

Balancing *your* Children's Privacy Online



Our kids are online more than ever these days, there's no denying it! But how much is too much? And how can parents balance their children's desire for connectivity with the need to protect them from the very real threats that exist on the internet?



Check out these common-sense tips to monitor your children's device usage and online activities:

SCREEN TIME

- When setting screen time limits, consider isolating the screen time by activity (put schoolwork, YouTube, Social Media, TV, etc. in different buckets) and consider allowing kids to earn extra screen time as a reward
- Make sure your kids disconnect from devices frequently



SOCIAL MEDIA

- Be friends with your children on social media, monitor their account activity regularly, and know who their other friends are
- Remind your children that social media presents a false highlight reel of others' lives
- Discuss any alarming or concerning posts with your children



CYBER BULLY AWARENESS

- Be vigilant in monitoring kids' involvement in video game chat rooms
- Encourage your children to recognize and talk to you about cyber bullying and what to do if it happens to them
- If your child has been cyber bullied and you need to involve law enforcement, present the device to authorities as is; don't delete the app or any of the messages because they may be needed for evidence



KEEPING A CLEAN DIGITAL FOOTPRINT

- Know that Snapchat 'snaps' and other deleted materials are still recoverable
- Remind pre-teens and teens the importance of keeping a clean digital footprint

Remember – YOU are the best ally your child has to maintain a healthy balance between enjoying the benefits of technology while staying aware of online risks.

#SecureTheFamily



We are more digitally connected at home than ever before. Many of us not only have smartphones and smart devices but smart homes as well. Gadgets such as 'personal assistant' devices and smart speakers and cameras are increasingly popular. Our kids may have newer phones than we do and may be more likely to know the ins and outs of their devices better as well! All this connectivity has its benefits, but we **MUST** also be aware of the risks.

Today's Connected Home – The Facts and the Risks:

Top Threats to the Home

A cyber attacker can target anyone's home – no one is invulnerable. Most homes have WiFi, and an increasing number of families own multiple smart devices. Home network security is an issue you can't afford to ignore!

Did You Know?

Identity theft
DOUBLED
during 2020¹

Malware attacks increased by

358% ...and ransomware attacks increased by **435%** from 2019-2020¹



The **two biggest misconceptions** about home network security are that your home network is too small to be **at risk of a cyberattack** and that your smart devices are secure **right out of the box**²



20% of Americans own a Smart Speaker as of 2020³



Backing Up Your Digital Information

Most of us think that we need to back up our data, but how often do we actually do it? And are we sure we know where it's going? Our data security depends on good habits such as strong organization of our passwords and consistent backups.

Only **12%** of adult internet users report using a password manager¹



Did You Know?

85% of adult internet users report only memorizing passwords in their head¹



Almost **1 in 5** computer-owning adults have NEVER backed up their data⁴

Securing Devices

Because tweens and teens often spend so much time on their digital devices, parents often face challenges striking an appropriate balance between security and accessibility.

Did You Know?

86% of teens who own a cell phone are iPhone users and 89% predict that their next phone will be an iPhone⁵

52% of all teens use at least one messaging app regularly³



75% of teenagers have regular access to a mobile device³



51% of all teens use at least one social networking app regularly³



Balancing Your Children's Privacy

When they log onto their devices, our children and teens face numerous risks, including cyberbullying and potential exposure to online predators.

Did You Know?

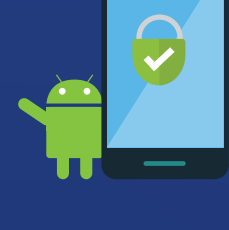
40% of kids in grades 4-8 report they have connected or chatted online with a stranger⁶



59% of U.S. teens report having been bullied or harassed online⁷



So how do we secure the devices in our homes? Following these steps is a good start!



Tips for Securing Android Devices

Set a passcode

Enable FindMyDevice to locate or lock a lost device

Establish a phone number/email that can be used to validate your information, known as a trusted device

Create backups – leverage Google and your Network Service Provider



Tips for Securing Kindles/eReaders:

Enable the lock screen by setting a passcode

Enable FindMy to locate or lock a lost device

Update your personal information to include your name and email address in case the device is lost



Tips for Securing iOS Devices:

Set a passcode

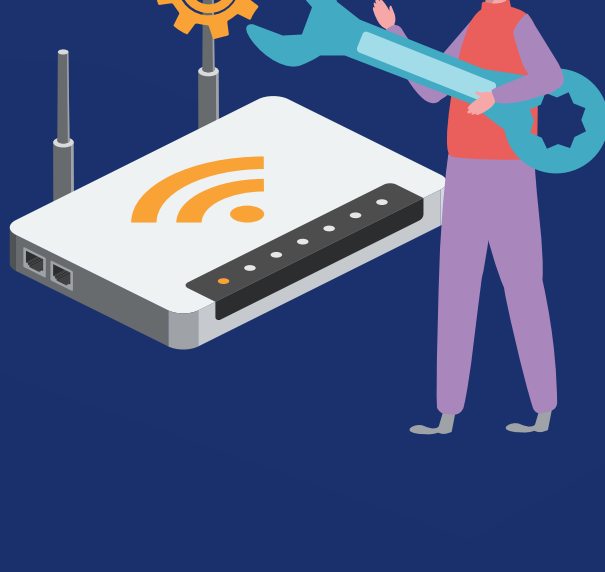
Enable FindMy to locate or lock a lost device

Establish a phone number/email that can be used to validate your iCloud information, known as a trusted device

Create backups – leverage iCloud or iTunes

Securing Your WiFi Network

Another crucial step is to secure your home WiFi network. Make sure you change the network's NAME first – don't leave it as 'Admin' or use your last name. Also, change the network PASSWORD to a word or phrase that your family will remember, but outsiders won't easily guess.



Stay alert to keep your connected family and home secure – for peace of mind today, tomorrow, and in the years ahead.

Additional Resources:

- OUCH! Newsletter: Securing Mobile Devices
- OUCH! Newsletter: Got Backups?
- Cybersecurity & Infrastructure Security Agency: Security Tip (ST15-002) Home Network Security

Citations:

1. Smith, A. (2017) Jan. 26 "2. Password management and mobile security." Pew Research Center.
2. (2020, Nov. 3) "Security Tip (ST15-002) Home Network Security: What is home network security and why should I care?" Cybersecurity & Infrastructure Security Agency.
3. Butt, A. (2021, January 7) "101 Mobile Marketing Statistics and Trends for 2020." Quoracreative.
4. Yev (2020, June 18) "Daily Backups Hit an All Time High." Backblaze.
5. Piper Sandler & Co. (2021) "Taking Stock With Teens – Fall 2020 Survey."
6. (March 2019) "Children's Internet Usage Study." Center for Cyber Safety and Education.
7. Anderson, M. (2018, Sept. 27) "A Majority of Teens Have Experienced Some Form of Cyberbullying." Pew Research Center.