Phone/App/Game/Internet Safety for Kids

Parental Controls

- I Phone and Android have some built in parental controls, but most **aren't adequate** to protect children. While nothing is fool-proof, app blockers and parental controls are the **first step** in internet safety.
- Most **free controls are not adequate**. Plan to spend money to have controls that actually filter things well.
- These are **recommended**:
  - **Net Nanny**: https://www.netnanny.com/
  - **Screen Time**: https://screentimelabs.com
  - **Teen Safe**: https://teensafe.net/
  - **Our Pact**: https://ourpact.com/
  - **Bark**: https://www.bark.us/
  - **MOBICIP:** https://www.mobicip.com/

Rating Systems for game content: As you consider the content of games and apps your kids want to play, look at how they have been rated:

- **Parenting Digital:** www.parentingdigital.com
- **Common Sense Media** https://www.commonsensemedia.org/
- **Entertainment Software Rating Board** https://www.esrb.org/
- **Plugged In** https://www.pluggedin.com/ (Christian perspective)

Popular Games that parents should pay attention to before giving unmonitored access; ages indicate minimum for who the game is intended for:

- **Minecraft**: creepy characters, links to sex trafficking (14 years old and has no blocks)
- **Call of Duty**: sexualized content, violence, chat rooms (18 years old and is very open)
- **Fortnite**: adult undertones, dances (13 years old)
- **Roblox** (11 years old; has some blocks)
- **APEX Legends**
- **Plants vs. Zombies**

Limit Access and/or Block content: Many things available on the internet have **13 years old** as the youngest age to sign up. Many parents allow their children of younger ages to lie about their age to get access. Be careful of this practice!!

These popular internet sites have **age limits** to sign up:

- o **Youtube Explict Lyrics**
- o **Instagram**
- o **Facebook**
- o **TikTok**
- o **Kick**

Websites: Parent Groups, Training, Info

- **Facebook Group**: "Parenting in a Tech World" is a group of parents talking about internet safety

- **Tech Savvy Parenting** www.techsavvyparenting.com Podcasts and training

- **Defend Young Minds** https://www.defendyoungminds.com/ Protecting from porn

- **Enough Is Enough Making the Internet Safer for Children and Families** https://enough.org/

- **Wait Until 8th** https://www.waituntil8th.org/ Delaying Smart Phone use

- **Truth About Porn** https://truthaboutporn.org/ Harmful effects of porn

Advice for Parents from Tim Watson, Child Safety Officer for World Venture,
(CSPN Conference 2021)

- School Devices: Don't assume these have adequate filters (Christian/MK schools, too)
- Sexting usually begins in middle school (11 to 12 years old)
- Minecraft, Roblox and Fortnite are open groups, so there is a greater chance of online predators/grooming for abuse
- Pornography that kids may be seeing is much more violent than in years past (much of it contains violence against women); as a result many perpetrators of sexual abuse against children are males aged 11 to 15
- Consider waiting until 8th grade or older for kids to have personal phones
- Phones and internet access are a part of our kids' lives. The answer is not to just take devices away. The goal is to equip kids and empower them to stay safe while online.