

A quick, non-techie Guide for Parents

Internet Safety Cheat Sheet



Tell me what to add to this cheat sheet

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tksl jen



Quick Introduction

Hey y'all it's Jen. For those of you who know me, you know I'm no more qualified to talk about internet safety than the next person. ;) I'm just a mom who wants to keep her kids a little safer online. I'm also a graphic designer and writer who loves to share knowledge (after making it pretty of course!)

What you'll find in this cheat sheet is a bunch of information I researched for my own family. From there I boiled it down to a few simple changes you can make to your computer and mobile devices to make the internet safer for your kids.

I wish I could say these tips will keep our kids from seeing scary stuff 100% of the time. They won't. But - our family's computers, phones, iPad blah blah are now a LOT safer with these tips in place.

If any of you have questions or advice to share, please do! I hope this cheat sheet will evolve and grow from YOUR input. Email me at jsegordon@gmail.com

Thanks! jen :)

NETFLIX

- All Movies
- R and below
- PG-13 / TV-14 and below
- Unrated Family and below
- PG and below
- G and below

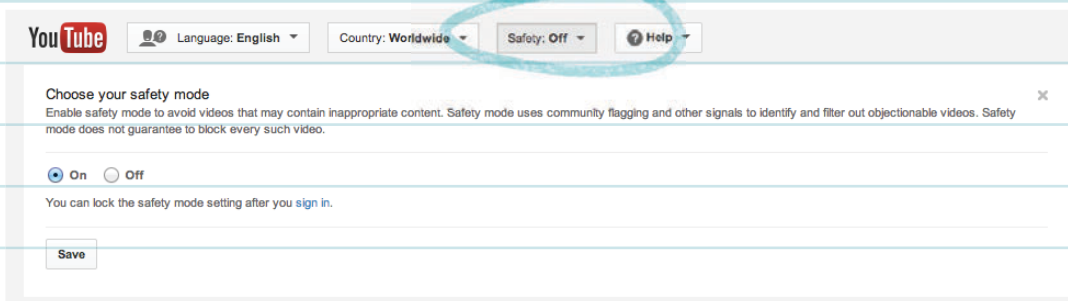
Continue

Netflix parental control settings allow you to block mature titles from being shown onscreen or added to your Instant Queue. The changes you make are reflected on any Netflix enabled device (Roku, computer, mobile devices etc.).

1. Login to Netflix account
2. Click on "Your Account"
3. In the "Preferences" section, click on "Parental control setting"
4. Select viewable movies by rating (All Movies, R and below, PG-13 / TV-14 and below, Unrated Family and below, PG and below, G and below).

You Tube

YouTube's "Safety Mode" disables videos with age restrictions and/or mature content from showing up in a video search. Note: the filter isn't 100% accurate. Google uses community flagging and porn image detection to also help identify and hide inappropriate content. Safety Mode on YouTube does not remove content from the site, but does make it invisible to those who have Safety Mode enabled.



1. To turn on Safety Mode, go to YouTube
2. Look at the bottom of the page and click "Safety: off" to open the preference setting
3. Select the "On" option and click "Save"

See YouTube's Safety Mode FAQ's [click here >](#)



Apple calls their parental controls "Restrictions". You can lock these restrictions by setting a 4-digit passcode. Only those who know this passcode can change restrictions. If you have multiple devices, each device needs Restrictions set up individually. The settings do not sync between multiple devices.



This is the Settings icon.

1. Tap on Settings > General > Restrictions
2. Scroll through the list of options. These settings allow you to restrict access to specific apps (Ex: Safari, Camera), installing/deleting apps, and content based on its age rating.

You can quickly disable your restrictions by tapping the "Disable Restrictions" button.

Apple's App Store guidelines are very clear about pornography in apps:

Apps containing pornographic material, defined by Webster's Dictionary as "explicit descriptions or displays of sexual organs or activities intended to stimulate erotic rather than aesthetic or emotional feelings", will be rejected.

However, Apple's policies against pornography are inconsistently enforced, so don't rely on the Restrictions functionality 100%.



Google Search is not built for kids researching school projects. It's built for everyone, looking for everything! Follow the steps below to set up SafeSearch and Instant prediction filters for Google.

SafeSearch filters

Turn on SafeSearch to filter sexually explicit content from your search results.

Filter explicit results. [Lock SafeSearch](#)

Google Instant predictions

When should we show you results as you type?

- Only when my computer is fast enough.
- Always show Instant results.
- Never show Instant results.

1. Go to: <http://www.google.com/preferences>
2. Under "SafeSearch filters" click "filter explicit results". If you want to lock these settings, click on the "Lock SafeSearch" link (FYI you must have a Gmail account to lock SafeSearch. It's worth signing up for an account even if you never use it.)
3. Under "Google instant predictions" click the "never show instant results" radio button. Instant predictions pre-populate the search box with other popular searches that may be inappropriate, or not be what your child is actually looking for.
4. Be sure to hit "Save" after you make your changes.

Stay Informed

Information about internet safety changes quickly. If you would like to stay informed of additions and/or changes to the Cheat Sheet, go the below URL and enter your email address:

<http://bit.ly/stay-informed>

Instagram

If you haven't manually set your Instagram account to "Private", all of your photos are publicly available for anyone to view. Not a huge deal when you're posting photos of rainbows and unicorns. :) But, when you're posting location-tagged photos of a beach trip, or time with friends you intend to share only with friends, make sure your account is set up to protect your privacy.



1. Open the Instagram mobile app and tap the Profile icon on the bottom nav bar.
2. Tap on "Edit your Profile"
3. Scroll down to the "Photos Are Private" on/off switch and flip the toggle "On".
4. Tap "Yes I'm sure" and then "Save".

*Note: Making your profile private doesn't protect you 100%. If you have friends whose profiles are "Public", they can take screenshots of your photos and repost for public viewing.

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OpenDNS

OpenDNS is a free service you can set up to block adult websites on every device that connects to your wireless network (including mobile devices). If you want the ability to track time spent on specific websites (gaming sites, facebook etc.), you can get their VIP plan for \$20 a year.

OpenDNS sounds really techie, but it's really not that difficult to set up. Their instructions are very clear and easy to follow. You just need to know the model and brand of your router to get started. To sign up, visit:

<http://www.opendns.com/home-solutions/parental-controls/>

MINECRAFT

Minecraft is a fun and highly addictive game, popular with both kids and adults. When in "creative mode" it's like playing with virtual Legos. There are lots of techie details about servers & seeds you can research further, but here are some simple things to look out for:

1. Minecraft YouTube videos sometimes contain profanity in the commentary, and ideas on how to bully other players. Pre-screening the videos is a good idea.
2. Search for "profanity free minecraft servers" if your child wants to play on a public, multi-player server.
3. If you have some technical ability, set up your own private Minecraft server, where you can play among select friends and family.
4. The game does contain some pretty benign zombie-type monsters and trolls.
5. If your child enjoys multi-player games, teach them to keep the chat window closed.
6. Minecraft for mobile devices is single player only.
7. It is a super addictive game! Be sure to establish playing time limits in advance.

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