SCREEN SANITY

How do I keep my kid safe online?

INTERNET FILTERS AND DEVICE MONITORING AS "DIGITAL SEATBELTS"

The internet can be like the classic game Nintendo Mario Kart — turtle shells and banana peels flying unexpectedly into view from every direction. Some of these hazards are harmless, yet others can lead to Game Over. While we'd like to think that these dangers live in the hard-to-reach corners of the Internet, the reality is they're only a few clicks away. When you increase your child's freedom on a device, you also increase the risk of predators, bullies, porn bots and posers having access to your child.

So, what's a parent to do?

Similar to how we prepare our kids for hazards in the physical world (e.g., requiring helmets when biking, etc.), we can put safety measures in place in the digital world.

Filters and monitors act as online seatbelts offering as much protection as possible from inappropriate content and harmful situations. While it does take a little time and attention to install these safety layers, you'll sleep better knowing they are in place.

Scan here for more information

Sample "Seatbelts"

INTERNET FILTER
A software or technology that restricts access to certain websites when your child is on your family's Wi-Fi.

Examples: Cleanbrowsing DNS, Gryphon, Circle

DEVICE MONITOR
Scans social media, text feeds and more, alerting you when there is harmful content.

Examples: Bark and Canopy

POKER FACE
The "I'm not shocked" face you give after your kid shares — or you uncover — an awkward or shocking situation online. Even with safety nets in place, accidents will happen. Make sure your child knows there is nothing they could ever do or see on the internet that would change the way you love them.

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