

Resources to  
Help You and  
Your Family Stay  
Safe Online and  
on Your Devices

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# Introduction

Why talk about online and device safety?

There are many pro's and con's about the internet and devices. We have had a myriad of experiences using these amazing tools. In the right hands, the internet and devices can be extremely useful and helpful in enriching our lives, but in the wrong hands they can be used for destructive motives.

Our children are literally given access to the world and billions of people when we hand them a device that has access to the internet. We need to be just as diligent in teaching them how to use such tools for good and monitoring them as they interact with the information of the world.

Many parents and children talk about specific ages when they are able to have certain devices, but it is also beneficial to talk about maturity level and character development showing responsibility and ability to use these tools in a healthy manner. For example, are they trustworthy enough to not go on sites where they shouldn't, or send only appropriate photos to their friends, to not engage in chatting with strangers, to adhere to the screen time-limit you have given them?

That being said, we can teach and train our children the best we can and yet they make bad decisions. It is important that they know they can come to you with their mistakes and not be shunned for them. Having an open and honest communication with them can help them feel comfortable in coming to you if they experience something online (or anywhere else) to help them walk through their experience in a healthy way.

This packet has tools to help you navigate the digital world and at the end of this packet there are examples of safety family contracts that can help the whole family be on the same page when it comes to the internet and devices. Right now, digital safety is a whole household thing and when you work together you may have a better outcome using these devices.

We hope you find this packet helpful for you and your household as you try to use these amazing tools for good!

# Online Safety Do's and Don'ts

- ✓ **Don't** give out personal information to acquaintances or strangers.
- ✓ **Don't** post blogs or messages about someone else that you wouldn't want posted about you.
- ✓ **Don't** be friends with people you don't know.
- ✓ **Don't** post or send anything inappropriate.
- ✓ **Don't ever** agree to meet with someone you don't know.
- ✓ **Don't ever** tell anyone where you live or post your phone number.
- ✓ **Don't ever** send inappropriate pictures of yourself or others.
- ✓ **Don't** chat or participate in MMO audio or messaging with people you don't know in video games
- ✓ **Do** have a plan in place for when your child sees pornographic or inappropriate images/videos.
- ✓ **Do** have a plan for when a stranger tries to interact with the child online or approaches them for information.
- ✓ **Do** go through their list of friends with them and delete anyone they don't know.
- ✓ **Do** set strict privacy settings.
- ✓ **Do** research about pros and cons of social media apps.
- ✓ **Do** be "friends" or "follow" your child's profiles/sites.
- ✓ **Do** use filters on your devices.
- ✓ **Do** set boundaries about where and when your child can use electronic devices.
- ✓ **Do BE INVOLVED IN YOUR CHILD'S DIGITAL LIFE! You are the caretakers. You have the power to set the rules/boundaries.**

# Helpful Websites about Online Safety, App Info, Tips, and Education and Prevention Tools for Parents/Caregivers and Children

## Internet Safety 101

<https://internetsafety101.org/>

A digitally-based internet safety resource designed to educate, equip and empower parents, educators and other adults with the knowledge and resources needed to protect children from Internet dangers including pornography, predators, cyberbullies and threats related to online gaming, social networking and mobile devices.

## Defend Young Minds

<https://www.defendyoungminds.com>

A great resource for online safety for kids and families. Go there to get a free copy of Family Media Standards to make healthy decisions about media use together as a family.

Protect Young Minds also has excellent books to help you talk to your child about online safety called [Good Pictures, Bad Pictures](#) and [Good Pictures, Bad Pictures Jr.](#)

## We Stand Guard

[www.westandguard.com](http://www.westandguard.com)

Resources to teach safe boundaries and empower children using the *Say "NO!" and TELL!* method. There is a book for boys and one for girls. You can also do a training for parents and kids using their training workbook and tools.

## Focus on the Family

[www.focusonthefamily.com](http://www.focusonthefamily.com)

An abundance of resources for families dealing with every issue imaginable.

## Softonic

<https://en.softonic.com/>

See what the top apps are and what they do and where to find them.

## Connect Safely

[www.connectsafely.org](http://www.connectsafely.org)

Connect Safely has an abundance of resources to help kids and families to stay safe online as well as how to recognize fake information, how to change your privacy settings and devices recommended with parental controls.

Connect Safely also has a pledge that children, teens and parents can sign vowing to make healthy online choices.

## Educate and Empower Kids

[www.educateempowerkids.org](http://www.educateempowerkids.org)

Educate and Empower Kids (EEK) provides resources to parents and educators to encourage deep connection with their kids through media education, meaningful family communication and intentional parenting. They believe this must be done by teaching digital citizenship, media literacy, and healthy sexuality education—including education about the dangers of online pornography.

## Culture Reframed

[www.culturereframed.org](http://www.culturereframed.org)

Excellent tools and education for parents and children to discuss and act on plans made for online safety. (Parents Program)

## Fight the New Drug

[www.fightthenewdrug.org](http://www.fightthenewdrug.org)

Fight the New Drug is a non-religious and non-legislative organization that exists to provide individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using only science, facts, and personal accounts.

# Why talk about pornography and online safety?

Although the internet and devices can be useful and wonderful resources they are also used for exploitation, bullying and other negative things. Human trafficking and pornography are a huge problem online. The following pages give you more information about these topics and the links they have to each other.

## '5 Disguises' used by Human Traffickers

iEmpathize-Empower Youth Program

[www.iempathize.org](http://www.iempathize.org)

**1 - Pretender** --Someone who pretends to be something s/he is not, such as a boyfriend, a big sister, a father, etc.

**2 - Provider** -- Someone who offers to take care of an individual's needs, such as for clothes, food, a place to live, etc or their wants, like cool cell phones, purses, parties, etc.

**3 - Promiser** -- Someone who promises access to great things, like an amazing job, a glamorous lifestyle, travel, etc.

**4 - Protector** --Someone who uses physical power or intimidation to protect (but also control) an individual.

**5 - Punisher** --Someone who uses violence and threats to control an individual. When the previous disguises have been exhausted, an exploitative person often becomes a Punisher to maintain control.

**Human trafficking** is a crime involving the exploitation of someone for the purposes of compelled labor or a commercial sex act through the use of force, fraud, or coercion. Human trafficking affects individuals across the world, including here in the United States, and is commonly regarded as one of the most pressing human rights issues of our time. Human trafficking affects every community in the United States across age, gender, ethnicity, and socio-economic backgrounds.

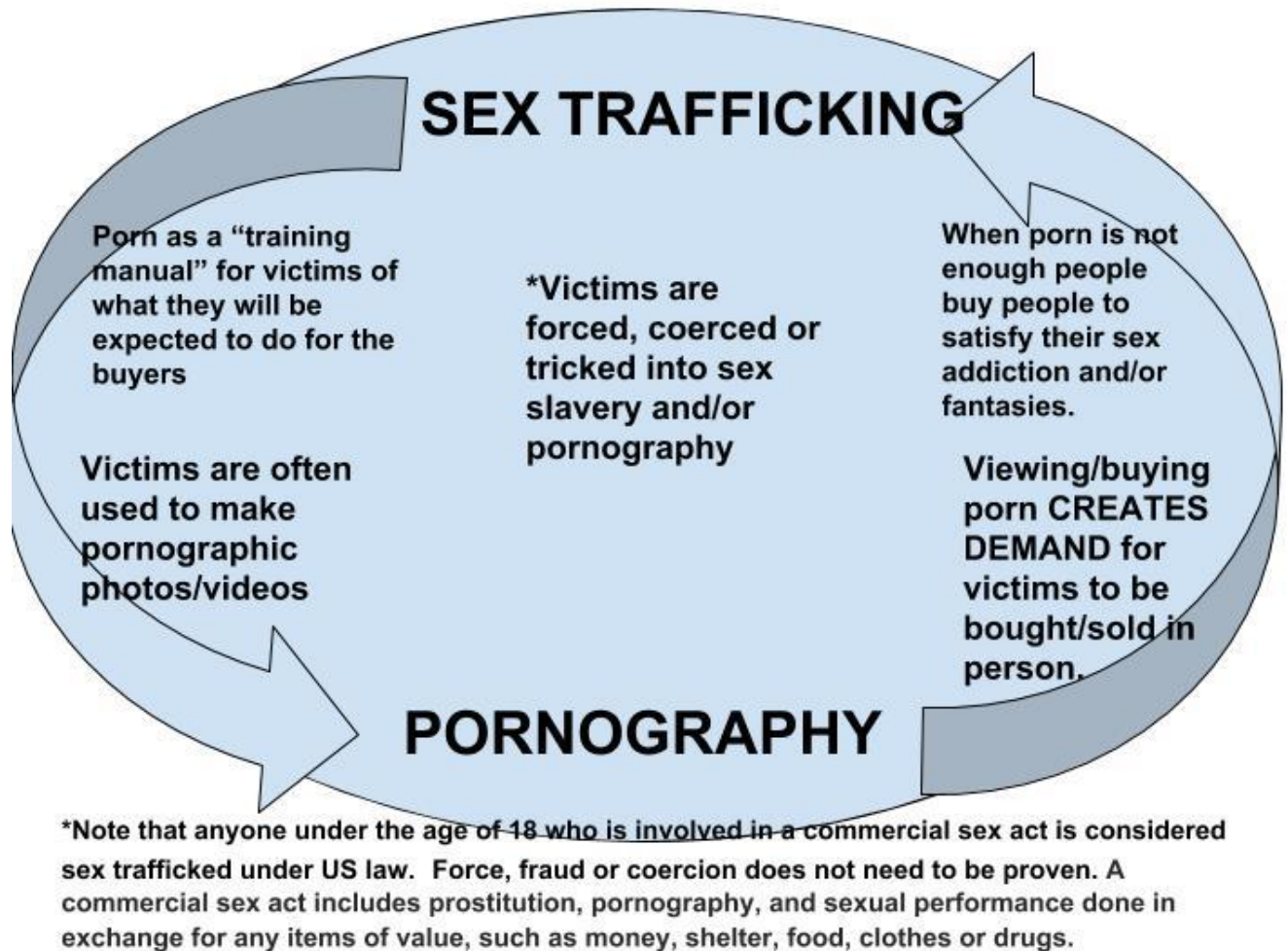
**Sex trafficking** is the recruitment, harboring, transportation, provision, obtaining, patronizing, or soliciting of a person for the purposes of a commercial sex act, in which the commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act has not attained 18 years of age (22 USC § 7102).

Sex trafficking has been found in a wide variety of venues within the sex industry, including residential brothels, escort services, fake massage businesses, strip clubs, and street prostitution.

**Labor trafficking** is the recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purposes of subjection to involuntary servitude, peonage, debt bondage, or slavery, (22 USC § 7102).

Labor trafficking has been found in diverse labor settings including, domestic work, small businesses, large farms, and factories.

# The Sex Trafficking and Pornography Links



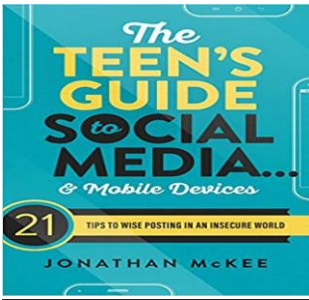
-You can't be anti-sex trafficking and pro-porn. They are often one in the same.

-If you look at porn you contribute to the problem of sex trafficking.

-Porn creates the demand for the buying and selling of human beings for sex.

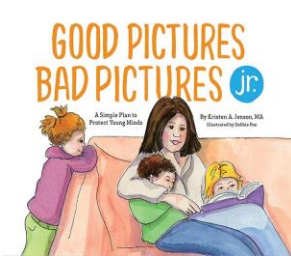
-Sexting as a minor with another minor or an adult is considered child pornography and can be charged and prosecuted as such. If someone shows someone else the content for a monetary or material gain that person just became a sex trafficker and can be charged and prosecuted as such. If an individual forwards the content to others they can be charged and prosecuted as “distributors” of child pornography. These are all very serious offenses.

# Books to Talk with Your Children about Pornography and Device Safety



## ***The Teen's Guide to Social Media & Mobile***

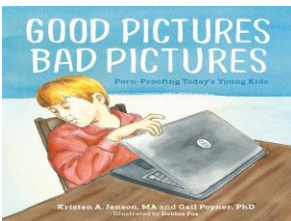
***Devices*** will help you navigate the digital world with 21 refreshingly honest and humorous tips that will not only inform, but that also just might change the way you think about your social media interaction.



## ***Good Pictures Bad Pictures, Jr.***

Today's young children have unprecedented access to the internet, and they deserve to be armed early against its dangers. *Good Pictures Bad Pictures Jr.* is a comfortable, effective way to empower kids ages 3-6 with their first internal filter!

Also in Spanish

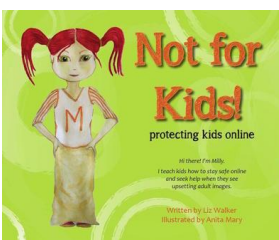


## ***Good Pictures Bad Pictures***

Want a natural and comfortable way to talk to your kids about pornography? This newly revised edition of the original bestseller makes that daunting discussion easy! *Good Pictures Bad Pictures* is a read-aloud story about a mom and dad who explain what pornography is, why it's dangerous, and how to reject it.

Featuring easy-to-understand science and simple analogies, this internationally-acclaimed book engages young kids to porn-proof their own brains. *Good Pictures Bad Pictures* is in the top 100 best-selling parenting books on Amazon.

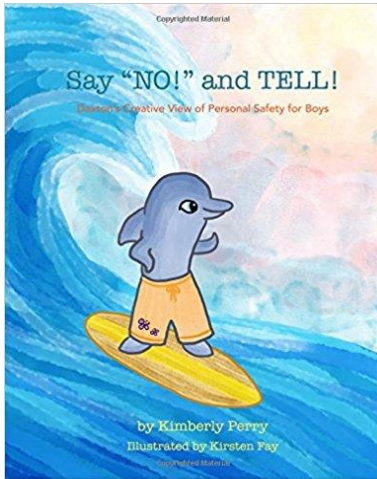
Also in Spanish



## ***Not for Kids!***

This children's book offers gentle and insightful guidance for parents and professionals to prepare kids under the age of 10 for the inevitable occasion of when they will see explicit imagery. Who better to step them through this than loving and vigilant caregivers?

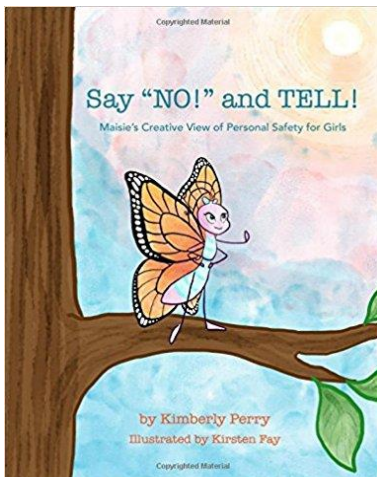




### **Say "No!" and TELL!**

Discover Maisie Monarch's and Daxton Dolphin's creative views of personal safety in a child-friendly story form, full of imagination and adventure. Teaching body awareness, explaining boundaries, and introducing personal safety (prevention awareness of safe boundaries for private parts) are pivotal milestones for children to learn today. Valuable prevention tools are woven throughout the story in a lighthearted fashion while being considerate of preserving innocence, balancing naivety with wisdom, and emphasizing solutions. You can do your part by arming yourself with facts, statistics, and strategies. Then, empower children by equipping them with personal safety prevention skills to help them during a questionable encounter.

The target age group for the books is K to 4th grade, however "the story" section may serve as an introduction to personal safety for Pre - K to Kindergarten and possibly add "the scenarios" section as you deem appropriate. NOTE: It is highly recommended to remove the "for grown-ups only" section from the back of the book for adult reference and keep them separate from the children's portion of the book.



Reading these books with your child will help you:

- Understand the value of learning personal safety prevention tools.
- Memorize a simple "Personal Safety jingle" with action steps.
- Develop communication around this sensitive topic across the generations.
- Implement a Personal Safety Family Plan.
- Embrace the Prevention Movement and break the silence!

Find more resources at [www.WeStandGuard.com](http://www.WeStandGuard.com)

# Internet Filters, Parental Controls and Safe Search Engines

**Covenant Eyes** (monthly payment) [www.covenanteyes.com](http://www.covenanteyes.com)

Internet filter for every device/TV you own. It is not a matter of if, but when, your child sees pornography. What are you doing to protect them online? Learn what safeguards to put in place, and prepare yourself to have crucial conversations about Internet use with your kids.

**Fortify** (monthly payment) <https://www.joinfortify.com/>

Accountability and filters on all of your devices and electronics to restrict access to porn sites and other harmful images.

**Circle** [www.meetcircle.com](http://www.meetcircle.com)

In home device that filters all wired and wireless devices at home. Parental controls and monitoring for each individual device. (monthly payment)

**Google Wifi Router** (one-time payment)

Schedule a regular Wi-Fi pause on your kids' devices, like at bedtime or dinnertime. Plus, block access to millions of explicit websites.

**Clean Router** (monthly payment) [www.cleanrouter.com](http://www.cleanrouter.com)

Clean Router allows parents to easily manage all devices in your home and stop internet pornography. Time management and pause allowance of each device.

**Google SafeSearch** (free) [www.google.com/preferences](http://www.google.com/preferences)

You can use SafeSearch as a parental control to help protect children from inappropriate search results on your phone, tablet, or computer. When SafeSearch is on, it helps block explicit images, videos, and websites from Google Search results.

**Safe Search Kids** (free) [www.safesearchkids.com](http://www.safesearchkids.com)

Safely browse videos, images, topics without explicit content. Many more resources available.

**Xfinity Parental Controls:** <https://www.xfinity.com/hub/parental-controls>

Manage internet, TV controls and mobile controls through step by step instructions.

Xfinity xFi app allows you to manage every device on your network. Pause and put time limits on WiFi.

**Verizon Parental Controls:** <https://www.verizon.com/support/verizon-smart-family/> Your Verizon router comes with parental controls designed to allow control of Internet access on all devices connected to your home network. Set up parental controls via My Verizon or My Fios app.

**iPhone Parental Controls:** <https://support.apple.com/en-us/HT201304>

If your kids have an iPhone, be sure to set up the [iPhone parental controls](https://support.apple.com/en-us/HT201304) that are already on the phone. You can restrict apps, content types, privacy settings, cellular data use, and more.

**Android Parental Controls:** <https://families.google.com/familylink/> There are many! There are apps you can download that will best fit your needs. Take the time to research them by Google-ing online.

# Gaming Safety

This information is taken from the website: [www.internetsafety101.org/gamingsafety](http://www.internetsafety101.org/gamingsafety)

Setting ground rules at home is essential, but remember, your kids can play games from a friend's computer as well as at an Internet café. To help protect your children at home, talk to them about the dangers of online gaming, be ready to listen if they seem upset about something that happened while they were on the computer, and encourage them to use wisdom when deciding what types of online games to play. You can help keep your child's gaming experiences safe, age-appropriate, friendly, fun, and even educational by educating yourself about the gaming community, game ratings, and how to use the privacy and safety tools built into the games. Check out the safety features and parental controls offered by all the major gaming consoles including Xbox, Wii, and PlayStation.

## Teach your child to:

- Use voice chat wisely
- Be aware of voice masking technology - while masking can be a safety feature, predators can use it to pretend to be someone they are not.
- Beware of strangers. While there are both safe and dangerous strangers, they are still strangers. We advise that younger gamers, under 15, only play with people they know in person and that are parent-approved.
- Use suitable screen names (gamertags) - don't use your actual name
- Be aware of cyberbullies (griefers)
- Never give out personal information about him/herself or that of another player.
- Kick out any players that make them feel uncomfortable (ignore/block), and tell a trusted adult.
- Report abusive or inappropriate behavior in the reporting area of the game.
- Remember that use of games and other technology is a privilege, not a right.

## As a parent:

- Review games and **ratings** posted by games and apps before you download or buy games to make sure they are age-appropriate. The Internet is a parent's best friend for getting up to date information on safety, tools and gaming features. (See [Entertainment Software Rating Board](#) (ESRB) Gaming ratings and summary before downloading or buying games).
- Play the game yourself by spending time alongside your child to learn about the game. Kids love to teach parents and will enjoy the interaction.
- Build an atmosphere of trust with your child regarding all of his/her online activities. Have regular ongoing conversations with your child about the games they are playing, their gaming experiences (both good and bad), and who they are talking to. Use these opportunities to keep the safety conversation current and ongoing.
- Use parental controls for games used by your child. ([Here's a resource to show you how](#)). Additionally, set and save parental controls provided within the game or gaming app. Remember if you set controls provided by the game itself, you will also need to do the same on the gaming platform used by your child. (Xbox, Nintendo Switch, Playstation 4, Windows 10 and iOS). Remember, games can be played on multiple devices (consoles, phones, tablets), so controls need to be set on each device.
- Keep your parent password private. Believe it or not, some parents have their kid set up parental controls which can defeat the purpose.
- Here are some basic guidelines for setting parental control tools:
  - Set time limits. Gaming can be addictive, so set boundaries for when and how long your child can play.
  - Filter mature language
  - Determine if your child is mature enough for voice chat, if not, turn it off. Be aware your child may hear profanity or other unwanted language via voice chats features.

- Have your child check with you before attempting to enter any credit card information. Consider setting controls to require your parent PIN on purchases and to restrict access to games, including free games in the online store via your PIN.
  - Know who your child is playing with. Limit the players your child can play with to parent-approved players, ie, kids you and your child know. (Note, your child cannot detect a disguised predator. Predators groom many children at a time and are patient with gathering details on the child and accessing their vulnerability for grooming.)
  - Consider limiting access to web browsing, which is unrestricted Internet access and opens up all of the good and bad on the Internet.
  - Consider disallowing the webcam use while gaming - instead, consider use of an avatar, especially for under 14+ gamers.
  - Consider disallowing voice masking technology
  - Be aware that there are numerous blogs, youtube videos etc that show kids how to disable parental controls.
- Keep up with new gaming functions introduced by the game as they often change and can put your child at risk. For instance, a game feature was added to Fortnite Battle Royale allowing users to connect with strangers through both text and voice chat. The NSPCC reported that 1 in 4 youth aged 11-18 have been contacted on Fortnite by someone they don't know. (2018). Gaming developers like Microsoft and Epic often have features on their websites whereby a parent can receive updated changes to gaming functions.
  - Follow **Enough Is Enough**'s [Rules 'N Tools](#) for online safety.
  - Talk to your child about coming to you if anyone bullies them, asks them for inappropriate pictures or makes them feel uncomfortable
  - Keep all software current (security system, operating system) to protect against viruses and spyware.
  - Balance screen time with live play, outdoor time and face to face interactions.
  - Keep a close eye on how the game may be affecting your child in a negative way. Remember, the games can be violent, are often highly addictive. Warning signs of a problem are increasing agitation when play time is restricted, becoming more sedentary and less interested in outdoor play, increased isolation, aggression and depression. Seek professional help if your child exhibits the last three of these behaviors.

# Use Parental Controls on Your Child's iPhone, iPad, and iPod Touch

With Content & Privacy Restrictions in Screen Time, you can block or limit specific apps and features on your child's device. And restrict the settings on your iPhone, iPad, or iPod touch for explicit content, purchases and downloads, and privacy.

## Set Content & Privacy Restrictions

1. Go to Settings and tap Screen Time.
2. Tap Continue, then choose "This is My [Device]" or "This is My Child's [Device]."
  - If you're the parent or guardian of your device and want to prevent another family member from changing your settings, tap Use Screen Time Passcode to create a passcode, then re-enter the passcode to confirm. In [iOS 13.4 and later](#), after you confirm your passcode you'll be asked to enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.
  - If you're setting up Screen Time on your child's device, follow the prompts until you get to Parent Passcode and enter a passcode. Re-enter the passcode to confirm. In [iOS 13.4 and later](#), after you confirm your passcode you'll be asked to enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.
3. Tap Content & Privacy Restrictions. If asked, enter your passcode, then turn on Content & Privacy.

Make sure to choose a passcode that's different from the passcode that you use to unlock your device. To change or turn off the passcode on your child's device, tap Settings > Screen Time > [your child's name]. Then tap Change Screen Time Passcode or Turn Off Screen Time Passcode, and authenticate the change with Face ID, Touch ID, or your device passcode.

## Prevent iTunes & App Store purchases

You can also prevent your child from being able to install or delete apps, make [in-app purchases](#), and more. To prevent iTunes & App Store purchases or downloads:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions. If asked, enter your passcode.
3. Tap iTunes & App Store Purchases.
4. Choose a setting and set to Don't Allow.

You can also change your password settings for additional purchases from the iTunes & App Store or Book Store. Follow steps 1-3, then choose Always Require or Don't Require.

## Allow built-in apps and features

You can restrict the use of built-in apps or features. If you turn off an app or feature, the app or feature won't be deleted, it's just temporarily hidden from your Home Screen. For example, if you turn off Mail, the Mail app won't appear on your Home Screen until you turn it back on.

To change your Allowed Apps:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions.
3. Enter your Screen Time passcode.
4. Tap Allowed Apps.
5. Select the apps that you want to allow.

## Prevent explicit content and content ratings

You can also prevent the playback of music with explicit content and movies or TV shows with specific ratings. Apps also have ratings that can be configured using content restrictions.

To restrict explicit content and content ratings:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions, then tap Content Restrictions.
3. Choose the settings that you want for each feature or setting under Allowed Store Content.

Here are the types of content that you can restrict:

- Music, Podcasts, News, & Workouts: Prevent the playback of music, music videos, podcasts, news, and workouts containing explicit content
- Music Videos: Prevent finding and viewing music videos
- Music Profiles: Prevent sharing what you're listening to with friends and seeing what they're listening to
- Movies: Prevent movies with specific ratings
- TV Shows: Prevent TV shows with specific ratings
- Books: Prevent content with specific ratings
- Apps: Prevent apps with specific ratings
- App Clips: Prevent app clips with specific ratings

## Prevent web content

iOS and iPadOS can automatically filter website content to limit access to adult content in Safari and other apps on your device. You can also add specific websites to an approved or blocked list, or you can limit access to only approved websites. Follow these steps:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions and enter your Screen Time passcode.
3. Tap Content Restrictions, then tap Web Content.
4. Choose Unrestricted Access, Limit Adult Websites, or Allowed Websites Only.

Depending on the access you allow, you might need to add information, like the website that you want to restrict.

## Restrict Siri web search

To restrict Siri features:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions, then tap Content Restrictions.
3. Scroll down to Siri, then choose your settings.

You can restrict these Siri features:

- Web Search Content: Prevent Siri from searching the web when you ask a question
- Explicit Language: Prevent Siri from displaying explicit language

## Restrict Game Center

To restrict Game Center features:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions, then tap Content Restrictions.
3. Scroll down to Game Center, then choose your settings.

You can restrict these Game Center features:

- Multiplayer Games: Prevent the ability to play multiplayer games with everyone, allow with friends only, or allow with anyone
- Adding Friends: Prevent the ability to add friends to Game Center
- Connect with Friends: Prevent the ability to share a Game Center friend list with third-party games
- Screen Recording: Prevent the ability to capture the screen and sound
- Nearby Multiplayer: Prevent the ability to enable the nearby setting
- Private Messaging: Prevent the ability to voice chat or send or receive custom messages with game and friend invitations
- Profile Privacy Changes: Prevent the ability to change profile privacy settings
- Avatar & Nickname Changes: Prevent the ability to change Game Center avatars and nicknames

## Allow changes to privacy settings

The privacy settings on your device give you control over which apps have access to information stored on your device or the hardware features. For example, you can allow a social-networking app to request access to use the camera, which allows you to take and upload pictures.

To allow changes to privacy settings:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions. If asked, enter your passcode.
3. Tap Privacy, then choose the settings that you want to restrict.

Here are the things you can restrict:

- [Location Services](#): Lock the settings to allow apps and websites to use location
- Contacts: Prevent apps from accessing your Contacts
- Calendars: Prevent apps from accessing your Calendar
- Reminders: Prevent apps from accessing your Reminders
- Photos: Prevent apps from requesting access to your photos
- [Share My Location](#): Lock the settings for location sharing in Messages and Find My Friends
- Bluetooth sharing: Prevent devices and apps from sharing data through Bluetooth
- Microphone: Prevent apps from requesting access to your microphone
- Speech Recognition: Prevent apps from accessing Speech Recognition or Dictation
- Advertising: Prevent changes to advertising settings
- Media & Apple Music: Prevent apps from accessing your photos, videos, or music library



## Allow changes to other settings and features

You can allow changes to other settings and features, the same way you can allow changes to privacy settings.

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions. If asked, enter your passcode.
3. Under Allow Changes, select the features or settings that you want to allow changes to and choose Allow or Don't Allow.

Here are some features and settings that you can allow changes for:

- Passcode Changes: Prevent changes to your passcode
- Account Changes: Prevent account changes in Accounts & Passwords
- [Cellular Data Changes](#): Prevent changes to cellular data settings
- Reduce Loud Sounds: Prevent changes to volume settings for safe listening
- [Driving Focus](#): Prevent changes to the Driving Focus
- [TV Provider](#): Prevent changes to TV provider settings
- Background App Activities: Prevent changes to whether or not apps run in the background

**Find all of this info and more: [www.support.apple.com](http://www.support.apple.com) and search 'Use parental controls'**



## For Android Devices:



## Family Link App by Google

Whether your children are younger or in their teens, the Family Link app lets you set digital ground rules to help guide them as they learn, play and explore online.

Find this free app at the Google Play Store.

### **Guide them to good content**

***View their activity***-Activity reports showing how much time they spend on their favorite apps.

***Manage their apps***-Notifications allow you to approve or block apps your child wants to download on the Google Play Store. You can manage in-app purchases and hide specific apps on their device.

***Feed their curiosity***-It's hard to know which apps are right for your child, so Family Link shows you teacher-recommended apps that you can add directly to their device.

### **Keep an Eye on Screen Time**

***Set limits***- Allows you to set time limits and a bedtime for your child's device.

***Lock their device***-You can remotely lock a device whenever it's time to take a break.

### **See Where They Are**

As long as your child is carrying their device you can locate them wherever they are.

# Tips for Creating a Family Online Safety Contract

- Explain to your kids that the contract is meant to help them and keep them safe and not to limit them or make their life difficult. Talk to them about the potential dangers of online life such as cyberbullying, sexting, and online predators
- It could be a good idea to sit down and define online house rules together. If you decide to use one of the sample contracts listed below and your kids suggest a change, try to understand why. They may be right!
- Make sure you read through the different sections of the contract with your children and that everyone understands each and every item.
- Everyone should sign the contract – parents and children – to confirm that they have read and understood the terms and that they agree to them.
- Once everyone has signed place the contract in a visible place next to each computer in the house.
- As your kids grow, the contract may need revising.

Visit [www.puresight.com](http://www.puresight.com) for more information on online safety

## Sample Contracts:

### *Family Contract for Online Safety Kids' Pledge*

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.
2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.
4. I will never send a person my picture or anything else without first checking with my parents.
5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away so that they can contact the service provider.
6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
7. I will not give out my Internet password to anyone (even my best friends) other than my parents.
8. I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or jeopardize my family's privacy.
9. I will be a good online citizen and not do anything that hurts other people or is against the law. 10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology. I agree to the above terms I will help my child follow this agreement and will allow reasonable use of the Internet as long as these rules and other family rules are followed. \_\_\_\_\_

\_\_\_\_\_ Child Sign Here Parent Sign Here Items 1-6

© National Center for Missing & Exploited Children. Entire contract © 2005 SafeKids.com. Have teenagers? Visit SafeTeens.com

### ***Teen Pledge for Being Smart Online***

1. I will be respectful to myself and others. I won't bully and won't tolerate bullying by others.
2. I will be a good online friend and be supportive of my friends and others who might be in trouble or in need of help.
3. I won't post or send pictures or other content that will embarrass me, get me into trouble or jeopardize my privacy or security.
4. I will respect other people's privacy and be courteous when posting photos or other content about them.
5. I'll be conscious of how much time I spend on the web, phone and other devices and won't let use interfere with sleep, school work and face-to-face relationships.
6. If they need my help, I'll assist my parents, teachers others in their use of technology.
7. I will respect other people's digital property and space. I won't steal, hack, break into anyone else's accounts or use other's content without permission.
8. I will protect my passwords and practice good Net security.
9. I will be thoughtful in my use of copy and paste. If I use anyone else's content or images I will quote them, give them credit and link to them if appropriate.
10. I will help create a culture of respect and tolerance at my school and among my peers.

### ***Family Contract for Online Safety*** ***Parents' Pledge***

1. I will get to know the services and web sites my child uses. If I don't know how to use them, I'll get my child to show me how.
2. I will set reasonable rules and guidelines for computer use by my children and will discuss these rules and post them near the computer as a reminder. I'll remember to monitor their compliance with these rules, especially when it comes to the amount of time they spend on the computer.
3. I will not overreact if my child tells me about a problem he or she is having on the Internet. Instead, we'll work together to try to solve the problem and prevent it from happening again.
4. I promise not to use a computer or the Internet as an electronic babysitter.
5. I will help make the Internet a family activity and ask my child to help plan family events using the Internet.
6. I will try to get to know my child's "online friends" just as I try get to know his or her other friends.

I agree to the above \_\_\_\_\_  
Parent(s)

I understand that my parent(s) has agreed to these rules and agree to help my parent(s) explore the Internet with me.

\_\_\_\_\_

Child sign here

### ***Pledge for kids and teens for SmartPhone use***

1. I will not touch or look at my phone when it's dangerous to do so such as driving, riding a bike or walking.
2. I will be considerate of others and not use my phone to text or talk when it may disturb others or at inappropriate times or places such as in class or in theaters.
3. I will take care not to damage or lose my phone and will let my parents know right away if it is damaged, lost or stolen.
4. I will only use apps from legitimate app stores (like the Apple App Store or Google Play) and do a little research to make sure they're appropriate and safe to use.
5. I will carefully review the privacy policies of any apps I use including what information the app collects or shares.
6. I will only use apps that share my location with family or personal friends I know from the real world.
7. I will not let my phone interfere with sleep, schoolwork or other important activities.
8. I will respect my own and other people's privacy in pictures and posts that I share.
9. I will only share pictures and videos where everyone is appropriately dressed and will avoid sharing any images that could embarrass me or others or get anyone in trouble.
10. I will treat others respectfully and kindly in what I post, what I text and how I interact socially.

### ***Parents' Pledge***

1. I will be a good role model and never text or use apps while driving or during other activities where phone use might be dangerous.
2. I will be considerate of others, including my family members, by refraining from using the phone when it might disturb people around me.
3. I will talk with my kids and set reasonable expectations about their smartphone use.
4. I will be considerate of my child and not text him or her while in class or at other inappropriate times.
5. I will take whatever action is appropriate if I feel my child has misused his or her phone or broken a family rule, but I will be thoughtful about such actions and not overreact.

Visit [www.safekids.com](http://www.safekids.com) for more information on family contracts and online safety

# Counseling and Accountability

## **The Silent Addiction**

[www.thesilentaddiction.com](http://www.thesilentaddiction.com)

The Silent Addiction is a non-profit 501C3 organization that exists for a two-fold purpose. 1. To rescue those caught in sex addictions through group mentoring and accountability and 2. To reach into churches with the message that God heals from sexual sin and wants to restore lives and marriages!

## **Sexaholics Anonymous**

Find a meeting near you

## **NoFap**

[www.nofap.com](http://www.nofap.com)

NoFap™ is a secular community-centered sexual health platform designed to help you overcome porn addiction, porn overuse, and compulsive sexual behavior. We're here to help you quit or reduce porn use, improve your relationships, and reach your sexual health goals. We offer all the tools our users need to connect with a supportive community of individuals determined to quit porn use and free themselves from compulsive sexual behaviors. With our website, forums, articles and apps, NoFap helps our users overcome their sexual addictions so they can heal from porn-induced sexual dysfunctions, improve their relationships, and ultimately live their most fulfilling lives.

## **New Life**

[www.newlife.com](http://www.newlife.com)

Porn. Lust. Affairs. They've taken your life to a place you never could have imagined. It's a serious problem that requires a serious solution. *Every Man's Battle* is the place where men engage in the battle to restore their sexual integrity. In this intensive three-day workshop you'll work with licensed Christian counselors who will arm you with the weapons you need for victory. The enemy may have wounded you, but the battle is not over.

Connect with them for counseling, resources for *Women in the Battle* and so many other issues that go beyond sex addiction.

## **Focus on the Family**

[www.focusonthefamily.com](http://www.focusonthefamily.com)

Abundance of resources for anyone who is struggling, in need of encouragement, advice, etc for the individual and the whole family. Free counselors and ability to connect people to counselors where they live.

# More Resources:

## **Pass On The Truth**

[www.PassOnTheTruth.com](http://www.PassOnTheTruth.com)

A grass-roots effort to raise awareness about the harms and effects of pornography using billboards as a conduit to bring about that awareness. Find a ton of resources and info on this website.

## **Your Brain on Porn**

[www.yourbrainonporn.com](http://www.yourbrainonporn.com)

Read the research papers, studies, statistics and more showing the harmful effects of pornography.

## **National Center on Sexual Exploitation**

[www.endsexualexploitation.org](http://www.endsexualexploitation.org)

Get involved with changing the culture of sexual exploitation. An abundance of resources and ways you can make a difference to make a less exploitative world.

## **Shared Hope**

[www.sharedhope.org](http://www.sharedhope.org)

See how Shared Hope rescues victims of human trafficking and how you can get involved.

## **Polaris Project**

[www.polarisproject.org](http://www.polarisproject.org)

An abundance of statistics and information regarding human trafficking in the United States.

## **The National Human Trafficking Hotline:**

Call: 1-888-373-7888

Or text 233733

Or chat @ [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

Report suspected trafficking, get questions answered and valuable resources by contacting The National Human Trafficking Hotline.

*For more information or to donate go to: [passonthetruth2day@gmail.com](mailto:passonthetruth2day@gmail.com)*

*Pass On The Truth via PayPal: [passonthetruth2day@gmail.com](mailto:passonthetruth2day@gmail.com)*