

Protecting the Family – Internet Safety Tips

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Benefits

1. Great resource for games, recipes, research, and to organize events
2. Easy access to dynamic sources for Church talks and scriptures
3. Almost instantaneous way to share information, videos, and photographs with friends and family

Risks

1. Too much voluntary information disclosure released with and without individual's knowledge
2. Computer malicious software
3. Cybercriminals and espionage
4. Extortion
5. Scams (e.g., rental, auto fraud, hit man, FBI impersonation) "phishing," & social engineering,
6. Pornography and predators
7. Financial loss due to a lack of payment, lack of delivery of merchandise or transfer of funds
8. Identity theft
9. Addictive behavior

What to do right now?

1. Have a family discussion on Internet safety
2. Place value on and don't disclose personally identifiable information (e.g. credit card, SSN, hobbies, physical location, last name)
3. Configure Internet router to use OpenDNS
4. For devices "owned" and paid for by the head of household
 - a. Enable all default parental controls on devices and install web filtering software
 - b. Review history of calls, texting and website browsing as a family on a regular basis
5. For devices not owned by head of household
 - a. Make a pledge to become "accountability partners" for each other. Review calls, texting and website browsing history on a regular basis
 - b. Add "accountability" / monitoring software

Other things to do to Reduce Impact of Dangers

1. Live the Gospel of Jesus Christ
2. Talk with family and friends about the dangers associated with the Internet
3. Adopt the following philosophy: Stop, Think, Connect.
4. Don't install anything if you didn't go looking for it
5. Update software if you did install it
6. Remove unnecessary or unused software

7. Don't install "pirated" software or any other software from file sharing or peer to peer sites (e.g., BitTorrent, Megaupload)
8. Continually check the security and privacy settings of social networking sites
9. Consider utilizing two email address: one for trusted circle and one for broad usage on Internet
10. Keep computer physically located in an area with a lot of traffic
11. Read, print, & sign the Internet Safety Rules from NetSmartz.org
12. Be suspicious of anything unsolicited, clicking links, opening attachments, and phone calls (even from trusted sources)
13. Research or contact company to confirm valid nature of electronic communications
14. Avoid cash donation or money transfer services
15. Keep current with Internet crimes/scams (see www.ic3.gov), technology & social media sites (see table on next page for sample)
16. "Encrypt," backup, and/or shred sensitive information
17. Use strong password and change passwords of online accounts at least every 90 days
18. Install the appropriate security software on PCs, Apples, routers, Smartphones etc. (see table on next page for sample)

What software is useful to protect against the above dangers?

Software Type	Description	Example (select link to view demo of software or more information. Some software is free, while others require subscription)
Anti-key logger	Helps protect against computer viruses stealing everything (e.g. credit card number, password) that you are typing on your keyboard	QFX Software KeyScrambler Personal
Anti-malicious/spyware software	Helps protect against computer viruses and other known malicious software	Avira AntiVir Personal Edition ; Malware Bytes ; see https://www.av-test.org/ for reviews
Backup software	Helps protect against the loss of your important files (e.g. pictures, tax returns) in event of a theft / disaster	Windows 10 native ; Genie Timeline Home ; EaseUS Todo Backup
Computer and website password protector	Helps keep all your passwords safe for various websites.	Keypass Password Safe
Encryption software	Helps secure files from being read by unauthorized individuals. Requires password to unlock files.	TRueCrypt ; Nitro Desk TouchDown Security
Firewall	Helps protect against hackers from accessing your computer from the Internet and/or applications on your computer to talk to sites on the Internet	ZoneAlarm Free Firewall
Web filter for device	Helps protect against accessing known malicious, pornographic and other inappropriate websites for a specific device	K9 Web Protection ; see https://www.av-test.org/ for reviews
Web filter for all devices in home	Helps protect against accessing known malicious, pornographic and other inappropriate websites for all devices connected to your router.	OpenDNS ; Pandora Hope ; Sophos UTM (very technical\no video)
Accountability / monitoring software	Records all activity on a PC or mobile device to help determine if anyone is accessing inappropriate chats, web sites or emails.	Spector Pro (Review); Accountable2you.com ; Safe Eyes ; CovenantEyes ; see https://www.av-test.org/ for reviews
Web filter for mobile device or phone line	Helps protect against accessing inappropriate sites	Verizon's Content Filter ; AT&T Smart Control ; Norton Family ; K9 Web Protection Browser ; AVG Family ; Net Nanny ; Mobicip Safe Browser ; see https://www.av-test.org/ for reviews
Mac OS	Helps make a Mac OS safer to use	Enable native settings
Windows 10- Parental controls	Helps make a Windows 7 PC safer to use	Enable native settings (and here)
iPad – Parental controls	Helps make the iPad safer to use for everyone	Enable native settings .
Android Table – Parental controls	Helps make the Android Tablet safer to use for everyone	Enable native settings (also show iPad)
XBOX1 – Parental controls	Helps make the Xbox One safer to use for everyone	Enable native settings
Google – Parental Controls	Helps make Google safer to use for everyone	Enable native settings

What are some popular /upcoming social media web sites and mobile applications?

Site/App	Description (select link in site/app column to read about associated privacy/security/content concerns)
WeChat	a messaging app for smart phones that allows people to instantly share voice, text, video, and picture messages with other users or a group of other users.
Vine	one of many apps that have started allowing users to create and share micro-videos, or short clips, under six seconds in length
Flickr	a social photo sharing service that has long been a place for people to share their art, their vacation photos, or just pass along images etc
Snapchat	social media application for Android and iPhone that allows users to record and send picture and video messages – all under 10 seconds in length – to friends
Facebook	Online social network service that allow people to create a personal profile, add other users as friends, exchange messages, and receive automatic notifications.
Instagram	popular social photo sharing app that has recently evolved to include video. Helped to popularize the idea of the “selfie.”
Foursquare	users “check in” to the various places they frequent, and attempt to gain more check-ins than friends to get “Mayor” titles for favorite establishments
Shazam	Shazam recognizes music and media playing
WhatsApp	Used for text messaging, users can send each other images, video, and audio media messages as well as their location using integrated mapping features
Twitter	online social networking and microblogging service that enables users to send and read short 140-character text messages, called “tweets”
Youtube	allow you to watch and upload videos for free
Tumblr	blogging platform that enables you to easily share photos, images, videos, text, quotations, links, and audio
Pinterest	People create and share collections (called “boards”) of visual bookmarks (called “Pins”) that they use to do things like plan trips and projects, organize events or save articles and recipes