

CYBER SAFETY



Table of Contents

Parental Control and Privacy Settings	3
Wi-Fi Parental Control Settings	3
Internet Service Provider: Telus	3
Internet Service Provider: Shaw	5
Mobile Device Parental Controls.....	6
Android Devices	6
Apple iOS Devices	7
Social Media Privacy Settings	8
Facebook.....	8
Facebook Privacy Check-up	9
Instagram	10
Twitter	11
Snapchat	12
TikTok.....	13
Social Media Parental Control Settings	14
YouTube	14
TikTok.....	15
Parental Controls on Gaming Consoles	16
PlayStation 5.....	16
PlayStation 4.....	19
Xbox Family Settings App	24
Xbox One	24
Nintendo Switch	28
How to Create a Safe and Secure Password	31
Resources	32
Contact information.....	34
Special Thanks	34



Parental Control and Privacy Settings

Wi-Fi Parental Control Settings

You have the option of setting up various parental controls with your internet service providers' designated **Wi-Fi Control Apps** on your personal devices, by accessing their Wi-Fi settings via **internet browser** or by installing a **third-party software** on your devices to set up your own parental controls.

Things that you can control:

- *Internet access* on individual devices.
- *Time*: Access to the internet at specified times or allotted time frames.
- *Websites*: Access or restricted access to specific websites (URLs) on the internet.
- *Keywords*: Access or restricted access to specific websites that contains the specified keywords on the internet.

Accessing Parental Controls

Internet Service Provider: Telus

Using TELUS My Wi-Fi App

The app gives you the ability to manage/pause Wi-Fi for individual devices, change your Wi-Fi network name and password, and see what devices are connected to your Wi-Fi network. To link your Wi-Fi to your personal device, follow the instructions given on the app.



Using a Web Browser

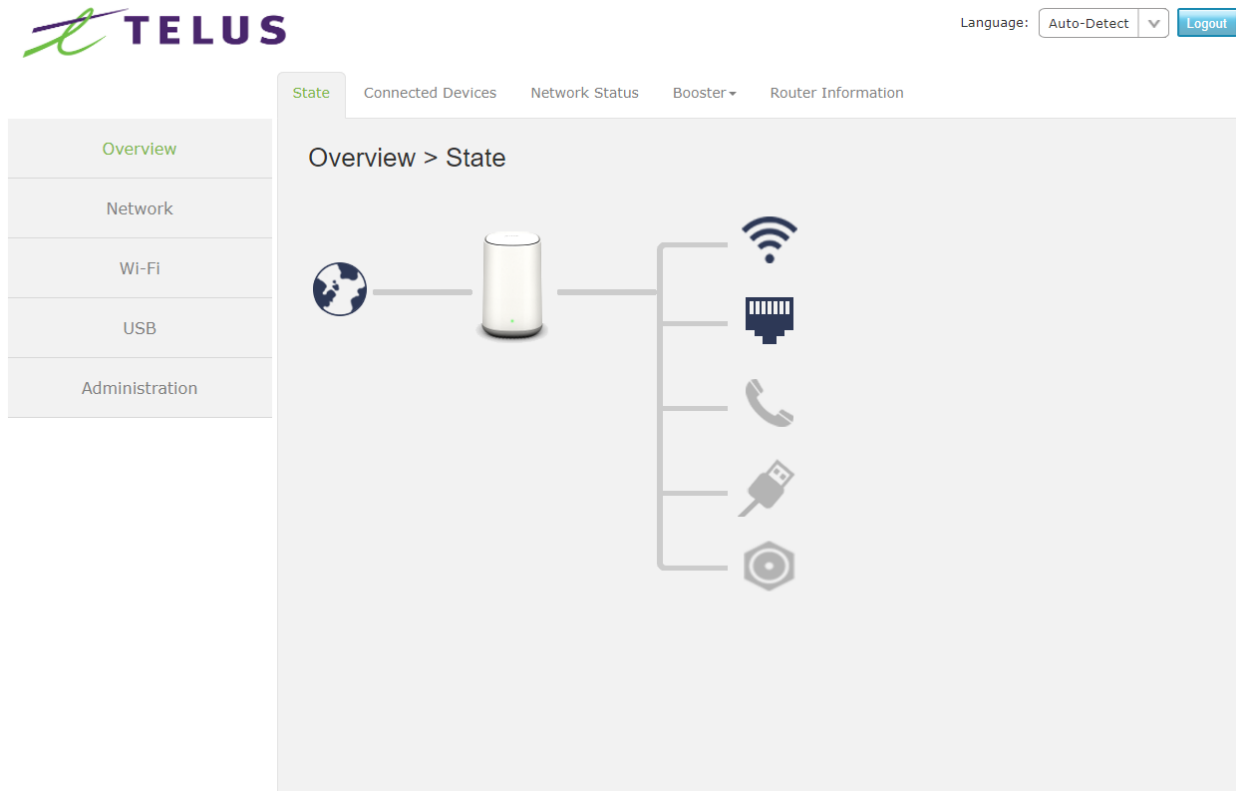
1. Launch your web browser.
2. Type in **192.168.1.254** in the address bar.



3. Log-in with:
Username: **admin**
Password: **telus** (or the password on your modem)



4. From here, you can change your internet settings.



For more information on Telus Parental Settings, visit:

<https://forum.telus.com/t5/Home/Parental-Control-Setting-up-Access-amp-Restrictions-on-Home-WiFi/ta-p/86632>



Internet Service Provider: Shaw

Using Shaw Blue Curve App:

The app gives you the ability to set up your network, see who is online, set schedules by users and devices, monitor internet usage, and turn your Wi-Fi on and off. To link your Wi-Fi to your personal device, follow the instructions given on the app.

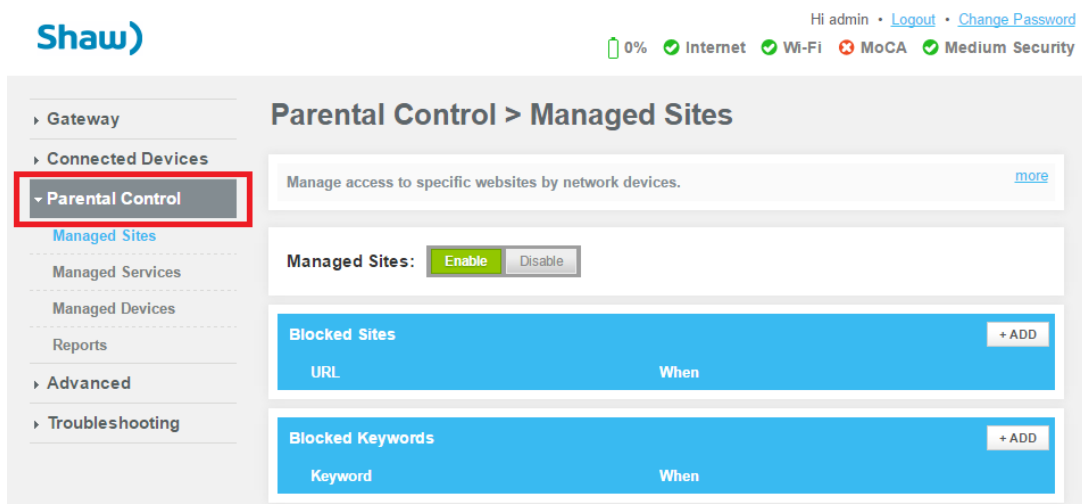


Using a Web Browser:

1. Launch your web browser.
2. Type in **10.0.0.1** in the address bar.



3. Log-in with:
Username: **admin**
Password: **password** (if you have not changed it already)
4. Select **Parental Control** from the menu on the left.



5. Configure Managed Sites, Services and Devices.

For more information on Shaw Parental Settings, visit:

<https://support.shaw.ca/t5/internet-articles/how-to-use-parental-controls-on-the-bluecurve-gateway/ta-p/4980#access>



Mobile Device Parental Controls

The way parental controls work will vary depending on the devices or the apps that you are using.

Android Devices

If you and your family are using Android devices, download and utilize the **Family Link** app. With the app, you will be able to:



- Monitor how much time was spent on an app.
- Set daily time limits.
- Lock their devices at specified times.
- See their location.
- Manage their Apps.
- Access teacher recommended apps to help educate your family about various topics.

Google Play (App Store)

If your child's Google Account is managed with **Family Link**, you can set up parental controls for them.

How to set up parental controls:

1. Open the **Family Link** app.
2. Select your child.
3. Tap **Manage settings**.
4. Select **Controls on Google Play**.
5. Tap the type of content you want to filter.
6. Choose how to filter or restrict access.

For more information on Parental Settings on Android Devices, visit :

<https://families.google.com/familylink/>

and

<https://support.google.com/googleplay/answer/1075738?hl=en>



Apple iOS Devices

If you and your family are using iOS devices, utilize the **Screen Time**  app. Screen Time will give you access to real-time reports about how much time is spent on you and your family's devices. Using Screen time, you will able to:



- Set content and privacy restrictions.
- Prevent iTunes and App Store purchases.
- Enable/disable built-in features.
- Prevent explicit content and content ratings.
- Prevent web content.
- Restrict Siri web search.
- Restrict Game Centre.

How to Turn on Screen Time

1. Go to **Settings**.
2. Select **Screen Time**.
3. Tap **Turn On Screen Time**.
4. Tap **Continue**.
5. Select **This is My [device]** or **This is My Child's [device]**.

For more information on Parental Settings on Android Devices, visit:

<https://support.apple.com/en-us/HT208982>

and

<https://support.apple.com/en-us/HT201304>



Social Media Privacy Settings

Facebook

How to Access Privacy Settings:

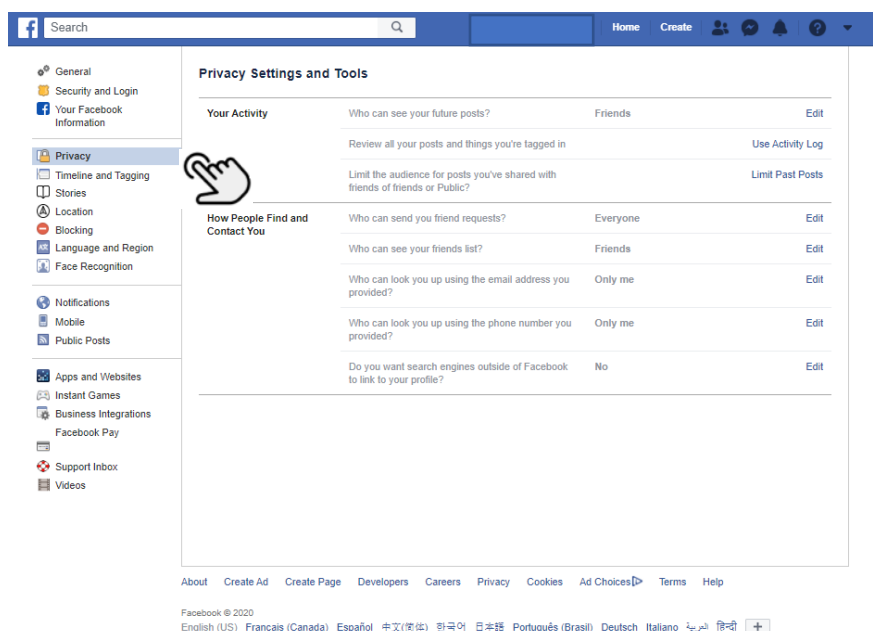


New Facebook/Mobile

1. Click  on the top right-hand corner of Facebook. If you are on a mobile device, tap .
2. Select **Settings & Privacy**.
3. Select **Settings**.
4. Click or tap on **Privacy** on the left column to change your settings. If you are on a mobile device, scroll down to **Privacy** to change your settings.

Classic Facebook

1. Click  on the top right-hand corner of Facebook
2. Select **Settings**.
3. Click **Privacy** in the left column.



For more information on Facebook Privacy Settings, visit:

<https://www.facebook.com/help/1297502253597210>



Facebook Privacy Check-up

Privacy Checkup guides you through some of your privacy and security settings. You can review your choices to ensure that you are only sharing your personal content with the people you want. Facebook Privacy Check-up has the following sections:

Who can see what you share on Facebook?

This section will check:

- Who can see certain information on your profile, such as your phone number, email, birthday, and relationship status.
- Who can see your future and past posts.
- Who you have blocked on Facebook.

Account security

This section will check:

- Your password.
- Your notification settings to let you know when someone has attempted to log into your account from a place that Facebook does not recognize.

How people can find you on Facebook?

This section will check:

- Who can send you friend requests.
- Who can look you up on Facebook by your phone number or email address.

Data settings on Facebook

This section lets you review and remove recently used apps and websites from other companies that you have used Facebook to log into.

How to Access Privacy check up

New Facebook

1. Click or tap  on the top right-hand corner of Facebook.
2. Select **Settings & Privacy**
3. Select **Privacy Checkup**.



Classic Facebook

1. Click  at the top of any page on Facebook (example: your homepage).
2. Select **Privacy Checkup**.

For more information on Facebook Privacy Checkup, visit:

<https://www.facebook.com/help/443357099140264>

Instagram

How to access privacy settings:



Mobile Devices

1. Go to your profile by tapping on your profile picture.
2. Tap .
3. Tap  **Settings**.
4. Tap **Privacy**.
5. Instagram privacy settings enable you to change your Account Privacy, Interactions, and Connections with other users.

Computer or Mobile Browser:

1. **Go to [instagram.com](https://www.instagram.com)** on your computer or mobile browser.
2. Click .
3. Click .
4. Click **Privacy and Security**.
5. Instagram privacy settings enable you to change your Account Privacy, Interactions, and Connections with other users.

For more information on Instagram Privacy Settings, visit:

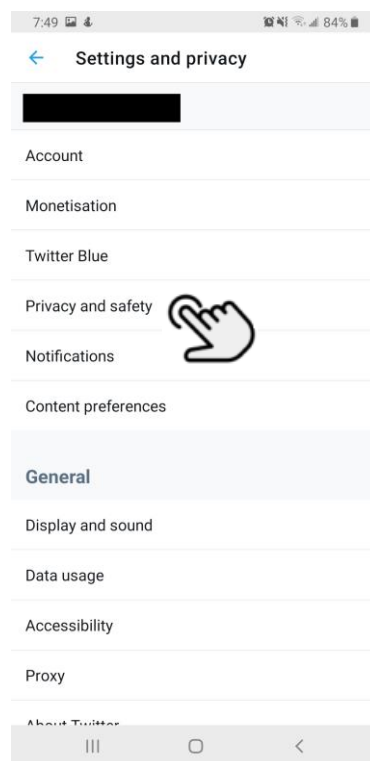
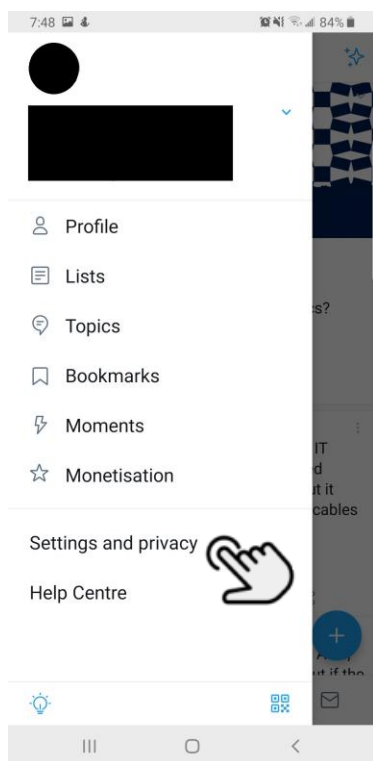
<https://www.facebook.com/help/instagram/448523408565555>



Twitter

How to access privacy settings:

1. Click or tap your profile on the top left-hand corner of Twitter.
2. Select **Setting and privacy**.
3. Select **Privacy and safety**.



4. Twitter privacy settings enable you to change your Tweet Protection, Direct Messages, Live Video, Discoverability, Safety, Location, and personalization and data settings.

For more information on Twitter Privacy Settings, visit:

<https://help.twitter.com/en/safety-and-security#ads-and-data-privacy>



Snapchat

How to access privacy settings:



1. Click or tap your profile on the top left-hand corner of Snapchat.
2. Tap **the gear button** in the Profile screen to open **Settings**.
3. Scroll down to the '**Who Can...**' section and tap an option

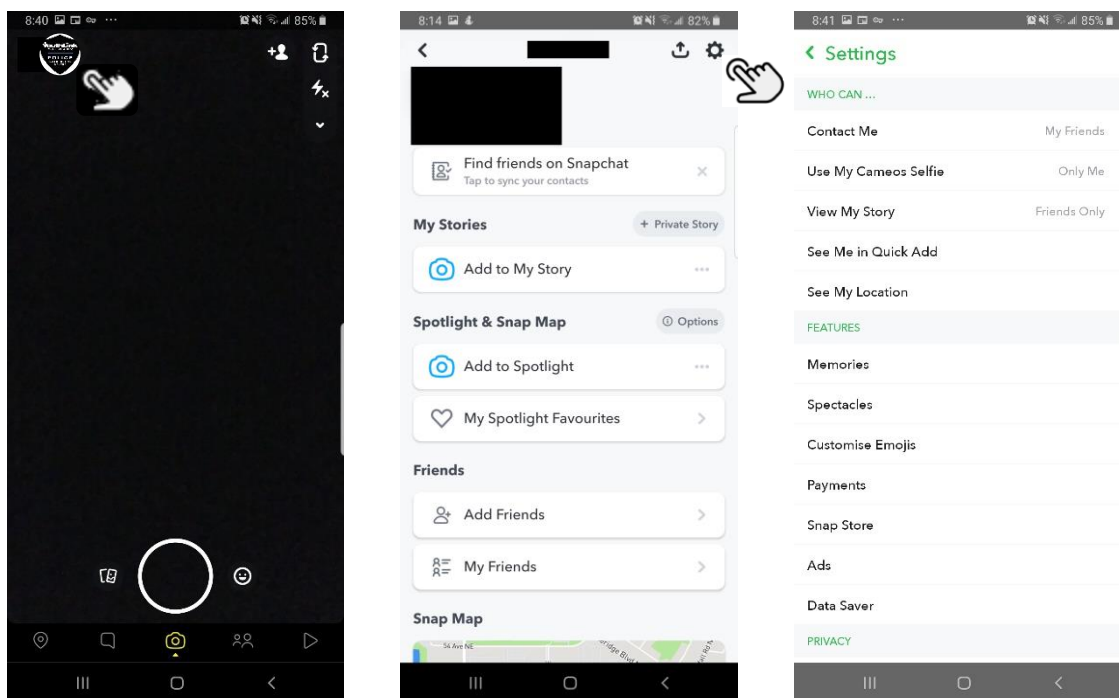
4. Privacy setting options include:

- Who can contact you.
- Notifications
- Who can view your story.
- Who can see your location.
- Who can use your Cameos Selfie.

NOTE: Cameo Selfie is a function that allows the user to add their selfies to videos and/or GIFs on Snapchat.

- Who can see you in Quick Add.

NOTE: Quick Add option is similar to Facebook's *People You May Know* feature. Snapchat will suggest other users based on your mutual friends, interests and other metrics.



5. Choose an option, then tap the back button to save your choice.

For more information on Snapchat Privacy Settings, visit:

<https://support.snapchat.com/en-US/a/privacy-settings2>

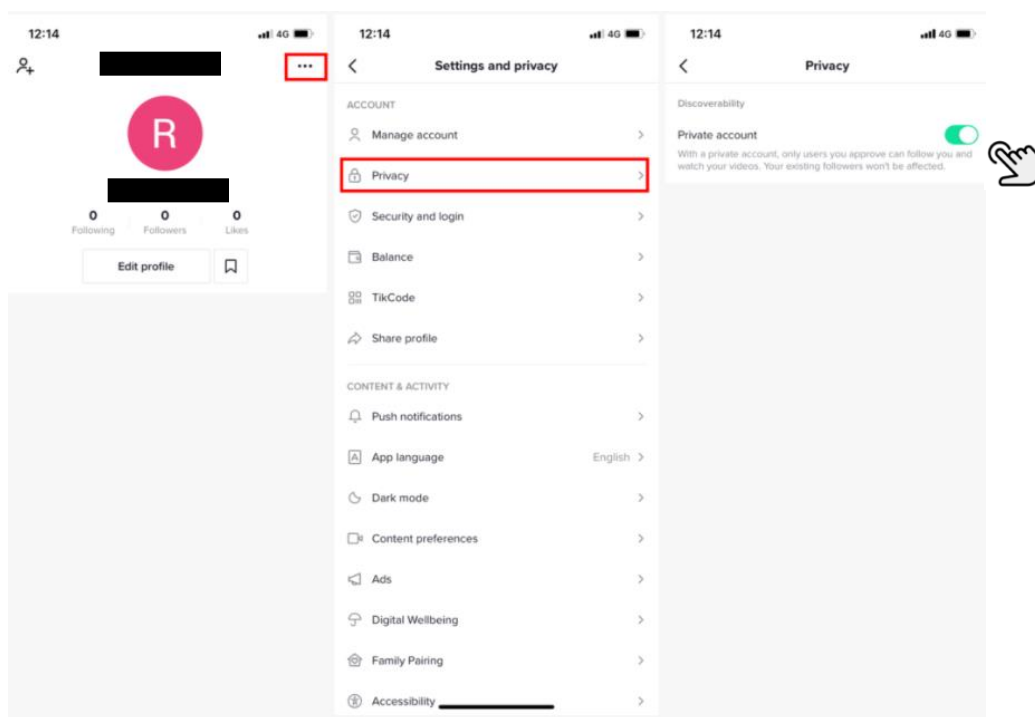


TikTok

How to access privacy settings:



1. Go to **Me** on the bottom right-hand corner.
2. Go to your profile page.
3. Tap three dots on the top right-hand corner.
4. Select **Privacy**.
5. Turn **Private account** on.



NOTE: Even with a private account, the user's profile photo, username, and bio will be visible to all TikTok users. Ensure that there is no sensitive or personal information is included when creating an account.

Source:

TikTok Privacy Settings

<https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/>

For more parent resources on TikTok, visit:

<https://www.tiktok.com/safety/resources/for-parents?lang=en&appLaunch=web>



Social Media Parental Control Settings

YouTube



For your children under the age of 13, there is a family-friendly version of YouTube called **YouTube Kids** (<https://www.youtubekids.com/>). The website or the app provides a version of the service oriented towards children, with selections of content, parental control features, and filtering of videos deemed inappropriate for children aged under 13.

How to access YouTube Parental Settings

1. Tap the Lock icon  in the bottom corner of any page in the app.
2. Complete the multiplication problem or read and enter the numbers that appear. Or, enter your custom passcode.
3. Select Settings .
4. Parental controls include, clearing blocked videos, content level setting and enabling/disabling the search function.

How to set YouTube Timer

You can set a timer on YouTube to prevent excessive use of the app.

1. Tap the lock icon  in the bottom corner of any page in the app.
2. Read and enter the numbers that appear or enter your custom passcode.
3. Select Timer.
4. Use the slider bar or the  and  icons to set a time limit.
5. Tap Start Timer.

Kids will see a "Time's up!" notification and the app will be locked once the time limit is reached.

To unlock the screen:

1. Tap the lock icon  in the bottom corner of any page in the app.
2. Read and enter the numbers that appear or enter your custom passcode.
3. Select Timer, then tap End Timer.

For more information on YouTube Parental Controls, visit:

<https://support.google.com/youtubekids/answer/6172308?hl=en>



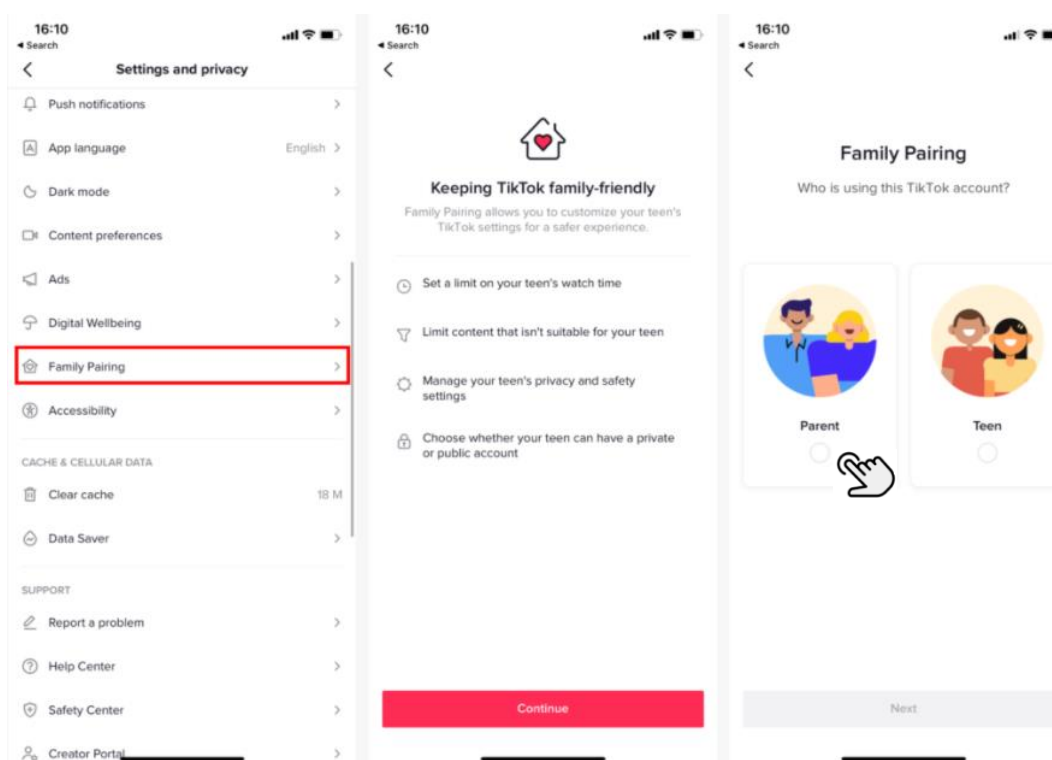
TikTok

TikTok has a **Family Pairing** that enables you to customize your youth's safety needs. You will be able to manage how much time can be spent on the app, block inappropriate content and privacy settings on your youth's account.



How to access Digital Wellbeing settings

1. Go to **Me** on the bottom right-hand corner.
2. Go to your profile page.
3. Tap three dots on the top right-hand corner.
4. Go to **Family Pairing**.
5. Follow the on-screen instructions based on your needs.



Source:

TikTok Privacy Settings

<https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/>

For more parent resources on TikTok, visit:

<https://www.tiktok.com/safety/resources/for-parents?lang=en&appLaunch=web>



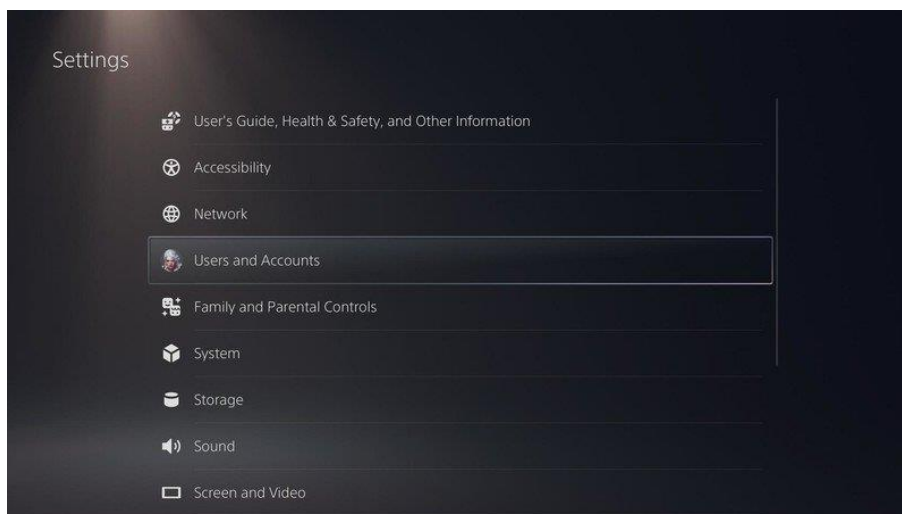
Parental Controls on Gaming Consoles

Things you can control:

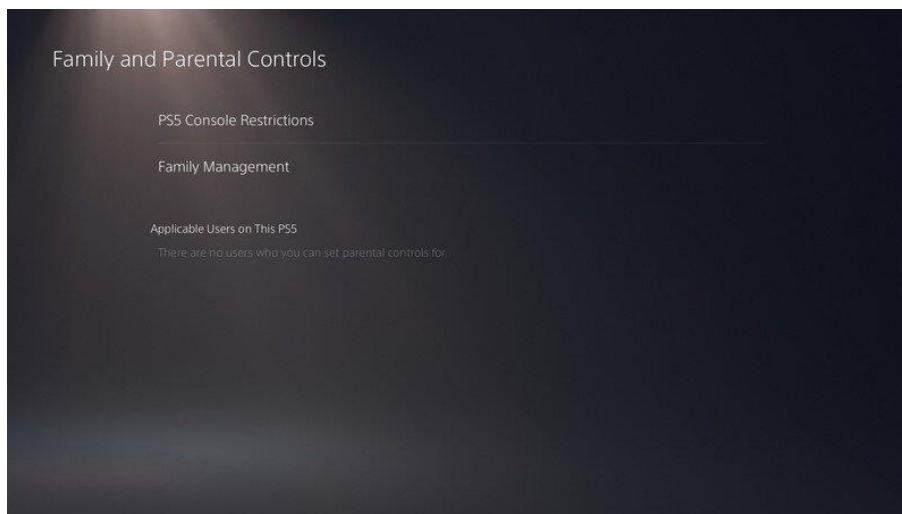
- Play time.
 - Monthly spending limits in online stores.
 - Communication with other players.
 - Viewing content created by other players.
 - Age restrictions on games, Blu-ray and DVD's.
 - Use of internet browser on the console.
 - Use of Virtual Reality (VR) devices.
- Note: Use of VR devices are not recommended for children under the age of 7.

PlayStation 5

1. On the main menu, go to **Settings**.
2. Select **Family and Parental Controls**.

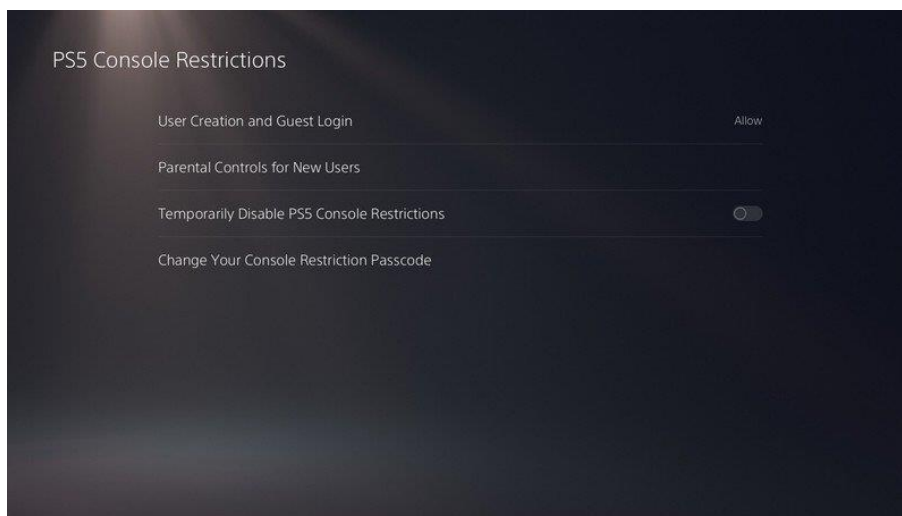


3. Select **PS5 Console Restrictions**.

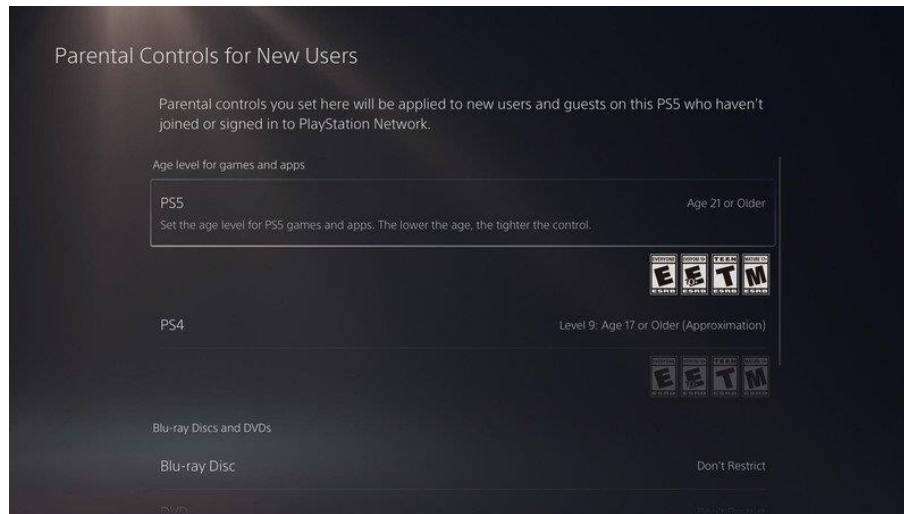


4. Enter the **restriction passcode**. It is set as 0000 as default.
From here you can change:

- The restrictions for creating new accounts
- Access parental controls for new users
- Temporarily disable restrictions
- Change the passcode.



5. Select **Parental Controls for New Users** to enable age restrictions on:
- Games playable for PS5 and PS4
 - Blu-rays and DVDs
 - Web browsing
 - Restrict PS Virtual Reality use.



NOTE: Currently, the PS4 offers more parental setting features than PS5.

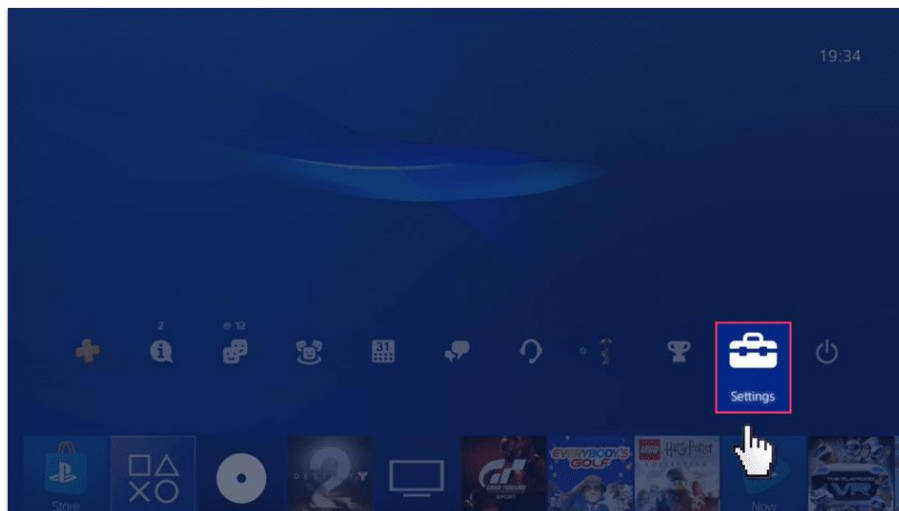
Source:

<https://www.androidcentral.com/how-set-parental-controls-ps5>

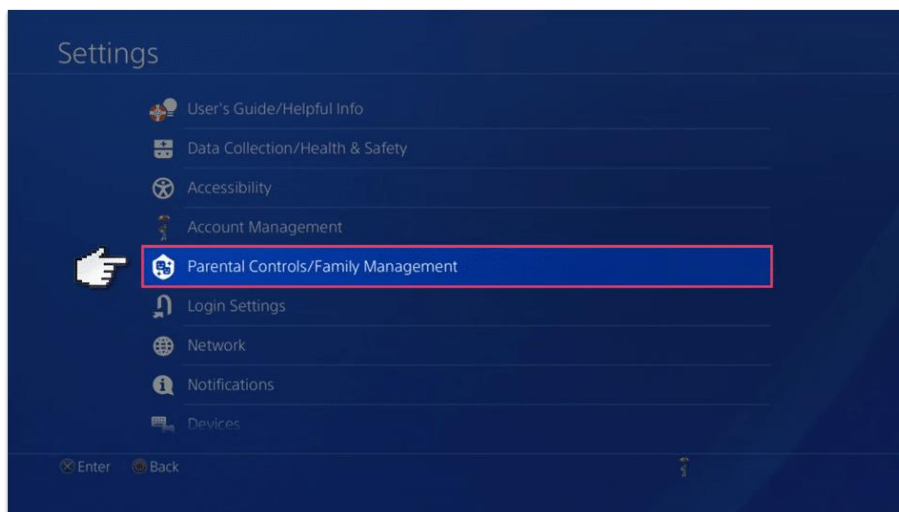


PlayStation 4

1. On the main menu, go to **Settings**.



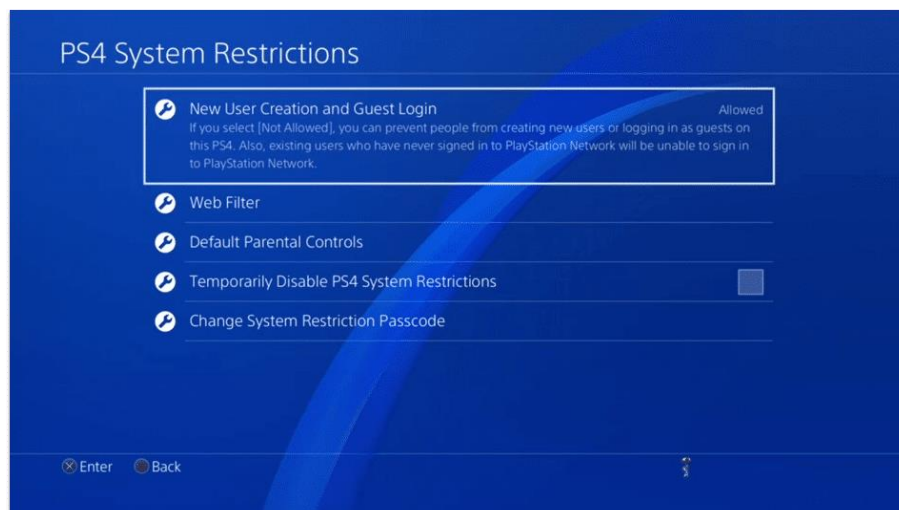
2. Select **Parental Controls/Family Management**.



3. Select **PS4 System Restrictions**.



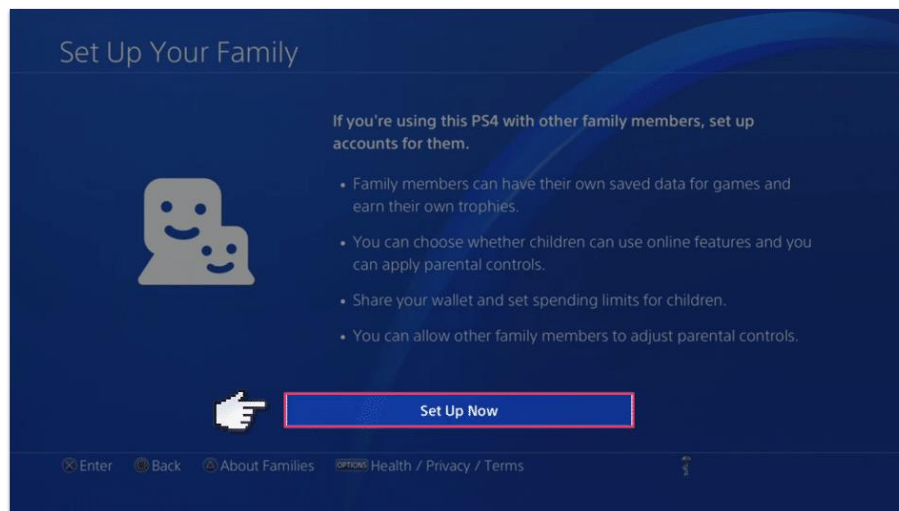
4. **Change System Restriction Passcode.** This will prevent your child from changing the parental settings.
5. If your child is the only person using the PS4, then you can also restrict new users from being created and disable the guest user. This means that the parental controls will apply to for the entire console no matter who is using it.



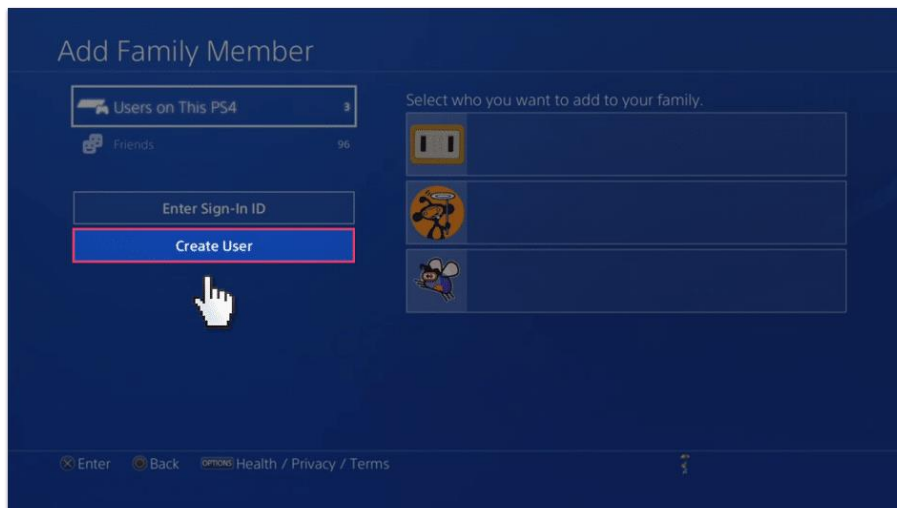
6. If there are more than one user in your household, then go back to the **Parental Controls/Family Management** and select **Family Management**.



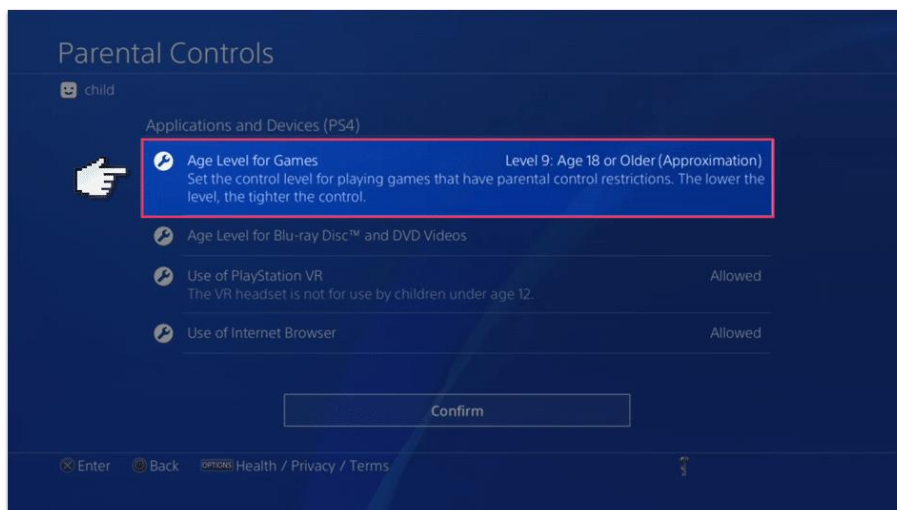
7. Choose **Set Up Now** to start. You will need to verify your email address if you have not done so already.



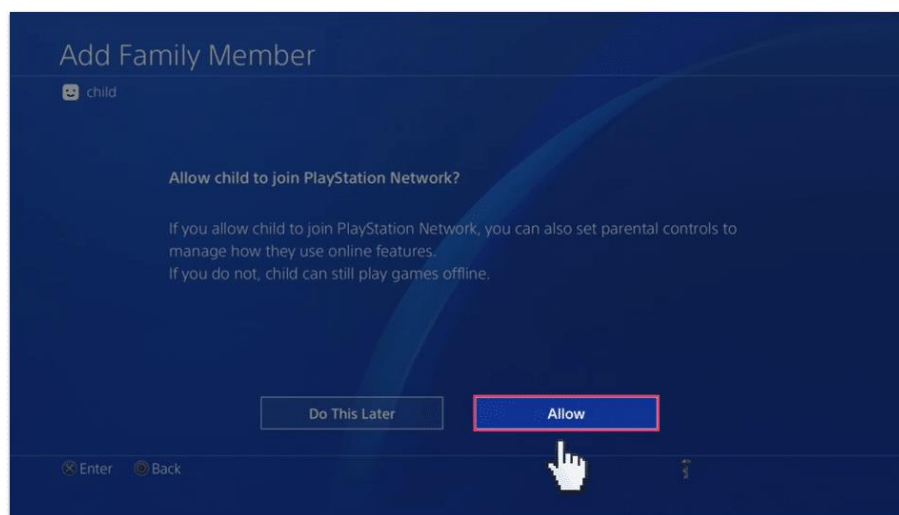
8. Select **Create User** to create an account for your child on the PS4.



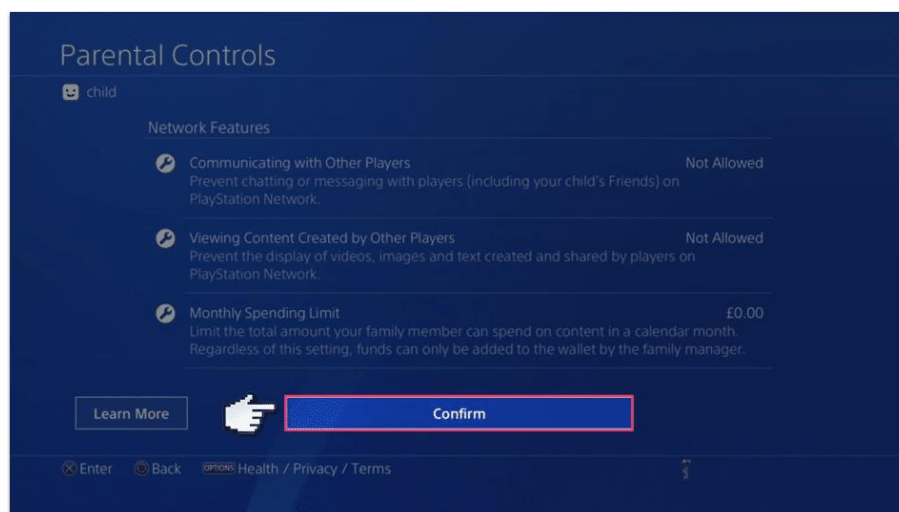
9. To set up parental controls for your child's account, select **Age Level for Games** and choose the most appropriate age. This can be set differently for each user.



10. The PlayStation Network (PSN) allows your child to play games and interact with other PlayStation users online. Choose **Allow** to enable this feature.



11. Set parental restrictions for your child's PSN use. This includes communicating with other players, viewing content created by other players and monthly spending limit on PSN Store.



Source:

PS4 Parental settings

<https://screentimelabs.com/parental-controls/playstation-4-ps4-parental-controls/>

For more information on parental settings on the PS4, visit:

<https://www.playstation.com/en-ca/explore/ps4/parental-controls/>



Xbox Family Settings App

With the launch of **Xbox Series X** on November 10th, 2020, Microsoft launched the **Xbox Family Settings App**. The app enables you to manage your children's activities on Xbox consoles and enable gaming options that are right for your family. You can set screen time, update content restrictions, and stay on top of incoming friend requests in real time. To link your Xbox console to your personal device, follow the instructions given on the app.

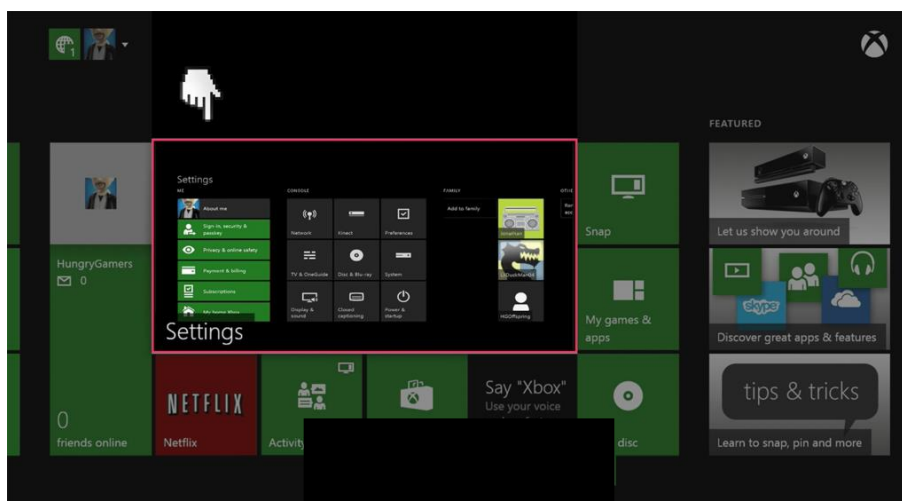


For more information on the Xbox Family Settings App, visit:

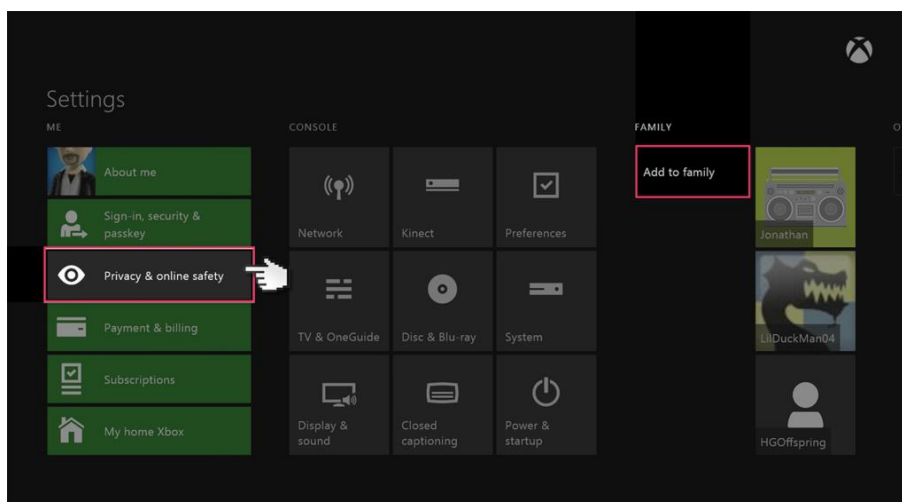
<https://www.xbox.com/en-CA/apps/family-settings-app>

Xbox One

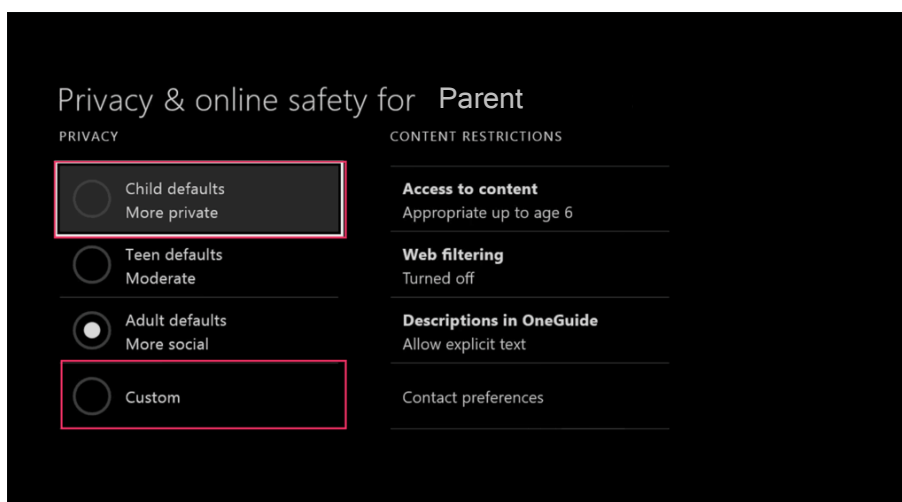
1. On the Xbox One Dashboard, go to **Settings**.



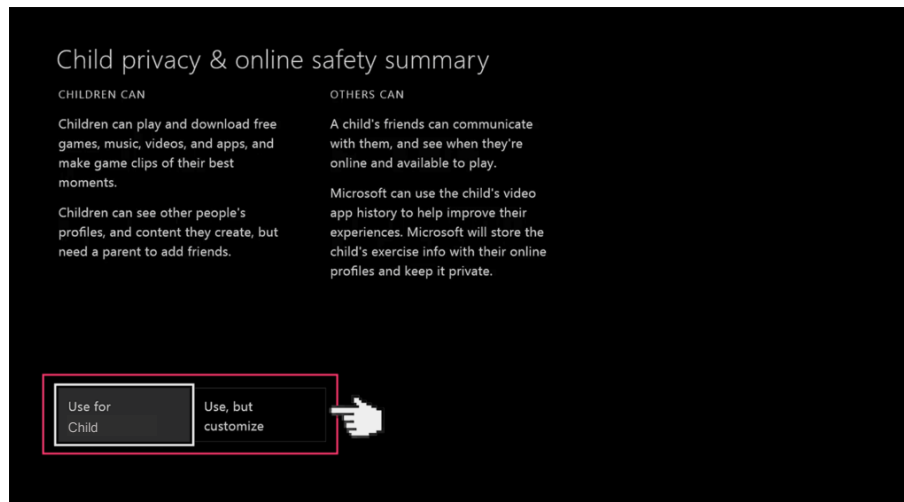
2. Select the **Privacy & online safety** menu.



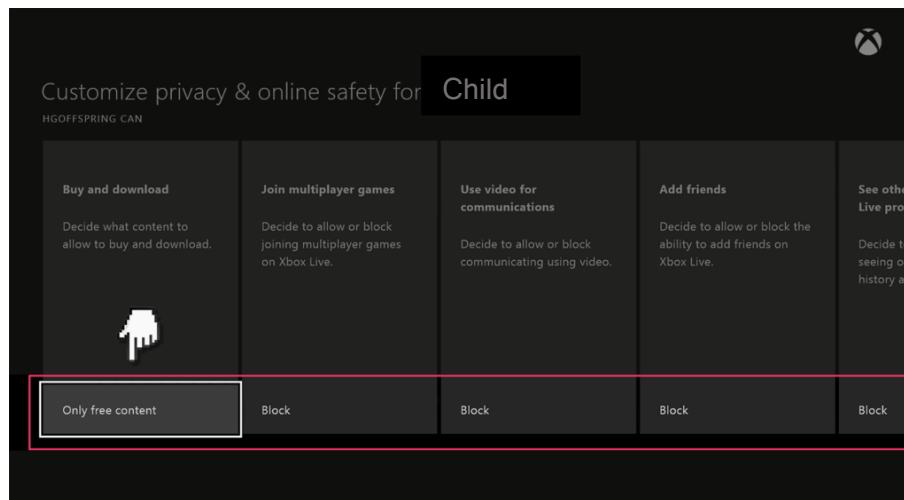
3. Select **Child defaults** to restrict **all adult content** from your console. If there are more than one user in your household, select **Custom** to customize parental setting for each account.



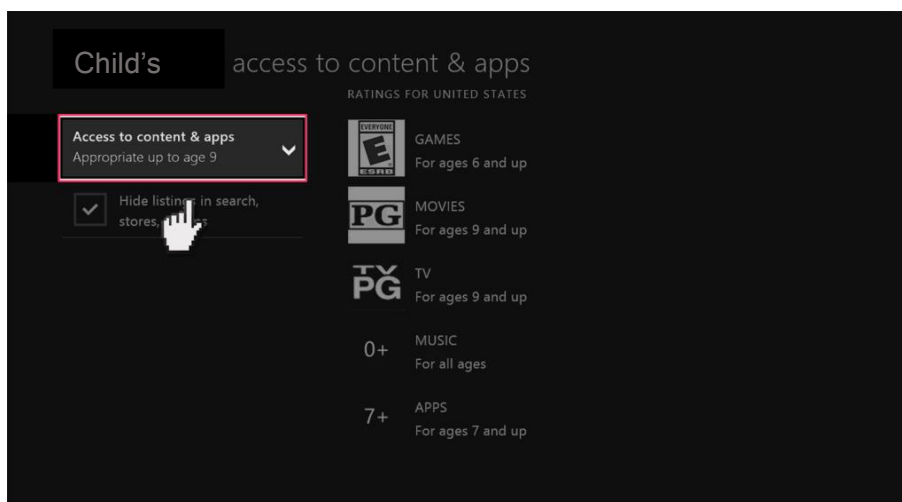
4. Select **Use for (child's name)** for pre-set restrictions or select **Use, but customize** to customize their restrictions.



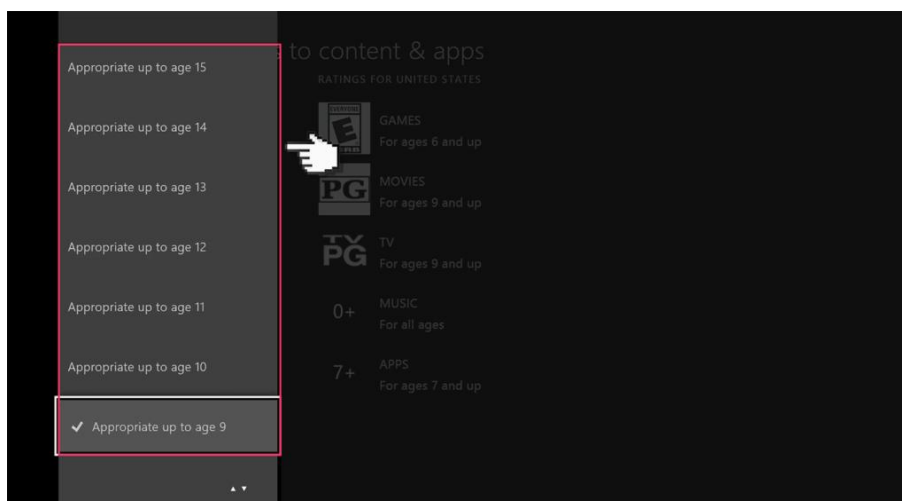
5. There will be several default privacy settings you can choose from. Select one and either keep the default settings or customise them to suit your needs.



6. Next select **content & apps** and choose the **Access to content & apps** menu.



7. Choose age group restrictions.



Source:

Xbox one Parental Settings

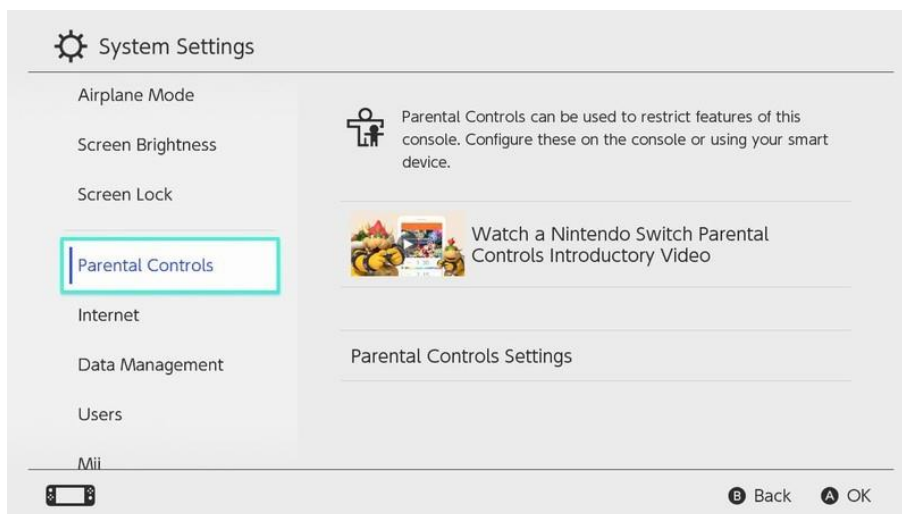
<https://www.internetmatters.org/parental-controls/gaming-consoles/xbox-one-and-xbox-one-s-guide/>



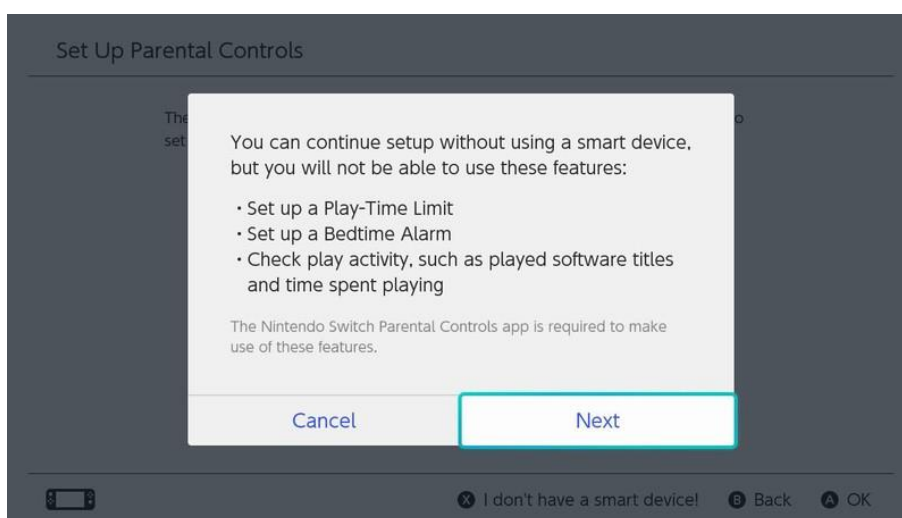
Nintendo Switch



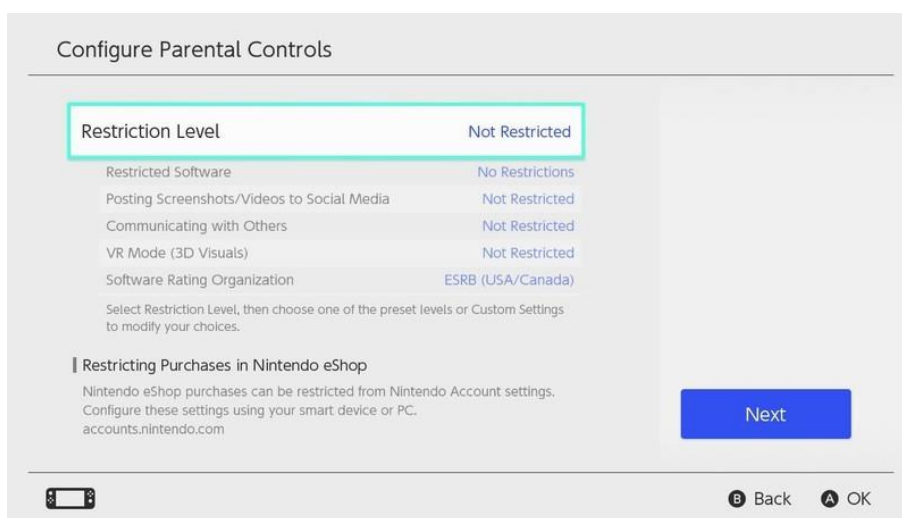
1. Launch **System Settings** from the Home screen on your Nintendo Switch.
2. Scroll down and select **Parental Controls**.



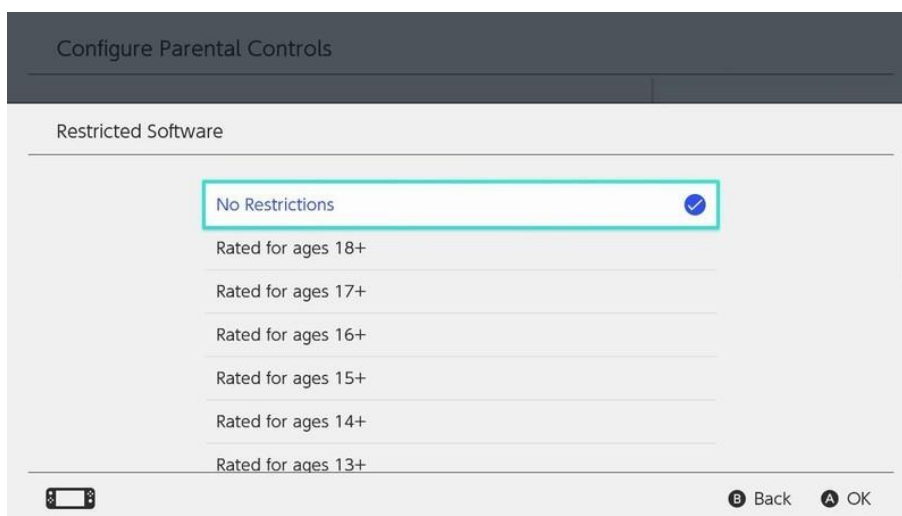
3. Select **Parental Controls Settings** on the right side of the screen. You will be prompted to close any software you are currently using.
4. Here, you will be encouraged to download and install the **Nintendo Switch Parental Controls** app. Using the app, you will be able to monitor your child's activity on your phone in real time. It is NOT mandatory to use this app. However, to use the app, follow the prompts on your Nintendo Switch and on your personal device.



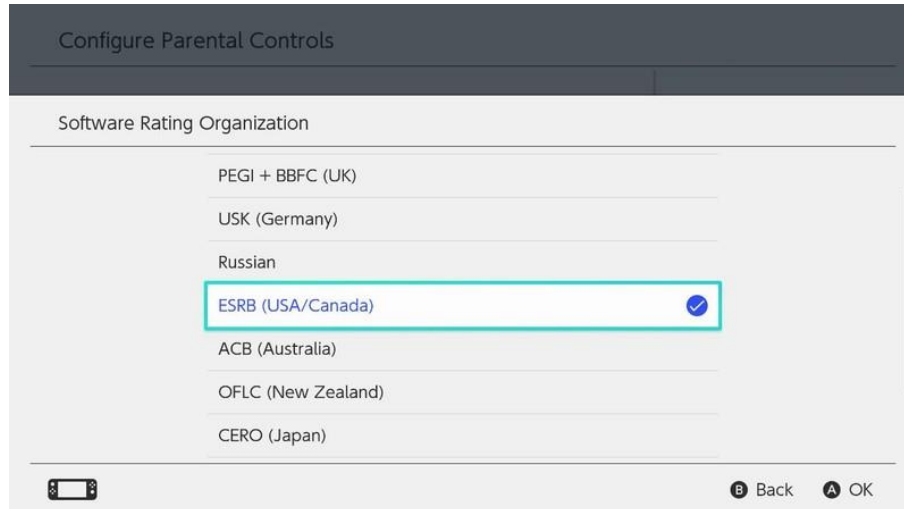
5. After following the instructions above, you will receive a prompt informing you that you will not be able to set a play-time limit, bedtime alarm, or check play activity without using the app.
6. Select **Next** to continue.
7. Select **Restriction Level**.
8. Select **Teen**, **Pre-teen**, or **Child** to use a pre-made setting.



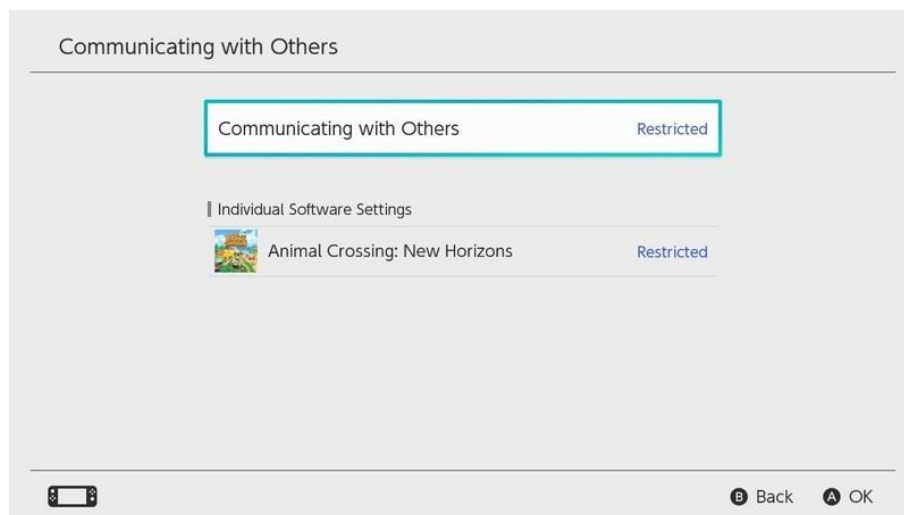
9. To customize further, select **Custom Settings**.
10. Select **Restrict Software** and choose your desired age restriction for your child's account.



11. Select **Posting Screenshots/Videos to Social Media** to restrict the ability to post screenshots on social media. Nintendo account users under 13 CANNOT post to social media regardless of this restriction.



12. Select **Communicating with Others** to restrict sending and receiving messages, use chat features, reading, or sharing user profile information, and viewing and sharing images that the user created.



Source:

Nintendo Switch Parental Settings

<https://www.imore.com/how-set-parental-controls-nintendo-switch>



How to Create a Safe and Secure Password

There are many different methods you can employ to make your passwords safe and secure. This is a method YouthLink recommends!

1. Use a phrase you will **REMEMBER**

Twinkle Twinkle Little Star How I Wonder

2. Take the first letters from each word

T T L S H I W

3. Replace some letters with lowercase, special characters or numbers.

T t 1 \$ H ! W

4. Add the first and last letter of the website to make each one unique.

For **Facebook:**

F T t L \$ H ! W k

For **Instagram:**

i T t L \$ H ! W M



Resources

1. Calgary Police Service

If you have been victimized by cybercrimes, call the Calgary Police Service non-emergency number, **403-266-1234** to report the crime.

Online sexual exploitation of children must be reported immediately to the Calgary Police Service. Call **9-1-1** for any crimes in progress or life exigent circumstances

Or

Call **403-266-1234** for the Calgary Police Service non-emergency line.

You may also report crimes of this nature anonymously to the **Canadian Centre for Child Protection** at <https://www.cybertip.ca/app/en/report> or **1-866-658-9022**.



If have been victimized by financial cybercrime, follow these steps:

1. File a complaint with the Calgary Police Service and obtain a police case number.
2. Contact your bank/credit card company if any of your financial information was used. Give your police case number to your bank/credit card company to place on file.
3. Provide the police case number to either of the two credit bureau companies, Equifax (1 800 465-7166) or TransUnion and have fraud alerts placed on your credit reports.
4. Report the incident to the **Canadian Anti-Fraud Centre** at <https://antifraudcentre-centreantifraude.ca/report-signalez-eng.htm> or **1-888-495-8501**.

2. Cybertip.ca

The Canadian Centre for Child Protection operates Cybertip.ca, Canada's tip-line for reporting the online sexual exploitation of children.

Cybertip.ca receives and addresses online and telephone reports from the public regarding:

- Child pornography (child abuse images and material)
- Online luring
- Child exploitation through prostitution
- Travelling to sexually exploit children
- Child trafficking
- Making sexually explicit material available to a child

cybertip!ca®



- Agreement or arrangement with another person to commit a sexual offence against a child
- Non-Consensual Distribution of Intimate Images (of an individual under 18 years of age)

You **can anonymously report incidents of online sexual exploitation of at** <https://www.cybertip.ca/app/en/report> or **1-866-658-9022**

3. The Canadian Anti-Fraud Centre

The Canadian Anti-Fraud Centre collects information on fraud and identity theft. They provide information on past and current scams affecting Canadians. If you think you're a victim of fraud, report it by going to <https://antifraudcentre-centreantifraude.ca/report-signaliez-eng.htm> or by calling **1-888-495-8501**



4. Kids Help Phone

Kids Help Phone is a 24/7 national support service. They offer professional counselling, information and referrals for young people in Canada. All their services are completely confidential. Kids Help Phone also offers a wide range of articles, tools and resources on their website to help young people through challenges or experiences they may encounter. You can reach Kids Help Phone via

Text: 686868

Phone: 1 800 668 6868

Website: KidsHelpPhone.ca



Contact information

Did you like this presentation?

Would you like to recommend or book another program for another group?

Would you like to learn more about our organization, interpretive centre, school or public programs?

Visit our website:

www.youthlinkcalgary.com

...or contact YouthLink at:

- info@youthlinkcalgary.com
- 403-428-4530



Special Thanks



A very special thanks to

The Calgary Police Youth Foundation

for their generous funding of this new program and for supporting many other youth crime prevention programs that have a huge impact on the lives of our young people and their families in Calgary.

