



# ELEMENTARY IT NIGHT KEEPING YOUR CHILD SAFE ONLINE

*CAISL is a student-centered educational community in which we challenge ourselves and each other to do our best and to make positive contributions to our diverse and ever-changing world.*



# Digital Citizenship – Grades 1-5

- There are five broad themes, covered on a yearly basis:-
  - Passwords
  - Digital Footprints
  - Personal Information
  - Digital Etiquette
  - Cyberbullying



# Passwords

In school the students have passwords for the following:-

- Network logon
- Moodle
- Raz-Kids
- Spelling City
- Mathletics
- Noodletools
- Safari Montage

THE TEACHERS AND THE IT OFFICE MONITOR INTERNET USE AND SITES VISITED.



# Passwords

What sites does your child visit at home that need a password?

Do you know your child's passwords to social media sites?

Does your child have:-

- Facebook
- Snapchat
- Whassup?
- Skype
- Email
- Online gaming



# Passwords

If the answer to any of these is “Yes”, then, as parents you should also know your child’s user name and password for all those sites.

## **Recommendations:-**

- Use a false name or nickname
- Create an email account dedicated to such sites, and not for personal or private communication.
- Create complex passwords that mix letters, numbers, symbols and capitals.
- Change passwords frequently, and do not use the same one for all accounts.



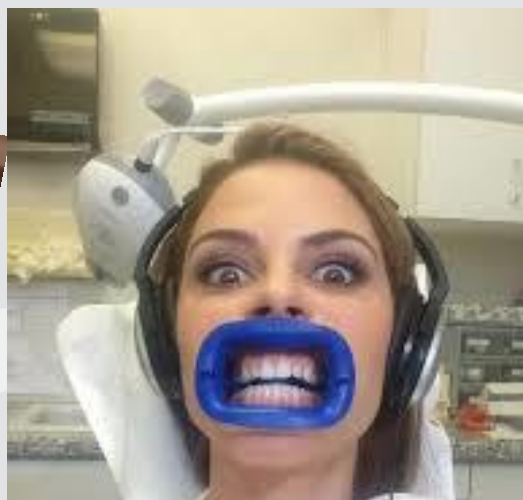
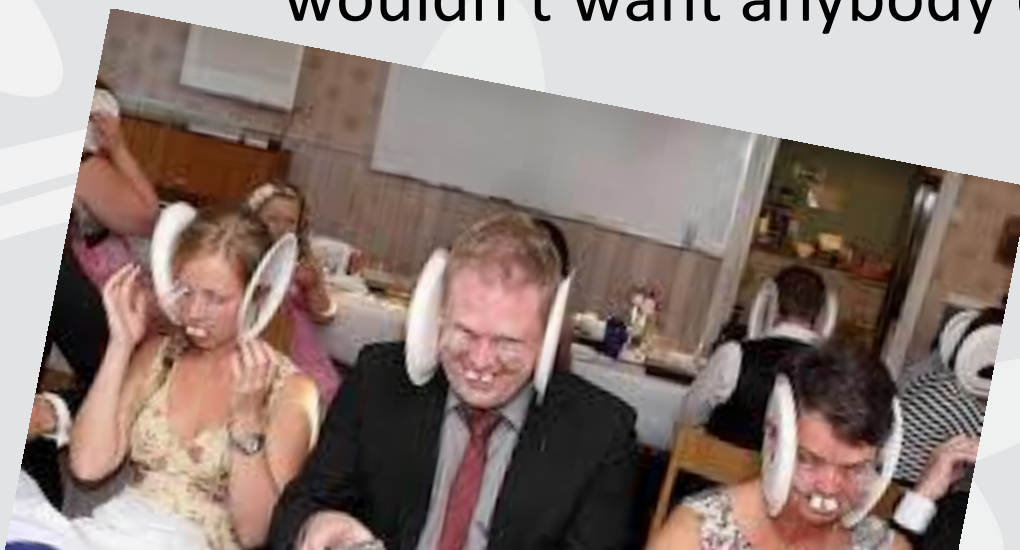


# Digital Footprints

What is a digital footprint?

It is a trail that you leave behind you in the online world. It is easy to discover which sites you have visited, and to see comments you have made.

We have to be very careful not to leave behind things we wouldn't want anybody else to see or know.





# Digital Footprints

## Four Reasons to Care about your Digital Footprint

[Click here](#)



# Digital Footprints

- We encourage students to create a positive image of themselves online.
- Future schools and employers may check your digital presence.
- Google yourself!





# Personal Information

- Students are reminded frequently to NEVER share these things online:-
  - Surnames
  - Address
  - Dates of birth
  - School name
  - Telephone numbers



# Personal Information

- They should also be very careful about sharing any photos on social media sites. Even with privacy settings regularly adjusted, we have no control over what friends and families post and share.
- For this reason we need to be very careful about posting pictures of others without their permission.
- We should NEVER share personal information with strangers online.
- There are BAD people out there...

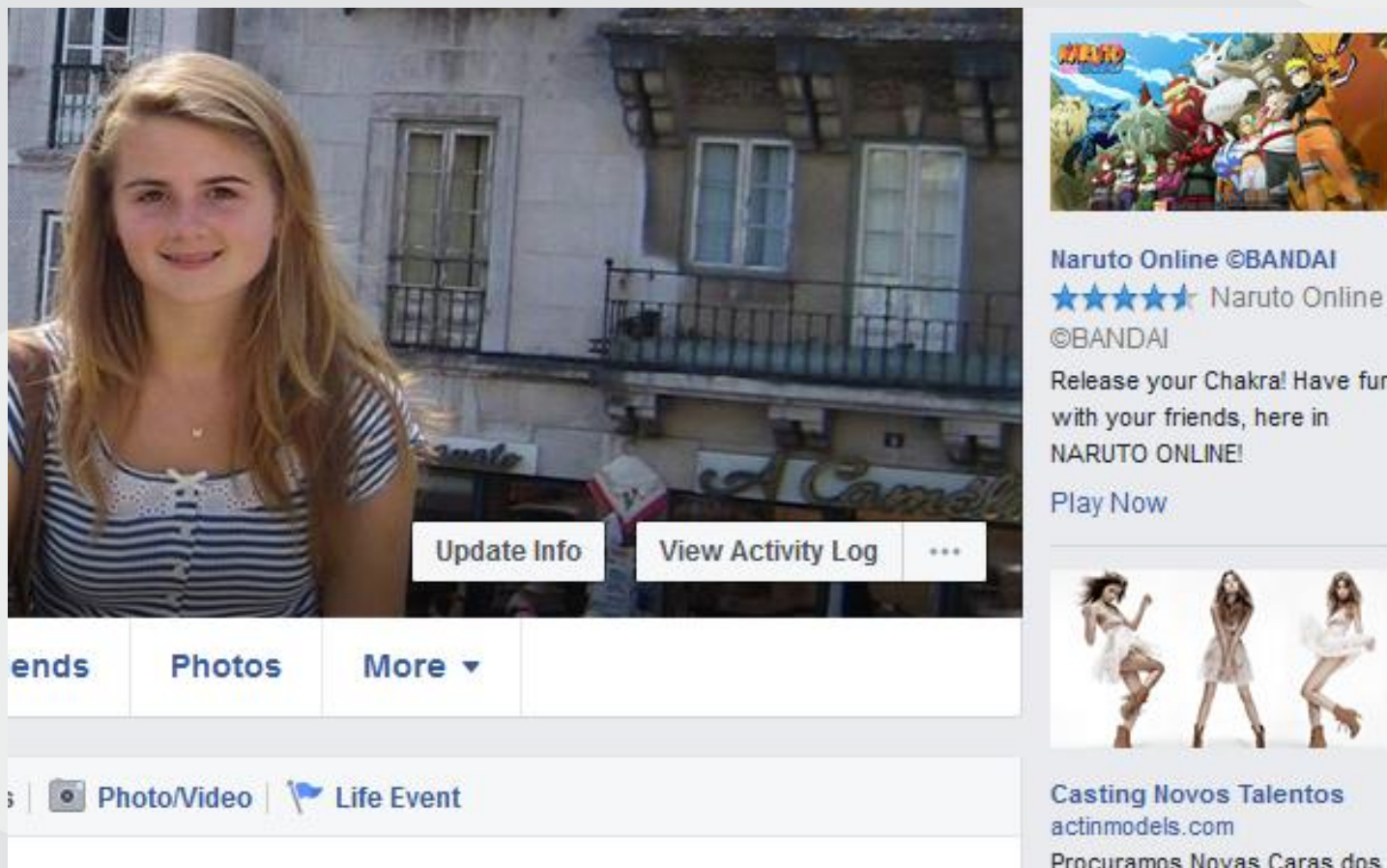


# Personal Information

- We set up a fake Facebook account in the name of “Crystal”
- 13 year old girl (since this is the minimum age for an account)
- There was no profile picture
- The email address containing the name “princessbunny”
- Within ONE HOUR of opening the page “Crystal” received a friend request from a stranger with NO information or activity on his profile page.
- We can only assume he is looking for “Bunny Princesses”.
- We can only guess his intentions...

# Personal Information

As a sidenote, without ANY activity on her page (but now with a profile picture), “Crystal” attracted this kind of advertising – for a modelling agency.



The screenshot shows a Facebook profile page for a user named "Crystal". The profile picture is a young woman with long blonde hair, wearing a striped shirt, standing in front of a building. The background image of the profile is the same woman. The page has a navigation bar with "Friends", "Photos", and "More" (with a dropdown arrow). Below the navigation bar, there are buttons for "Update Info", "View Activity Log", and a three-dot menu. To the right of the profile picture, there are two advertisements. The first advertisement is for "Naruto Online ©BANDAI", featuring a group of anime characters and the text "Release your Chakra! Have fun with your friends, here in NARUTO ONLINE! Play Now". The second advertisement is for "Casting Novos Talentos actinmodels.com", featuring three women in white dresses and the text "Procuramos Novas Caras dos".

Update Info View Activity Log ...

Friends Photos More ▾

Photo/Video Life Event

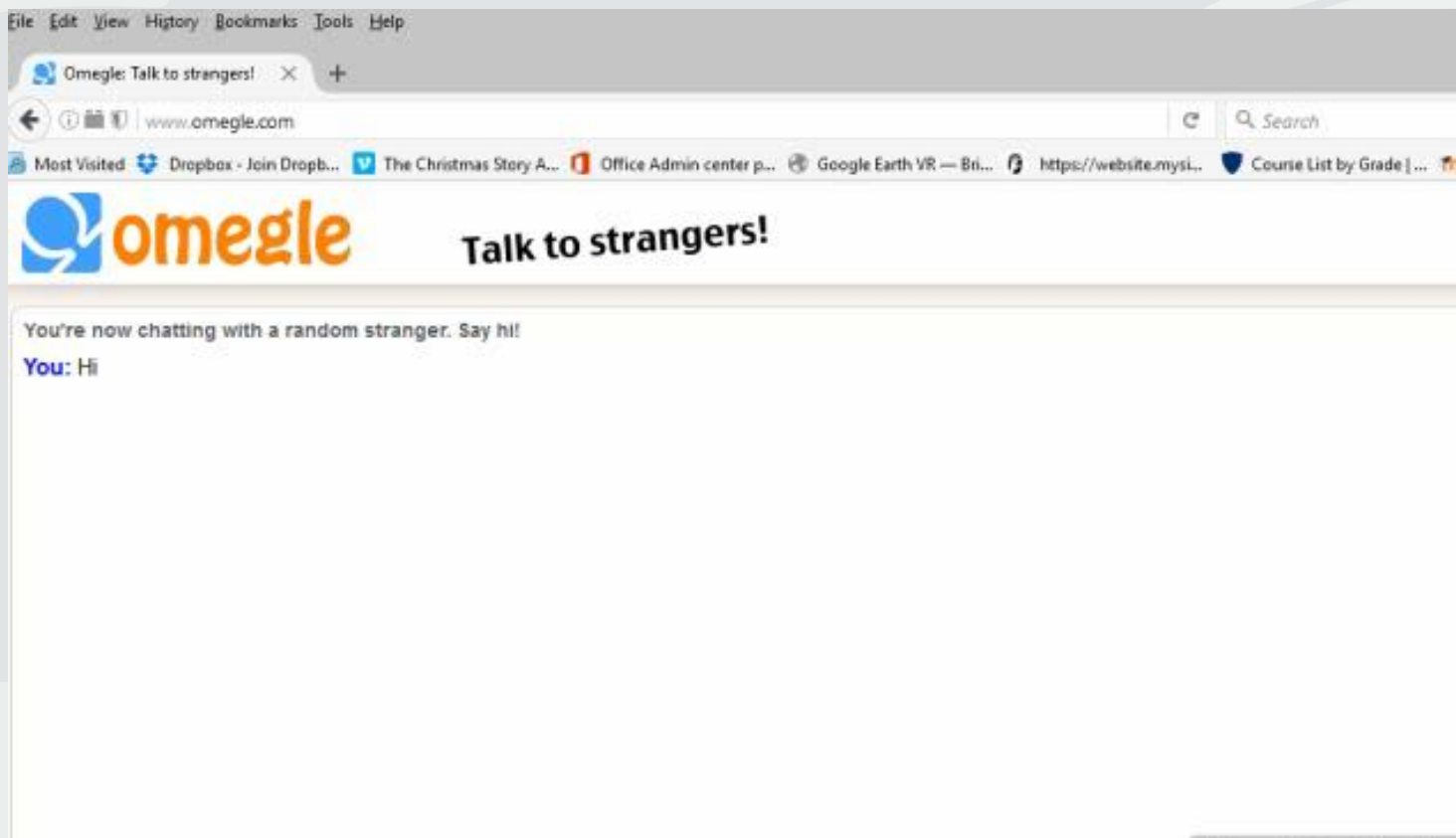
Naruto Online ©BANDAI  
★★★★★ Naruto Online  
©BANDAI  
Release your Chakra! Have fun  
with your friends, here in  
NARUTO ONLINE!  
Play Now

Casting Novos Talentos  
actinmodels.com  
Procuramos Novas Caras dos



# Personal Information

- In preparation for tonight's presentation, a CAISL teacher logged on to a popular chat site – Omegle.







# Digital Etiquette - Netiquette

***Netiquette*** is a set of rules for practicing ***good manners on the Internet.***

This is one of the easiest ones to teach children, as the rules online are much the same as they are in school.

These are the golden rules our upper Elementary students learn.



## Our Netiquette Rules

- 1.** Don't be mean or rude to others online. Use emoticons or smiley faces to show when you are joking.
- 2.** Tell a trusted adult if someone is mean or rude to you online. Never respond to mean messages; you might start an online fight, also called a "flame war."
- 3.** Don't type in ALL CAPS. That means you're yelling.
- 4.** Use appropriate language online. You could be kicked off a website for using bad words.
- 5.** Don't send or forward spam. No one likes to get junk mail and it could contain a virus that could hurt your computer.
- 6.** Don't share secrets online, including passwords and personal information.
- 7.** Don't steal files, music, or movies. It's illegal!
- 8.** Help "newbies" learn about the Internet. "Newbies" are people new to the Internet or a particular website who may not know all the rules yet. Remember, you were once a "newbie" too.



# Cyberbullying

Any child who has an online presence may become a cyberbully or a victim of cyberbullying.

Elementary students are taught to seek an adult's help if they feel they are being bullied in an online environment.

They are told NOT to respond at all to negative or unkind comments.



# Cyberbullying

- Cyberbullying has become increasingly prevalent in adolescents, and is being quoted more often as the cause of teenager suicide.
- This reflects the greater need that teenagers have for approval from their peers.
- Upper elementary is the perfect age to start working on measures to prevent your child becoming the victim of cyberbullying.
- This link will take you to a series of films about how easily children can become cyberbullies, and underline how difficult it is for them to resist peer pressure, or to stand up for what is right.
- [My Child Would Never Do That](#)



# What can Parents do?

We know that children exert tremendous pressure on their parents to have the latest technology.

Here is one parent's solution to the problem...

[The iphone contract](#)

(You can find the text of the document [here](#))





# Making a Contract

## Recommendations:-

- Place a time limit on “screen time”
- Impose a curfew time
- All internet access should happen in a supervised area
- No tech devices in bedrooms
- Be prepared to model the behavior you are requiring from your child
- You can find a model Family Media Agreement [here.](http://www.common sense media.org)  
([www.common sense media.org](http://www.common sense media.org))



# A Final Thought

Here is Gary Turk's powerful poem – “Look Up”

[Click here](#)



# Parental Controls

The following pages are designed to help those parents who need help with using parental controls.

You can find further help and information on our website [here](#).

The staff in our IT office are also happy to offer help and advice.



# Parental Control & Screen time management for mobiles (Apple + Android)

Kidslox

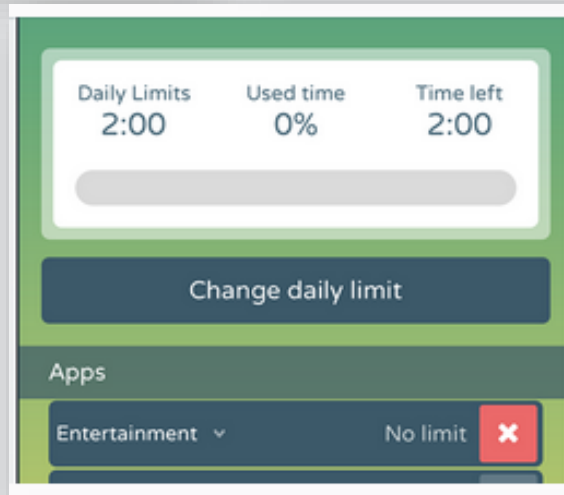
Download for FREE

<https://kidslox.com>



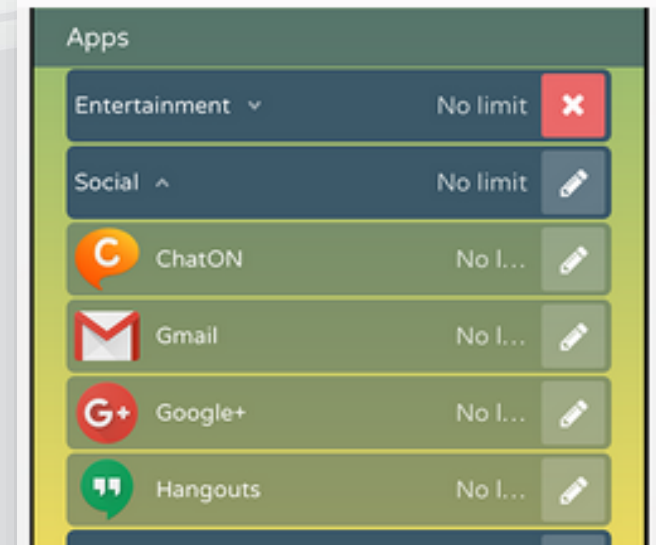
## DAILY SCREEN TIME

Every day of the week can have it's own custom screen time limit. Parental control has never been easier.



## IOS

Set and monitor daily iPhone and iPad limits with ease. Lock apps during off limit times using schedules.



## ANDROID

Set daily limits for individual apps and app categories to fine tune your Android parental control experience.

<https://www.youtube.com/watch?v=OY5gk58A0Bo>



## Norton Family Premier

Help your kids explore, learn and enjoy their connected world safely

### Benefits for You and Your Family

- Helps your kids balance time spent online
- Makes the Web safer for your kids to explore
- Teaches habits that help protect kids from oversharing

<https://us.norton.com/norton-family-premier/>

\$49.99

Subscribe Now

### Help balance time spent online.

Manage your kids' time spent online so you know when it's time to encourage having some offline fun.

### Help your kids explore the Web safely.

Keeping kids safe online shouldn't be the end of their freedom; it should be the start of open and ongoing conversations about how to build safe and smart online habits.

### Teach habits that protect kids from sharing too much online.

Safe and healthy online habits start with honest conversations. Our helpful tools allow you to see kids' online activities at a glance or be notified by email alerts, so you know when it's time to talk.



Know at a glance when and where your kids spend time online.



Use simple settings to make the Web safe for kids to explore.



Easily protect kids' private information and online reputations.



Gain valuable insights that lead to open, informed conversations.



Help teach balance and healthy habits without taking away kids' freedom.



Easily protect all your kids' devices with a single solution.





## Norton Family Premier

Norton Family Premier offers the following features to keep your children safe online:

- › Personal information protection
- › Web supervision
- › Location supervision
- › Search supervision
- › Social network supervision
- › Time supervision
- › Video supervision
- › App supervision
- › Messaging supervision
- › Instant Lock

**Personal information protection** (supported only in Windows computer)

Helps your children avoid giving out sensitive personal information from their device, including phone number, address, school they attend, or email address.

**Web supervision** (supported in Windows computer, Android phones and tablets, and iOS devices)

Lets your children explore the web freely, while keeping you in the know about which sites they visit and giving you tools to help them avoid unsuitable content.

**Location supervision** (supported in Android phones and tablets, and iOS devices)

Lets you track your child's location and know they are safe when they are carrying their device.

**Social network supervision** (supported in Windows computer)

Monitors your child's social media use, including how frequently they log in to Facebook from their device, and the name and age they use on their profile.

**Web supervision** (supported in Windows computer and iOS devices)

Shows you the words, terms, and phrases your children search for on their device, giving you insights into their interests and helping you keep them safe from inappropriate content.

Norton Family monitors and records the search activities of your children on top search engines like Google, Bing, YouTube, Ask, and Yahoo.



## Norton Family Premier

### Time supervision (supported in Windows computer and Android phones and tablets)

Shows you how much time your children spend online, helping you teach healthy habits. You can easily set time limits or schedule specific times when they can use their device.

### Video supervision (supported in Windows computer and iOS devices)

Lists the videos your children watch on their device, even letting you view a snippet of each video, so you know when you need to talk.

### App supervision (supported in Android phones and tablets)

Shows you which apps your children have downloaded on their Android devices, and lets you choose which apps they can use, including YouTube and Facebook.

### Messaging supervision (supported in Android phones and tablets)

Lets you keep an eye on text messages, including what's said and who they can text.

If your child's friend list has 10 mobile friends, and your child has messaged with only five of them, then your child's **Mobile Friend** list displays only those five friends. It also sends a warning text to the mobile friend that the message is being monitored.

### Instant Lock (works only on Windows and Android devices)

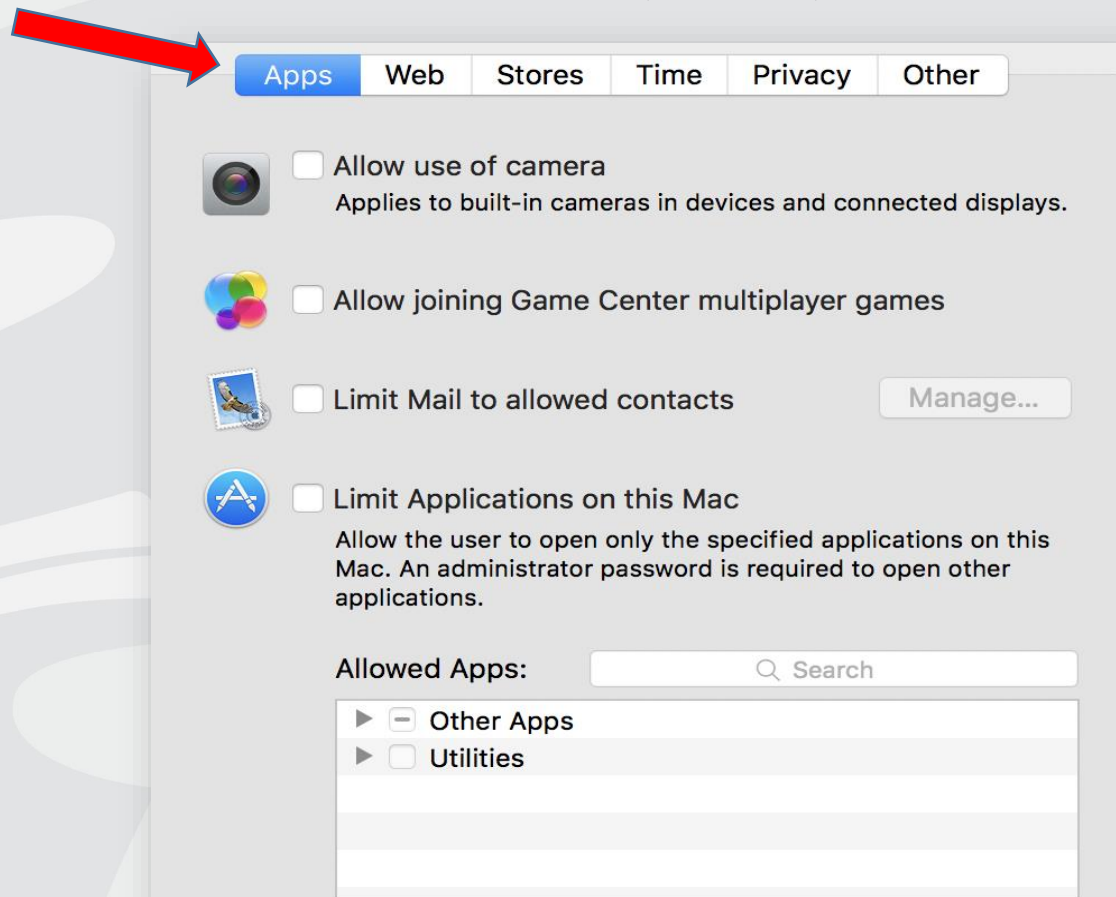
Lets you lock all of your child's devices that are online. You can set a PIN and add allowed contacts for you child to unlock the device or contact someone in case of emergencies.



# iMAC Parental Control

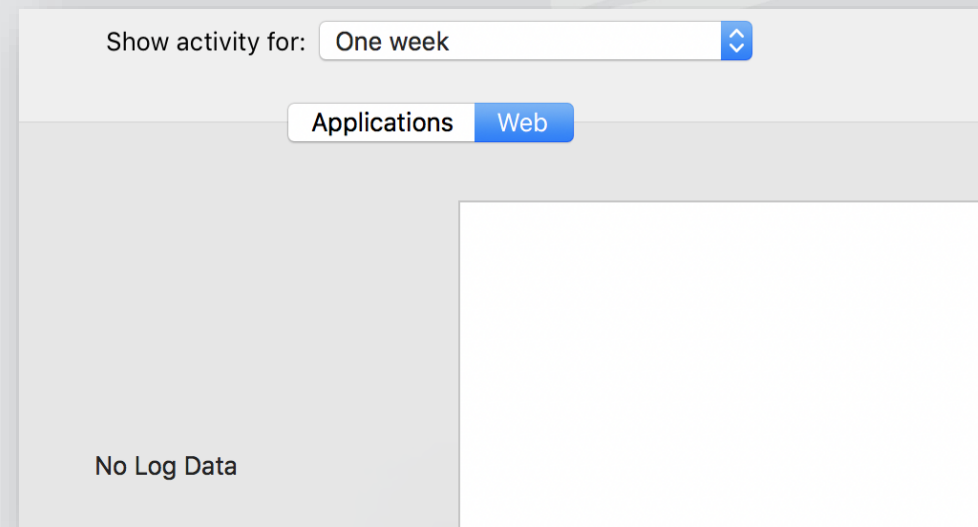
## How to set restrictions on the iMac:

1. Choose Apple menu > System Preferences, then click Parental Controls. ...
2. Click the lock icon to unlock it, then enter an administrator name and password.
3. Select a user, then click one of the tabs along the top.
4. If the user isn't in the list, click Add, then fill in the name, account, and password information to create a new user.




## Logs...

If you set parental controls for a user, you can view logs to monitor the user's Internet, app, and Messages activities.





## iMAC Parental Control - continued



Apps Web Stores Time Privacy Other

**Browser Restrictions:**

Allows access only to websites with appropriate content or websites you specify.


☐ Allow unrestricted access to websites

☒ Try to limit access to adult websites

☐ Allow access to only these websites

Customize...

- Apple — Start
- Discovery Kids
- PBS Kids
- HowStuffWorks
- National Geographic - Kids
- Disney
- Scholastic.com
- Smithsonian Institution
- Time for Kids



Apps Web Stores Time Privacy Other

Disable: ☐ iTunes Store

☐ iTunes U

☐ iBooks Store

Restrict: ☐ Music with explicit content

☐ Movies to: M/16

☐ TV shows to: TV-MA


☐ Apps to: 17+

☐ Books with explicit sexual content





## iMAC Parental Control - continued



Apps Web Stores **Time** Privacy Other

**Weekday time limits**

Allows access to this computer Monday through Friday for the specified number of hours only.

☐ Limit weekday use to: 3 hours a day

30 minutes 8 hours

**Weekend time limits**

Allows access to this computer Saturday and Sunday for the specified number of hours only.

☐ Limit weekend use to: 5 hours a day


30 minutes 8 hours

**Bedtime**

Prevents access to this computer during the specified hours.

☐ School nights: 20:00 to 06:00  
Sunday - Thursday

☐ Weekend: 20:00 to 06:00  
Friday and Saturday



Apps Web Stores Time **Privacy** Other

Privacy preferences limit access to [ ]'s data.

Apps that [ ] uses can request access to stored location, photos, contacts, and more. You can manage apps requesting access on this Mac.

[Manage Privacy...](#)

Allow changes to:

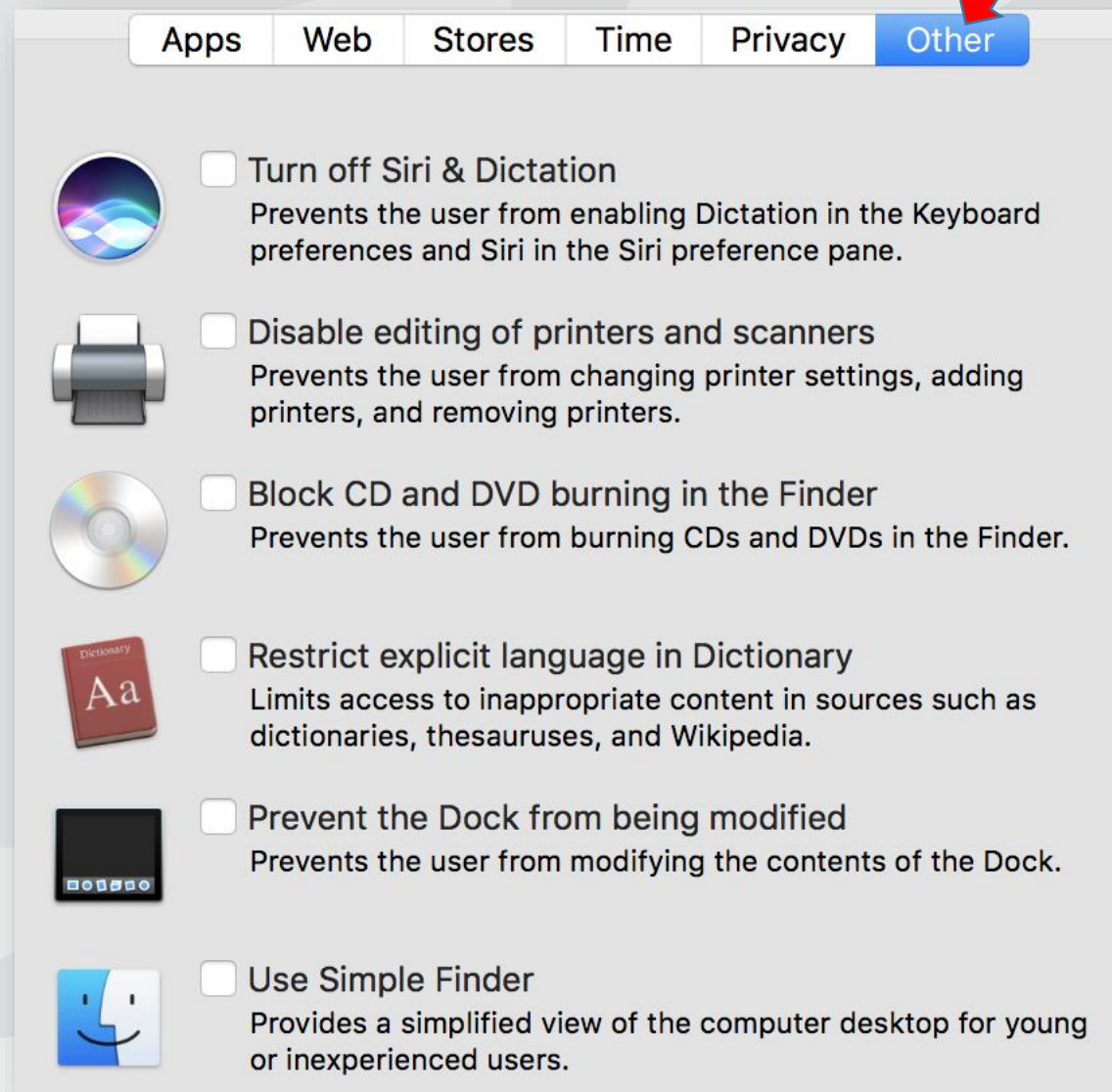
- ☐ Location Services
- ☒ Contacts
- ☒ Calendars
- ☒ Reminders
- ☒ Twitter
- ☒ Facebook
- ☒ Diagnostics

Unchecking these services locks their current settings and prevents new apps from getting access to them.





## iMAC Parental Control - continued





# Windows Parental Control

<https://account.microsoft.com/family#>

## Windows Settings

Find a setting

### System

Display, notifications, apps, power

### Devices

Bluetooth, printers, mouse

### Network & Internet

Wi-Fi, airplane mode, VPN



### Accounts

Your accounts, email, sync, work, family



### Time & language

Speech, region, date



### Ease of Access

Narrator, magnifier, high contrast

## Home

Find a setting

### Accounts

Your info

Email & app accounts

Sign-in options

Access work or school

[Family & other people](#)

## Your family

Add your family so everybody gets their own sign-in and desktop. You can help kids stay safe with appropriate websites, time limits, apps, and games.

[+ Add a family member](#)

[Learn more](#)

## Other people

Allow people who are not part of your family to sign in with their own accounts. This won't add them to your family.



# Windows Parental Control

## Add a child or an adult?

Enter the email address of the person you want to add. If they use Windows, Office, Outlook.com, OneDrive, Skype, or Xbox, enter the email address they use to sign in.

☒ Add a child

Kids are safer online when they have their own account

☐ Add an adult

[The person I want to add doesn't have an email address](#)

## Let's create an account

Windows, Office, Outlook.com, OneDrive, Skype, Xbox. They're all better and more personal when they sign in with their Microsoft account. [Learn more](#)

@outlook.com

[Use your email instead](#)

## Help us protect your child's info

Your security info helps protect their account. We'll use this to help them recover their password, help keep hackers out of their account, and get in if they get blocked. We won't use it for spam.

[Add an alternate email instead](#)

Next

Back



## Windows Parental Control

### Help us protect your child's info

Your security info helps protect their account. We'll use this to help them recover their password, help keep hackers out of their account, and get in if they get blocked. We won't use it for spam.

You can  
uncheck  
these two  
options

### See what's most relevant to them

Make sure they see the search results, advertising, and things they'll like most when Microsoft personalizes their experiences by using their preferences and learning from their data. Change these settings online and in some Microsoft products and services.

- ☒ Enhance their online experiences by letting Microsoft Advertising use their account information. (They can change this setting at any time.)
- ☒ Send them promotional offers from Microsoft. (They can unsubscribe at any time.)

Clicking Next means that they agree to the [Microsoft Services Agreement](#) & [privacy and cookies statement](#).

[Next](#)[Back](#)

### Good to go!

joao\_smith1@outlook.com has been added to your family and they now have the default settings for a child their age. You can see their settings and make changes any time at [account.microsoft.com/family](https://account.microsoft.com/family)

Let them know they'll need to be connected to the internet the first time they log into the device.



## Windows Parental Control

Manage your family in one place at [account.microsoft.com/family](https://account.microsoft.com/family). See the settings for each child in your family, and make changes to their settings online.



joao\_smith1@outlook.com

[Recent activity](#)

[Web browsing](#)

[Apps, games & media](#)

[Screen time](#)

[Purchase & spending](#)

[Find your child](#)

[Xbox privacy settings](#)

### Block inappropriate apps and games



On

We block kids from mature movies and games already.

### Applies to:



Windows 10 PCs...



Windows Phone 8



Xbox One

Limit apps, games and media from the Store

[Xbox privacy settings](#)

Limit apps, games and media from the Store

Child can buy, then download or stream content from stores in Windows and Xbox appropriate for:

7 year olds

Manage what your child can buy in [Purchase & Spending](#)

### Ratings



Apps  
For ages 7 and up



TV  
For ages 7 and up



Movie  
For all ages



Music  
For all ages



Games  
For all ages





# Windows Parental Control

## Blocked apps & games

Mozilla Firefox	<a href="#">Remove</a>
Sogue High-speed Browser	<a href="#">Remove</a>
360 Browser	<a href="#">Remove</a>
Opera	<a href="#">Remove</a>
Google Chrome	<a href="#">Remove</a>

## Allowed apps & games

Below are the list of apps and games that have been allowed for Xbox console. You can add more to this list from the console.

## PC Screen time

Set the max amount of time per PC your child can have each day, or set multiple time slots per day.

Set limits for when my child can use devices

☒ On

## Daily allowance & allowed time

	Daily allowance	12 AM	4	8	12 PM	4	8
Sunday	3 hrs						
Monday	1 hr						
Tuesday	1 hr						
Wednesday	1 hr						
Thursday	1 hr						
Friday	1 hr 30 mins						
Saturday	3 hrs						

## Show the location of your child's device

☐ Off



See where they are, wherever you are

Whether you want to check in while they're with friends or figure out where they last left their phone, showing the location of your child's device on a map can come in handy.

To use Find your child, they need a Windows 10 Mobile device. You'll be able to turn on this switch when they've signed in to it with this Microsoft account.



**FiLIP**

<http://www.myfilip.com/>

The FiLIP is a wearable phone and locator for kids, designed with parents in mind.

## FiLIP Mobile App

For iOS and Android Users

With the FiLIP companion app, parents can control their child's device right from their smartphone. They can set up the device, add the contacts, manage SafeZones, send text messages, track their child's location, and call their child from the app.



## VOICE CALLING

FiLIP can make and receive calls

With the FiLIP app, you get to choose the five phone numbers that your child's FiLIP can call and receive calls from. Your child can scroll through those five trusted contacts and call the one they want with the touch of a button. It's that simple.



## SMART LOCATOR

Locate your child using a blend of GPS, GSM & WiFi

FiLIP uses a unique blend of GPS, GSM, and WiFi to allow parents to locate their child using the most accurate location information, both indoors and out. Using the FiLIP app, you can see your child's location on a map at any time. For parents with multiple children, you can simply create a profile for each child in the FiLIP app.

