

Online Internet Safety Seminar

Presented by

Lydia Lewis-Rampersad

Introduction

This Online Internet Safety Seminar focuses on four important areas of internet

safety or cyber safety and attempts to treat with the growing concerns facing both parents and institutions on the matter of keeping our children safe in the 21st century digital environment.

Online Internet Safety Seminar

The areas to be explored in this seminar are:

- Parental Control
- Strategies for using Social Networks and Protecting Digital Devices
- → How to create and secure your password
- > Talking to your child about Internet Safety

Typical Parent Concerns

- ➢ How to limit video sites
- > What parental control techniques and software to use?
- > Using filters especially on mobile devices
- > Keeping children off inappropriate sites
- ➢ How to Talk to your child about internet safety

Parental Control

User Accounts

This is one of the easiest way to limit what children do; and to prevent malware getting on computer.

- Create standard (limited) accounts for you and your children to use.
- > If you want to **track** what your children do create one account per child and
- > Use an administrator account for when you need to do maintenance or when

you have to add or remove software, hardware etc.

YouTube Link How to Create an Administrator Account:

https://youtu.be/4Bf2qKLpCdo

Filtering or Blocking on Computers and Devices

- > Use DNS filtering
- DNS filtering stands for Domain Name System filtering and is a technique of preventing you from accessing certain web pages or IP addresses that seem suspicious.
- > Benefits of DNS filtering:
 - Protection against identity theft from malicious website for example:
- Ransomware
- Phishing
- Spyware
- Virus
- Malware

You can avoid all the above risks by just applying the DNS filter.

The top 8 DNS filters are:

- 1. Clean Browsing
- 2. Cloudflare Gateway
- 3. ESET Parental Control
- 4. SafeDNS
- 5. OpenDNS
- 6. Sophos
- 7. Net Nanny
- 8. Circle

Website link: https://geekflare.com/dns-content-filtering-software/



Parental Control

Website Blocker Apps What can website blocker app do for us?

Website blocker app is the application which is designed to restrict specific websites from accessing important, personal information. You can set the list of websites that you would like to block on the target device. When a user tries to visit that specific website, this app will restrict it from accessing the particular site.

With block sites apps, you can block websites which contain adult content, the

risk of cyberbullying, predators, and other harmful threats.

10 Best Website Blocker Apps 2019

- FamiSafe Block Safe App
- Internet Blocker Freedom
- > Anti Social
- Cold Turkey
- Rescue Time
- ➢ FocusMe
- Mobile Security and Antivirus
- Kapersky Safekids: Family GPS
- ➢ Net Nanny
- BlockSite

Website link: <u>https://famisafe.wondershare.com/block/internet-blocking-apps.html</u>

Internet Router

This can be turned off at nights to limit or remove access to the internet after hours. At the router level you can also block or filter the web.

Strategies for using Social Networks and Protecting Digital

Devices

Social Networks

- You can limit account access, limit who can see your page, posts and photos.
- > Visit your account security and privacy settings to learn more.
- > Don't share your user name or password with others.
- \succ Log out from computers when you are done.
- > Protect mobiles devices with passwords.
- Protect laptops and mobile devices with anti-theft software
- > Track their location
- \succ Wipe the data
- > Help police with photos and location info

How to Create and Secure your Password Passwords

- \succ Unique, complex, try a code that can be customised
- \blacktriangleright I went to France in 2021 > Iw2Fi21
- ➢ For Amazon, add an "a" and "n" > aIw2Fi21n



- > Not a dictionary word or name
- > Not a phrase
- Nothing a good friend might guess (like an address, pet's name, birthday, nickname)
- > Most important passwords are for banking, e-mail and social networks.
- NEVER SHARE A PASSWORD! Not with a spouse, partner, BFF or from one website to another.

Talking to Your Child About Cyber Safety

These are seven (7) points that you as a parent should cover when talking to your

child about cyber (internet) safety.

- 1. Understand internet safety
- 2. Start conversations early
- 3. Be open and honest
- 4. Establish rules but exercise flexibility
- 5. Use analogies
- 6. Show, don't just tell
- 7. Be a good role model

Website link: <u>https://www.csa.gov.sg/gosafeonline/go-safe-for-me/for-parents/talking-to-your-child-about-internet-safety</u>

THE END