

SBA Parent Training

Home Networks - Security and Setup

Top Questions

What should I get for them to use?

What Internet provider should I use?

How do I watch what they are doing?

How can I block EVERYTHING??

**Overall - the question is
“How do I keep my child SAFE?”**

Intro: I am typically the person that HS Parents come to AFTER their students have gotten into things they should not. My goal tonight is to reduce the number of you I see under very distressing circumstances.

- I am here to address the technical mechanics of how to keep your child safe.
- **These are the top questions we get asked as a department from parents**
 - What should I get for them to use? - Normal, I normally refer them to our recommended equipment on the Parent Portal (BITS)
 - What Internet provider should I use? - Normally depends on area but we recommend EPB
 - How do I watch what they are doing? - Tells me they are an engaged parent
 - How can I block EVERYTHING?? - Tells me they have already had a problem

What can you do?

- Know what they are doing
- Protect/monitor your home
- Protect/monitor student devices

- Know what they are doing - Let's talk about this first
- Protect/monitor you home
- Protect/monitor student devices

Know what they are doing...

- Check their activity regularly
 - Know every password - no password, no device
 - Know the apps they are using - stay up
 - Know how they communicate with their friends
- Ideas
 - Spot check - hesitation is a tell
 - Parents keep the iTunes/Apple ID password
 - Parents have all charging cords
 - Be aware of all the devices they use

Key concepts:

- They will find a way... (Jurassic Park reference) - Parents must be involved
- **Spot check** - hesitation is a tell
 - Random is a key to effectiveness
 - New Apps
 - Conversations
 - Recent networks - WiFi history
 - Recently deleted items
 - Key is that they know you are watching/involved
- **Parents keep the iTunes/Apple ID password**
 - Parent Controls
- **Parents have all charging cords**
 - Keeps them coming back to you
 - Helps them to be responsible with charging
 - Keeps them from accessing their device late into the night
- **Be aware of all the devices they use**
 - Frequent visits to friend's house
 - Circumventing home - talk more in a minute
 - Can they reach a neighbor's WiFi?

Other Techniques

- Practicing good Tech Etiquette
- Tech free weekend
- Tech to solve problems - not just gaming/SM
- No devices in the bedroom
- Device basket at the dinner table
- Monitor the time they are online
- Be involved in their gaming - participate

- **Practicing good Tech Etiquette**
 - Being aware of their surroundings
 - How does their use impact others
- **Tech free weekend**
 - Have something to replace it with
 - Engage with kids, don't just paint tech as evil
- **Tech to solve problems - not just gaming/SM**
 - Finding each other
 - We make it a game - who can find a fact fastest
 - Keep family conversations going
 - Track projects, to-do lists, health, etc.
- **No devices in the bedroom**
 - Studies show late night viewing affects sleep
 - Our family's biggest issue - Reading
- **Device basket at the dinner table**
 - Again, replace this with something
 - Make sure parents demonstrate a good attitude
- **Monitor the time they are online**
- **Be involved in their gaming - participate**

What can you do?

- Know what they are doing
- Protect/monitor your home
- Protect/monitor student devices

Know what they are doing

Protect/monitor you home

Protect/monitor student devices

Whole Home - Options

- **OpenDNS**

- DNS routes all internet
- Allows web content filtering AND reporting

- **Certain Routers**

- Each manufacturer has different capabilities
- Netgear is popular
- Takes a good bit of configuration
- Always have it locked with WiFi password

OpenDNS - EVERYONE CAN DO THIS TONIGHT!

- Just go to [OpenDNS.com](https://opendns.com), create an account, Change your router (lock it down)
- Tracks and evaluates everything that goes through your internet connection

Cons - Alternate connections not covered

Routers - Only as good as manufacturer

Whole Home - Disney Circle

Home Monitoring System

Description: Disney Circle is a hardware device for your home that tracks ALL traffic going through your home internet connection allowing for control, reporting and web filtering.



URL - <https://meetcircle.com/>

Pros - one-time cost; tracks time online and per app; push notifications; internet pause (including bedtime); tracks all home traffic, great web filtering, reputation and reporting

Cons - cost is \$99 (one-time and very reasonable);

Why a whole house solution?

- Gets EVERYTHING - controls the source of the internet
- Gives you control, reporting and content filtering

My evaluation

- Cost - One time and reasonable
- Less than AC compatible
- Neighbor WiFi does not apply

Monitoring Students - Options

- **Covenant Eyes** - www.covenanteyes.com
- **Net Nanny** - www.netnanny.com
- **Qustodio** - www.qustodio.com
- **McAfee SafeEyes** - www.internetsafety.com

Top Ten Reviews

<http://parental-software-review.toptenreviews.com/>

Covenant Eyes - Good for students going off to college (continue to have accountability)

Net Nanny - Recommended by Focus on the Family

Lots of options, just pick one

Monitoring Students

- **Teen Safe** - www.teensafe.com



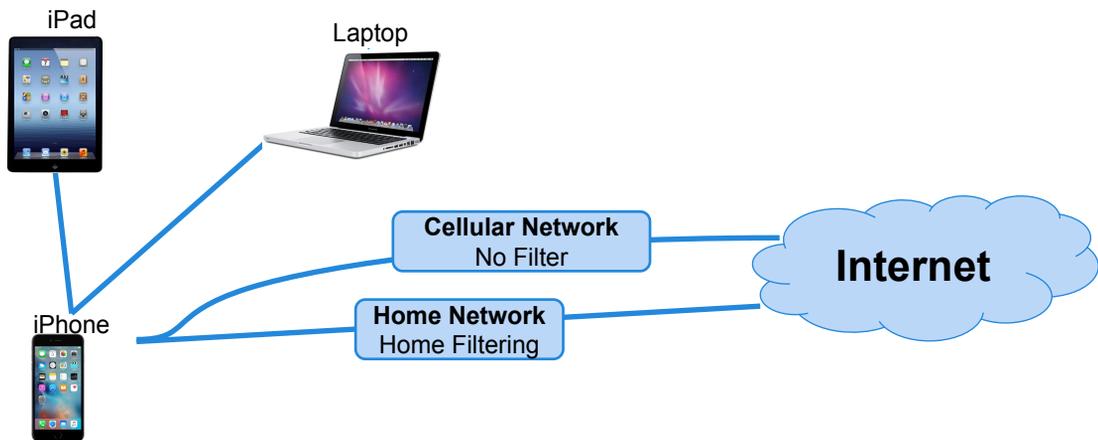
- **Pros** - one place to get a majority of the activity logged by the student
- **Cons** - time amount of involved to review what they are doing on their phones, iPads and computers (this is the case with all tracking); monthly cost and students can still use other devices

We have looked at a lot of solutions. Many have the pluses and minus' but Teen Safe seems to be the best all around.

Monitoring software follows the student, but they can still get around it (takes a good deal of effort).

- VPNs
- Proxy sites
- New sites and techniques every day
- Different devices (i.e. public access machines, friend's machine, etc.)
- Some even have gone as far as having a second phone/device

Connectivity



Once a student has a phone with a Hot Spot, they can circumvent any network.

WRCB Video



Link - <http://www.wrcbtv.com/story/31152409/your-kids-will-hate-this-story#.VrUnwWjcREA.mailto>

Act Now!!

**An ounce of prevention IS
worth a pound of cure!**

Nothing will replace the relationship you have
with your own student.

You are a parent, not a friend or buddy!

Use the example of the girl who had all the different accounts.

SBA Help Desk

BITS - Parent Portal



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