How To Keep Your Family Cyber Safe

As technology continues to evolve, the tools available to your children increase in number and evolve in capabilities. Technology can be used to educate and inspire creativity in kids, but it also exposes them to risks.

Discuss with your kids how the digital world is a great resource, but we must remain cyber aware and be responsible with the information we share, and the way we explore.

Here are some tips to help you protect your kids as they explore the digital world:

CONNECT WITH CARE, BE CYBER AWARE

Prepare

Enable parental controls on devices first.

- Set up and periodically review parental controls on all devices, services, and apps used by your kids.
- Keep the devices in a common area as much as possible and monitor their usage.
- Ensure all hardware and software used stays current and updated.
- Set up separate user profiles for each child.

Educate

Teach and use good cyber hygiene practices.

- Teach kids to recognize and be cautious of suspicious messages.
- Talk to your kids about what information is okay to share, how to safely share, and how to protect information from others.
- Continually educate yourself on evolving digital threats and trends geared towards kids.
- Teach your kids how to set strong passwords and passphrases.

Communicate

Be consistent in your cyber use limitations.

- Stay actively involved and monitor your children's social media accounts, including their privacy settings.
- Keep accounts private to reduce unknown 'friends' and other interactions with strangers.
- Ask about their social media 'friends' and delete people they do not know personally.
- Keep an active dialogue and have them report any suspicious behavior to you.

Did you know 1/3 of a child's life is spent online?*

Social engineering is the use of deception to manipulate individuals into divulging confidential or personal information that may be used for fraudulent purposes.

Teaching children good cyber hygiene practices is just as important as teaching safety in other areas.

While parents may want to limit the risks through settings, it is also important to share strategies and resources for protecting themselves. This will enable children to make sound decisions on their own.

Discuss the many benefits and risks of the digital world and encourage cautiousness when clicking on links, downloading, or posting material.

Stay engaged in their digital experience to support good decision making and keep an open line of communication.

Do This...

- ✓ Teach your kids how to be good digital citizens. It is never too early to start.

- ✓ Continuously remind your kids how important their identity is, and how to protect it.

- ✓ Protect your kids' information, including any Personal Identifying Information (PII).

- ✓ Configure both security and privacy settings on devices and applications and check those settings often.

- ✓ Set time limits on device usage. Use built in-controls to enforce where available.

- ✓ Follow your kids' social media profiles.

- ✓ Be mindful of what you share about yourself, your family, and your friends.

- ✓ Practice open communication with your kids.

Do <u>Not</u> Do This...

- ✗ Overshare information about your kids or family online.

- ✗ Leave devices unlocked or unattended.

- ✗ Use screen names with Personal Identifying Information (PII).

- ✗ Use your date of birth or location in your profiles.

- ✗ Use information about you as a password – i.e. dog's name or birthday.

- ✗ Save billing information on devices to avoid accidental or non-permitted transactions.

- ✗ Forget about gaming devices; those devices come with the same risks as any other device that accesses the Internet.

- ✗ Underestimate the power of the digital world and associated tools.