



Survive and thrive this summer: keeping our kids safe online

Moorabbin Alliance Presentation, December 2024 - moorabbin.alliance@gmail.com



Today's workshop

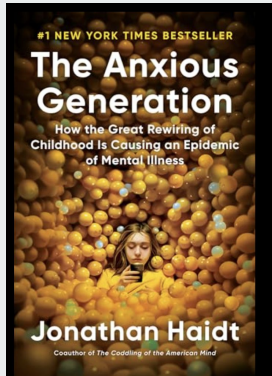
1. Intro / recap
2. Carefully consider technology use for your kids
3. Practical tips to limiting access to harmful content
4. Practical tips to limiting screen time



Recap

- Children and teens are facing a mental health crisis
- This mental health crisis occurred when smartphone use grew (2010s)
- Known harms of early access to smartphones and social media include addiction, body image issues, brain development impacts, bullying, sextortion and grooming, increased anxiety and depression, self-harm rates and suicide

The Four New Norms to Free the Anxious Generation




1. No smartphones before age 14
2. No social media before 16
3. Phone-free schools
4. More independence, free play, and responsibility in the real world.



Disclaimer

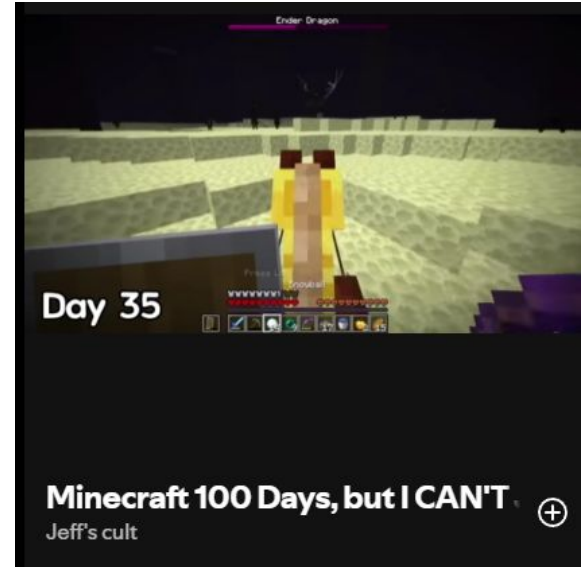
Giving up convenience for security



**Carefully consider which
apps you let your kids use**



Example 1: Spotify





Example 2: TikTok


Example 3: facebook messenger kids



Messenger Kids

Messenger kids allows you to approve contacts and review your child's messages, however

- Will you have time to review all the messages being sent?
- What about phone and video calls?
- Messages can't be deleted – is this a good or bad thing?
- Lots of “low effort” content
- Group messaging enables bullying and exclusion



Example 4: WhatsApp

“...easy for strangers to contact children. No parental controls. Privacy settings can restrict stranger access, but there’s no lock and children regularly turn this off to contact other peers, and friends of friends , and then allow strangers posing as friends to get in. Inbuilt gifhys for use in messages are sexualised in nature some almost pornographic and these can’t be turned off for children.”

<https://www.common sense media.org/app-reviews/whatsapp-messenger>



Tip #1: App risk assessments

App: facebook messenger kids

Benefits: facilitates real life catch-ups

Risks: other parents say that it can be hard to review all friend requests, messages, and chats. Messages can't be deleted. Video chats are hard to monitor. Photos can be sent. There are mini games in the app. Group functionality can facilitate exclusion and bullying. Drawing functionality can be used to send inappropriate words.

Measure of success: child demonstrates they can use the app responsibly and gets the benefits outlined

Trial period: 4 weeks



Practical tips to limiting access to harmful content



Goals

- Safe search and image results
- Safe youtube results
- Block youtube comments
- Restrict youtube videos
- Block “adult” websites

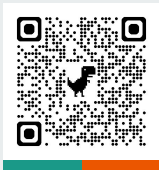


Tip #2: “DNS” filtering

DNS is like a phone directory for the web – `website.com` to `1.2.3.4` We can block harmful content by pointing `badwebsite.com` to `0.0.0.0`

<https://cleanbrowsing.org/filters/>

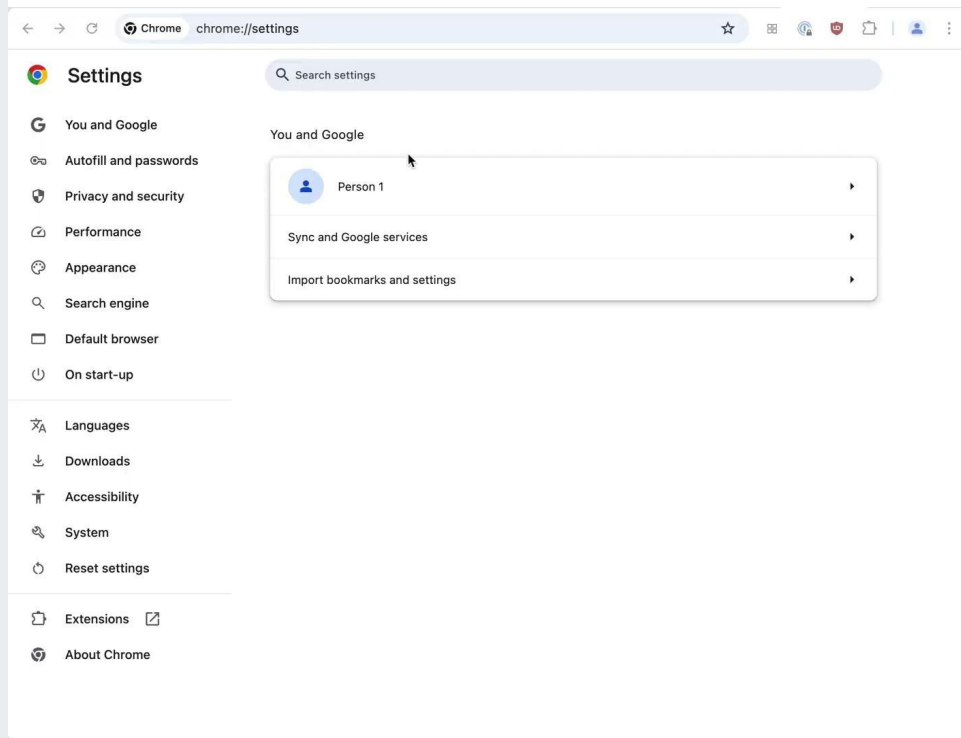
Family Filter: blocks access to all adult, pornographic and explicit sites. It also blocks proxy and VPN domains that are used to bypass the filters. Mixed content sites (like Reddit) are also blocked. Google, Bing and Youtube are set to the Safe Mode. Malicious and Phishing domains are blocked.

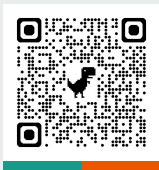


Tip #3: use “DNS” filtering in Chrome

EASY

Alternatively, choose “Add custom DNS service provider” and enter 1.1.1.3 (cloudflare for families) **MEDIUM**





Tip #3: use “DNS”
filtering in Android
devices **EASY**





Tip #4: use “DNS” filtering on iPhones and iPads **MEDIUM**

These work as pseudo “VPN” services. For the 1.1.1.1 app, choose “Block Malware and Adult Content” under “DNS settings”



1.1.1.1: Faster Internet 4+

A More Private Internet
[Cloudflare](#)

#85 in Utilities

★★★★★ 4.5 • 213.8K Ratings

Free · Offers In-App Purchases



CleanBrowsing.org DNS 4+

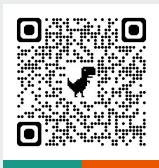
Protecting our families & kids
[CleanBrowsing, Inc](#)

Designed for iPad

★★★★★ 4.5 • 322 Ratings

Free

[View in Mac App Store](#) ↗



Tip #5: advanced “DNS” filtering

geeks2u

- Via your router, block for any device connected to your network **MEDIUM**
 - Eg. smart TVs
 - Won't work outside your house
- Block using iOS screen time or Android FamilyLink – mentioned later in presentation **MEDIUM**



Tip #6: use an ad-blocker in Chrome **EASY**

The image shows two screenshots related to the uBlock Origin Lite extension. The top screenshot is the Chrome Web Store page for the extension, and the bottom screenshot is the extension's settings interface.

Chrome Web Store Page:


- Search bar: "Search extensions and themes"
- Navigation: Discover, **Extensions**, Themes
- Extension Name: **uBlock Origin Lite**
- Buttons: **Add to Chrome**
- Metadata: **Featured**, 4.5 ★ (458 ratings)
- Categories: Extension, Privacy & Security, 1,000,000 users

Settings Interface:

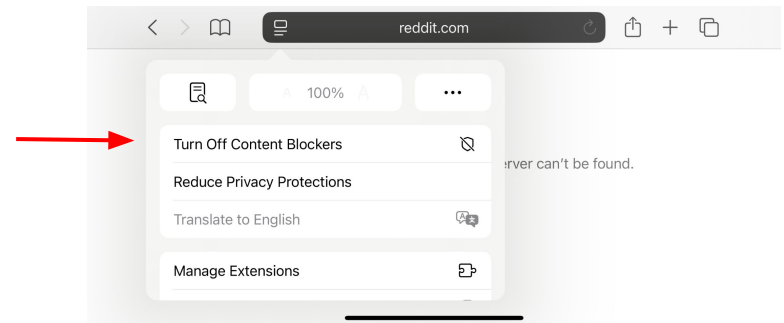
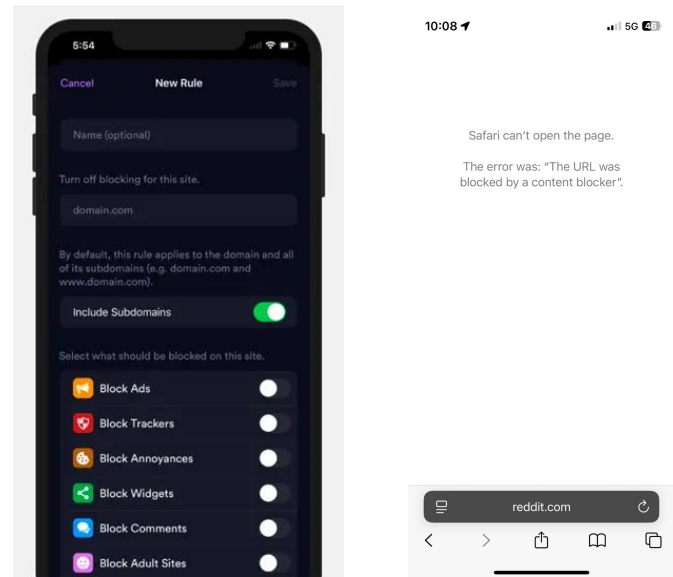
- Pages: **Settings**, About
- Section: **Default filtering mode**
- Text: "The default filtering mode will be overridden by per-website filtering modes. You can adjust the filtering mode on any given website according to whichever mode works best on that website. Each mode has its advantages and disadvantages."
- Options:
 - Basic** (Selected): Basic network filtering from selected filter lists. Does not require permission to read and change data on websites.
 - Optimal**: Advanced network filtering plus specific extended filtering from selected filter lists. Requires broad permission to read and change data on all websites.
 - Complete**: Advanced network filtering plus specific and generic extended filtering from selected filter lists. Requires broad permission to read and change data on all websites. Generic extended filtering may cause higher webpage-resources usage.

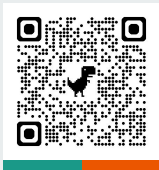


Tip #7: use an ad-blocker on iPhones and iPads



1Blocker - Ad Blocker 4+
Block ads, browse better
1Blocker LLC
★★★★★ 4.5 • 6.9K Ratings
Free - Offers In-App Purchases
[View in Mac App Store](#)






**Tip #8: use an
ad-blocker on
Android phones and
tablets **HARD****

AdGuard for Android

AdGuard for Android is a perfect solution for Android devices. Unlike most other ad blockers, AdGuard doesn't require root access and provides a wide range of app management options.



Download



Tip #9: limit access to a single app when giving your kids your phone

- Demo: use “guided access” on an iPhone if you want to let your child use your phone **EASY**
- Android has a similar feature called “screen pinning”

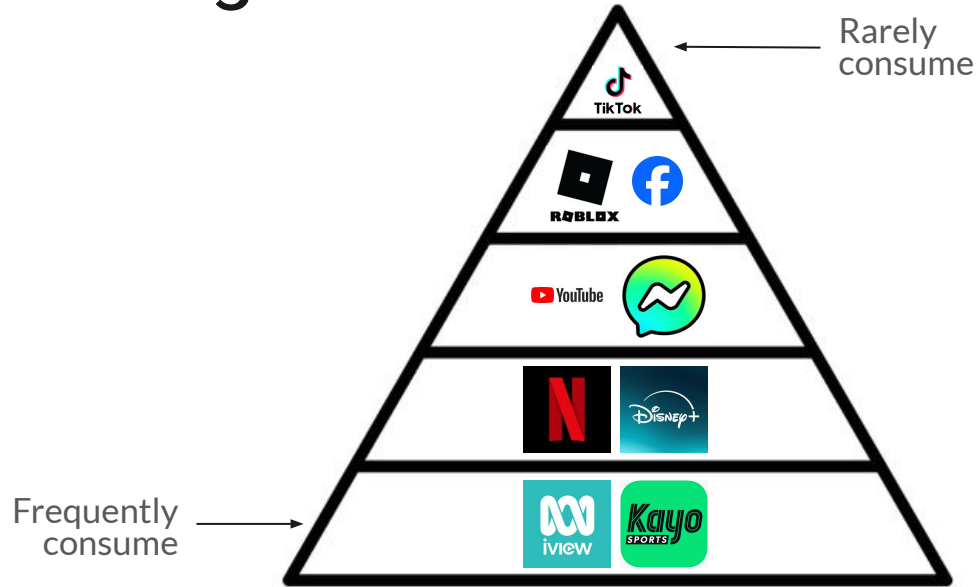


Questions?



Screen use agreement

Screen use agreement



Example only,
decide what's best
for your own child



Tip #10: make other adults aware of your expectations around your child's screen usage

This includes:

- Family - aunts, uncles, grandparents, older cousins etc.
- Parents of friends – playdates, sleepovers, older siblings
- Babysitters / carers



Practical steps to limiting screen time



Supervision vs technology

Tip #11: use non-portable devices

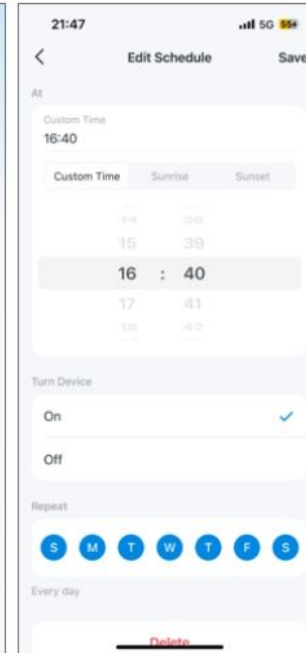
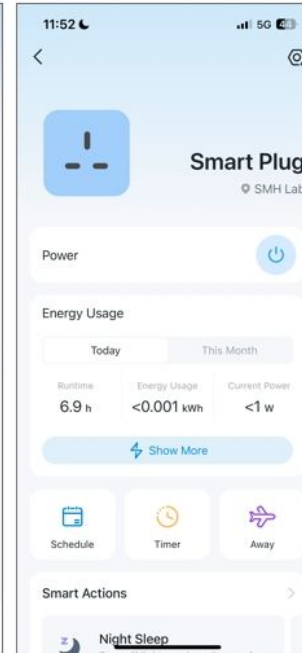
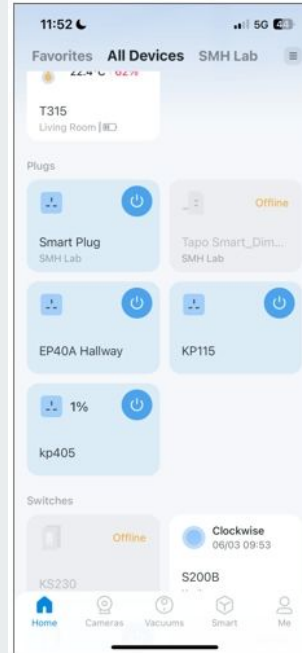


- Devices you can't move are easier to supervise in terms of both content and usage
- It's easier to unplug a non-portable device
- Examples include: desktop computers, laptops with short battery life, TVs, Playstations / Xboxes
- There are desktop versions of whatsapp, snapchat, facebook, tiktok



Tip #12: control your devices via power

MEDIUM





Tip #13: parent controls for gaming

MEDIUM

Family Management

Family Members

Emily Thompson	Family Manager
Carl Thompson	Parent/Guardian
Sophia_T	Time Played Today: 02:14 Exceeded Play Time by 00:14
Olivia	Time Played Today: 00:51
Carl Jr	Time Played Today: 00:58

[Add Family Member](#)

Enter Back About Families Health / Privacy / Terms Emily Thompson

Play Time Limit

Save

Set Days Individually

Mo	1hr	Bedtime Alarm None	>
Tu	1hr	Bedtime Alarm None	>
We	1hr	Bedtime Alarm None	>
Th	1hr	Bedtime Alarm None	>
Fr	1hr	Bedtime Alarm None	>
Sa	2hr	Bedtime Alarm None	>
Su	1hr	Bedtime Alarm None	>

A notification will appear on the Nintendo Switch console when the play time limit or set time has been reached.

[What happens when you set a play time limit?](#)

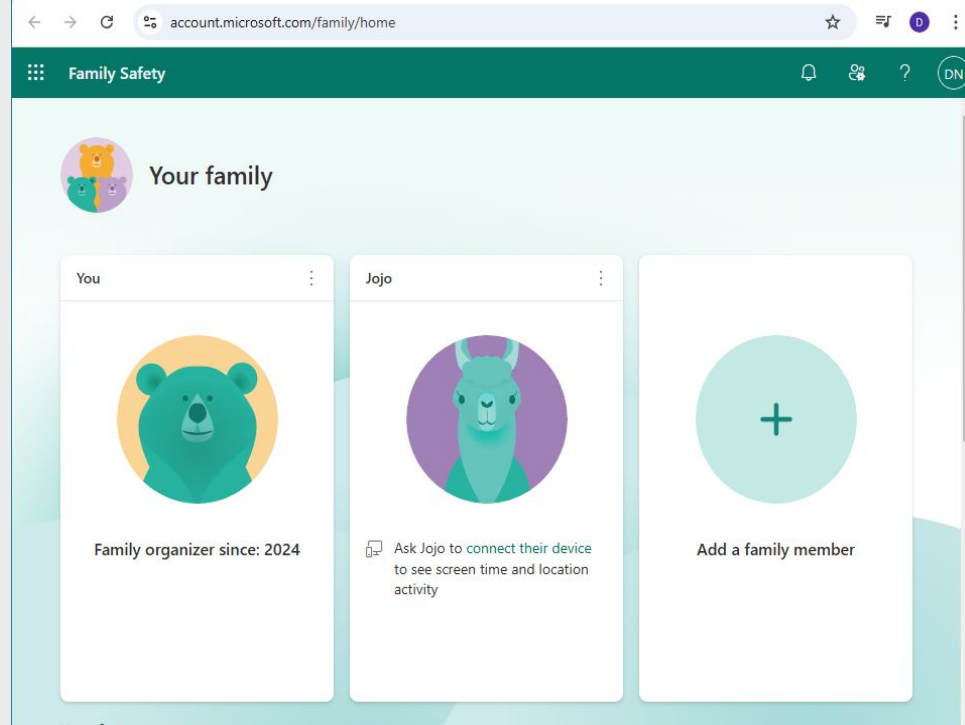
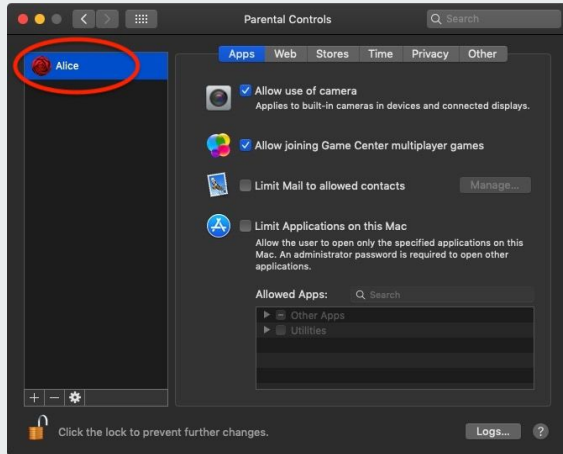
Suspend Software

At the set time, the software being played will be suspended. Further use of the console won't be possible for the rest of the day, unless you use your Parental Controls PIN to temporarily lift the restriction.



Tip #14: parent controls for desktops

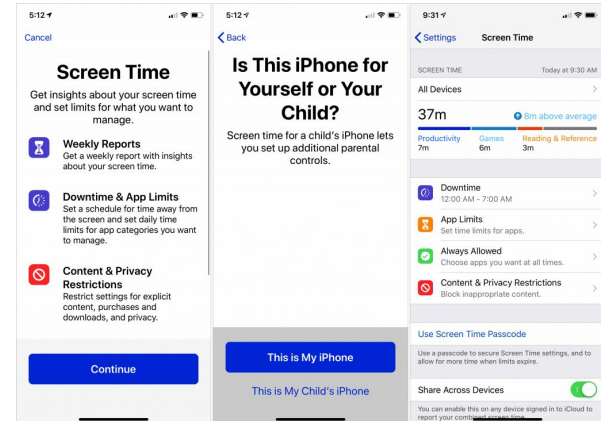
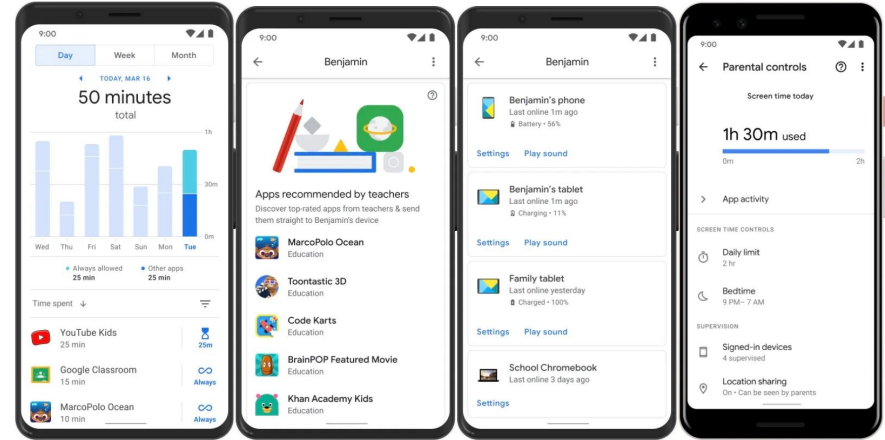
MEDIUM

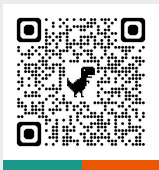




Tip #15: parental controls for smartphones

MEDIUM



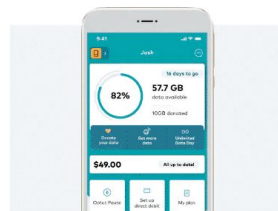


Tip #16: limits on mobile data via Optus pause

EASY

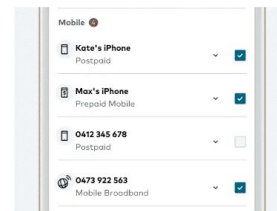
When and how to pause

You're in control of your time, on and offline, with My Optus app.



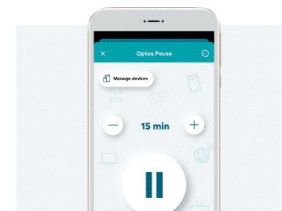
It's all in one place

Simple solution, easy to set up, with just a tap you can control your eligible Optus mobile and home WiFi connections, in one place, straight from My Optus app.



Choose your devices

From consoles and computers, to mobiles and tablets – iOS or Android. Choose which devices to pause and which to keep connected.

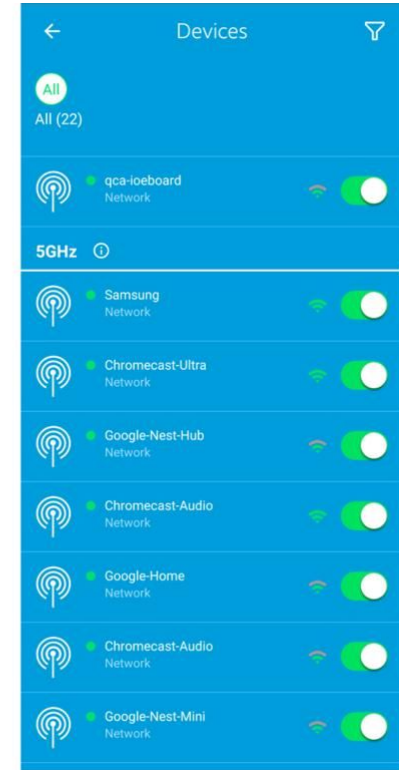


Control your screen time

Taking a quick breather or a bigger break? Set timers to suit you and your family and end Optus Pause with a tap.

Tip #17: limits on internet access via orbi wifi 6 **HARD**

\$700 at Harvey Norman Moorabbin





Tip #18: parental controls for TV

HARD



- Google Chromecast / TV ranges from \$59 - \$127
- Each kid can have a profile, and can be restricted to certain apps (eg. netflix, iview, youtube kids). Adults can have a profile and are password protected.
- Screen limits can be set, and start / end times. Countdown will appear at 30 min, 15 min, 5 min, 60 seconds.
- The youtube kids app can be configured to only show certain channels
- Much better than an Apple TV for parental control



Questions?



Online resources

- Online advice by age
- Online issues (sexting, grooming, self-harm, radicalisation, etc.)
- Social media
- Gaming platforms and devices

internet
matters.org

ROBLOX



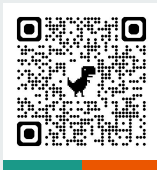


Bonus: smartphone alternatives



Tip #19: avoid hand-me-down devices

- Buy yourself some time. Be strategic about when you give your kids a smartphone, don't do it out of convenience
- Recycle, donate, trade-in, or sell instead



Nokia

NOKIA 110 4G

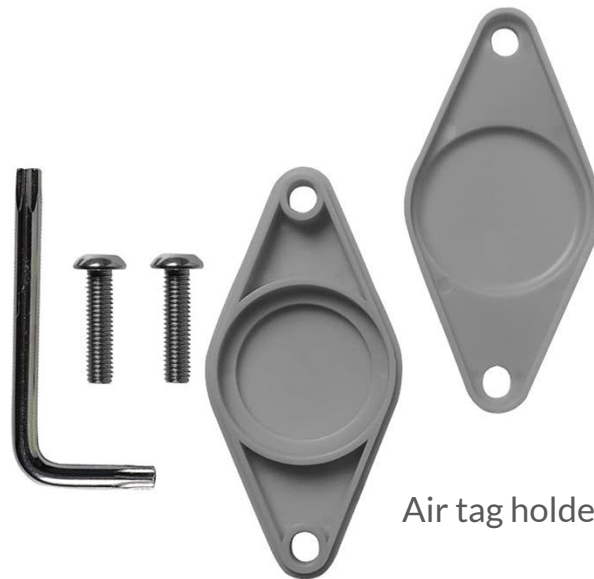




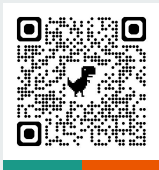
Air tags



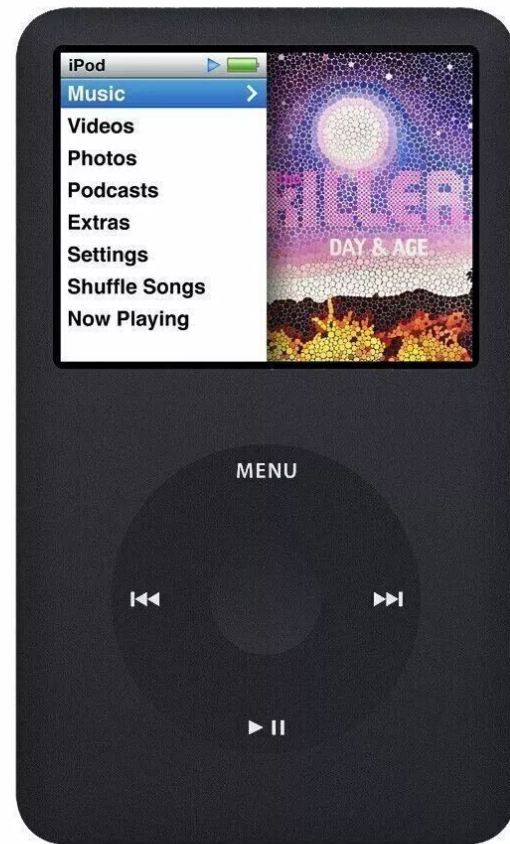
<https://apple.com/au/airtag/>

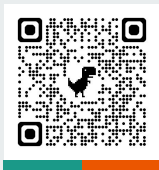


Air tag holder for bike



iPod classic





Retro game devices

ANBERNIC RG35XX - \$60 from aliexpress, \$100 from amazon





Conclusion



More play in the real world - ideas from parents

'Stay and play' - one arvo a week children and parents/carers stay and play at school

'Sunday Reset' - spend a Sunday arvo with friends without phones (parents too)

'Lunch adventures' - go on an adventure on the weekend with a group of friends

'Group sports training' - get a group together and train for the next running event

'Lego fun' - come together and build with Lego galore!

'Park meet ups' - grab some goals and head to the local park after school for a soccer game

Moorabbin Alliance - how to get involved

1. Sign up to the Moorabbin Alliance whatsapp group (QR code on right) where we can all share information and reach each other
2. Discuss with your partners and families what is important to you and your family (screen use agreement)
3. Think about topics that are of particular interest or concern to you and develop a session of your own at MPS (via your own expertise or finding others to help)
4. Explore with your child's friendship circle if there are other parents who share the same concerns
5. Self-organise - form sub-groups to develop more opportunities for play in the real world

