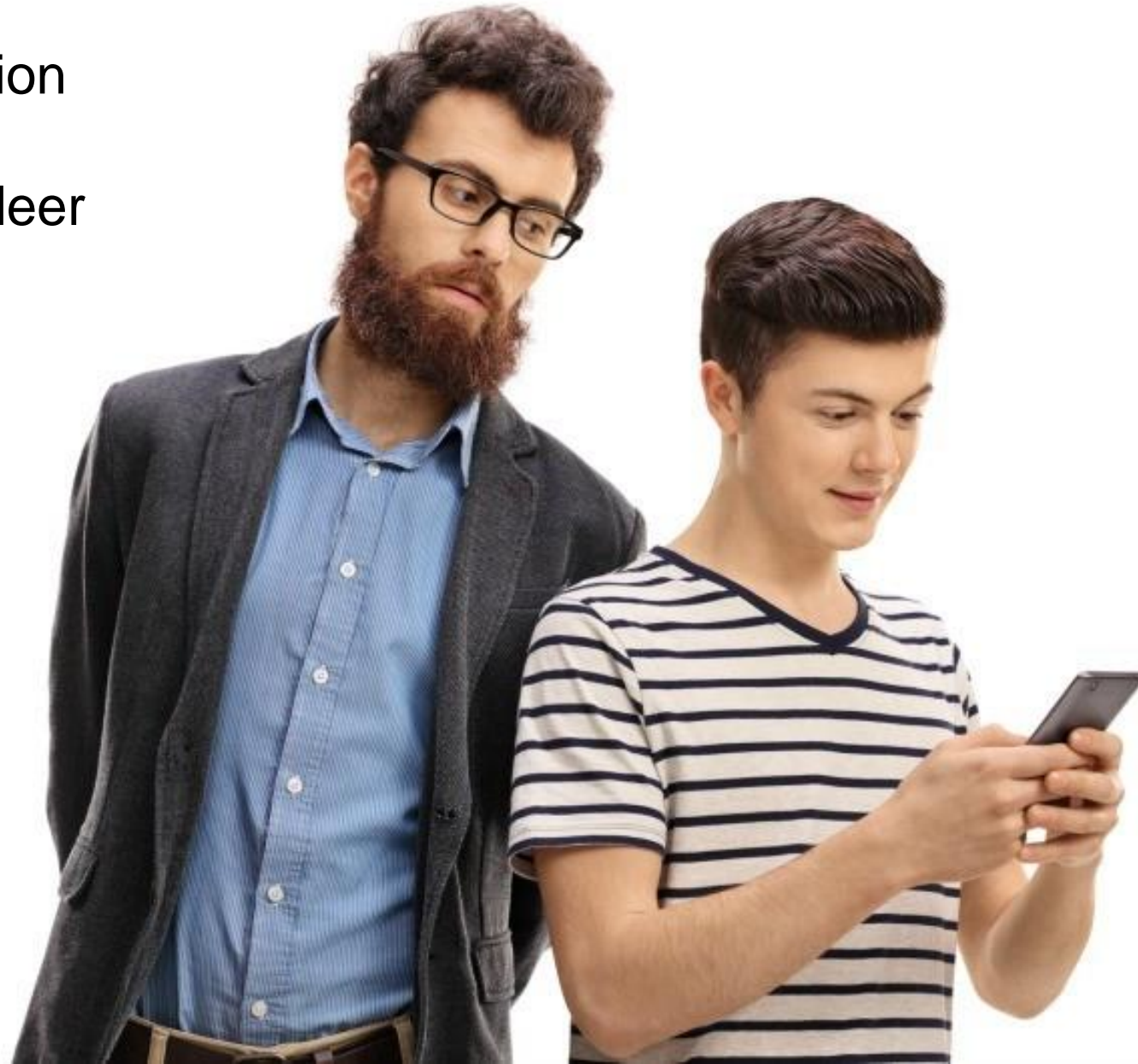


Cyber Safety: Parent Edition  
September 19, 2023  
Presenter: Ryan Comingdeer



## Agenda

1. High Risks
2. 4 Layers of Security
  - The Culture
  - Home Network
  - Devices
  - Applications
3. Next steps



## **What are the risks?**

1. Cyberbullying
2. Inappropriate content
3. Sex Trafficking
4. Sexting and Sextortion

## Cyberbullying:

### Examples:

- Comments, text messages, or threatening emails designed to make the person feel scared, embarrassed, or ashamed of themselves.
- Using group chats as a way to gang up on one person
- Making derogatory comments about a person based on their demographics
- Posting mean or untrue things on social media sites, to hurt them publicly
- Taking nude or otherwise degrading photos of a person without their consent
- Sharing or posting nude pictures to embarrass the person
- Sharing personal information about a person on a public website

### Stats:

- 25% of children between 13-15 have been cyberbullied
- Those who are subject to online bullying are twice as likely to self-harm or attempt suicide

## **Inappropriate Content:**

### **Games:**

- Violent video games are the most popular games among both boys and girls
- 90% of parents do not check video game ratings
- 89% of parents do not limit the time teens spend playing video games
- Only 1% of parents refuse to buy games because of mature ratings

### **Media:**

- 42.1% of kids (>10) admit they have seen online porn. 1 in 16 have been exposed to hardcore pornography.
- Young people spend 40 hours a week or more using media for entertainment

## Sex Trafficking:

- The fastest growing criminal industry is the buying and selling of people. The average age is 15 years old for females, with 1 in 6 being under the age of 12. It is believed to be younger for males.
- **In Bend: January thru March 2018, the number of advertisements targeting kids for sex trafficking: 5,000**
- **In Bend: 200 minors sold for commercial sex each year**
- 150,000 new escort ads are posted online in the US every single day.
- 62% of victims represented in a 2021 federally prosecuted sex trafficking case were recruited on the internet.
- Of federally prosecuted cases since 2019 the following platforms were used to recruit victims:
  - Facebook 41%
  - Snapchat 17%
  - Instagram 15%
  - Meetme 4%
  - Craigslist 3%
  - Seeking Arrangements 2%
  - Whats App 2%

# SEXTORTION

THREATS TO EXPOSE A SEXUAL IMAGE IN ORDER TO MAKE A PERSON DO SOMETHING



**Sextortion is happening to kids and teens.**



**1 IN 4** Victims were **13 or younger** when threatened.



**2 IN 3** Victims were **girls** threatened before the age of **16**.

### Victims are staying silent.



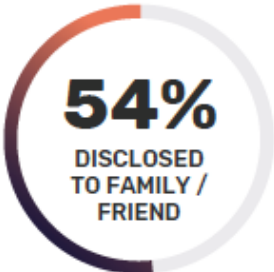
**1 IN 3**

Victims had **never told anyone**, largely because of shame or embarrassment.

“ Society continues to dismiss the fact that people are forced into situations (like sending nudes) and that they should be shamed if they are.

– FEMALE / ONLINE / AGE 13

### Victims are less likely to report outside of their inner circle.

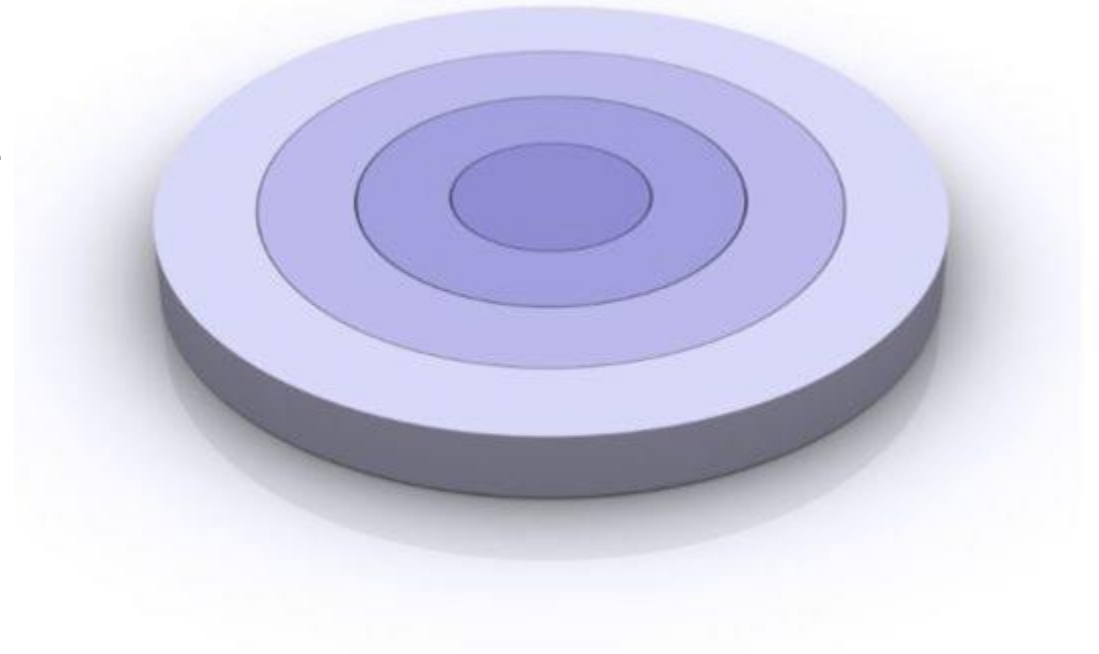


Stop sextortion before it starts. Learn more at [stopsextortion.com](http://stopsextortion.com)



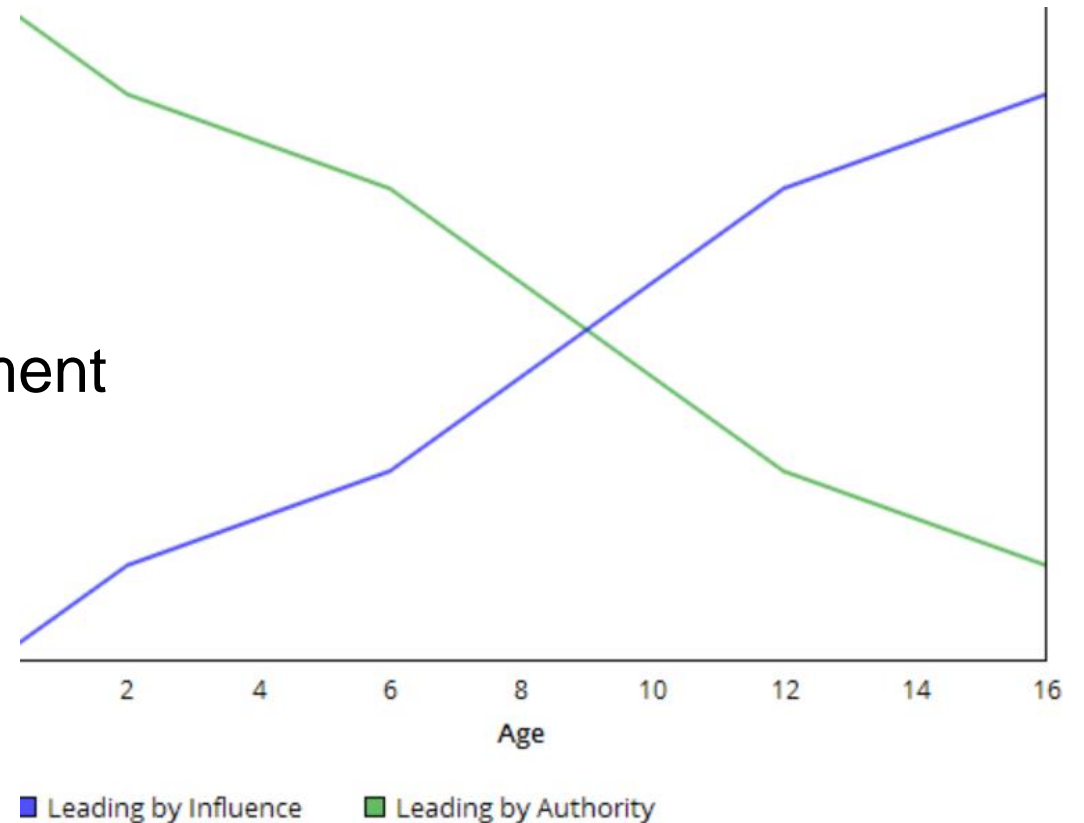
## 4 Layers of security

1. Family rules and culture
2. Network
3. Device
4. Application



## Creating the Culture:

1. Talk early and often.
2. Don't hide/ignore hot topics.
3. Create an open, honest environment
4. Discuss the 4 layers of security
5. Learn together
6. Role playing



# TALK ABOUT THE **RISKS** AT EVERY AGE

## YOUNGER CHILDREN

Netiquette

Looking at inappropriate content

Pop-ups/passwords

Not trusting everyone you meet online

## TWEENS & TEENS

Cyberbullying

Sexting

Posting personal/  
inappropriate information

Meeting offline

## Document the rules

1. Screen Time and Visibility (closed doors)
2. Create password guidelines
3. Set time limits
4. Parents are friends on Social Networks
5. Don't share location information
6. Don't create usernames that will identify location or personal information
7. Never share user accounts/profiles
8. Don't talk about problems at home online with friends
9. Share incidents with parents



# Cyber Safety – Protecting Your Children Online

The more children practice, the better prepared they will be in a real situation.

## **THE OFFER TRICK**

A child is offered something desirable — like candy, money, toys, or a ride.

### **BEAT IT**

Children should not accept gifts without your permission. Use teachable moments, like when a friend or relative offers a gift, to practice this concept with your child.

## **A THE ANIMAL TRICK**

A cute or interesting animal is used to get the child to follow or enter a vehicle or home.

### **BEAT IT**

Teach your children to never enter anyone's vehicle or home without your permission.

## **A THE EMERGENCY TRICK**

Someone fakes an emergency and offers to take the child to another location.

### **BEAT IT**

Instruct your child to never go anywhere with anyone without asking the permission of the adult in charge. Have your child practice saying, "I can't go with you until I check with my mom/dad/teacher" in a firm voice and walking away.

## **THE HELP TRICK**

The child is asked to help with something such as directions, looking for a lost pet, or carrying something.

### **BEAT IT**

Adults should ask other adults for help, not children. Have your child practice saying "I can't help you" in a firm voice. Teach children to stand at least one to two arms' lengths away while interacting with unknown adults.

## **THE FRIEND TRICK**

A person tells the child he or she has been sent by the child's parent. Sometimes the person actually does know the parent.

### **BEAT IT**

Talk to your child's school about obtaining permission from you before releasing your child to anyone.

## **THE "BAD" CHILD TRICK**

Someone accuses the child of doing something wrong and says the child must go with him or her.

### **BEAT IT**

Teach your child to always check with you or the adult in charge before going anywhere with anyone. Instruct children to immediately tell you if someone approaches them or tries to take them away.

## **THE FLATTERY/MODEL TRICK**

Someone compliments the child and asks to take his or her picture. The person may promise the child fame or fortune.

### **BEAT IT**

Instruct your child not to accompany anyone anywhere without your permission. Teach older children that a legitimate photographer or casting agency will try to talk to a parent or guardian, not a child.

## **THE OPEN-THE-DOOR TRICK**

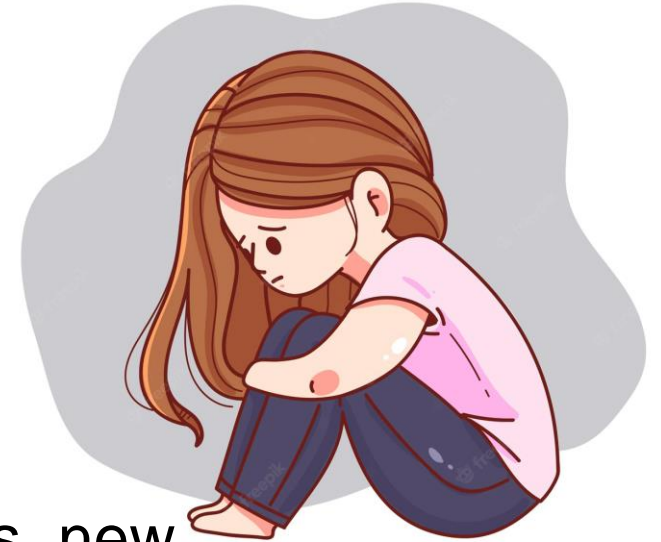
Someone tries to get the child to answer the door when the parents aren't home.

### **BEAT IT**

Remind your children they shouldn't open the door for anyone when you aren't home. Let them know legitimate service people will return.

## Recognize the Indicators

1. A sudden lack of trust where there once was trust.
2. Sudden change in behavior or appearance
3. Alienating friends and family
4. Dropping out of sports, clubs or other activities
5. Sudden secretive behavior about their whereabouts, new friends or online activity
6. Mention of older boyfriend or girlfriends or new older friends
7. Unexplained gifts – cash, jewelry, clothes, electronics
8. Appears withdrawn, distressed or angry
9. Uncharacteristic drop in grades and/or school attendance
10. Using sexualized language that you did not teach them



## How to Respond

1. LISTEN! Give support
2. Accept what your child is telling you
3. Show concern
4. Don't speak negatively about the abusive person only their behavior
5. Avoid Ultimatums
6. Be prepared, know what resources you have at your disposal
7. Decide on the next steps together. Involve your child in the conversation, this helps them still feel in control of their life on some level.





## Real-World Reasons Parents Should Care About Kids and Online Privacy

January 28 is Data Privacy Day. Things you or your kid posts online can affect their future, safety, and reputation. [Here are eight reasons to care.](#)



5 Ways to Curb Kids' In-App


[commonsensemedia.org/parent-concerns](https://www.commonsensemedia.org/parent-concerns)



Realistic Fiction for Tweens and Teens



Movies That Promote Teamwork



How old is your kid?

− 8 +

Personalize Common Sense for your family.

[Get started](#)

*You'll have a chance to add more kids later.*

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- Livestreaming
- Sexting
- Smartphones
- Gaming
- Online Enticement
- Sextortion
- Social Media

# About NetSmartz

Since 1998, NCMEC has operated the CyberTipline, a place where the public and electronic service providers can report suspected online and offline child sexual exploitation. The millions of reports made each year uniquely situate NCMEC to identify trends and create prevention resources to address the evolving needs of kids and teens online.

NetSmartz is NCMEC's online safety education program. It provides age-appropriate videos and activities to help teach children be safer online with the goal of helping children to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline.

[CyberTipline: Report Online Exploitation Here](#)



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[THE ISSUES](#)

[OUR WORK](#)

[EDUCATION](#)

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Education > [KidSmartz](#)



KidSmartz is a child safety program that educates families about preventing abduction and empowers kids in grades K-5 to practice safer behaviors. This program offers resources to help parents, caregivers, and teachers protect kids by teaching and practicing the 4 Rules of Personal Safety using classroom lessons, at-home lessons, parent tips, and fun printable activities.

1	 <a href="https://1password.com">1password.com</a> ★★★★★	2FA: ✓ Zero-knowledge: ✓ Multi-device sync: ✓ Mobile apps: ✓ Free plan: -	<b>\$2.99</b> / month <a href="#">(All Plans)</a>
2	 <a href="https://bitwarden.com">bitwarden.com</a> ★★★★★	2FA: ✓ Zero-knowledge: ✓ Multi-device sync: ✓ Mobile apps: Android, iOS Free plan: ✓	<b>\$0.83</b> / month <a href="#">(All Plans)</a>
3	 <a href="https://www.dashlane.com">www.dashlane.com</a> ★★★★★	2FA: ✓ Zero-knowledge: ✓ Multi-device sync: ✓ Mobile apps: ✓ Free plan: ✓	<b>\$4.99</b> / month <b>(save 23%)</b> <a href="#">(All Plans)</a>
4	 <a href="https://keepersecurity.com">keepersecurity.com</a> ★★★★★	2FA: ✓ Zero-knowledge: ✓ Multi-device sync: ✓ Mobile apps: Android/iOS Free plan: ✓	<b>\$2.49</b> / month <a href="#">(All Plans)</a>
5	 <a href="https://www.lastpass.com">www.lastpass.com</a> ★★★★★	2FA: ✓ Zero-knowledge: ✓ Multi-device sync: ✓ Mobile apps: ✓ Free plan: ✓	<b>\$3</b> / month <a href="#">(All Plans)</a>

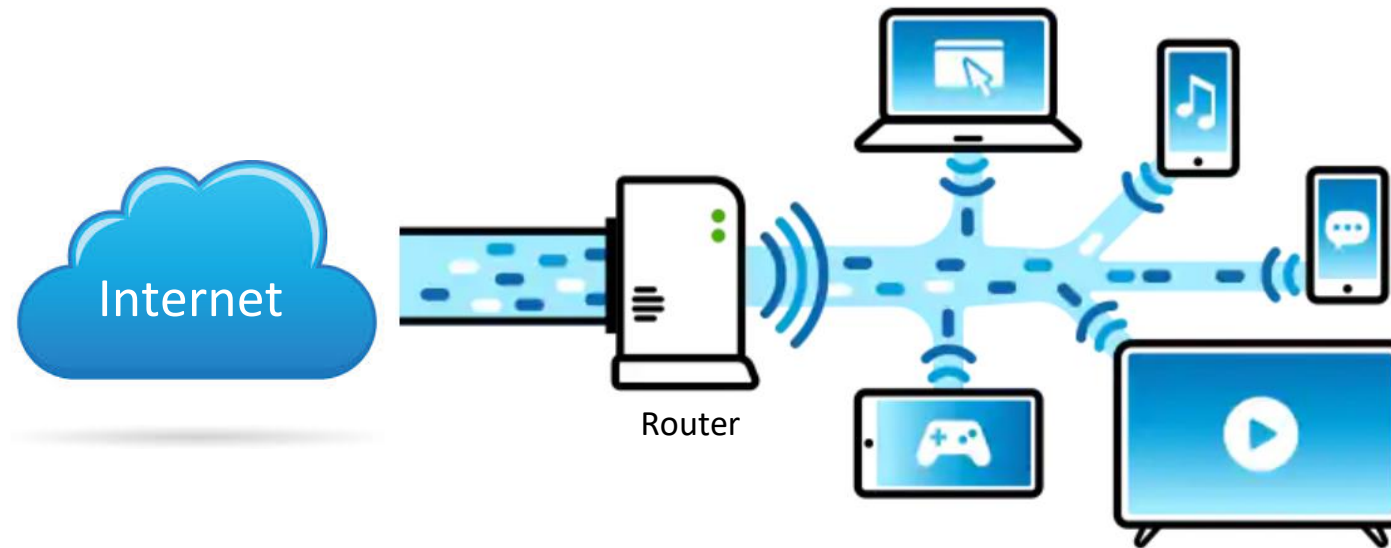
## Break for Q&A



**Next up: Tools**

Company	Pricing	iOS/ Android	Number of Devices	Screen Time Limits	Location Tracking
<a href="#">Qustodio</a> <b>Best Overall</b>	\$96.95/year (multiple plan options)	Both	1-15 (depending on the plan)	Yes	Yes
<a href="#">Google Family Link</a> <b>Best Budget</b>	Free	Both	Unlimited	Yes	Yes
<a href="#">Bark</a> <b>Best for Older Kids</b>	\$14/mo. (multiple plan options)	Both	Unlimited	Yes	Yes
<a href="#">Canopy</a> <b>Best for Younger Kids</b>	\$9.99/mo. (multiple plan options)	Both	3-10 (depending on the plan)	Yes	Yes
<a href="#">NetNanny</a> <b>Best for Real-Time Monitoring</b>	\$54.99/year (multiple plan options)	Both	1-20 (depending on the plan)	Yes	Yes
<a href="#">FamilyTime</a> <b>Best for Time Monitoring</b>	\$69/year (multiple plan options)	Both	1-5 (depending on the plan)	Yes	Yes
<a href="#">Circle</a> <b>Most Comprehensive</b>	\$129/year	Both	Unlimited	Yes	No
<a href="#">Life360</a> <b>Location services only</b>	Free for 2 day data	Both	Unlimited	No	Yes

Networking: How it works at home



Protecting the network vs protecting the devices

OpenDNS

OpenDNS dashboard

HOME STATS SETTINGS MY ACCOUNT SUPPORT TELL A FRIEND

View Stats for: Personal Networks

- Total Requests
- Total Unique Domains
- Unique IPs
- Domains
- Blocked Domains
- Request Types

**This is your Dashboard**  
Every element on this page is designed to give you a quick snapshot look into your DNS. Dive deeper for customizable charts, tables and raw data.

**Recent Activity** (all your networks, last day)

**Unique Domains**

**Unique IPs**

**Request Types**

Type	Requests
A	34099
SOA	9
NS	6
SRV	199
AAAA	29013
PTR	4

**Domains**

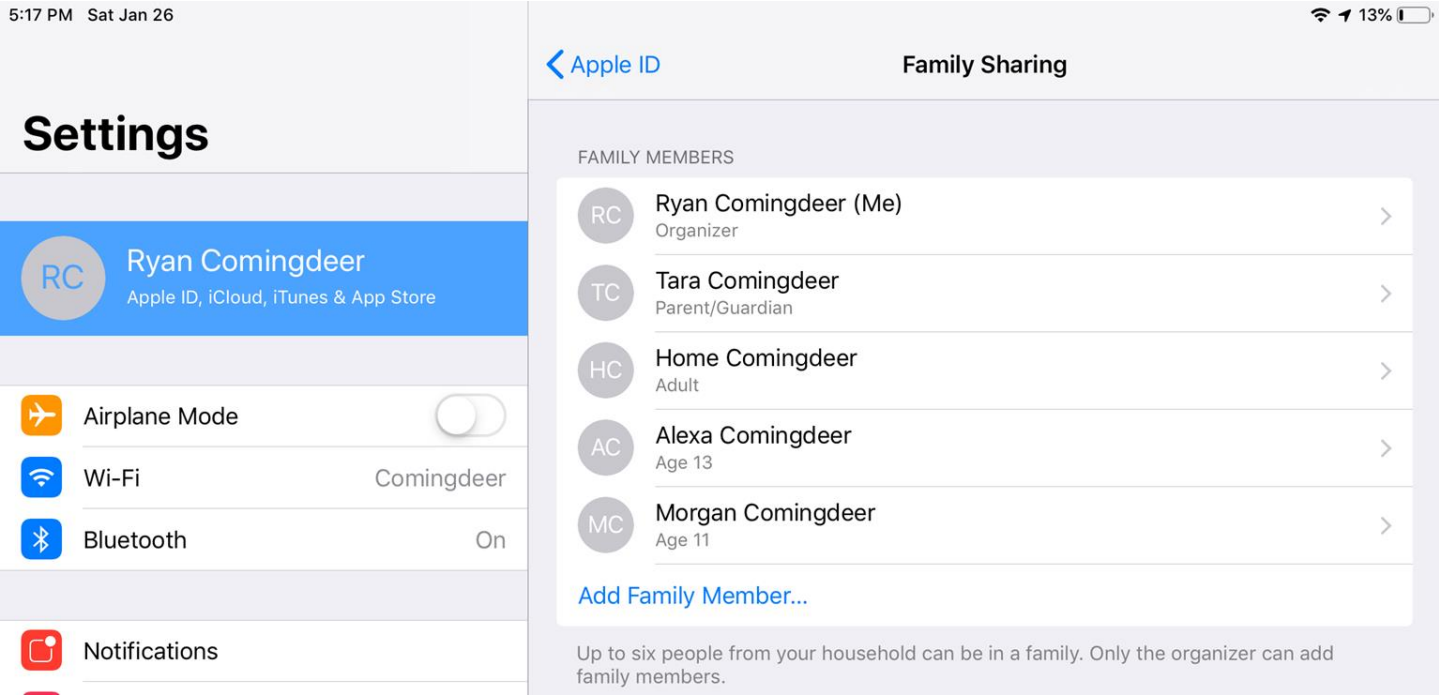
Domain	Requests
*.amazonaws.com	11475
outlook.office365.com	3377
*.akamaiedge.net	2721
mail.yahoo.com	1418
eat-efz.ms-acdc.office.com	1124
*.cloudfront.net	1093

## Devices





iOS  
Family Sharing

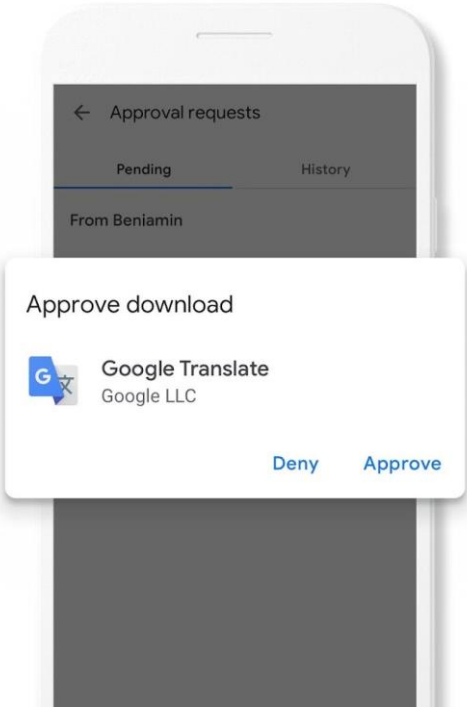




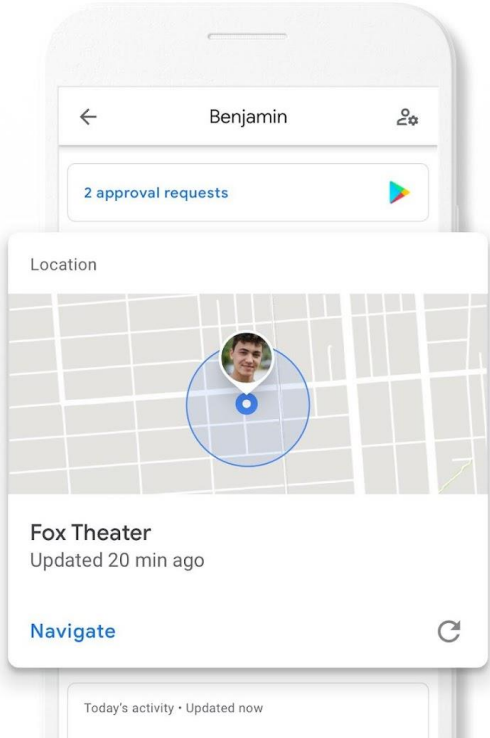
# Google Family Link

Google LLC

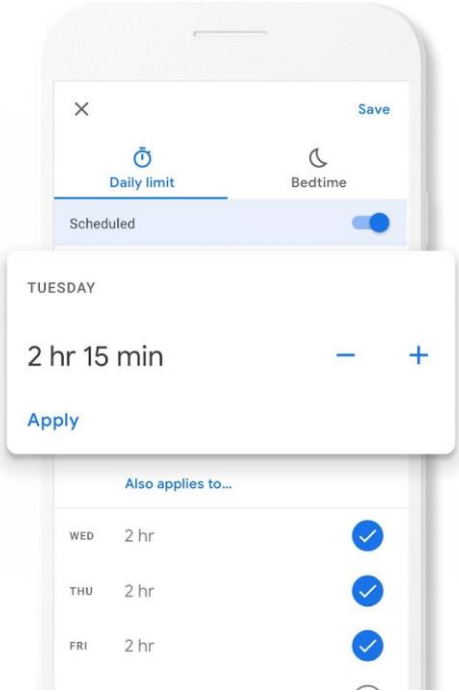
Manage the apps they can use



See their device location



Set screen time limits



# Amazon Tablets



A world of possibilities  
for kids to discover

Unlimited access to thousands of kid-friendly books, movies, TV shows, educational apps, and games.

Starting at just \$2.99 per month.

Start your 1-month free trial

[Purchase 1-year pre-paid plan](#)

By clicking "Start your 1-month free trial," you agree to Amazon's [Conditions of Use](#) and the [FreeTime Unlimited Terms and Conditions](#). At the end of any applicable free trial period, you authorize us to charge your 1-Click credit card or another available payment method on file a monthly fee (see pricing details [below](#)) plus applicable tax until you cancel. You may cancel your subscription at any time by contacting [Customer Service](#).

## Endless Fun for Kids. Peace of Mind for Parents.

FreeTime Unlimited is an all-in-one subscription that gives kids access to thousands of kid-friendly books, movies, TV shows, educational apps, Audible books, and games on compatible Fire, Android, iOS and Kindle devices. Plus, kids can enjoy hundreds of hours of fun with ad-free radio stations and playlists, Audible books, and a growing list of premium kid's skills available on compatible Echo devices.

Parents also receive access to easy-to-use parental controls that allow them to find the right balance between education and entertainment. Parents can personalize screen time limits, set educational goals, filter age-appropriate content, and also manage web browsing and content usage based on their preferences.



## Games

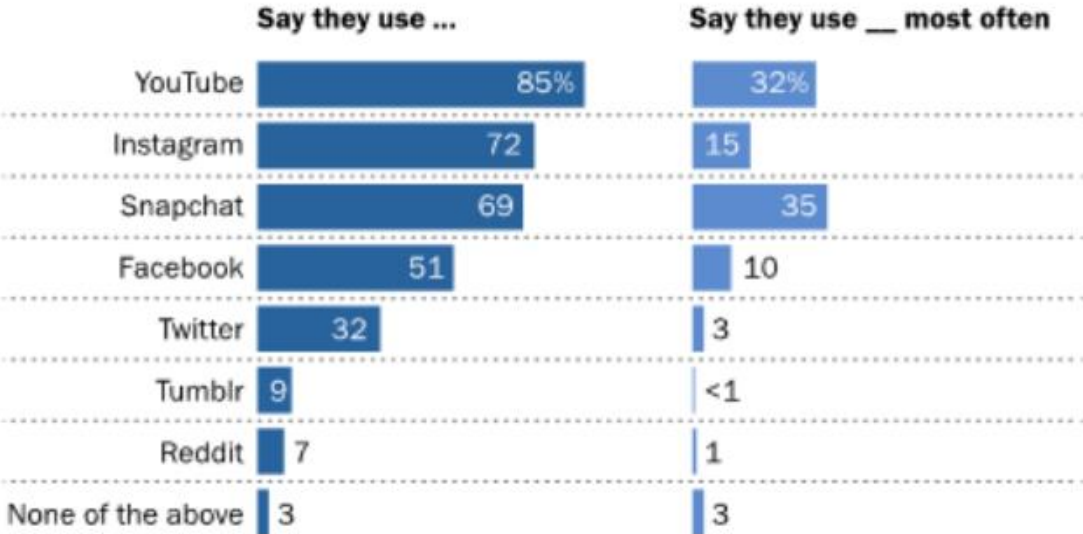
1. Fortnite
2. MineCraft
3. Roblox
4. Rec Room
5. Among Us



# YouTube, Instagram and Snapchat are the most popular online platforms among teens

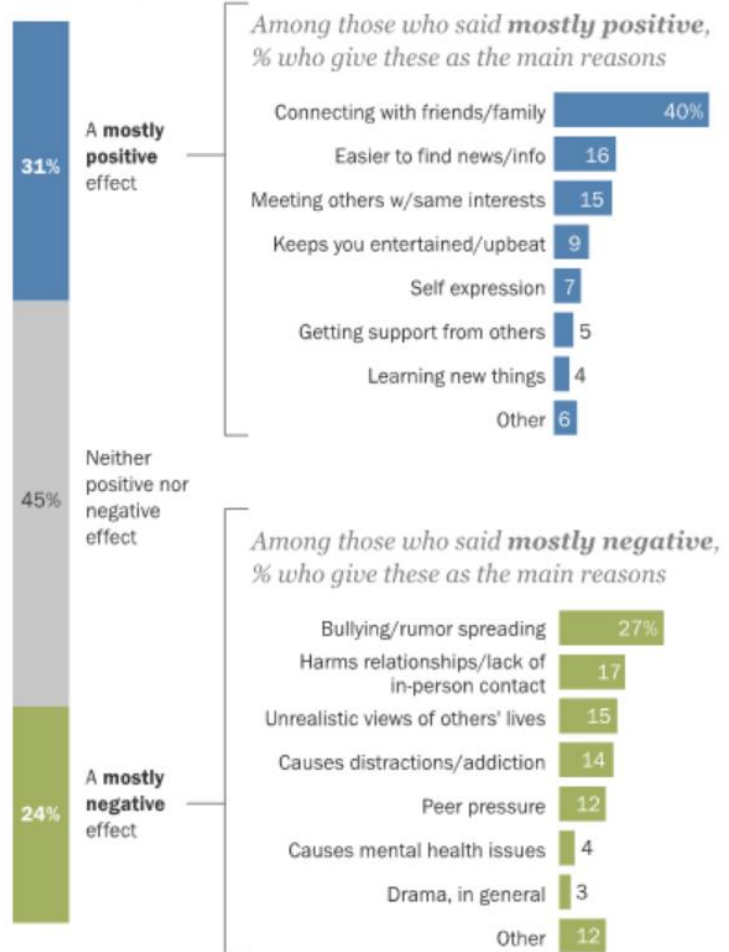
## YouTube, Instagram and Snapchat are the most popular online platforms among teens

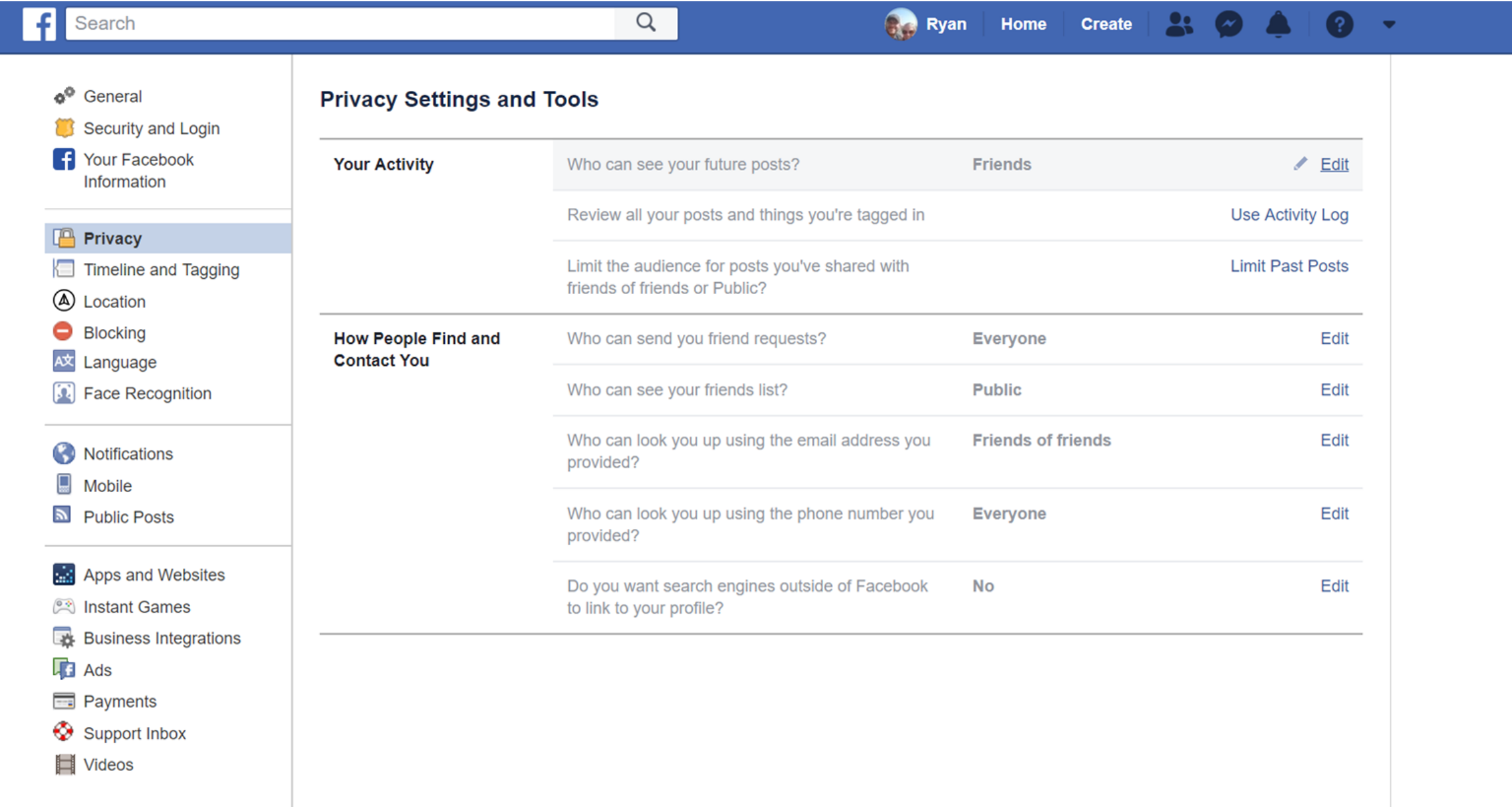
% of U.S. teens who ...



## Teens have mixed views on social media's effect on people their age; many say it helps them connect with others, some express concerns about bullying

% of U.S. teens who say social media has had \_\_ on people their own age





The screenshot shows the Facebook interface for a user named Ryan. The top navigation bar includes the search bar, the user's profile picture, and links for Home, Create, and various notification icons. The left sidebar lists various settings categories, with 'Privacy' highlighted. The main content area is titled 'Privacy Settings and Tools' and is divided into two sections: 'Your Activity' and 'How People Find and Contact You'. Each section contains a list of settings with their current values and an 'Edit' link.

Section	Setting	Current Value	Action
Your Activity	Who can see your future posts?	Friends	<a href="#">Edit</a>
	Review all your posts and things you're tagged in		<a href="#">Use Activity Log</a>
	Limit the audience for posts you've shared with friends of friends or Public?		<a href="#">Limit Past Posts</a>
How People Find and Contact You	Who can send you friend requests?	Everyone	<a href="#">Edit</a>
	Who can see your friends list?	Public	<a href="#">Edit</a>
	Who can look you up using the email address you provided?	Friends of friends	<a href="#">Edit</a>
	Who can look you up using the phone number you provided?	Everyone	<a href="#">Edit</a>
	Do you want search engines outside of Facebook to link to your profile?	No	<a href="#">Edit</a>

Media:



Netflix

**NETFLIX** Home TV Shows Movies Recently Added My List

## Parental Controls

Parental Control PIN (4 digits)

Your PIN can be used to restrict playback of certain titles specified below.

1 2 3 4 Save

---

### Restrict by Maturity Level

Content for **Adults** protected by PIN.

Little Kids	Older Kids	Teens	Adults
TV-Y G TV-G	TV-Y7 TV-Y7-FV PG TV-PG	PG-13 TV-14	R TV-MA NC-17 NR UR

---

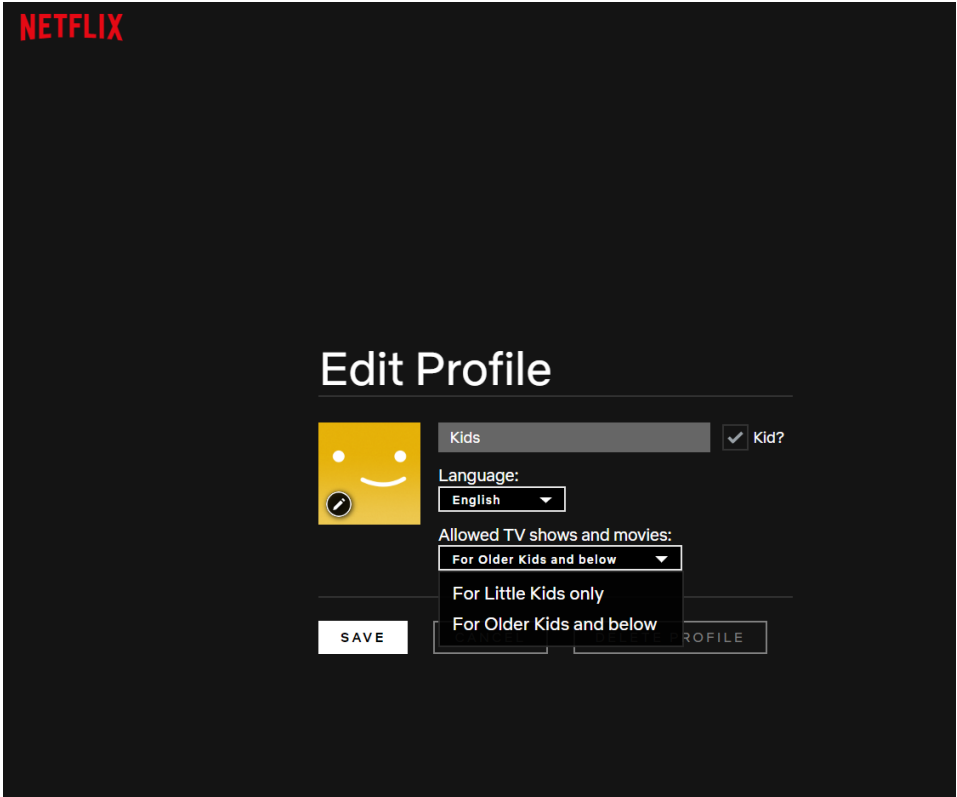
### Restrict Specific Titles

You can specify individual titles that require the PIN to start playback regardless of maturity rating.

Enter show or movie name



# Netflix



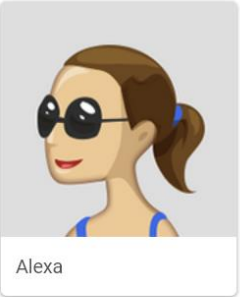
# Netflix - History

The screenshot shows the Netflix interface. At the top is a black navigation bar with the Netflix logo on the left and search, KIDS, DVD, and a profile icon on the right. Below the navigation bar is a white header area with the text 'My Activity' and two tabs: 'Watching' (selected) and 'Rating'. The main content area displays a list of three items, each with a date, a title link, and a 'Report a problem' button with a crossed-out circle icon.

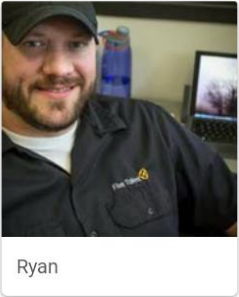
Date	Title	Action
1/26/19	<a href="#">Fuller House: Season 4: "President Fuller"</a>	Report a problem
1/17/19	<a href="#">Fuller House: Season 4: "Angels' Night Out"</a>	Report a problem
1/12/19	<a href="#">Fuller House: Season 4: "No Escape"</a>	Report a problem

## Chrome

Google Chrome



Alexa



Ryan

chrome

[Browse as Guest](#) [Add person](#)

chrome web store

comingdeer@gmail.com



### FamilyFriendly Parental Control, Porn Blocker

Add to Chrome

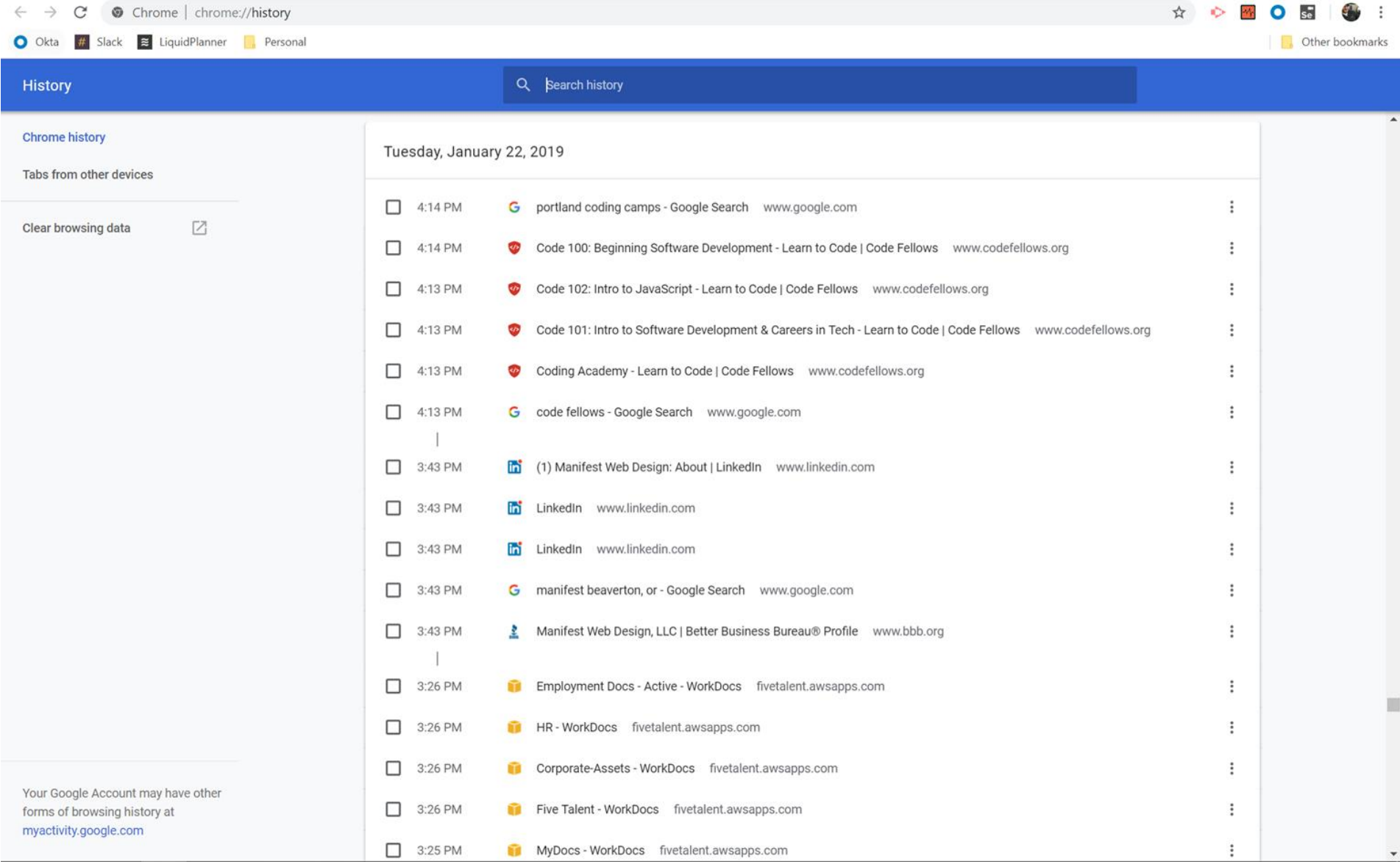
Offered by: [familyfriendly.site](#)

★★★★☆ 49 | Productivity | 10,615 users

[Overview](#) [Reviews](#) [Support](#) [Related](#)



# Chrome



## Next Steps:

- 1) Review/explore training materials and tools
- 2) Create your culture, discuss with your kids and document your rules together
- 3) Setup CommonSenseMedia Profiles
- 4) Identify your budget (\$200/year or free?)
- 5) Setup Parental Controls for home network – Circle or Qustodio
- 6) Lockdown devices – IOS Family, Android Third Party, Amazon Freetime
- 7) Setup profile and customize settings parental settings for:
  - 1) Game Apps
  - 2) Social Networking Apps
  - 3) Browsers
  - 4) Media Apps

# Questions?



Reach out: [Ryan@Comingdeer.com](mailto:Ryan@Comingdeer.com)

## References:

- <https://www.comingdeer.com/parenting-in-a-digital-world/>
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- <https://www.amazon.com/Parenting-Digital-World-Step-Step/dp/B08ZW6KPRH/>
- <https://www.amazon.com/Parenting-Tech-World-handbook-raising/dp/0578733153/>
- [http://www.safesurfingkids.com/lesson\\_plans\\_grades\\_3\\_12.htm](http://www.safesurfingkids.com/lesson_plans_grades_3_12.htm)
- <https://love146.org/action/online-safety/internet-safety-guide/>
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- <http://www.teenviolencestatistics.com/content/teen-violence-and-video-games.html>
- <http://www.pewinternet.org/2018/05/31/teens-social-media-technology-2018/>

# Thank You

