

# Technology and Kids

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# Is this all about technology?

- ▶ No, simply using technology to monitor or control phones and devices is not a substitute to being an involved parent
- ▶ Open lines of communication and working to help your child feel safe to come to you, without judgement, to discuss things is very important

# What am I risking when I get them a phone, tablet, or computer?

- ▶ Sexting
- ▶ Objectionable Content
- ▶ Predators
- ▶ Cyber Bullying
- ▶ Reputation Damage
- ▶ Over use of technology

# Examples of Good Apps

- ▶ Really it's "The Sorta OK Apps"
- ▶ Facebook- Catch up with friends - Privacy and Reputation concerns
- ▶ Strava - Be inspired and supported while you exercise  
- Can give away habits and location
- ▶ YouTube - Great social media sharing - Time abuse and adult themed videos

# Examples of Bad Apps

- ▶ Kik - Anonymous messaging
- ▶ Web Browser - Unmonitored provides access to pornography, gambling, adult content, etc
- ▶ Snapchat - Record pictures and videos that are destroyed after viewed

# Examples of Ugly Apps

- ▶ KyCalc - Vault App - Calculator app that encrypts pictures and a passcode is needed to view them
- ▶ Tinder - Adult Dating App- Would have had to lie about their age on a Facebook page or create a fake Facebook
- ▶ Whisper - Anonymous Text and Picture App - built to spread rumors and secrets

# How do I Know Which APPS are OK?

- ▶ Google it
  - ▶ This is the best way to find out about an App
- ▶ Try the App yourself
- ▶ [www.common sense media.com](http://www.common sense media.com)
  - ▶ Search on an APP to see a review
  - ▶ Not all apps are listed
- ▶ [www.safesmart social.com](http://www.safesmart social.com)
  - ▶ Be sure to check out the Parent App Guide

# What Can I Do to Help My Children?

“No surfing without a lifeguard”



# Create a Family Technology Use Agreement

## ▶ What

- ▶ Parents have the password for the device
- ▶ Only approved applications and sites are installed or visited
  - ▶ At the very least Google the app to find out what it is before installing or simply try it on your own device!
- ▶ Parents will monitor use of device

## ▶ When

- ▶ Restricted Time for Use

## ▶ Where

- ▶ No Use Zones

# Choose the Right Phone and Monitoring Solution

- ▶ Apple
  - ▶ Built in parental controls called restrictions
    - ▶ <https://support.apple.com/en-ca/HT201304>
  - ▶ There are 3<sup>rd</sup> party monitoring applications, most require “jailbreaking”, but the feature set is limited in scope
- ▶ Android
  - ▶ Minimal built in controls. Might depend on the phone manufacture/model
  - ▶ Android provides more options for 3<sup>rd</sup> party applications that provide a much stronger solution for monitoring and controlling access to applications and sites
- ▶ Our choice: Android
- ▶ See your resources handout

# Start with a Fresh Phone

## ▶ New Phone

- ▶ Enable application control (Apple) or immediately purchase a 3<sup>rd</sup> party application (Android and Apple) that will prevent app installation without authorization
- ▶ Review and approve any application that your child wants installed

## ▶ Existing Phone

- ▶ Backup pictures, contacts, files, etc. and then reset the phone back to its original state
- ▶ Enable application control (Apple) or immediately purchase a 3<sup>rd</sup> party application (Android and Apple) that will prevent app installation without authorization
- ▶ Review and approve any application that your child wants installed

# Cellular and Wi-Fi Protection

- ▶ Work with your Cell Phone Provider
  - ▶ Verizon Family Safeguards and Control
    - ▶ <https://www.verizonwireless.com/solutions-and-services/family-base/>
  - ▶ AT&T SmartLimits
    - ▶ <https://www.att.com/shop/wireless/smartlimits.html>
- ▶ Don't forget your Wi-Fi at home
  - ▶ Configure your router to work with OpenDNS - <http://www.opendns.com>
  - ▶ Get a router that offers content filtering and protection such as a Clean Router at <http://www.cleanrouter.com>