



Protect Your Family Online: The Cyber Savvy Parent

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We often teach our children the lessons we learned when we were growing up: look both ways before crossing the street; don't talk to strangers; wash your hands before eating, and so on.

But as parents today, we have a vast new world to explain to our children and protect them from, one that our parents never had to worry about: the internet.

The constant stream of new apps, websites, online services and new trends makes it difficult for parents to stay informed and in touch with the latest digital developments. In this guide, we'll provide some simple but important advice that will help you on your way to becoming a cyber-savvy parent.

Be Informed

First things first, spend some time educating and familiarising yourself with privacy concerns that can arise through internet use. It's impossible to effectively pass on a message and engage in positive, open and honest conversations about online privacy if we don't know about it ourselves.

Research the apps and platforms your kids are using and talking about. Ask them to explain why they like these apps and platforms. Show authentic interest in your child's digital life so they open up to you and feel comfortable talking about it.



Lead by Example

Assess your own online habits and ask yourself how you can improve your own privacy practices.

For example, how are you sharing photos and locations on social media? Would you be happy for your child to do the same?

Set Privacy Settings on Social Media

Does your child have any social media accounts? If so, do you know what they are? Take the time to sit down with them and talk through the privacy settings.

Explain why it's a good idea to keep access to their accounts restricted, and talk a little about what can happen if they don't.

This is a good opportunity to review your own privacy settings too, and set an example of good online privacy hygiene.





Apply Some Controls

Research and consider a parental control app. Or, use the native controls in each individual app that your child uses.

Give kids their own accounts

But review the privacy settings carefully. If you regularly hand over your phone or tablet to your kids to use, create an account specifically for them. This allows you to make sure all of the privacy settings are correct, without having to deal with them yourself. It also protects your personal stuff — from texts to photos to emails — from any curious eyes.

Utilize screen pinning

Did you know that you can lock in an app so that your kid can't move away from it? For example, if there's a game that your 7-year-old really loves, you can "screen pin" it on Android or activate "Guided Access" on iOS. Once you have that feature activated, they won't be able to move away from the game - it will be pinned to their screen.



This means you can feel comfortable knowing they won't veer away from this activity and start browsing other content that you have not given them permission for.

On Android, go to **Settings > Security > Screen pinning**. You also need to make sure that "Ask for PIN before unpinning" is enabled, or else your kid will be able to navigate elsewhere.

On iOS, go to **Settings > General > Accessibility > Guided Access**.

Be Approachable

Finally, make it really clear they can come to you with anything related to online privacy and won't get in trouble, even if they broke the rules. You are your child's first line of defence and in order for them to stay safe they have to know they can come to you, always.

