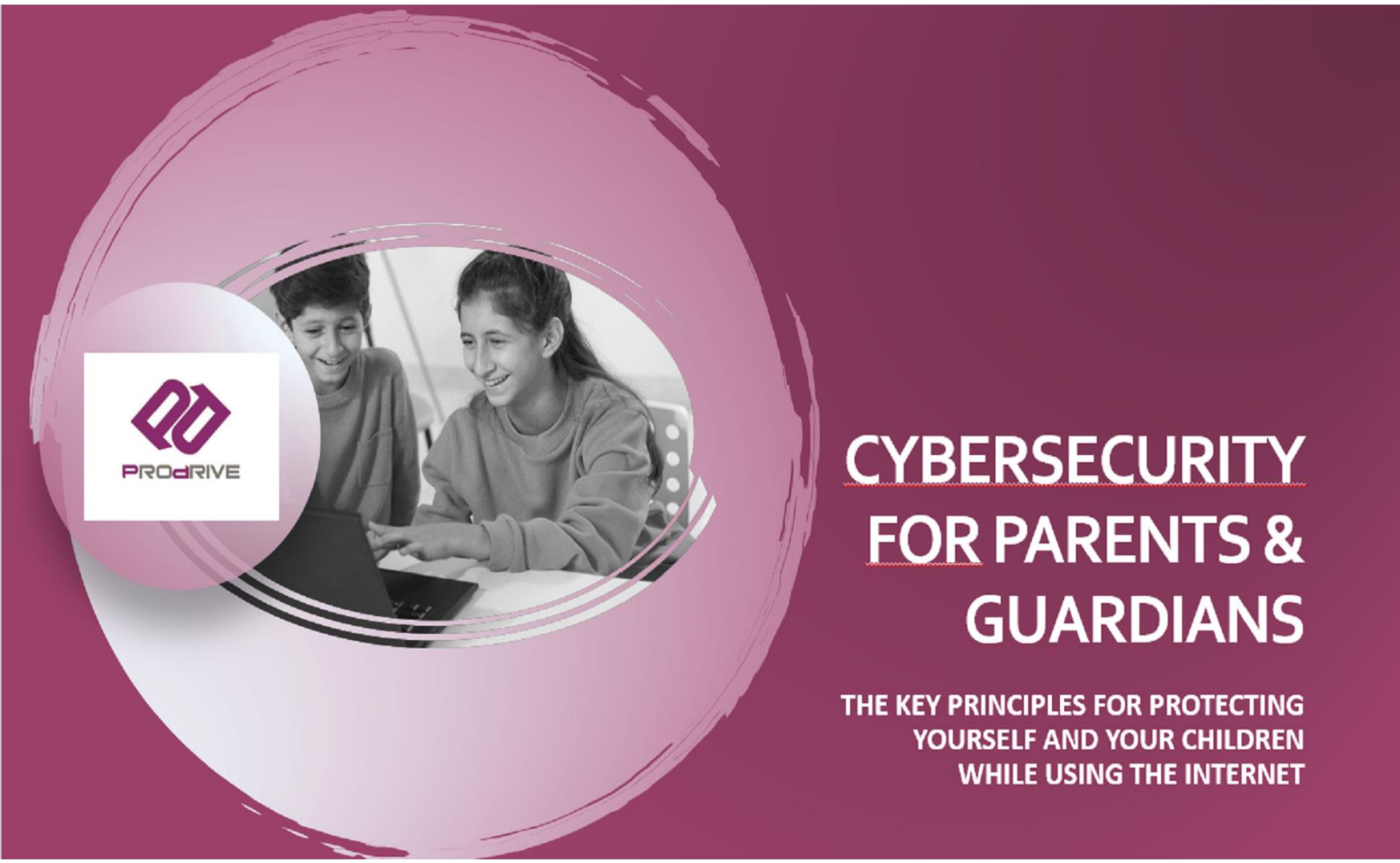
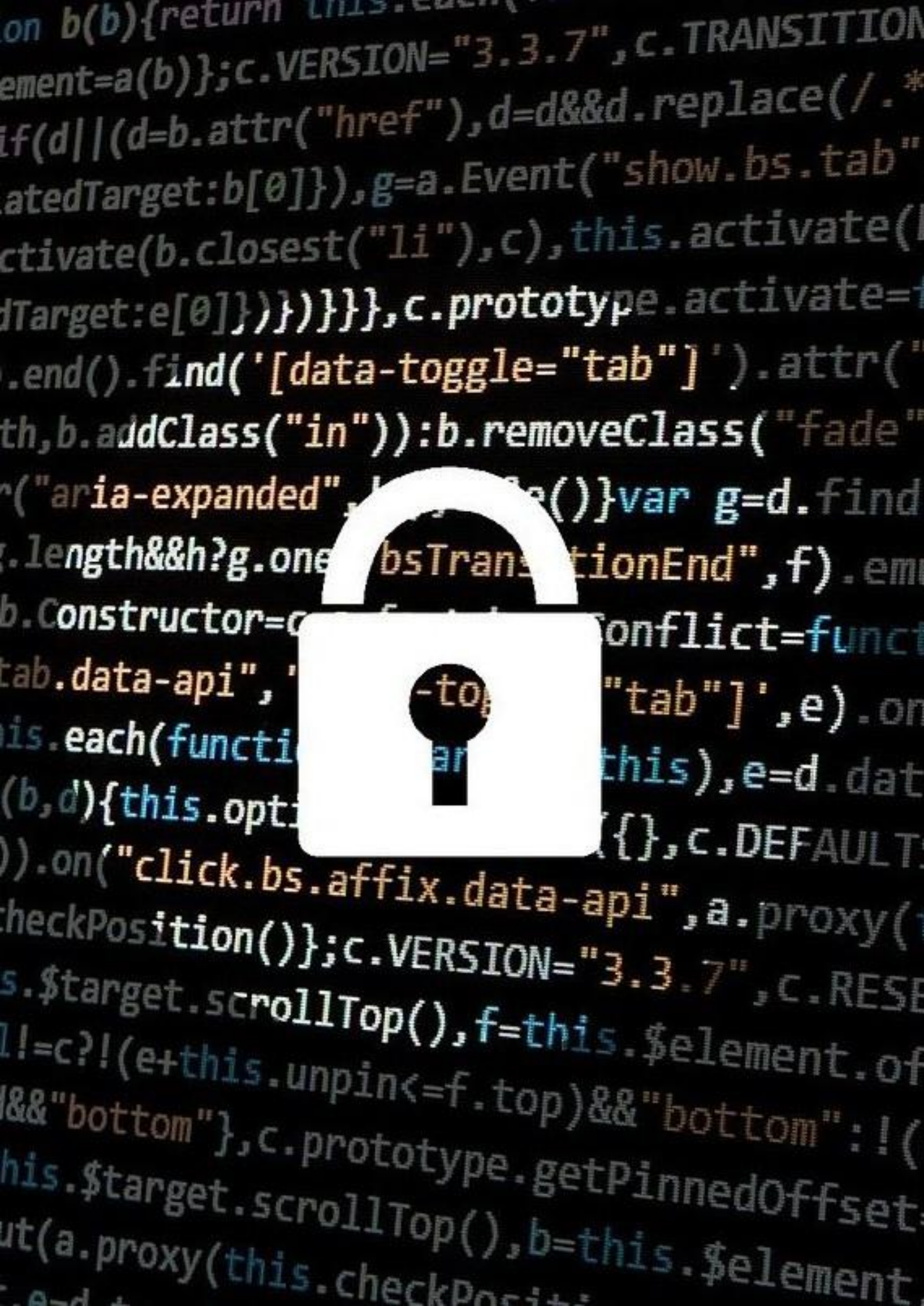


PROdRIVE

CYBERSECURITY FOR PARENTS & GUARDIANS

THE KEY PRINCIPLES FOR PROTECTING YOURSELF AND YOUR CHILDREN WHILE USING THE INTERNET



KEY PRINCIPLES OF CYBER SECURITY

Following these rules will go a long way to protecting your and your child's information online.

1. **Stay Informed**

Keep an eye out for news on common cybersecurity scams, Sophos provide an e-newsletter called 'Naked Security Update'.

2. **Use Strong Passwords**

One of the most important rules when it comes to security online is to use a strong password. A strong password is one that is at least 12 characters long, contains at least 1 upper case character and 1 number, adding a symbol (!$%&@) is also a good idea.

3. **Never Share Your Password**

It doesn't matter how strong your password is, if you share it with someone it becomes useless. Never share your password with friends or strangers and avoid writing your password down and keeping it near your PC or making it clear what the password is for.

4. **Never Click on an Unknown Link**

Ransomware is a tool used by cybercriminals to encrypt your machine and then demand money from you to release it. Never click on links or attachments in suspicious emails or download content from websites you don't trust.

CONTINUED OVER …

KEY PRINCIPLES CONTINUED

5. Security Software

Use up to date security software to protect your devices. Pro Drive recommends using Sophos Home Cybersecurity Made Simple - Sophos Home

6. Password Managers

It is best practice to use a different password for every account you have. These can be difficult to remember and can result in weak passwords being used for ease. A password manager keeps track of all your passwords so you don't have to. Pro Drive recommend using LastPass.

7. Two-Factor Authentication (2FA)

Two-factor authentication is the process of using multiple steps to log into your accounts. An example of this is sending a code to your smart phone or using an authenticator app to generate a unique code. Pro Drive recommend Authy for 2FA.

The rest of this guide will explore setting up parental controls and teaching safe browsing, as well as educating your children about the risks of sharing personal information.

SECURITY TOOLS

Internet Service Provider (ISP) Controls

The majority of internet service providers offer some form of parental control that will block unwanted or untrusted sites. Most ISPs will have a predefined list of blocked sites and unsafe search terms and will allow you to blacklist additional sites.

Often these settings can be applied in predefined groups, for example, Sky has PG, 13 & 18 age group settings.

These controls can be applied at the router level so any device connected to your home network will automatically be subject to these blocks.

Smartphone Controls

Whether your child has their own phone or uses yours, you can easily set up controls on your iOS or Android device.

iOS: Settings > General > Restrictions > Enable Restrictions

Doing this will allow you to select the apps and features you want to turn off.

Android: Settings > Users > Add User & create an account for your child

Doing this will allow you to restrict the use of Google Play, or you can apply Parental Controls within the Google Play app. More parental control information can found here.

CONTINUED OVER …

SECURITY TOOLS CONTINUED

Browser Controls

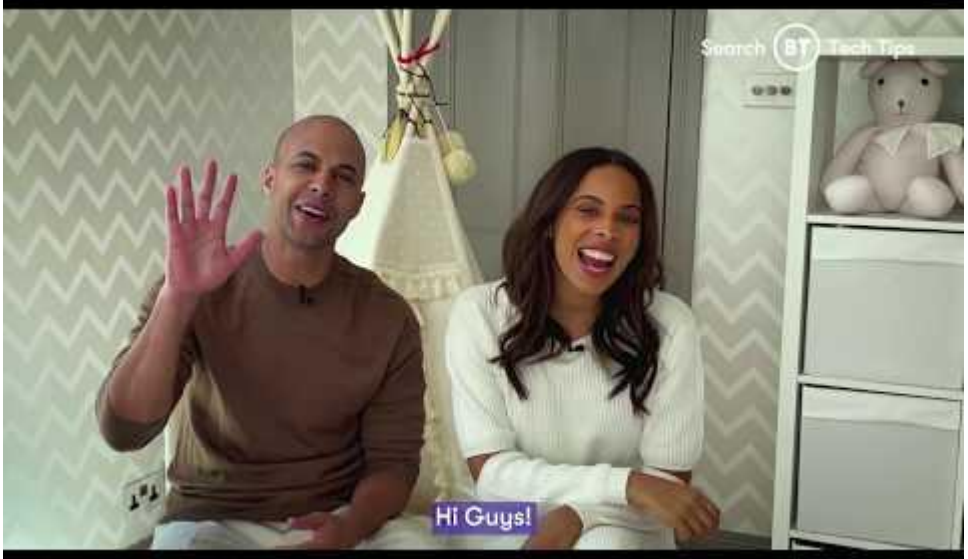
All browsers can provide a basic level of restriction but older children may have the know-how to avoid browser controls.

YouTube: Enable **Restricted Mode on** Youtube scroll to the bottom of any youtube page and click Restricted Mode > On. For these settings to be saved you must be logged into your Youtube account.

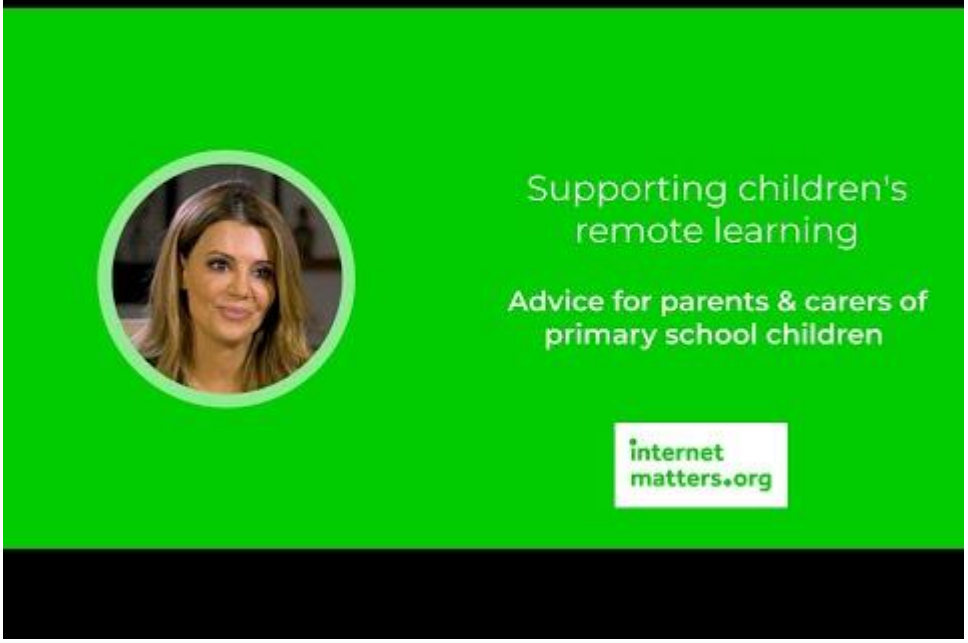
Safe Search: In any browser you use, you can activate SafeSearch to set up safety controls on major websites. Go to Google and click Settings in the bottom right corner. Choose Search Settings and you'll see a box to Turn on SafeSearch. This helps to filter a lot of explicit images and search results. As with YouTube, you can lock SafeSearch mode by clicking Lock SafeSearch. You would have to do this in each different browser.

VIDEO GUIDES – just click them to view

ONLINE SAFETY FOR KIDS WITH MARVIN & ROCHELLE



REMOTE LEARNING | DR LINDA SHARES TIPS



Useful Resources

Online safety issues - advice to support children| Internet Matters

Tech Tips | Top Tips on Tech | BT

BT-Safety-Online.pdf

Coronavirus (COVID-19) - staying safe online - GOV.UK (www.gov.uk)

Online safety | NSPCC

Device-Specific Step by Step Guide for Parental Controls

Parental Controls on Smartphones & Other Devices - Internet Matters

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