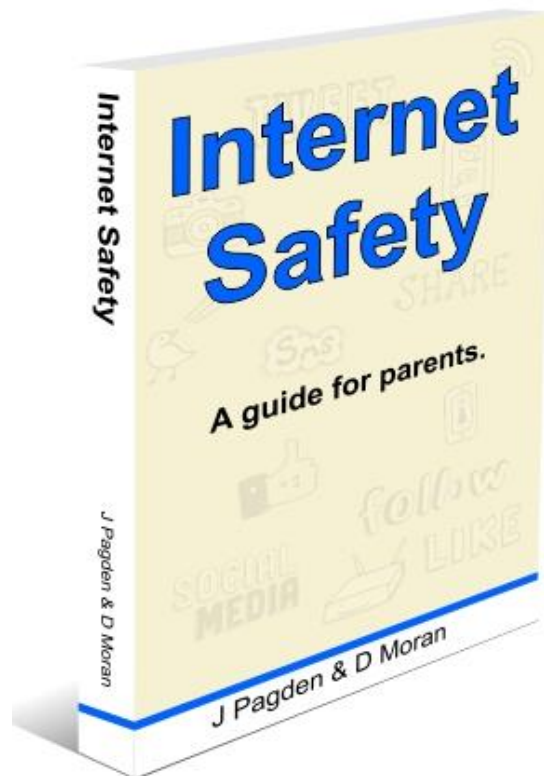


Internet Safety

Considerations for keeping your children safe when using the internet

Hand-out

Version: Rev 12 – September 2018



Available on:

1. [Amazon.co.uk](https://www.amazon.co.uk)
2. Or email: declan@lurtel.ie

Cyber Bullying:

Tips:

1. Kids should NEVER share passwords with ANYONE – as a parent, you should know your child's passwords
2. Teach them how to use the “block”, “ban” and “report” features of the system.
3. If bullying continues – delete the account and start afresh – never giving out details to anyone other than family and real friends.
4. Never respond to rude, harassing, hurtful messages.
5. Report it to www.hotline.ie
6. NEVER OVER REACT when your child talks to you about this.
7. Always maintain channels of communication with your kids

Sexual Predators:

Tips:

1. Periodically check you child's social media presence. If allowed do it with your child. If not, use duckduckgo.com to search for your child's name.
2. Your child should NEVER post ANY information that could give a hint about geographical location: address; phone numbers etc.
3. You as a parent need to learn about privacy settings on the social media systems your child is using.
4. You need to learn the ‘text-speak’ that your children are using. For example “POS” = “Parent over Shoulder” and “LMIRL” means “Let's meet in real life”.
http://www.webopedia.com/quick_ref/textmessageabbreviations.asp
5. There is no substitute for Parental Supervision. NEVER allow private internet access.
6. You child should NEVER ‘friend’ someone WHO THEY DON'T KNOW IN REAL LIFE. If you child has more than a couple of dozen friends then you need to talk to them.
7. Kids should report anything they think is inappropriate: www.hotline.ie

Inappropriate Content:

Tips:

1. Never allow private internet access
2. Check browser history
3. Talk to your children
4. Make sure youtube settings are set for age appropriate content: protected vs unprotected
5. Use your wireless router to filter out dodgy sites: remember to put in foreign language equivalents. More on this later
6. Install filtering software on your devices:
 - a. Windows Family Safety: familysafety.microsoft.com
 - b. AVG Family Safety: <http://www.avg.com/us-en/avg-family-safety> (see ‘Making your mobile device safe for more details)

Damaged Reputation:

Tips:

1. Get your kids to understand that even if they delete something from their online profiles – others WILL have already copied it.
2. Your child needs to tell their own friends NEVER to take images that might cause embarrassment in the future.
3. Talk to your kids about the future possible consequences of stupid posts they make now.

Theft:

Tips:

1. Always intelligently look at EVERY link you are about to click on BEFORE you click on it.
2. Never install apps or software that you haven't checked the reviews of. Never install anything that doesn't have hundreds of good reviews.
3. Dis-associate your credit cards from you Play Store / iTunes account

Making your mobile device safe

AVG Family Safety

AVG Family Safety is a free app for iPod touch, iPad and iPhone. It will automatically block websites categorized as pornography or malware. But you can also add websites to a block list.

<http://itunes.apple.com/us/app/avg-family-safety/id423567709?mt=8>

K9 Web Protection browser

K9 Web Web Protection is a free app for iPod touch, iPad and iPhone. It is also available for Android devices. It will block adult and potentially offensive or malicious sites.

iTunes: <http://itunes.apple.com/app/k9-web-protection-browser/id407657840>

Android: <https://play.google.com/store/apps/details?id=com.k9k5.k9browser>

McGruff Safe Guard Mobile Browser

McGruff Safe Guard is a free app for iPod touch, iPad and iPhone. It restricts websites by age range – either Child (1-12) or Teen (13-17).

<http://itunes.apple.com/us/app/mcgruff-safeguard-browser/id493861295?mt=8>

MobSafety Ranger Browser

Ranger Browser is a free app for iPod touch, iPad and iPhone. It is also available for Android devices.

iTunes: <http://itunes.apple.com/us/app/ranger-browser-safe-internet/id406480823?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.gpit.android.safe.Ranger&hl=en>

Putting Restrictions on Apple Devices

There are instructions available for setting parental control restrictions on an iPod touch, iPad, or an iPhone on the following website: <https://support.apple.com/>

Putting Restrictions on Android Devices

There are instructions available for setting parental control restrictions on Android devices on the following website: <https://support.google.com/>


Please also refer to this site: <http://www.pcadvisor.co.uk/how-to/google-android/3461359/parental-control-on-android/>

Browser History

Safari

1. First, open your Safari browser.
2. Click on History in your Safari menu, located at the top of your screen. When the drop-down menu appears your most recent history (the last 10 web pages that you have visited) will appear. In the screenshot below, this section is circled. Clicking on any of these items will take you directly to the respective page.
3. Directly below it you will find the rest of your recorded browsing history, grouped by day into sub-menus. If you have visited more than 10 web pages on the current day, there will also be a sub-menu present labelled "Earlier Today" containing the rest of today's history.

Google Chrome

1. Click the Chrome menu  on the browser toolbar.
2. Select History

Internet Explorer

1. Press the "ctrl" button and then tap the "H" button at the same time. Your history will appear.

Firefox

1. Press the "alt" key. This will display the menus at the top.
2. Click on History

Blocking Advertisements on Browsers

See <http://dottech.org/17516/block-ads-in-firefox-internet-explorer-chrome-and-opera-how-to/>

Gmail

Android: <https://play.google.com/store/apps/details?id=com.google.android.gm&hl=en>

iTunes: <https://itunes.apple.com/app/gmail/id422689480>

How to setup email accounts on your Apple device: <http://www.gilsmethod.com/how-to-setup-email-accounts-on-the-ipad>

How to setup email accounts on your android device:

As you would expect, Google have made it very easy to set up Gmail through an Android phone or tablet. To setup your Gmail on an Android phone, follow these steps.

1. Open the Settings menu and go to Accounts & sync settings on your device.
2. The Accounts & sync settings screen displays your current sync settings and a list of your current accounts.
3. Touch Add account.
4. Touch Google to add your Google Apps account.
5. Touch Sign in when prompted for your Google Account.
6. Enter your full Google Apps email address as your username, and then enter your password.
7. Select which services you'd like to sync.

Facebook privacy

All things to do with privacy can be found here: <https://www.facebook.com/help/445588775451827>

Email Scams

How to spot a scam: <http://www.wikihow.com/Spot-an-Email-Hoax-or-Phishing-Scam>

YouTube Safe Searching

How to Activate Parental Controls for YouTube Safe Search

- To implement the Parental Controls for YouTube, go to YouTube.com and scroll down to the bottom of the page....
- You will see a reference to Safety Mode and it will say OFF...
- Click the Off button to access Parental Control to turn on YouTube Safe Search.
- (Likewise, if you want to turn YouTube Safe Search Off, click the bottom what will now say "On" ...)

Locking YouTube Safe Search

As you will see, it's very easy to turn safe search on and off. Therefore, you may want to lock it in order to ensure it is always activated for all family members.

To Lock the Parental Control for YouTube, you will need a Google account. To open a free Google account, go to google.com and click "Sign In" in the top right hand corner of their main website. You will then see the option to create a new account.

Now return to YouTube and scroll down to the bottom of the page to the safety mode link as shown above.

After selecting the "On" button, you will see an option to Lock Safe Search...

On Off

Save [\(Learn more\)](#) Save and lock Safety Mode on this browser



Select “Save and lock Safety Mode on this browser”. You will then be required to sign in to your Google account if you have not already done so.

Once Safe Search for YouTube video search is Locked, you can now log out of your account. Unlocking safety mode on YouTube will require you to log into your account. This guarantees that no one else can deactivate the safety setting.

Important: If you have more than one browser on your computer, you will need to follow these steps for each browser. Below is a video that walks you through the process of implementing YouTube Parental Controls that were just explained.

http://www.youtube.com/watch?feature=player_embedded&v=gkI3e0P3S5E

Snapchat settings – ‘Ghost mode’

To find instructions on how to manage your Snap Map settings, go to the support page. Click into the Search box under the SnapChat Support title, and enter “Snap Maps” as your search criteria. You will be given a set of results. Scroll down and click on the article entitled “Find your Friends on Snap Map”. On this page, in the paragraph entitled “Tap on a friend to start a chat”, you’ll find a link to “Ghost Mode”. This link takes you to the Snap Map location settings. Change the settings on your account so that it is set to “Ghost Mode” by default. Only very cautiously allow select friends to know your location.

Content Filtering on your Router

We recently discovered the iKydz router. ikydz is an Irish company with a great reputation for providing a simple to use router that lists the following as the main features:

- **Block apps** - Use the standard blocks to prevent or limit access to social media, chat rooms or other apps, such as Instagram, Facebook, Yellow, Simsimi, Tinder, WhatsApp and a host of others.
- **Block Websites** - Use the iKydz Global Block Lists to block content such as Adult, Gaming, Violence & Gambling.
- **Block Pop-ups** - Stop inappropriate pop-ups from appearing on your kids’ screens when they browse the web or look at YouTube.
- **Filter Content** - Apply suitable internet content filters to individual devices based on the age of your child.
- **Monitor Internet Use** - Monitor how long your kids spend online and what they spend their time viewing using the Reporting tool.
- **Schedule Online Access** - Easily set daily or weekly schedules for when your children are allowed to be online.
- **Shut off the Internet** - Use the Mealtime button to give your kids a break from the Internet; shuts down for 30 minutes and then it automatically turns back on.
- **Apply age-based restrictions** to your kids’ internet connected devices with one easy click. You wouldn’t want your 6-year-old seeing things that your 15-year-old is allowed to watch. So, use our standard age-based restrictions to give you peace of mind.

The great thing about an iKydz router is that it will connect to your existing router and turn it into the type of router that every household needs.

It allows you the parent to determine when and how your children access the Internet. You decide which devices, (phones, tablets, games consoles) can be used, so that each child has a unique tailored experience that is consistent with your family ‘rules’ for how the Internet is used in your home.

Hotline.ie

An Garda Síochána do not have a specific police hotline for reporting illegal content on the Internet, thus the Gardaí support that members of the public should report suspected online content to is **Hotline.ie**

In 2014 Hotline.ie processed 4,863 reports and this was 97% above the average of the previous seven years

Hotline.ie is part of a network of 51 Internet Hotlines in 45 countries worldwide.

66% of all reports received in 2014 alleged Child Sexual Abuse Material of which only 10.5% were actually assessed as such. Even so this represents an increase of 148% on 2013

358 reports were determined by Hotline Analysts as illegal under Irish Law, representing 7.4% of all reports processed and assessed by Hotline.ie in 2014

According to Hotline.ie, in 2014, 65% of the victims were children, 33% were in their teens and 2% were infants

Assessment Criteria:

- Trained and internationally certified Hotline Analysts assess reported content, using the best practice and guidelines established in conjunction with the Department of Justice and Equality, the Industry, Law Enforcement and INHOPE
- When assessing whether or not content reported to Hotline.ie (within its remit) is likely illegal under Irish Legislation, the Analysts rely on the Child Trafficking and Pornography Act, 1998 and Prohibition of Incitement to Hatred Act, 1989.
- When Hotline.ie assesses content to be probably illegal, it is simultaneously notified to An Garda Síochána, who may then choose to initiate a criminal investigation and to the appropriate ISPAI Member for removal from public access.
- Only a Court of Law can make a judgement as to whether something is definitively illegal under the law.
- Under the transposition of the EU Directive on Electronic Commerce, ISPs must take action within a reasonable time where identified illegal content is brought to their attention.
- If the content “in itself” is not contrary to law, it is assessed as not illegal and Hotline.ie will not take any further action

If the suspected illegal content is traced to a server located In Ireland:

- The appropriate Irish ISP is identified.
- Hotline.ie issues a notification to An Garda Síochána as the decision to initiate a criminal investigation is a matter for Law Enforcement alone.
- A takedown notice is issued to the appropriate ISP. The ISP is then responsible for the removal of the specified content from their systems while preserving the forensic evidence for the police investigation

If the suspected illegal content is traced to a server outside Irish jurisdiction:

- If an INHOPE Hotline exists in the country of origin, then all technical details, including the determination of Hotline.ie

A letter to underage girls:

[Gabbi Wenyi Ayane Virk](#) is a feminist & blogger. The following is a letter written to herself and was posted recently on her blog. It gives an insight into her thoughts now on the implications of taking nude photos of herself in her early teens:

Dear you,

I'm going to go ahead and assume that you're reading this because you're starting to have (or already have) some understanding of the way society thinks sex works. I hope to god you discovered this through conversations with friends or family, and not through somebody begging you for naughty pictures.

If you take away just one thing from this letter, please let it be this: don't send nudes.

And that's really what this letter is about, because when I was thirteen, nobody told me how dangerous it was. Nobody told me not to do it.

I had just turned thirteen when a guy friend started sending me messages with increasingly sexual tones. I'm not going to play the victim here. I was curious. I didn't know the first thing about sex (I had to Google "missionary") and I was terrified of talking dirty. I would message him at night, under my quilt, ready to shove my phone under my pillow should my parents come into my room. I never masturbated to his texts because they didn't turn me on. Whether it was my fear of getting caught or apprehension about sex, I don't know. What I do know is that a large part of why I responded was a need for recognition. I wanted somebody's approval, and if this was how I got it, then this was the rope I'd hang myself with.

I'm not saying that everything sexual stems from insecurity. Healthy sexual relationships definitely shouldn't. If you're doing something sexy because you feel you have no other option, or because you feel troubled about something else, stop. It's not sexy. It's dangerous. Find a friend to talk to. Find a safer outlet.

But in my case, that was a big reason. Puberty is rough, I know. Your body changes, and suddenly, everyone has something to say about your sexuality. The church will tell you to abstain, your parents will give you the talk, boys and men will start to notice you in a different way. I get it. When I was thirteen, a boy asked me if my boobs were big enough to give him a boob job. I searched up the term on urban dictionary, and then looked down at my then-B cup breasts. I had no idea that cleavage wasn't natural. I felt self-conscious. My breasts didn't seem big enough to do that. Was I less attractive because of that?

You shouldn't be learning about your anatomy from a boy who wants to see you naked. Please don't be ashamed of your body. Talk to older girls. Read books. Watch (educational) videos. Heck, go ahead and touch yourself. Figure out your body before letting someone else do it for you. There is absolutely no security to be found in a boy dictating what your body is physically capable of.

One of the things your body is physically capable of is pleasure. There's nothing wrong with that. But the pleasure it's capable of is your pleasure. Not his. At thirteen, I didn't realise that if I was scared, I should have stopped. If I didn't feel good about aiming my front camera between my legs, I should have told him I didn't want to do it. If I didn't want to talk about public sex, I shouldn't have replied.

Because sex, and anything sex-related, should be on the grounds of mutual understanding. When it comes to sex, if you are even slightly unsure, please say no.

There will be a lot of pressure to say yes. And trust me, that pressure will not lessen as you get older. There will always be people pushing you to do and say things you don't feel comfortable with. The younger you learn to fight back, the better you will be able to deal with the goading that might come your way later on. It took me three years to learn to say no. Was it worth it? Doing things I didn't want to, so that some boys would say my name and call me beautiful?

I'm just one girl, and you might go online and find somebody else who's gone through the same thing, and whose response to that question is "yes". But this is my letter to you, so right now I don't care what everyone else is telling you.

It's important that you know where I am now. I'm not religious anymore. At thirteen, I was still going to church, and I hid in the toilets or sat in the corridor above the service hall because I felt too dirty to be in the presence of the Lord. Right now, I'm about to leave home for university. At thirteen, I was still living with my parents. I was terrified every time I unlocked my phone in front of them. It's six years on, but come on. I'm still human. Of course I still want validation. Of course I still want to feel appreciated and accepted. The only difference is that if I wanted to feel validated sexually now, it wouldn't be a crime. Six years ago, it was very illegal. Six years ago, if you asked me if this whole thing was worth it, I might have told you yes. But now?

Please believe me when I say it wasn't worth it at all. Some of my photos got spread around, no matter how careful I was with them. Other photos got accidentally opened in front of friends. Rumours went around. Years after it happened, I was still periodically finding out that my "friends" had let me confide in them, and then bartered my insecurities as gossip within their own friend groups.

My self image didn't go up. It came crashing down. I thought I was filthy and not worth anything. I have to pause here to try to remain neutral on the subject — I'm not telling you that sex will make you feel dirty. I'm telling you that underage sexual activity and/or sexual activity you're not comfortable with may hurt you in the long run. And there is no point sacrificing your comfort or safety to make yourself (or your partner) feel good for a little while.

Is it entirely on us? Is it entirely up to us to say no? Of course I hope that whoever you end up with knows better than to attempt sex acts with minors, and can sense and respect your boundaries.

My issue wasn't that I ended up with terrible people. I was texting normal people. If I had said no, I'd like to think they would have honoured that. My problem was that I didn't know how to say no.

I kept quiet about this for so long because I thought it was embarrassing. I worried what my family might think if I published this. I worried what my peers might say. But I'd have to be living under a rock if I thought this wouldn't be relevant today.

When I was thirteen, there was no such thing as Snapchat. You couldn't send photos and know they'd disappear. There was no Kik; you couldn't talk to complete strangers and never even reveal your own identity. These things are great (if all my photos back then had disappeared in ten seconds, if I could have been notified of screenshots and replays, I think I'd have been a good deal more protected from having them shared around) but it scares me when I think about the thirteen year olds growing up today, or the kids who will be thirteen next year, or the year after, or the year after.

Please say no. Not because the onus to stay pure is on you, but because you can. You have a right to reject someone else's advances. Saying "no" isn't "closing the door to a possible compliment". Cybersex that you don't want, or shouldn't have, isn't a hoop you've got to jump through to make someone like you. If they like you and respect you, they won't need to see your nipples to know (and tell you!) you're attractive.

I know; at thirteen, all I wanted was affection and attention. I was growing and changing and I didn't know if I liked who I was metamorphosing into. I wanted someone to tell me it was okay I wasn't turning out exactly like my mother, and it was okay I didn't look leggy and slender anymore. I was developing a body that didn't look like what I thought a grown woman's body should look like.

Your body is fine. Maybe it'll take awhile to get used to, maybe it'll take a lot of courage and strength. But I promise you, you will get there. You will get to a point when you know your body is good. And you will not get there faster by having sex you don't really want to have. Please, please, please trust me on this one. You are already worth it.

When you feel ready, when it isn't totally illegal, when it doesn't feel like a transaction or a violation, that's the right time. But hitting puberty, wanting to impress, needing affirmation, thinking you love someone but knowing you're both underage, these aren't indicators of the time being right.

I know I've been rambling on and on and on, but I hope I haven't lost you. I hope that one day sex education talks about saying no as much as it talks about the concept of abstinence. It's not just about not getting STDs or impregnated. (If that were the case, cybersex would be totally fine!!) It's also about you. It's about keeping your mind safe, your emotions positive, and your relationships healthy.

When I was thirteen, I was told endlessly about the repercussions of sex. I was never told I could say no because I wanted to. That's what I want to tell you today. You can say no because you want to. You don't need a fucking reason to resist sex. Go ahead and think about sex, talk about sex, develop healthy opinions about sex. But don't expend yourself to find out about sex. It's not worth it. You won't discover anything you couldn't Google yourself.

You're growing, and you're forming opinions and ideas that are going to change the world around you. Focus on you. Focus on building those thoughts. I'm all for selflessness, but now it's about you. Don't make your pre-teen/teen years about somebody else, especially not a somebody else who's only interested in you when you're naked.

I want this to be an open letter, but I also want it to be an open discussion and I want to be here for girls who want to talk about this!

Keep yourself safe.

Love always,

Gabbi

Important resources

1. **YouTube: "CEOP Channel"**
Child Exploitation and Online Protection Centre
 - https://www.youtube.com/results?search_query=ceop
 - https://www.youtube.com/results?search_query=ceop+nudes
2. www.Nobullying.com
3. www.watchyourspace.ie
4. www.webopedia.com/quick_ref/textmessageabbreviations.asp
5. www.Hotline.ie
6. **The Garda National Crime Prevention Unit,**
Garda H.Q., Harcourt Square, Dublin 2.
Tel: (01) 6663362, Fax: (01) 6663314
Email: crime_prevention@garda.ie
www.garda.ie
7. **Office for Internet Safety**
www.internetsafety.ie
8. **Child Safety Issues**
www.childline.ie
9. **Website of National Parents Council**
www.npc.ie
10. **Tips on Internet Safety**
www.webwise.ie
11. **Irish hotline for public to report child pornography and other illegal content on the internet**
www.hotline.ie
12. **Video Tutorials**
<http://www.educatorstechnology.com/2016/09/5-excellent-video-tutorials-to-teach.html>
 - **Think before you share** - <http://www.educatorstechnology.com/2016/09/5-excellent-video-tutorials-to-teach.html>
 - **Protect your stuff** - https://www.youtube.com/watch?v=ue1r_63Gklw
 - **Know & use your settings** - <https://www.youtube.com/watch?v=ALJk5416mNM>
 - **Avoid scams** - https://www.youtube.com/watch?v=BX3y_an89PQ
 - **Be positive** - <https://www.youtube.com/watch?v=5XXIDS7TtwY>
13. **A helpline for Parents** - offers support, guidance and information on all aspects of being a parent
<http://www.parentline.ie/>
14. **Simple safety advice from Google**
<https://www.google.com/safetycenter/tools/>

Send any questions to: internetsafetytalk@lurtel.ie

For other products in our range why not visit:



www.schoolswebsites.ie

For any school or other organisation. Simple, user friendly, cost effective websites



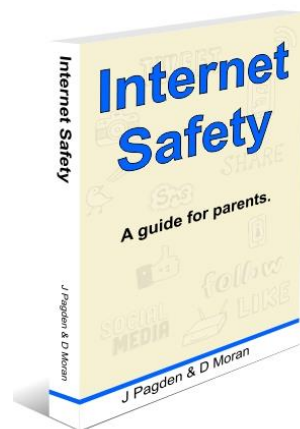
www.easygrouptexts.com

For clubs and organisations. Send texts and emails to members



www.manageourwater.com

Online management system for Group Water Schemes



Purchase our book "Internet Safety – A guide for parents" via the following:

www.schoolswebsites.ie

Amazon.co.uk