

The background of the entire image is a close-up, slightly blurred photograph of a computer keyboard. A prominent key in the center-right of the frame is light blue and features a dark blue padlock icon with the word "SAFE" printed in white capital letters across it. Other keys are visible in the foreground and background, but they are out of focus.

# online

tools to keep  
your kids  
safe

# safety

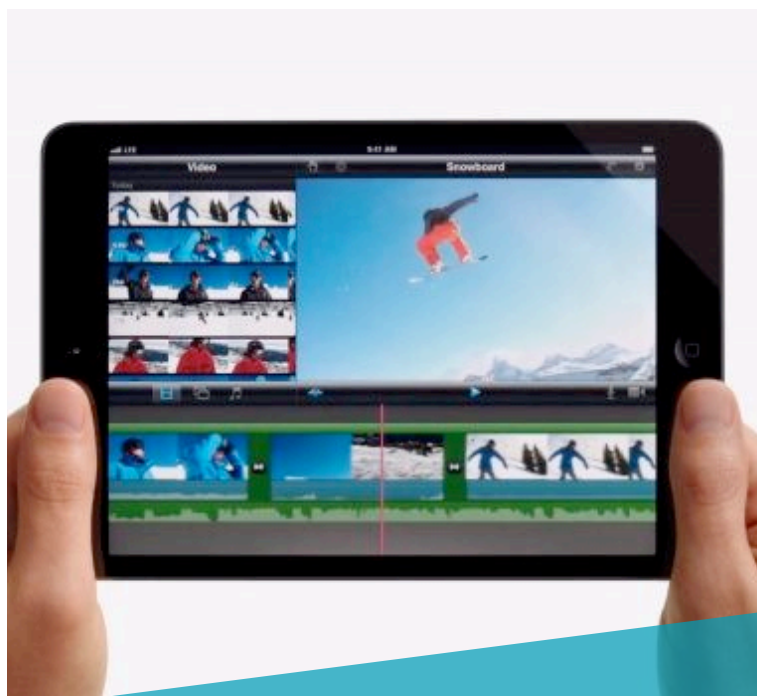
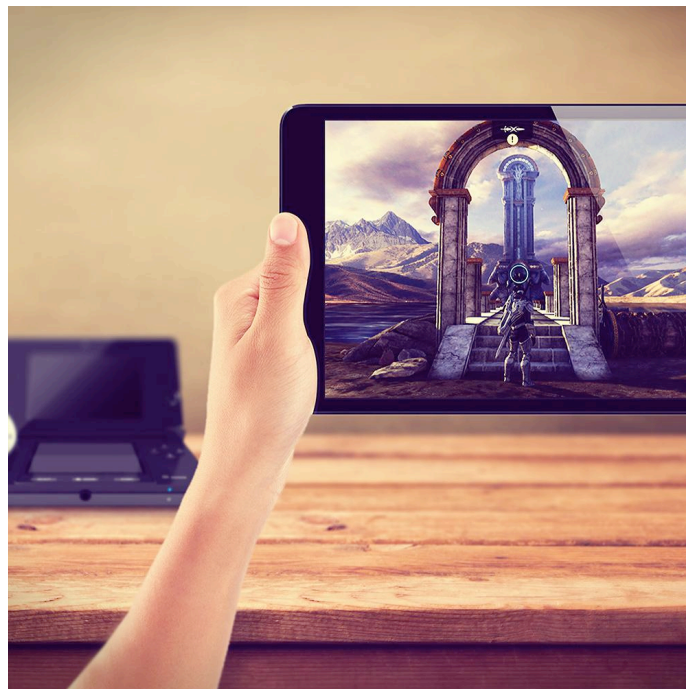


# Online Safety Guide for Parents of Kids and Teens

DON'T  
GIVE YOUR  
KIDS THE  
INTERNET  
TRAIN THEM  
TO USE IT.

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HOW TO SET PARENT  
CONTROLS FOR OS7

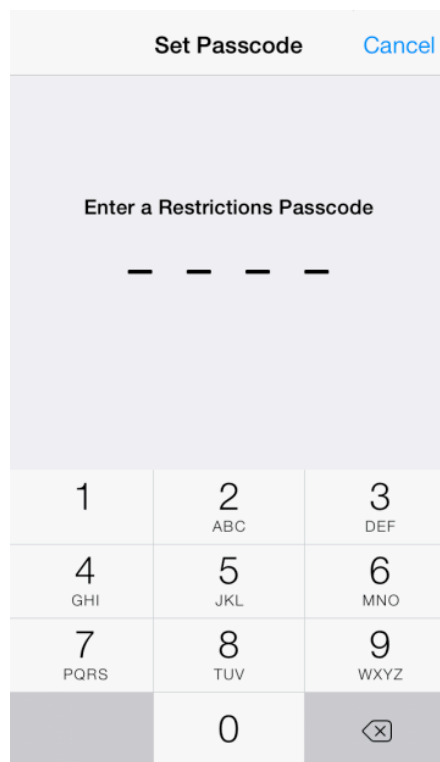


So you just bought your son or daughter a fancy new iPad Air or iPad mini with Retina display, but you don't really want them to be exposed to the crazy world that is the internet, or you might just be afraid they'll spend all your money on in-app purchases. Thankfully, Apple has included a bevy of parental control options in iOS 7 that should ease your worry as you hand over the device.

Of course, Apple makes it easy to adjust settings and such, but it's a little hard to find and you have to know what to look for in order to get there. We'll show you how to access parental controls in iOS 7, as well as walk you through some of the settings you can change so that your young ones stay safe, as well as keep them from spending all of your hard-earned money.

## Setting Up Parental Controls

It's easy to access parental controls in iOS 7, but it's not listed under "Parental Controls." Open up the **Settings** app, tap on **General** and scroll down until you see **Restrictions**. If you've never accessed this area before, you'll see **Enable Restrictions** at the top. Tap on this to begin setting up parental controls.

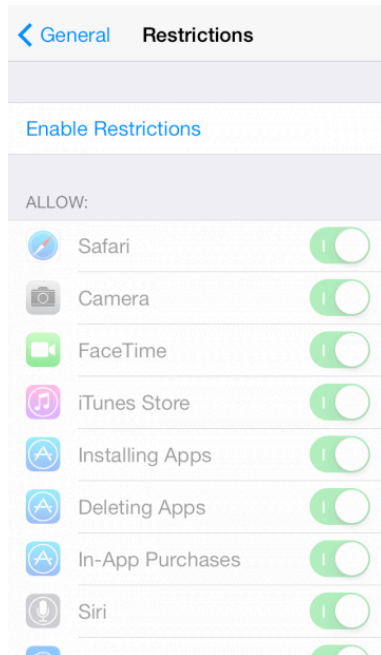


Set Passcode <span>Cancel</span>		
Enter a Restrictions Passcode — — — —		
1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	<X

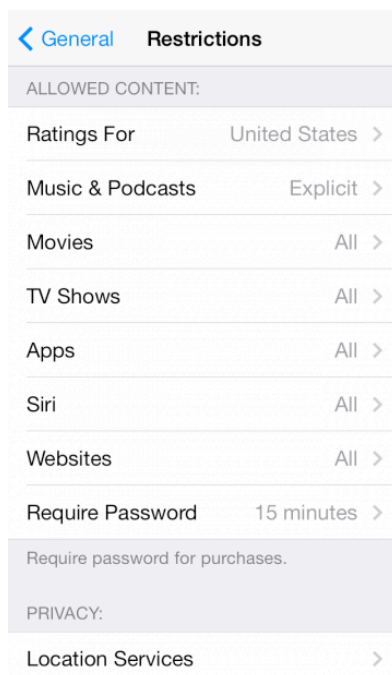
When you tap on Enable Restrictions, you'll be asked to create a Restrictions Passcode, so that anyone unauthorized won't be able to go in and change these settings when you're not looking. You'll be asked to enter in the passcode twice at first, but you'll only have to enter it in once after the setup process anytime you want to go back in and change settings. After you create a passcode, now it's time to dive deep into the parental control settings.

# What Can You Restrict?

I’ve never actually dove deep into iOS 7’s parental controls before (because, you know, I’m not a child or anything), so I was pleasantly surprised to see way more options than I originally expected. Of course, one of the biggest settings that many parents will restrict is in-app purchases. You can easily find that toward the top; just tap on the toggle switch to right of **In-App Purchases** and you’re set.

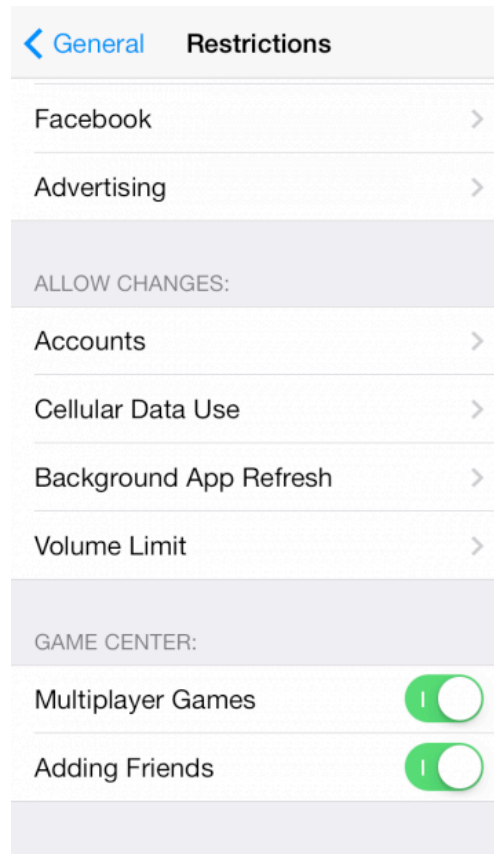


You’ll also see other apps and features in that list that you can turn off, including the camera, Safari, FaceTime and Siri. You can also prevent your child from installing and deleting apps.



The next section is **Allowed Content**, and this is mostly where you can restrict what your child can view based on the rating of a particular movie, TV show or app that they might try to download and play with. You can block music that has explicit lyrics, and specifically choose what movies they watch based on the MPAA rating. You can also block movies altogether if you want (but who would be so cruel?).

The next section, titled **Privacy**, will let you allow or not allow changes to specific areas of your iOS device. For instance, you can set it so that your child can't turn off the GPS and can't make changes to various default apps, like Contacts, Calendar, Reminders, Photos, etc. Apps and features that allow changes will show up in a different section further down titled **Allow Changes**.

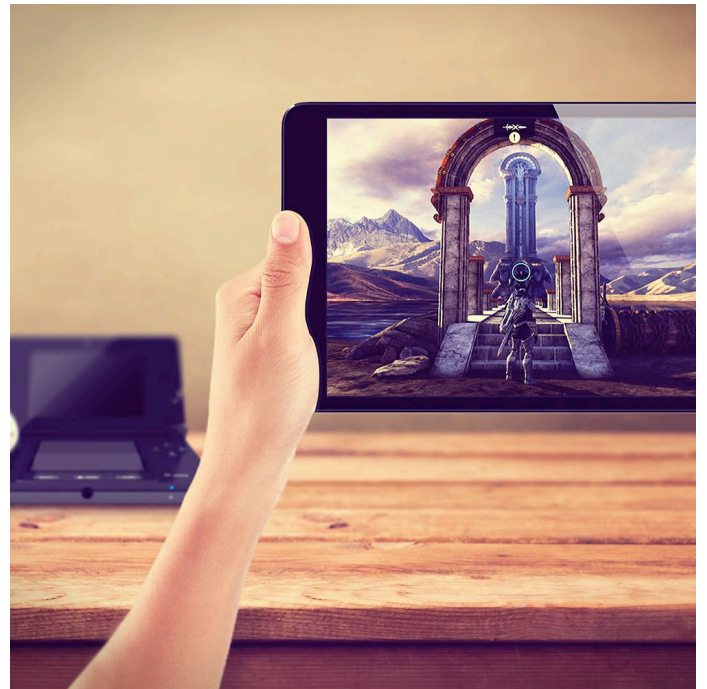


The last section deals with Game Center, which is Apple's centralized gaming hub that keeps track of scores and achievements for compatible games. In this section, you can easily prohibit your child from playing multiplayer games (because playing with others is apparently frowned upon), and you can also disable the ability to add friends (again, making friends is really frowned upon). Of course, we kid, and there are some cases when parents would want to enable this, like preventing their child from being exposed to cyber bullying.

## Be Proactive

In the end, it's important to be proactive as a parent. You hear stories constantly about children using their parents' iOS device only to find out that they racked up huge iTunes Store bills because they went on a careless shopping spree for apps and in-app purchases. By restricting your child to do this in the first place, you save yourself tons of headaches, as well as keeping your virtual wallet away from your kids.

Read more at <http://www.gottabemobile.com/2013/11/17/set-parental-controls-ios-7/#td8MktWecHQgc63j.99>

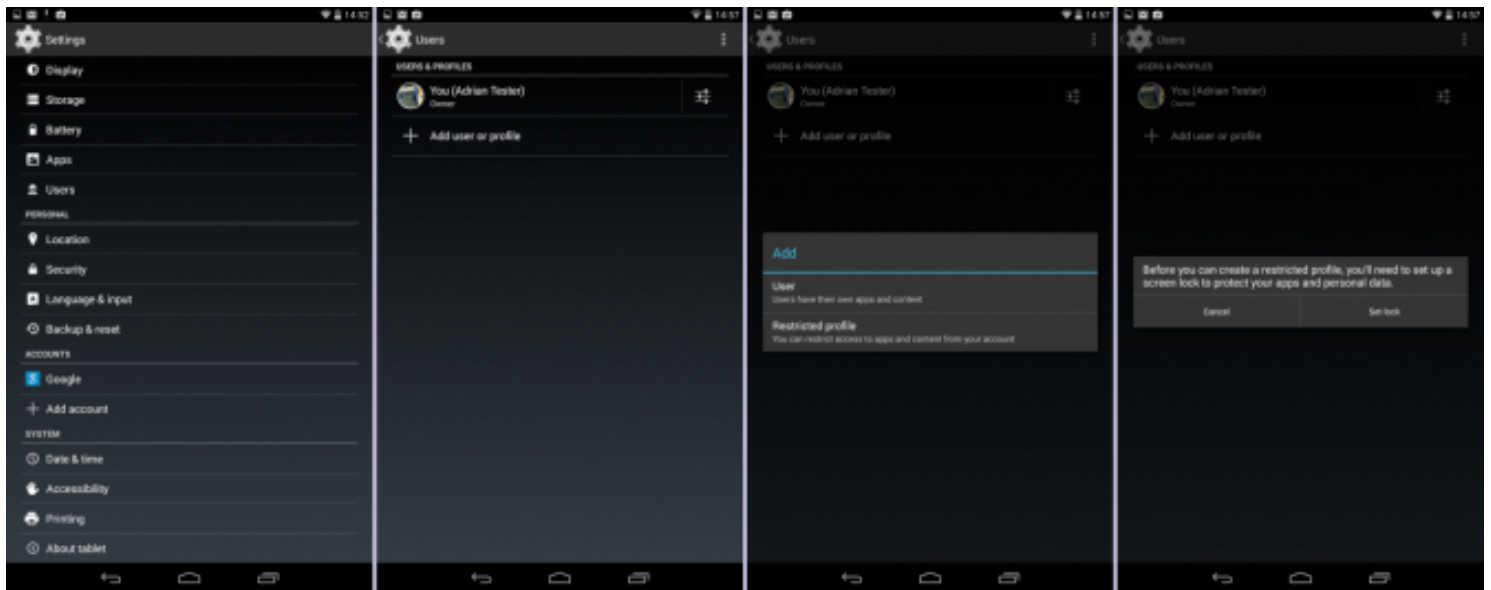




If you frequently find your Android phone or tablet in the hands of your children, you may want to consider protecting your device (and your children) with parental control software. Find out how to set this up in our helpful guide.

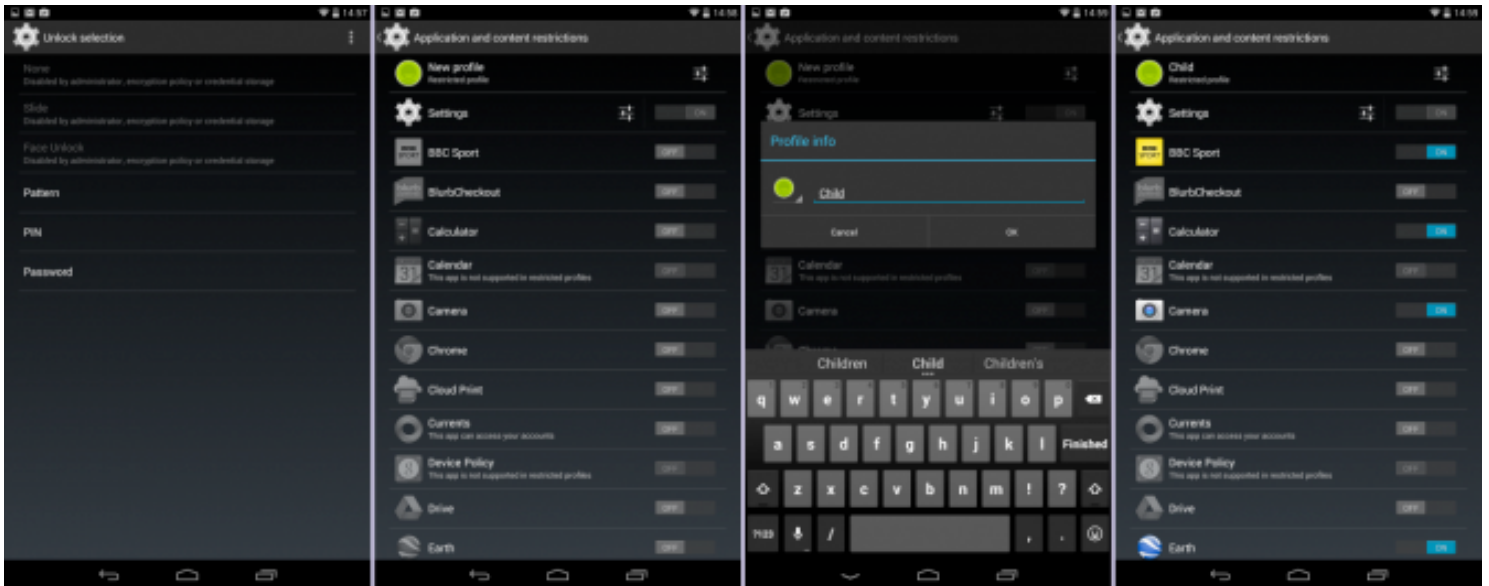
## parental controls for android tablets

If you've got an Android tablet that happens to run Android OS version 4.2 or above, your device should have the power to quickly switch between different user accounts. The main benefit of this is that you can set up one user account for yourself and another for your children to use. With the release of Android 4.3, you can now restrict individual user accounts and block access to apps, games and features which might be inappropriate for your



children. Follow the steps below to find out how to create a second user account and exercise parental control over how the account works.

1. Open your **apps list** and tap on the **Settings** icon.
2. Scroll down the settings page until you find **Users**, then press on it.
3. Choose **Add user or profile**. As we're setting this up as a child's account, touch **restricted profile**.
4. At this stage you may be asked to set up a PIN or passcode for your user account. This will only appear if you haven't already secured your profile, and is necessary in order to stop your children bypassing parental controls by simply logging into the phone as you.



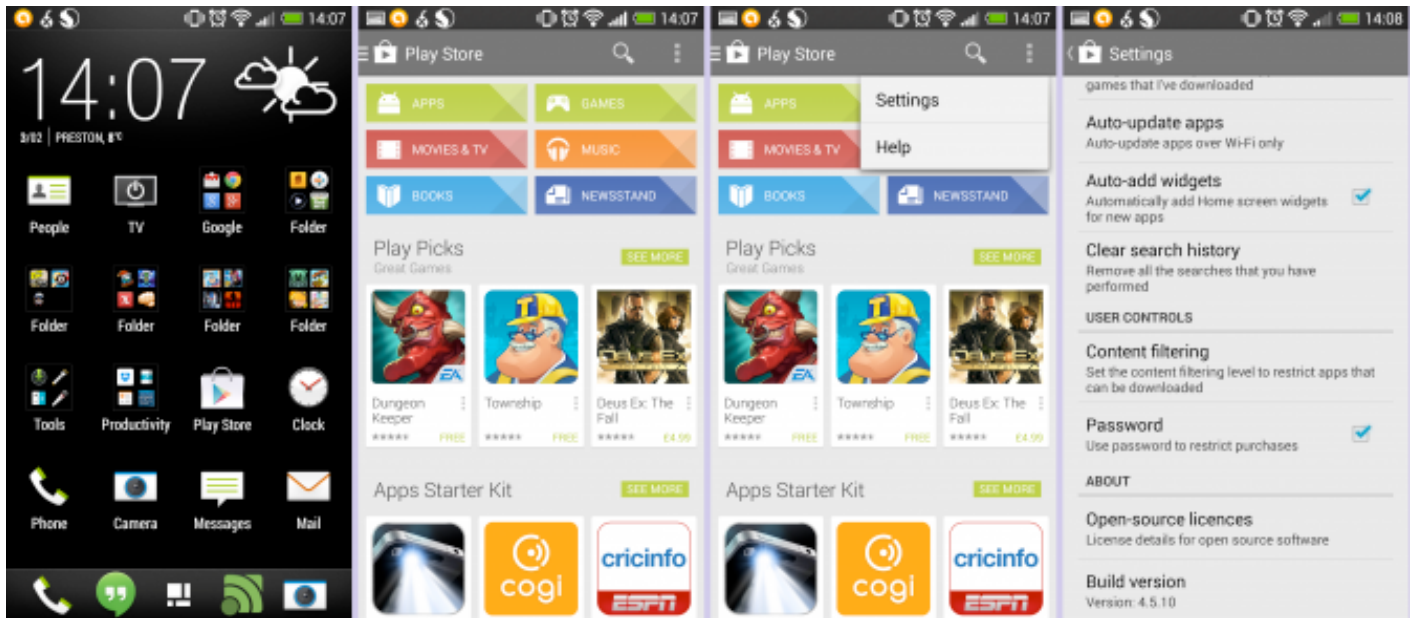
1. To add a name to the new account, tap on the **Settings** icon to the right of the new profile and type in a name of your choice.
2. You are now presented with a list of all the apps currently installed on your tablet. Simply scroll down this list, pressing the **on/off switch** to the right of the app name to allow or deny access to that particular app or game. When set to **on**, the app is **allowed**.
3. The account is now set up, ready for your children to use! To access the new profile, lock your tablet. When you go to unlock it again, the screen will display icons for each user profile you've set up. Simply tap on your child's profile name to sign in as them. Any apps you turned **on** in the previous step will be accessible. Any others won't appear and can't be accessed until you switch users at the lock screen.

## Parental controls for Android phones & tablets

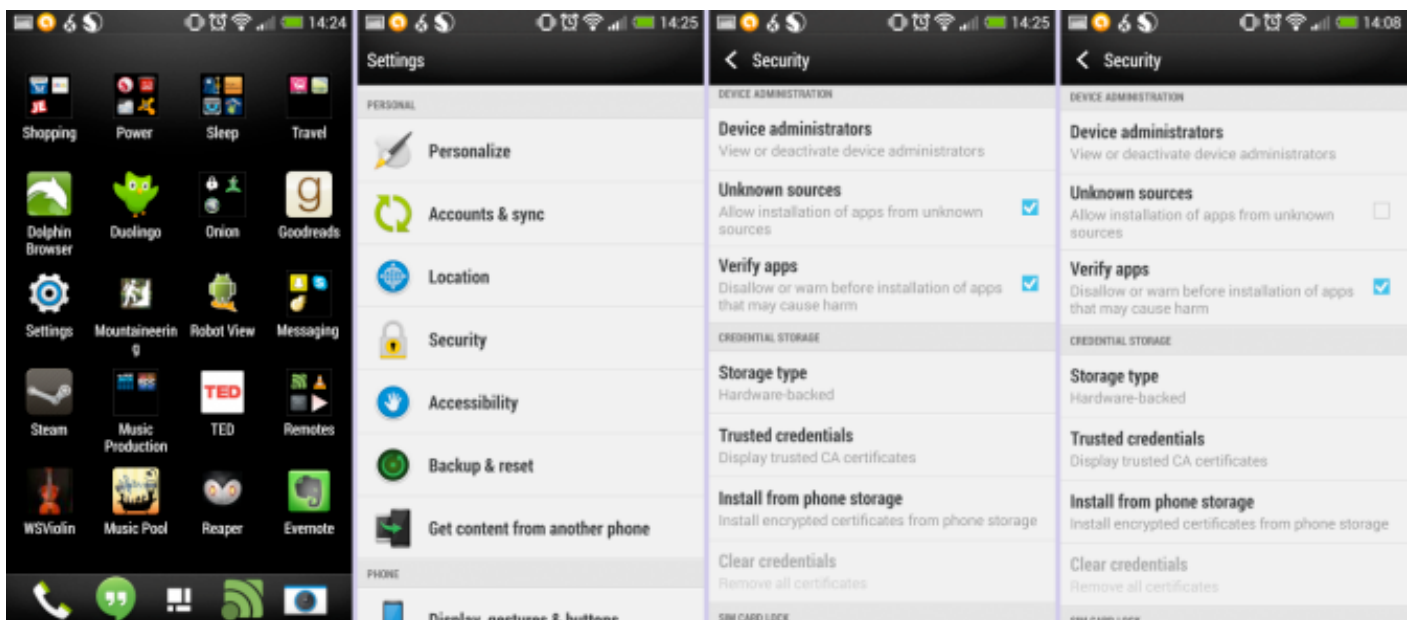
There is no one way to configure parental controls for an Android phone. Some manufacturers like HTC supply their own 'kid-mode' software to meet this need and some others don't. We'll go over some of the basic settings you can change to help keep your phone and your children safe.

### Restrict in-app purchases

You can protect the Play Store with a password to prevent your children emptying your bank account on lots of paid-for apps and games. Set this up by following the short steps below.



1. From your **apps list**, open the **Play Store**.
2. Touch your phone's **menu** button, either as a physical button under your phone's screen or represented as **three dots** in the top-right corner of the Play Store.
3. Press **Settings**.
4. Find the **User controls** heading and put a tick next to **Password**. Now you will be prompted for your Google password each time you (or your children) attempt to make a purchase through the Play Store. It's



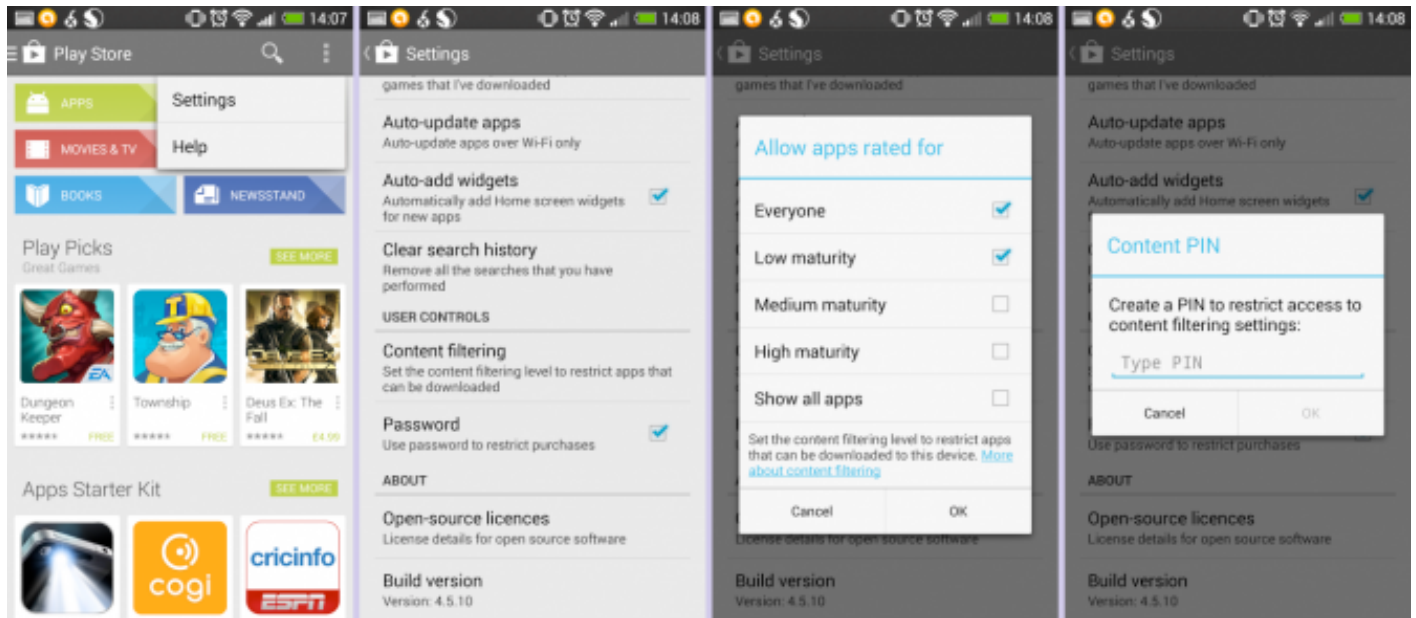
worth noting at this point that apps can be downloaded from places other than the Play Store, so we need to make sure that this particular option is disabled.

5. Go back to your **apps list** and open **Settings**.

6. Scroll down the page and touch **Security**.
7. Make sure the option to **allow installation of apps from unknown sources** is turned **off**. This is usually off by default, so just make sure that the box is unticked.

## Content filtering

You can filter the Play Store to only show apps that are appropriate for children, and the process is very easy to follow.



1. Firstly, head back in to the **Play Store** app and press the **menu** button.
2. Choose **Settings**.
3. Scroll down to the **User controls** heading and press **Content filtering**. Here, you can choose to allow **all apps** or only those rated as **low**, **medium** or **high maturity**, or for **everyone**. Once you've made your choice you will be asked to enter a PIN. This is to stop your child from finding and reversing the changes we've just made.

To read more <http://www.geeksquad.co.uk/articles/set-up-parental-controls-android>



# Resources

## **God's Design for Sex Series, 4 Books: Revised**

Prepare your kids now for the pressures and relationships they'll experience as teens and adults. These award-winning illustrated books give you age-appropriate, biblically based information to help you talk openly with your children about sex and answer their questions about God's design for families; breastfeeding; puberty; intercourse; and tough issues like homosexuality. Four softcovers, from NavPress.

## **God Made Your Body**

Author Jim Burns believes the key to instilling in children a healthy, values-centered view of sexuality is to start the discussion early--being open and honest at every stage. The Pure Foundations series is already guiding parents of preteens and teens through potentially awkward conversations. Now two fully illustrated books--one for pre-readers and one for early readers--complete the series. God Made Your Body provides the basic foundation that God created our bodies and wants us to honor Him with our bodies. Through engaging text and eye-catching, kid-friendly illustrations, children ages 3 to 5 will learn that boys' and girls' bodies are different--and those differences mean boys and girls can grow up to become daddies and mommies.

## **Flight Plan: Your Mission To Become A Man**

A life of greater possibilities, potentials and passions awaits the emerging young man. Flight Plan is a resource and source of instruction and encouragement for boys, their parents, and other adults who work with boys. This book is written with the aim of offering boys a vision and definition of manhood before they get there, a framework for considering the challenges of adolescence, and tools and strategies for making healthy and appropriate choices during those years.

## **Purity Code, The: God's Plan for sex and Your Body**

In honour of God, my family, and my future spouse, I commit my life to sexual purity. Can you believe that the decisions you make today can affect you for the rest of your life? That's why thousands of preteens and teens are committing to the Purity Code. It's a promise to God, your family, and your future spouse to live a life of sexual integrity and purity. It might sound easy, but it actually takes an incredible amount of faith in God and a lot of self-discipline to make it work. To fully live by the Purity

Code, you need to understand sex and your body. This book is a must read if you've ever wondered: What do the changes in my body mean? Am I old enough to go out on a date? How far is too far? What do I do if I think I've been sexually abused? Can I get an S.T.D. without having

sex? They're probably some of your most embarrassing questions, but you'll need honest answers to make the important decision to keep your body, mind, eyes, and heart pure. With the Purity Code as your lifelong personal challenge, you'll honour both God and yourself, and you'll be healthier and happier for life! A Note to Parents Kids learn best when they talk and you listen. After you've read Teaching Your Children Healthy Sexuality, read The Purity Code together with your child and discuss the questions at the end of each chapter. Since every child is different, some of the material may need to be adapted to fit each individual's maturity level.

## **Hooked: New Science on How Casual Sex is Affecting our Children**

Society tells us that sex is an act of self-expression, a personal choice for physical pleasure that can be summed up in the ubiquitous phrase "hooking up". Millions of American teenagers and young adults are finding that the psychological baggage of such behavior is having a real and lasting impact on their lives. They are discovering that "hooking up" is the easy part, but "unhooking" from the bonds of a sexual relationship can have serious consequences. A practical look into new scientific research showing how sexual activity causes the release of brain chemicals, which then result in emotional bonding and a powerful desire to repeat the activity. This book will help parents and singles understand that "safe sex" isn't safe at all; that even if they are protected against STDs and pregnancy, they are still hurting themselves and their partner.

## **How To Talk To Your Kids About Sex**

Mark Driscoll writes an article for Washington Post's On Faith Blog.

*In working on our book about marriage and sex (due out in early 2012), Grace and I found some important research that didn't quite fit the book but we felt would benefit others so we are passing the information along. If or when we write a book on parenting we will have the space to expand this more fully. In the meantime, we hope this is helpful. From the Washington Post's [On Faith blog](#) yesterday: A child's sex education often comes through schools or churches. But a Christian parent should always be the first person to speak with their child about sex-related issues.*

## **5 Ways to Teach Your Kids About Sexual Development**

As a parent, modeling respectful behaviors and boundaries and sharing age-appropriate information can counter unhealthy social norms around sexuality and relationships. Children are constantly learning social norms from peers and the media, and it is your job to teach them what is expected or appropriate in interactions and relationships.

## **Focus on the Family: Resources on Sexuality**

Website with many different resources to help you how to teach your kids about sex, how to respond when they have viewed pornography, what healthy sexual development looks like.

# INTERNET FILTERING SITES

## [Safe Eyes - Internet filtering software](#)

Safe Eyes is Mac and PC compatible software that protects your family from harmful content and other dangers on the internet. This feature rich tool protects in the following ways - Filters web, video and music. Reports searches, social media and instant message. Works on mac and PC.

## [NetNanny - Internet filtering software](#)

**Parental control software** monitors, documents activities, and blocks unsafe materials while allowing kids access to the Internet.

## [My Mobile Watchdog - Smart Phone Monitoring Software for Parents](#)

### **Get Over 20 Mobile Parental Controls That Did Not Come With Your Child's Phone**

My Mobile Watchdog comes with over 20 time saving smartphone parental control tools that make it fast and simple to get connected to your child's developing digital life and teach them how to use their smartphone responsibly.

Parental controls aren't limited to just computers. Mobile devices have evolved into Internet-ready tools that can perform a variety of tasks. Enable mobile parental controls to ensure a safer, more secure online experience for your children.

- Usage controls: Most companies will allow parents to turn off features, such as downloading videos or images, texting, and accessing the Internet. These controls can also be used to limit the number of calls or texts and set time restrictions.
- Content filtering: These controls can block certain websites to allow for safer mobile browsing on the Internet. Some filters can also limit videos and other multimedia.
- Location and monitoring settings: These controls allow parents to track their child's whereabouts using GPS systems that are built into the phone.

## [Stealth Genie - Smart Phone Monitoring Software for Parents](#)

StealthGenie is the most powerful cell phone spy and tracking software that lets you monitor ALL the activities of any iPhone, Blackberry or Android phone. The application is super easy to install on the phone you want to monitor. It starts uploading the monitored phone's usage information and its exact location instantly which can be viewed by logging in to your StealthGenie user area from any computer in the world within minutes. This state-of-the-art application works in stealth mode which means that the monitored phone's user will never find about the activities of the application.

# Internet Safety Organizations

[I Look Both Ways](#)  
[My Secure Cyberspace](#)  
[Enough is Enough](#)  
[WiredSafety.org](#)  
[GetNetWise.org](#)  
[Web Wise Kids](#)  
[Net Family News](#)  
[Common Sense Media](#)  
[National Center for Missing and Exploited Children](#)  
[NetSmartz](#)  
[SafeKids.com](#)  
[Internet Industry Association](#)

# Family and Children Organizations

[Focus on the Family](#)  
[Family Life](#)  
[MOPS \(Mothers Of Preschoolers\)](#)  
[PBS Kids](#)  
[Kids Be Safe Online](#)

# Addiction Recovery Organizations

[New Life Ministries](#)  
[Setting Captives Free](#)  
[Pure Online](#)  
[Higher Calling](#)  
[Healing for the Soul](#)  
[XXXChurch](#)  
[Pure Life Ministries](#)





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