other user can send messages, chat in-app or in-game, or find the account by its phone number.

Popular Search Engines

Kid search engines are specialized search engines designed for children. They provide a safer and more kid-friendly online search experience by filtering out explicit or inappropriate content and tailoring search results to be more age-appropriate. These search engines are typically designed to be user-friendly and often include features such as larger icons and simplified interfaces. Some popular kid search engines include:

Kiddle

Kiddle is a child-friendly visual search engine designed for kids. It is essentially a search engine that aims to provide a safe and age-appropriate online searching experience for children. Kiddle uses Google Safe Search technology to filter search results and offers a customized homepage with larger text and a colorful design to make it more appealing to young users. Kiddle also includes additional features, such as filtering out explicit content and providing results that are more suitable for children.

KidRex

Kidrex is another child-safe search engine designed to provide a safer online search experience for kids. It filters search results to ensure that they are age-appropriate and free of explicit or harmful content. Kidrex uses Google SafeSearch technology to block inappropriate websites and content that may not be suitable for children.

Yahoo Kids

Yahoo Kids is a child-oriented web portal and search engine. It provides a safe and child-friendly environment for kids to explore the internet and access age-appropriate content, including educational resources, games, and other entertainment. Yahoo Kids also offers a filtered search engine to help kids find information without stumbling upon inappropriate or adult-oriented content.

Third Party Monitoring Software

Third-party parental control software is a tool and software solution designed to help parents monitor and manage their children's online activities and device usage. These third-party controls are typically installed on computers, smartphones, tablets, and other devices that children use to access the internet and various digital content. Here are some common is a list of some common apps:

Google Family Link

Google Family Link is a parental control service and app provided by Google that allows parents to monitor and manage their children's digital devices and online activities. The primary purpose of Google Family Link is to help parents set digital ground rules for their kids and keep them safe while using smartphones, tablets, and other Android devices. Some of the key features and capabilities within this app include screen time management, app/game controls, web filtering, location tracking, activity reports, and google account management. To use Google Family Link, parents need to create a Google Account for their child, install the Family Link app on both their device and their child's device, and then link the accounts. This way, parents can have more control over their child's digital experiences while also fostering responsible use of technology.

Kidlogger

KidLogger is a parental control and monitoring application that allows parents to keep track of their child's online and device activities. It is designed to help parents protect their children from potential online dangers and make sure they are using their devices safely. KidLogger typically offers features such as activity monitoring, screenshots, location tracking, social media monitoring, time management, and remote controls. The 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 Skype calls), but it's still a well-rounded tool if there are concerns about safety.

Kaspersky Safe Kids

Kaspersky Safe Kids is a parental control and monitoring application developed by Kaspersky Lab, a cybersecurity company. The primary purpose of this app is to help parents ensure the online safety of their children and manage their digital activities. Features of this app include content filtering, time management, app usage control, location tracking, social network monitoring, online search monitoring, web history, alerts/reports, and multi-device support. This app is offered for free on the App Store, but there is a paid version with more mobile-specific features, including a battery tracker so you can see if your child's phone is about to die, leaving them without a way to contact you. You can also keep an eye on their location with GPS tracking, manage their social media use, and receive real-time alerts if they visit websites they shouldn't or leave a pre-defined 'safe' area.