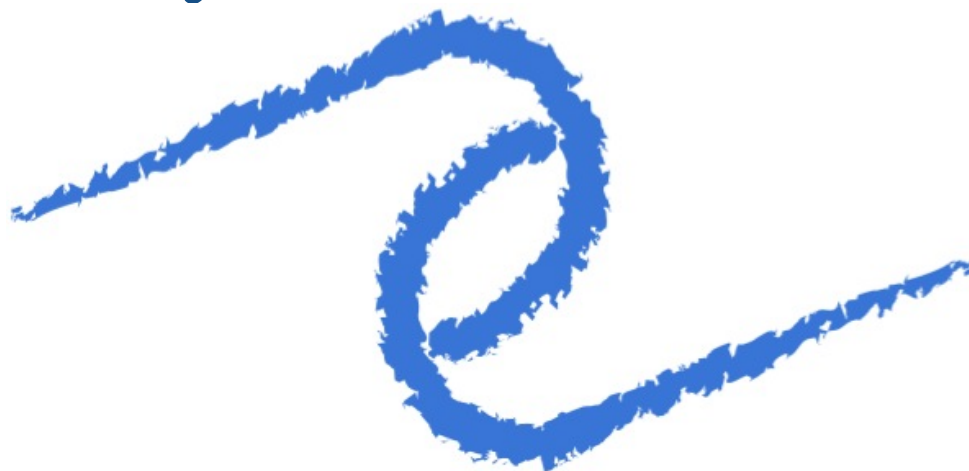


For a copy of this presentation



Jon Moffat

jmoffat@cyberedconsulting.com





Child Tech Contract Tips



- It is my responsibility to be sure the devices are being recharged each night in the _____.
- My devices must be turned off at ____ pm each school night and ____ pm in the summer and weekend nights.
- We will have a set amount of screen time that both parents and kids must follow (not just a teen problem)
- I will not use my devices to take pictures of nudity (or search for), violence or other inappropriate content.
- Child must go over any new apps/social network accounts/video games with parent/guardian prior to use (even if it is free)
- We will not focus on the number of like /followers, instead focusing on using tech to connect/share with real world relationships
- Mom and Dad or guardian will meet all of your followers/digital friends in the real world, no exceptions. (I will not accept friend requests or send friend requests without approval) I will not hack or attempt to get around filters or monitors, this includes searches on how to get around software. I
- I will not hack or attempt to get around filters or monitors, this includes searches on how to get around software.



A Digital Life



- Social Networking
- Webcams & Videos
- Cell Phones
- Apps
- File-sharing
- Personal Finance
- Video Games

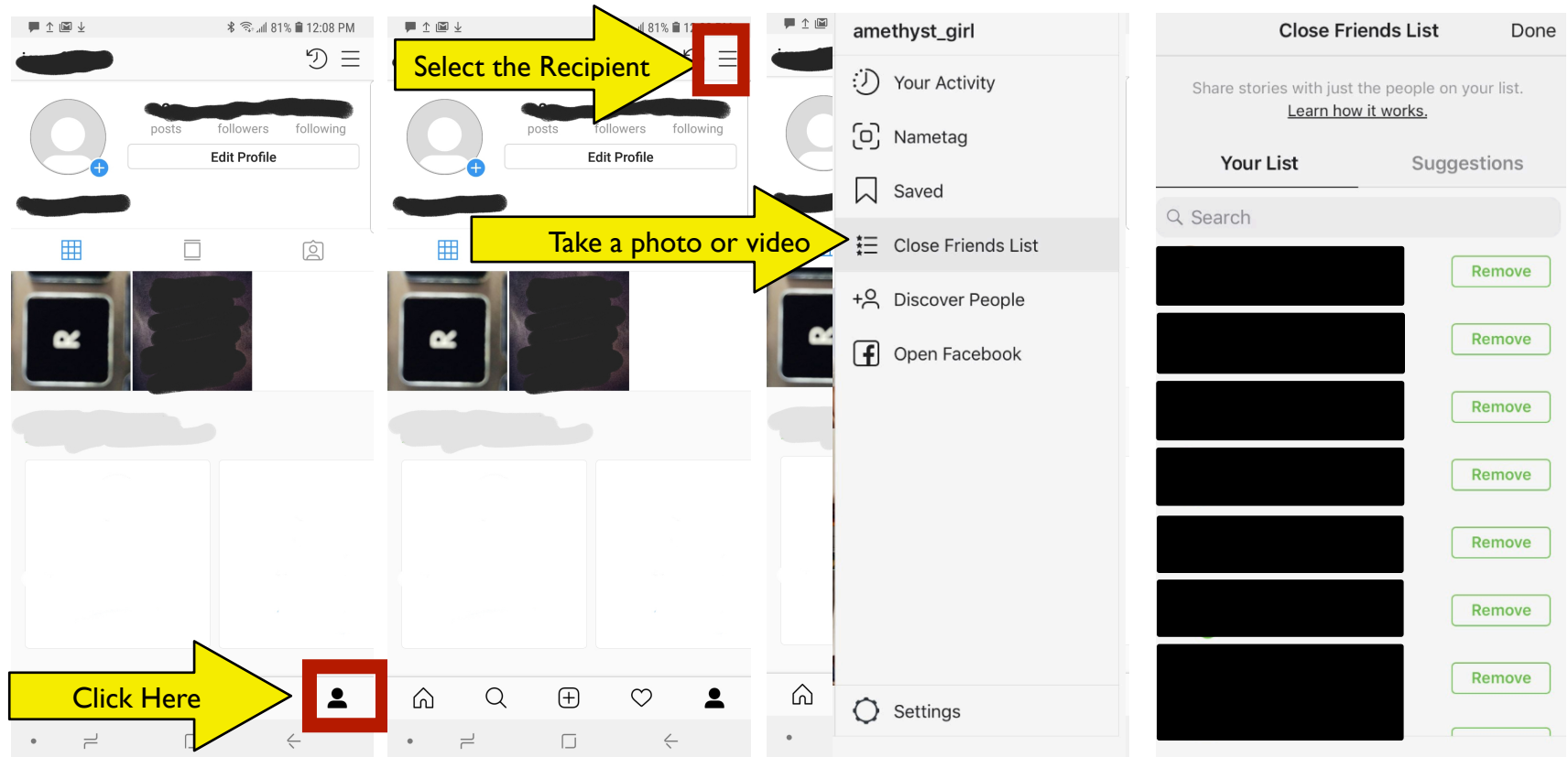
Emotional Well Being and Technology



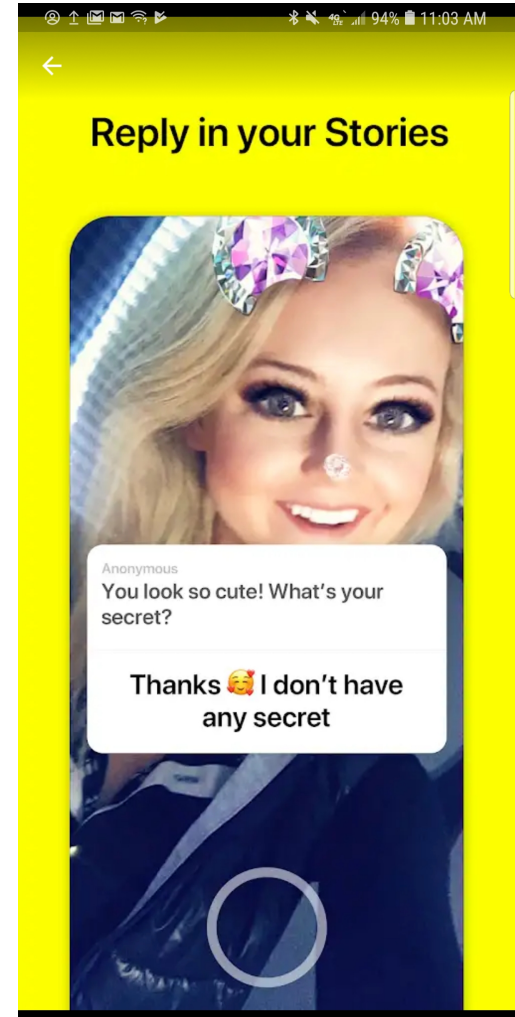
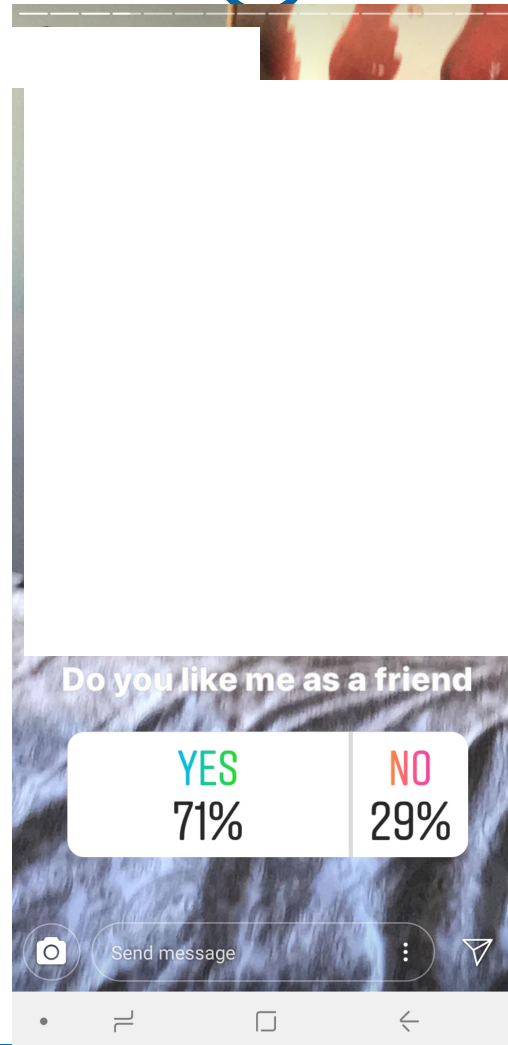
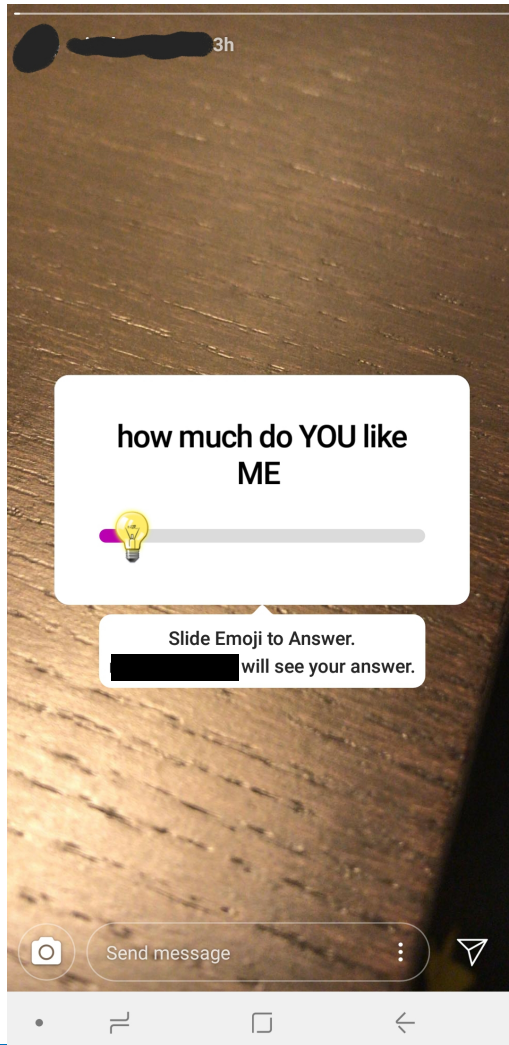
- Adolescents who spent more time on electronic communication and screens (e.g., social media, the Internet, texting, gaming) and less time on nonscreen activities (e.g., in-person social interaction, sports/exercise, homework, attending religious services) had lower psychological well-being.
- Adolescents spending a small amount of time on electronic communication were the happiest.
- These effects were largely driven by female adolescents.
- The increase in use started around 2012 and happiest among teens has dropped ever since.
- This survey did not look at how they were using the screen time, what were they accessing and how was it used.

SOURCE: Twenge, J. M., Martin, G. N., & Campbell, W. K. (2018). Decreases in Psychological Well-Being Among American Adolescents After 2012 and Links to Screen Time During the Rise of Smartphone Technology. *Emotion*. Advance online publication. <http://dx.doi.org/10.1037/emo0000403>

Instagram “Close Friends”

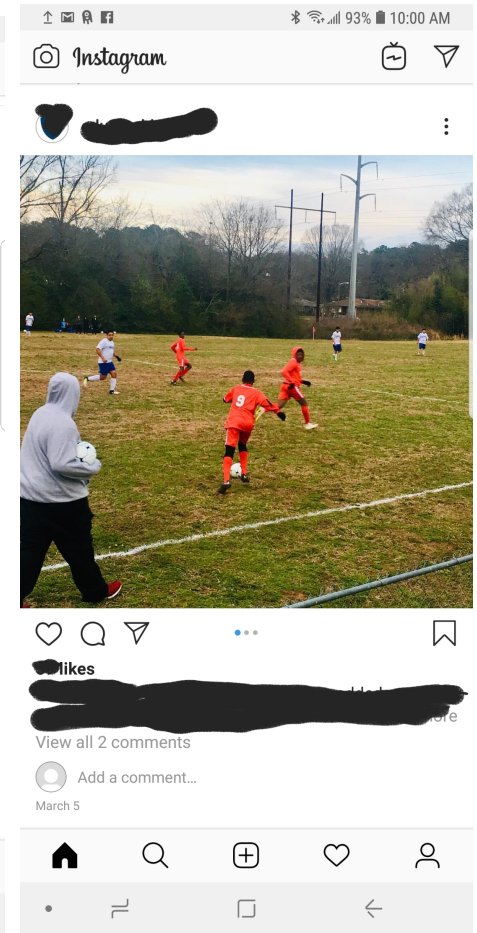


Instagram/Snapchat-YOLO “Surveys” and “Polls”



Filter Bubble & Social Media

- What you follow is shown in your feed
- You control what you see in your feed
- Focus on real world connections and keep up with friends from the real world
- Avoid following celebs/meme accounts that do not add any value

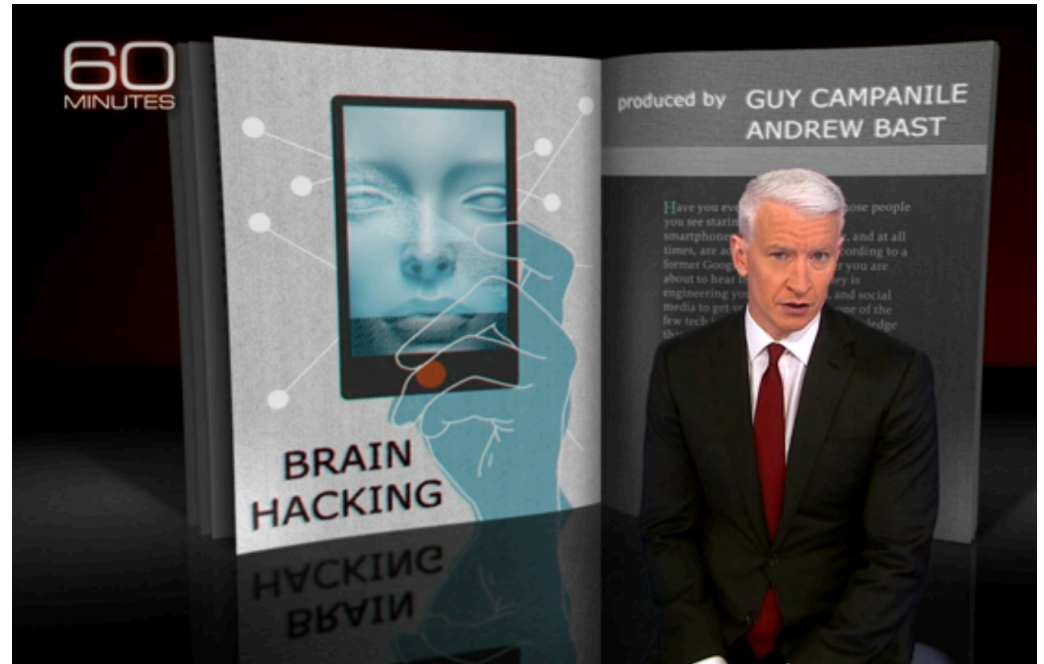




What is “Brain Hacking”?



60 minutes
investigates the
science behind
why phones make
the users more
anxious/addicted



<http://www.cbsnews.com/videos/brain-hacking/>



Instagram Likes

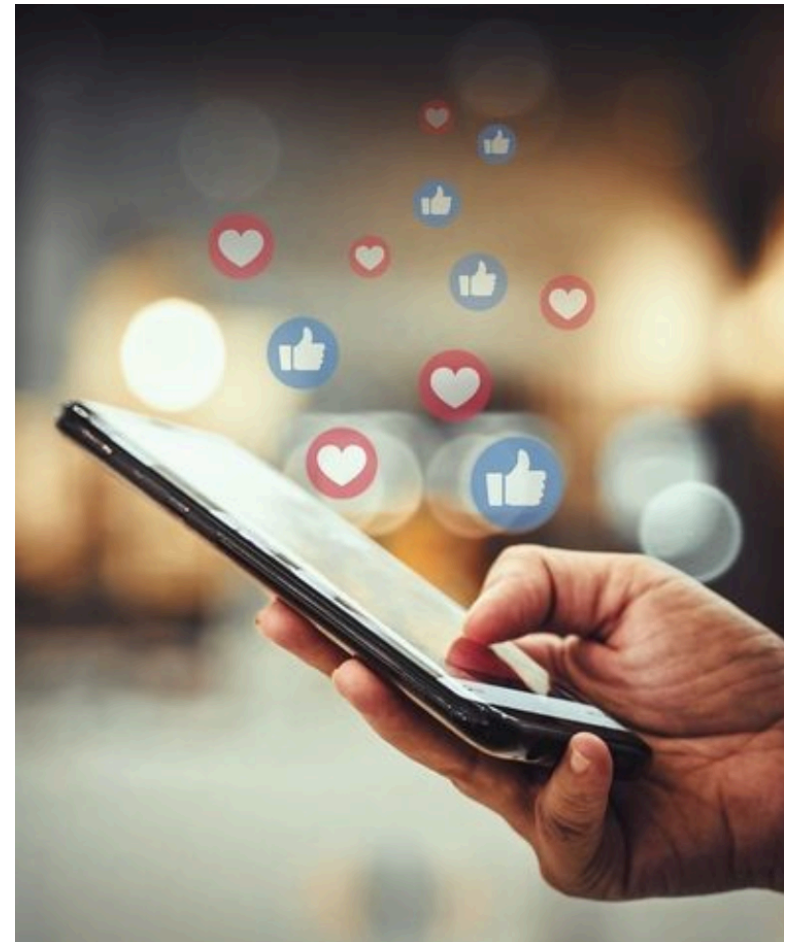




Instagram Likes



- Instagram will test hiding the number of "likes" that photos and videos receive
- It rolled out in many countries will display user posts as usual, but people scrolling through the feed won't see "like" counts
- Users will still be able to view who liked a post
- Account owners will still be able to check the tallies on their own photos and videos by clicking through a prompt





Brain Hacking Solutions

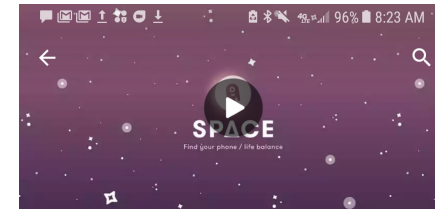


<https://inthemoment.io>

<https://phonelifebalance.com>



iPhone



SPACE - Break phone addiction
SPACE Team
Everyone

INSTALL

In-app purchases



Downloads



20,000



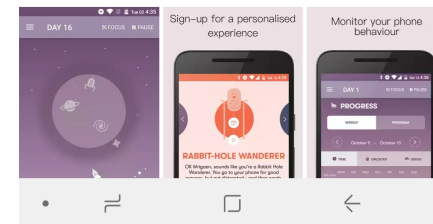
Productivity



Similar

Formerly Breakfree,SPACE beats addiction
so you can Find Your Phone Life Balance

READ MORE

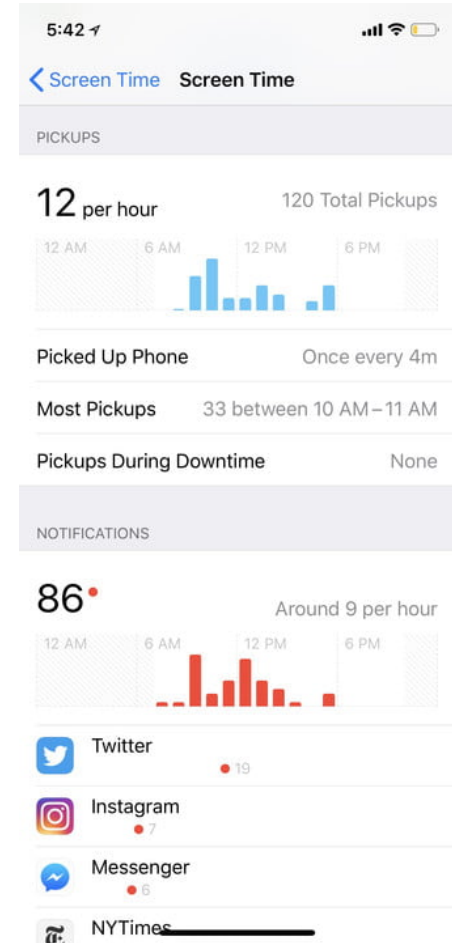
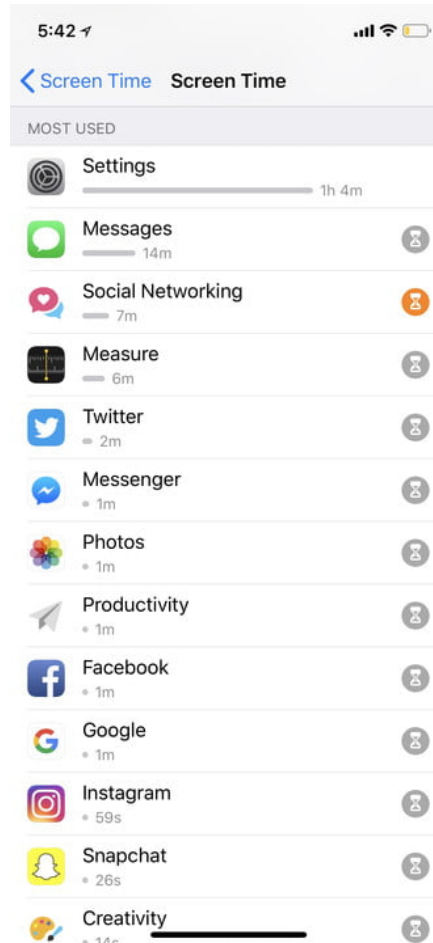
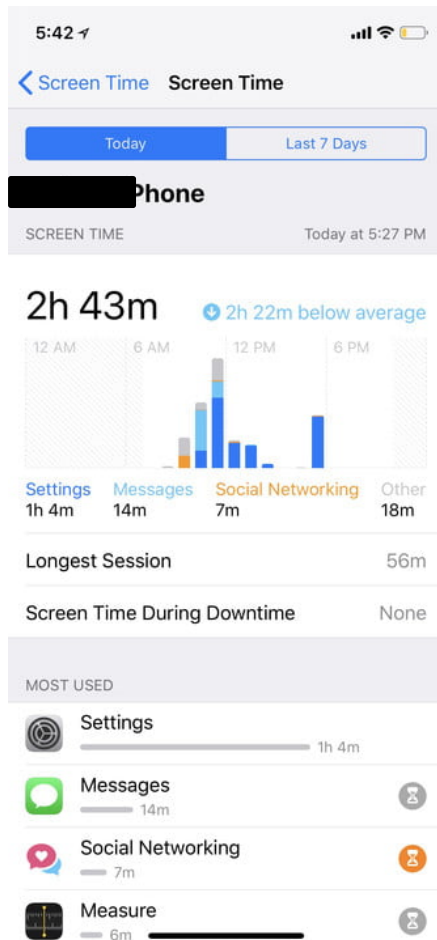


Android



iOS Update

GO to: “Settings” > “Screen Time”





Apple Family Share



Set up Family Sharing

Use these steps to set up Family Sharing. You can start a new family group and invite people to join, or you can join someone else's family group.



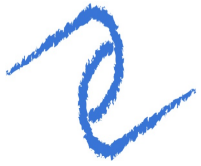
Family Sharing makes it easy for up to six people in your family to share each other's iTunes, iBooks, and App Store purchases without sharing accounts. Pay for family purchases with the same credit card and approve kids' spending right from a parent's device. And share photos, a family calendar, and more to help keep everyone connected.

Monitoring the Digital Age

- Go through devices with them, understand all apps they download, make them the experts and teach you
- Parents must have all passwords to all accounts

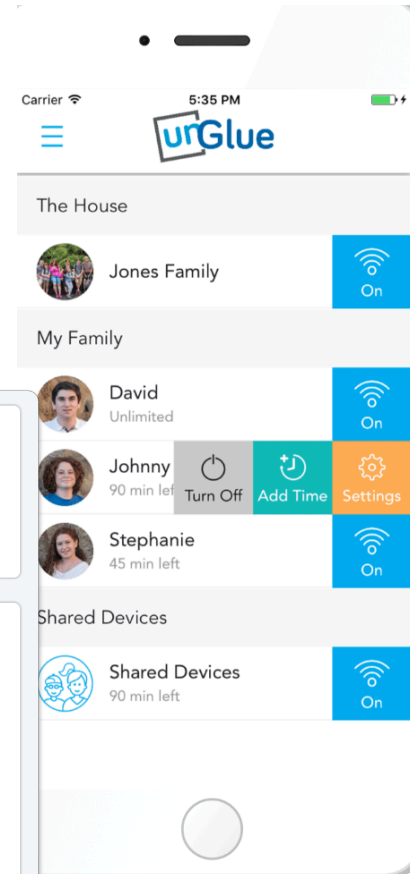
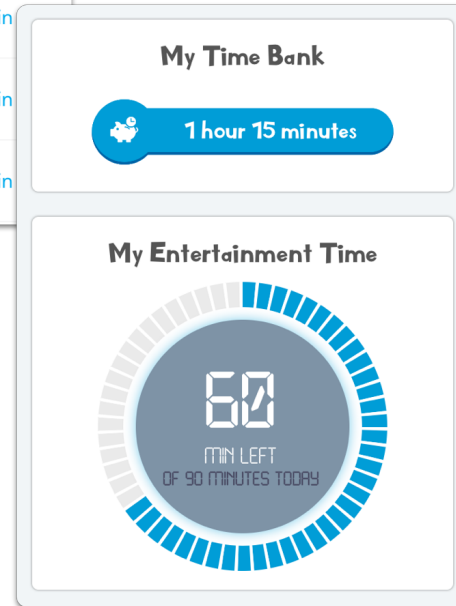
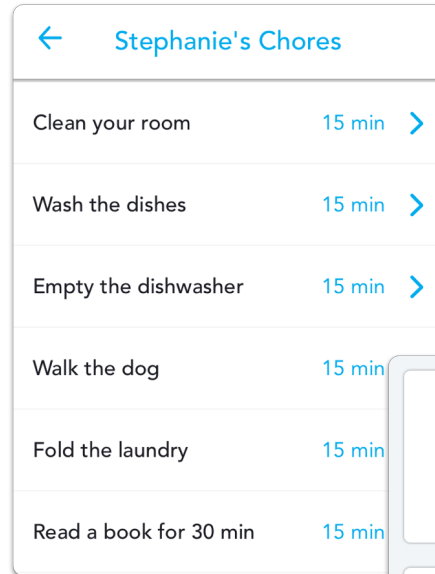
There are apps to monitor(nothings perfect), but the best is device in hand

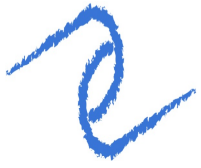
- Unglue app (www.qustodio.com)
- Circle by Disney (www.meetcircle.com)
- OurPACT (www.ourpact.com)



Unglue

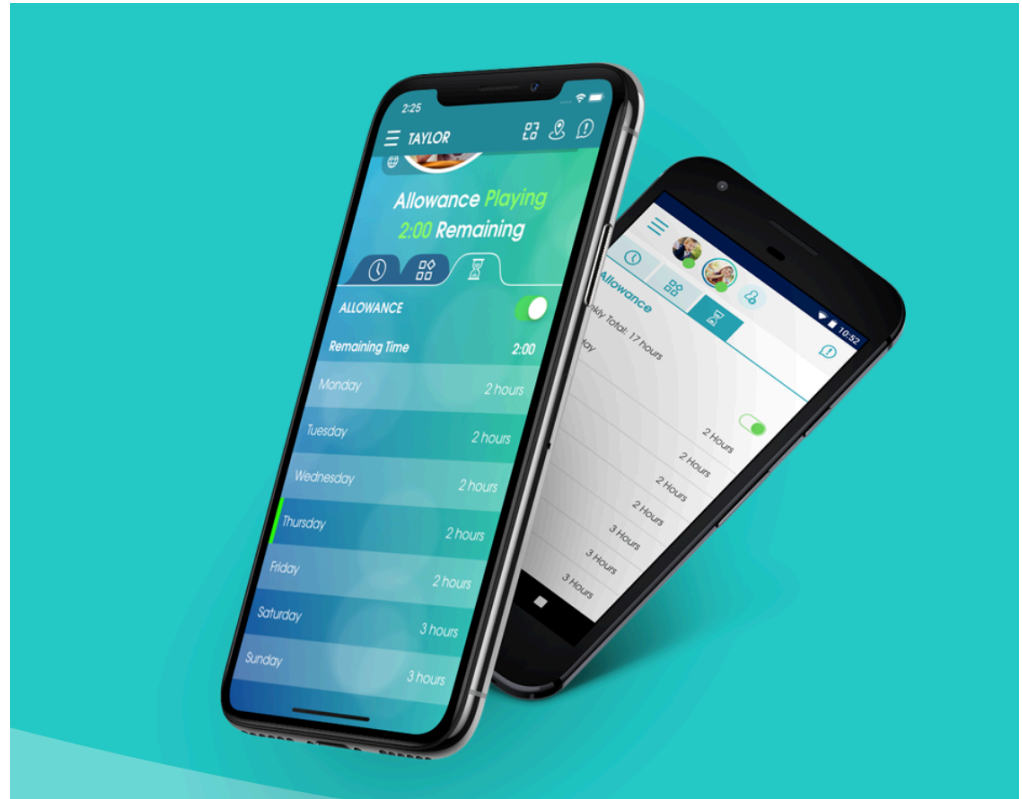
- Monitor all devices including laptops
- Control each device individually
- Self managed time
- Cost Free-\$6.99 month
- No monitoring of Snapchat/Instagram Disappearing messages





OurPact

- Monitor all devices including laptops
- Control each device individually
- Self managed time
- Cost Free-\$6.99 month
- No monitoring of Snapchat/Instagram Disappearing messages
- Only works on mobile devices

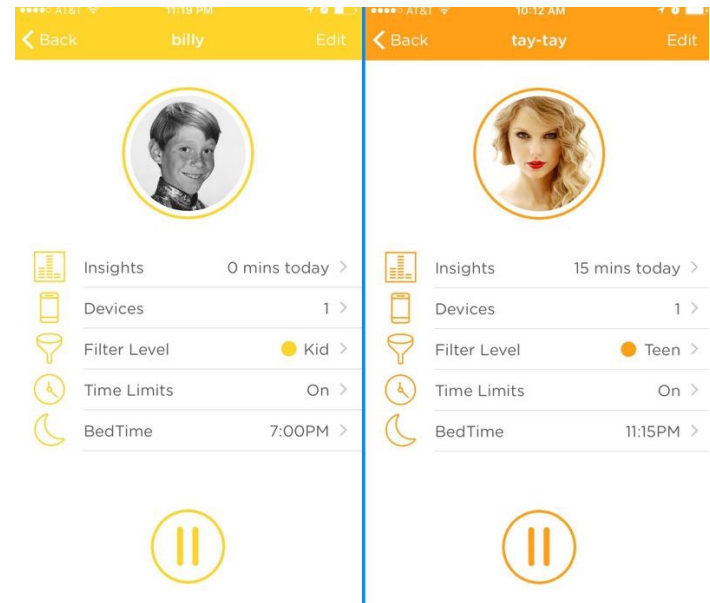




Circle by Disney



- Can track where your kids go on the Net
- Block sites you don't want them to see,
- Limit screen time, and turn the Internet off at night.
- It requires absolutely zero technical expertise to set up
- Can manage all of it from an app on your phone.
- Cost \$129.00 no monthly fee

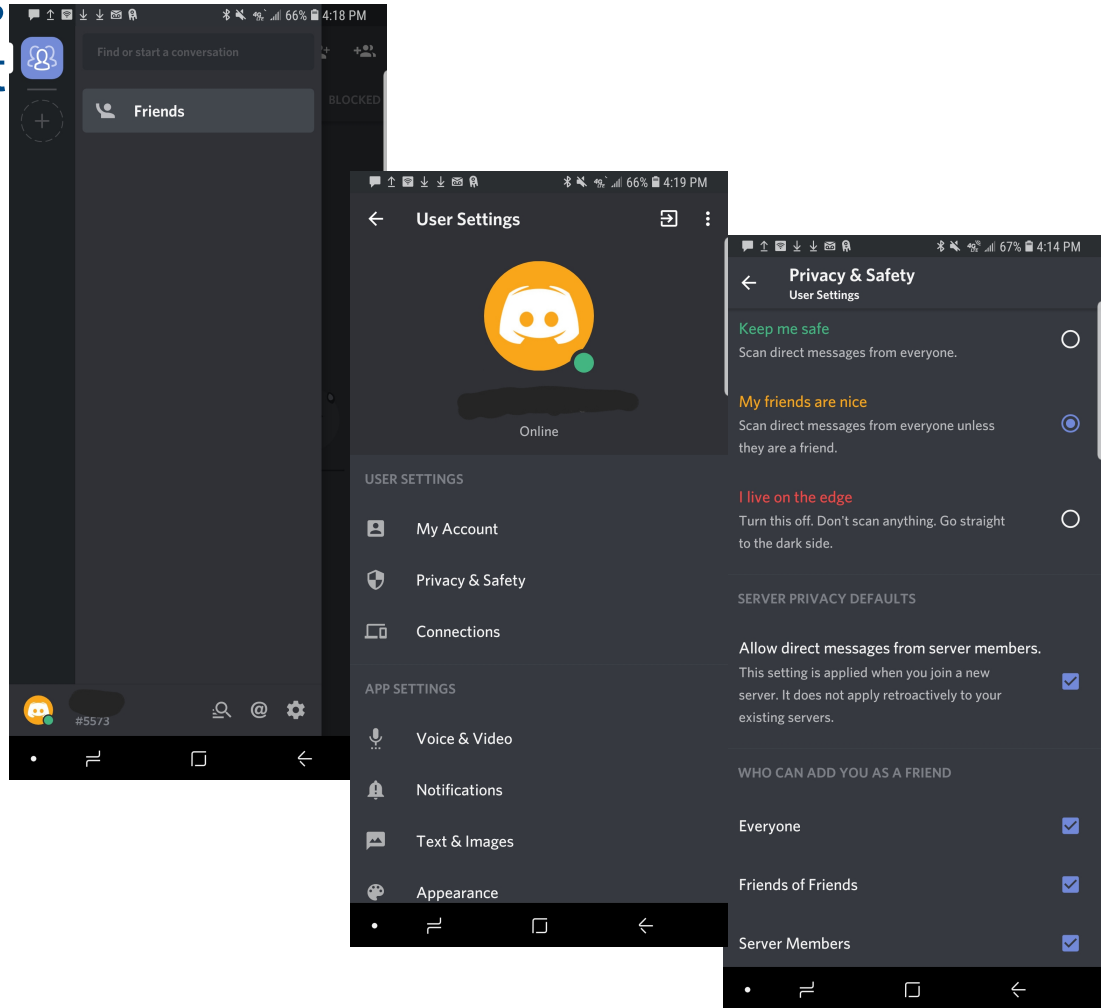




Discord Chat App



- Discord is a app that allows gamers/non gamers to chat across platforms
- Be careful being a moderator on a server, if you do you must be prepared for the responsibility
- Text and voice chat for free
- Can join communities for school, common interests, etc.



What do I know about the App/Game?

What do you use it for?

How does it work?

What does it have access to?

Who else can see it/is on it?

What are the privacy settings?

Is there a way for strangers to send direct messages?

Is there a Chat feature in the Game/App?

Can you block/mute/report someone?

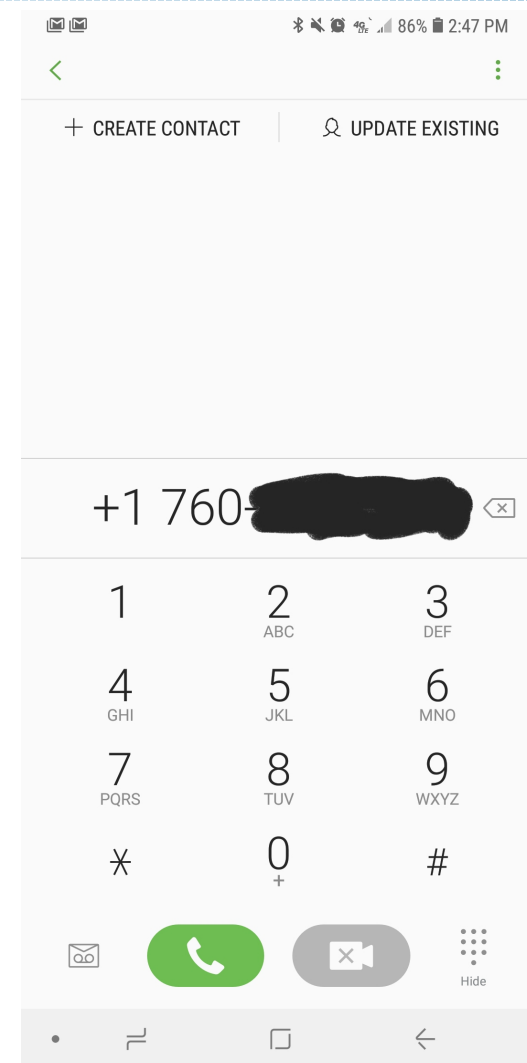
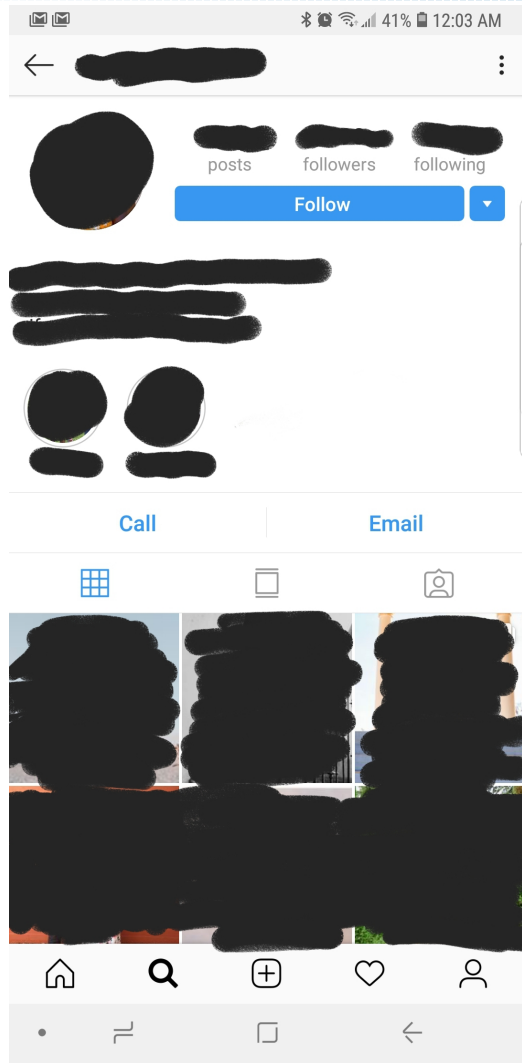
Does the App/Game have a geolocation setting?

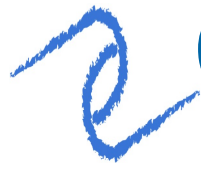
Does it have in app purchases?

What does this thingy do?



Professional & Personal Profiles

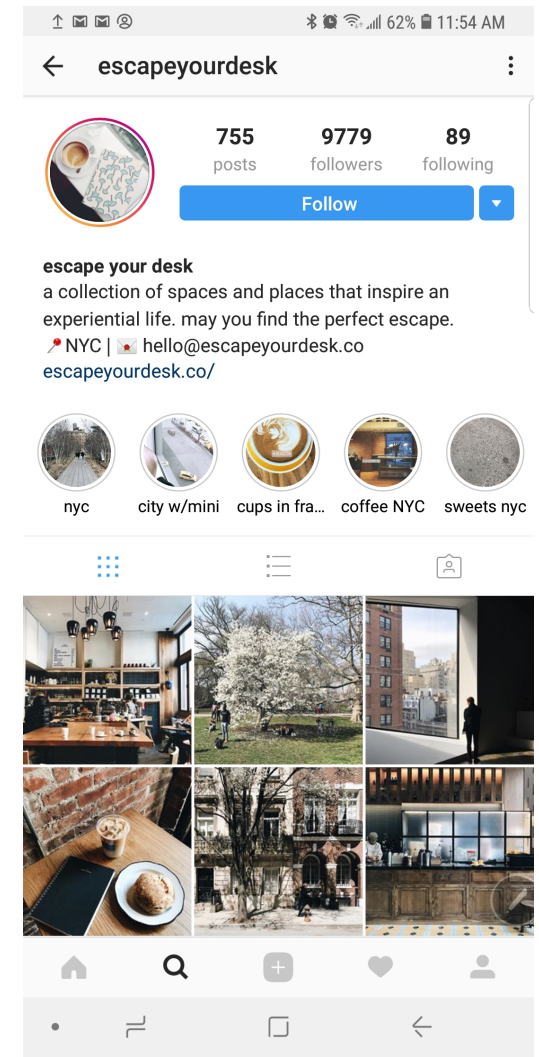




Create A Professional Profile

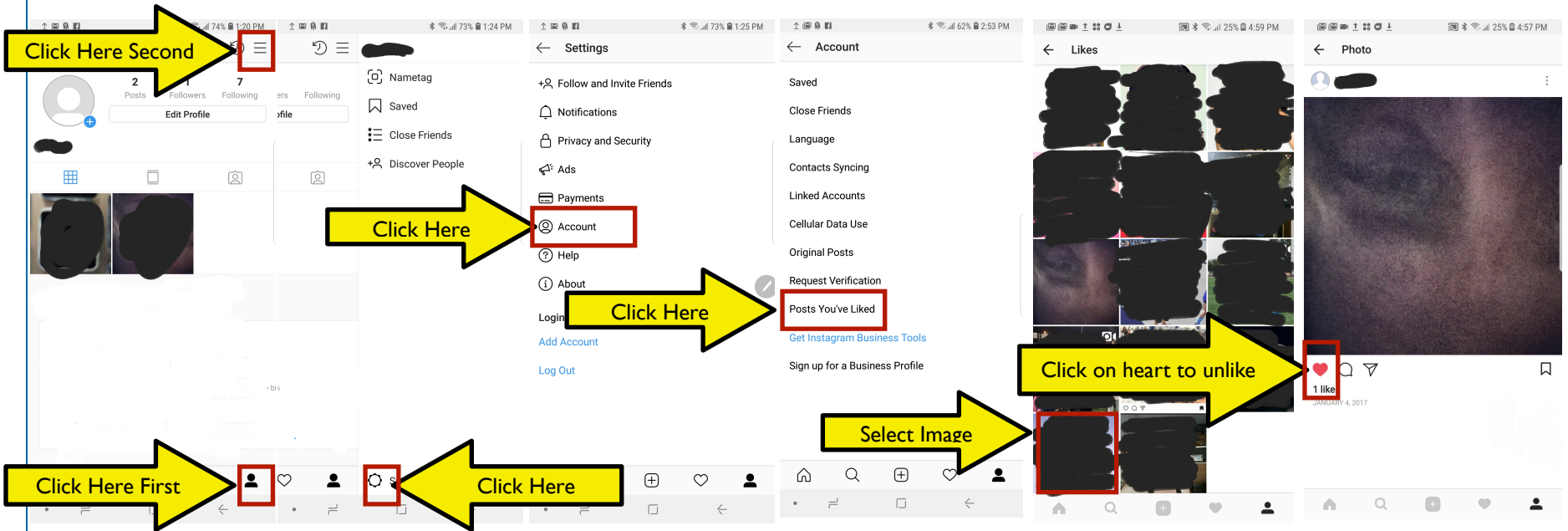


- Create a profile that is for volunteer service and business based ONLY
- Do NOT include friends or family
- Do NOT follow anything that can connect to your location
- Keep it set to private until you graduate
- Start a professional profile as soon as possible
- Can have multiple professional accounts (Linkedin, Instagram, Facebook)
- What is the Return on Investment (ROI)



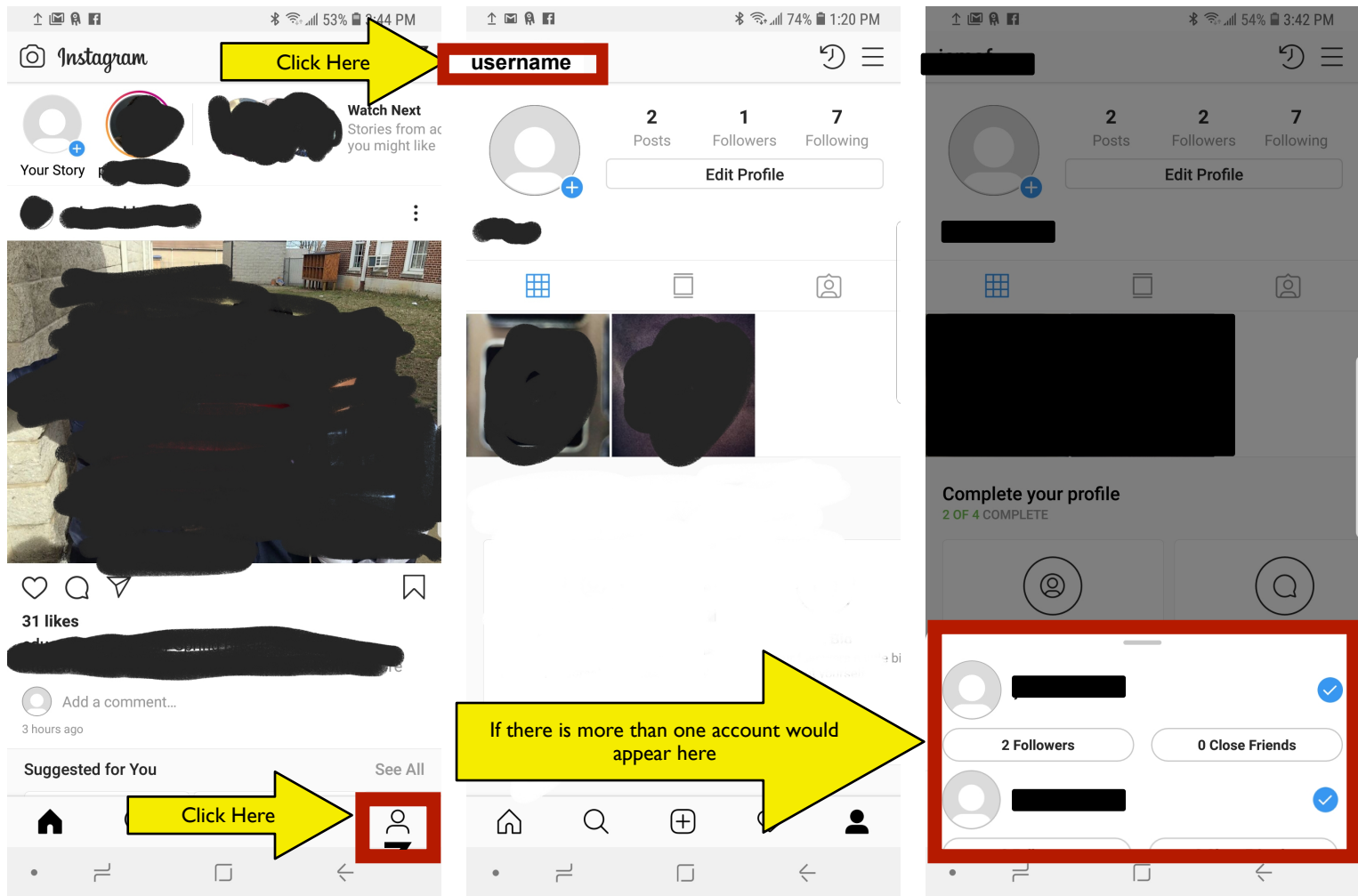


“Like” Privacy





Finding Multiple Accounts





Deactivating Instagram Account



The screenshot shows the Instagram website in a browser. The address bar at the top contains 'instagram.com', which is highlighted with a red rectangle. Below the browser, the Instagram logo and a search bar are visible. A blue callout box on the left contains the text: 'To deactivating a Instagram account the user must first go to www.instagram.com'. On the right, a blue arrow points to the user profile icon, which is also highlighted with a red rectangle; the text 'Step One Click Here' is written inside the arrow. Below this, another blue arrow points to the 'Edit Profile' button in the user's profile header, which is highlighted with a red rectangle. The profile header also shows '2 posts', '1 follower', and '4 following'.

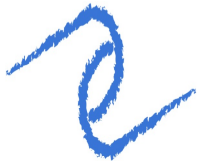
To deactivating a Instagram account the user must first go to www.instagram.com

Step One Click Here

Edit Profile


2 posts 1 follower 4 following




YOU CANNOT DELETE THE ACCOUNT FROM THE MOBILE APP!



Deactivating Instagram Account



 | **Instagram**



Edit Profile

Change Password

Authorized Applications

Comments

Email and SMS



Name

Username

Website

Bio

PRIVATE INFORMATION

Email

Phone Number

Gender




Similar Account Suggestions

☐ Include your account when recommending similar accounts people might want to follow. [?](#)

© Cyber Education Consulting 2012-2019

Deleting Instagram Account





YOUR ACCOUNT

Edit Profile >

Change Password >

Manage Applications >

Badges >

Email Preferences >

Log Out

Delete Your Account

Hi ,

We're sorry to hear you'd like to delete your account.

If you're concerned about the changes to our Terms of Service, we've [clarified some of the issues that people have asked us about](#).

If you're just looking to take a break, you can always [temporarily disable](#) your Instagram account instead

Why are you deleting your account?

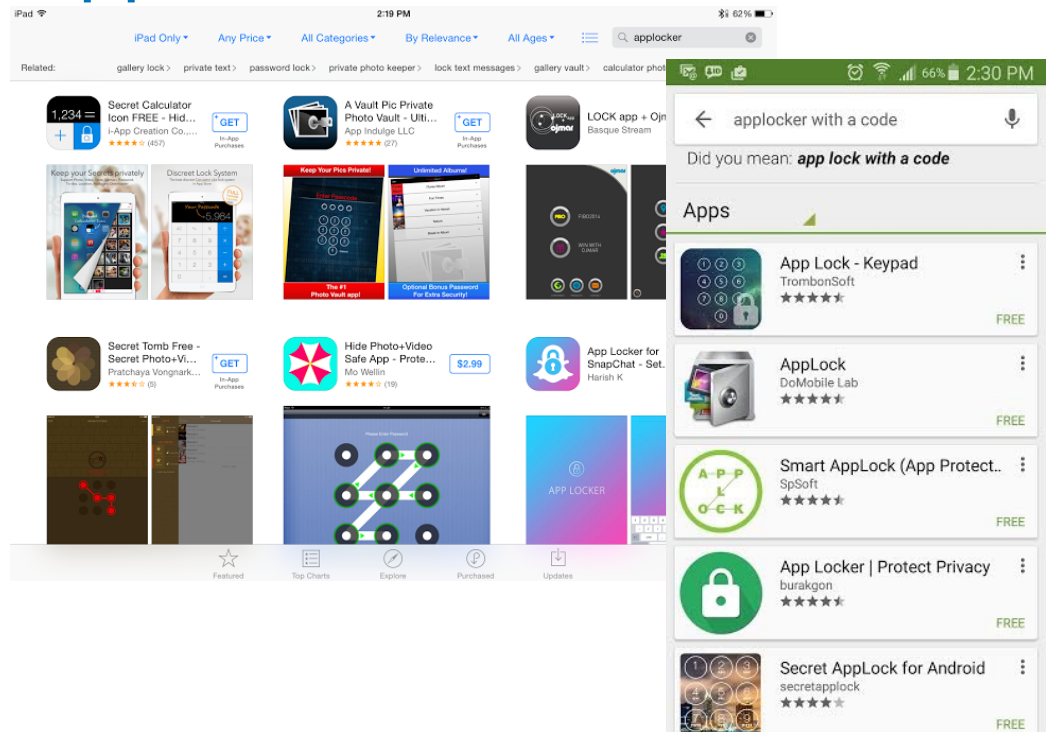
<https://www.instagram.com/accounts/remove/request/permanent/>

Hidden Apps/Secret Apps

Apps that a child can place apps inside a folder and apply password-protection to that folder

Some names of the apps:

- Applocker
- Hide It Pro
- Vault Hide
- Secret Calculator



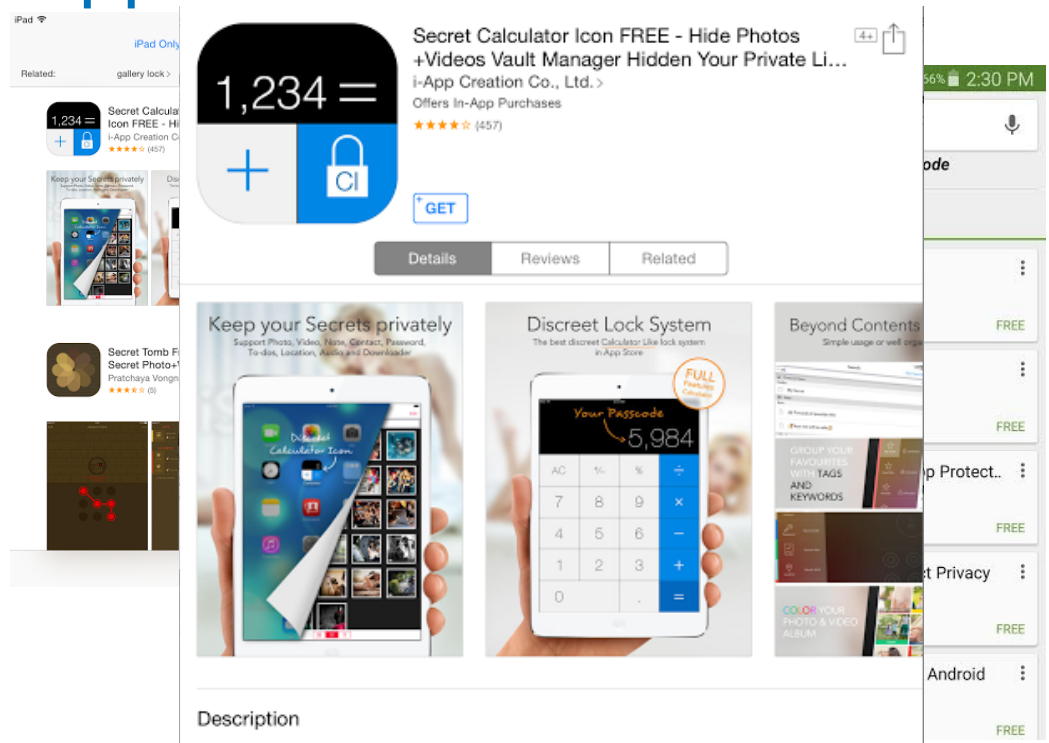
Hidden Apps/Secret Apps



Apps that a child can place apps inside a folder and apply password-protection to that folder

Some names of the apps:

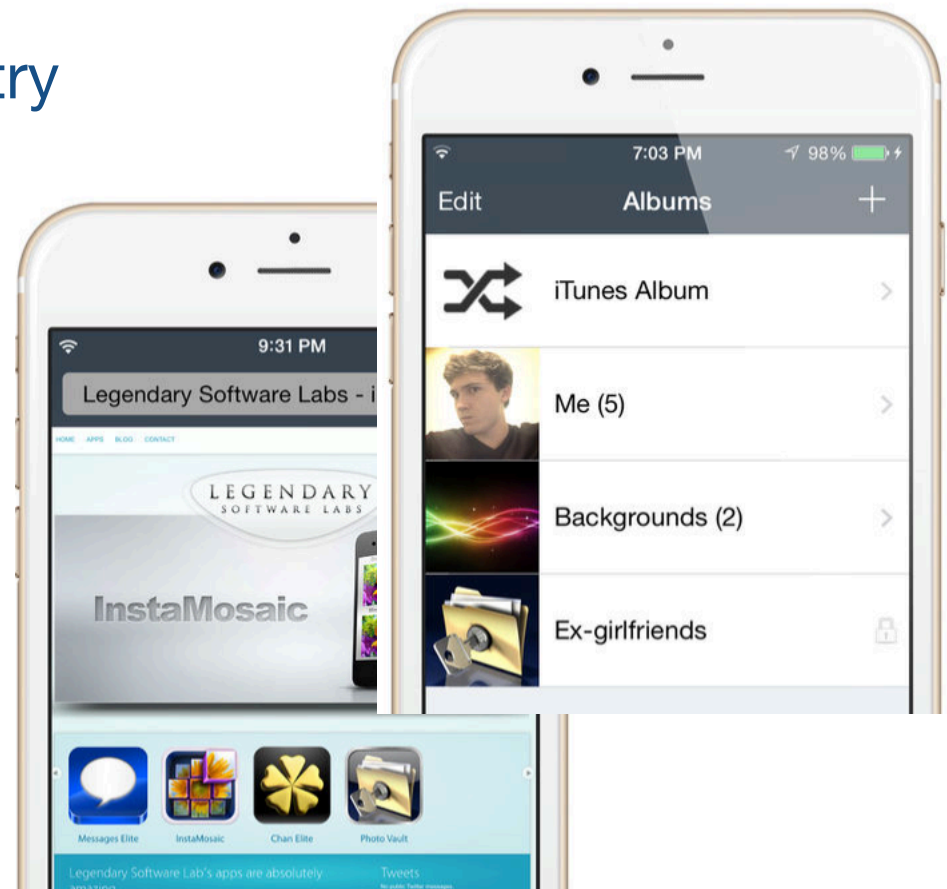
- Applocker
- Hide It Pro
- Vault Hide
- Secret Calculator



Hidden Apps/Secret Apps

Private Photo Vault - Pic Safe

- Password Protected App Entry
- Password Protected Photo Albums
- Decoy Password
- Text Message Photos
- Browse the Internet Privately
- Download Photos directly to the app





Anonymous Tor Browser



What is Tor?

Tor is a web browser software that conceals your identity when you're online. What is Tor used for?

Positives: Tor provides anonymity for people who would want to browse the web without being tracked by their internet service provider, websites, the government and other interest parties.

Negatives: Tor software is needed to access the Dark Web, so needless to say, using the software could lead you into some pretty horrible places

[Home](#)[About Tor](#)[Docu](#)

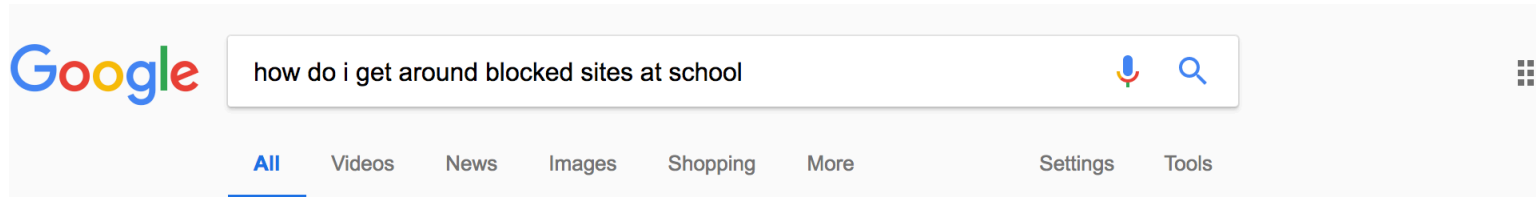
Anonymity Online

Protect your privacy. Defend yourself against network surveillance and traffic analysis.

[Download Tor](#)

- ✦ Tor prevents people from learning your location or browsing habits.
- ✦ Tor is for web browsers, instant messaging clients, and more.
- ✦ Tor is free and open source for Windows, Mac, Linux/Unix, and Android

How do I get around Filters?



About 2,960,000 results (0.59 seconds)

How To Access Blocked Websites? 12 Easy Ways To Bypass Them

<https://fossbytes.com> > Home > how to ▼

Dec 29, 2017 - How to access **blocked** websites — 12 useful methods! Use VPN. Become Anonymous: Use Proxy Websites. Use IP Rather Than URL. Change Network Proxy In Browsers. Use Google Translate. Bypass via Extensions. URL recasting. Replace your DNS Server.

3 Great ways to get pass school filters | x10Hosting: Free Hosting ...

<https://x10hosting.com> > Forums > Resources > Tutorials ▼

Oct 27, 2007 - 20 posts - 17 authors

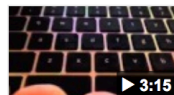
Internet Explorer. Its not very easy to use Tor with Internet Explorer, I suggest that you get Firefox if you want your life to be easier. Click Tools->Internet Options. Click the Connections tab. Click LAN settings. Check the box that says "Use a proxy server for your LAN"

How to Unblock Websites at School, Work, Home or Anywhere

<https://www.tweakandtrick.com> > Articles > Internet > Security ▼

Some network administrators also prevent users from accessing certain websites which they believe are of no use in places such as **schools**, colleges and sometimes, even offices. In such times, you ... and Delicious. **Sites** like Amazon Prime, Google News, Wikipedia, Wikileaks and eBay! are also **blocked** at certain places.

How to get pass blocked websites on school computers (easy ...



<https://www.youtube.com/watch?v=PU9riNQ1f2o> ▼

Mar 2, 2016 - Uploaded by Beasthead 1

three two one. what is going on YouTube is your skin besotted wanna burn your bitch's life let me. se you guys ...

How do I get around Filters?



How to access blocked websites – 12 useful methods!

1. Use VPN

VPN or Virtual Proxy Network allows you to connect your device to a secure connection to another network over the internet. VPN enables you to access blocked websites from your home network and puts your IP address in a land far away. You can also download the apps or open the sites blocked in your country.

VPN acts as a tunnel that converts your data into garbage value that's difficult for anyone to sniff and recognize. There are tons of free/cheap VPN services that one can use and enjoy an uninterrupted internet experience.

Apart from just web blocker bypass, if you are into exploring ways to enhance your computer security, you can also go for the deadly combination of TOR and VPN.

Check out our detailed article on [what is VPN and how it works](#). Here are some great VPN packages for you to try –

- [PIA \(Private Internet Access\)](#)
- [ExpressVPN](#)
- [NordVPN](#)

2. Become Anonymous: Use Proxy Websites

Very often, in a professional environment, the employers draw certain boundaries, restricting your access to some particular websites. At times, you need a way to access the blocked websites and in those situations, proxy websites act as a rescue method.

On the web, there are hundreds of proxy websites that make your web experience 'unrestricted'. A proxy website becomes a moderator between the user and server site. The proxy website camouflages the blocked site from the ISPs and allows you to access blocked websites. To get a proxy website for any blocked site, just perform the Google search.

Eg: Facebook Proxy Server. In case, Facebook is blocked in your institution, or you can go to –


<https://www.hidemypass.com/>
<http://www.spysurfing.com/>

3. Use IP Rather Than URL

The blocked website sometimes are stored as a list of URLs and using IP of the website might work in few of the cases. To get the IP address for any website, you do a `ping domain(dot)com` command in Command Prompt. Using IP is a simple way to access blocked websites in your region. However, if the website had hidden its IP too, then it won't open with this method.

→ ↺ ⓘ www.spysurfing.com ☆

Apps CITY OF OCEANSIDE Build Your Own - G... FREE Grocery Pickup https://archive.org/...



Spysurfing Web Proxy

Spysurfing is a FREE anonymous web based proxy service. You can browse your favorite web sites anonymously even from behind firewalls and access filters. Whether you're at work, school, or college, you can use SpySurfing to visit your favorite web sites!

Spysurfing ensures your privacy by letting you browse the Web as an anonymous user. Web sites often track, log, and analyze your IP address, geographical information, web browser, and other personal information. Spysurfing helps you avoid giving out this information by hiding your personal information such as your IP address from web sites.

[options] - Get Toolbar!

Complete [Guide to US Passports](#) | [Funny Laws](#) in the US | [Park Benches](#) from [Park Warehouse](#)

© 2016 [Spysurfing Web Proxy](#) : Powered by [glype](#) v0.5.3 :



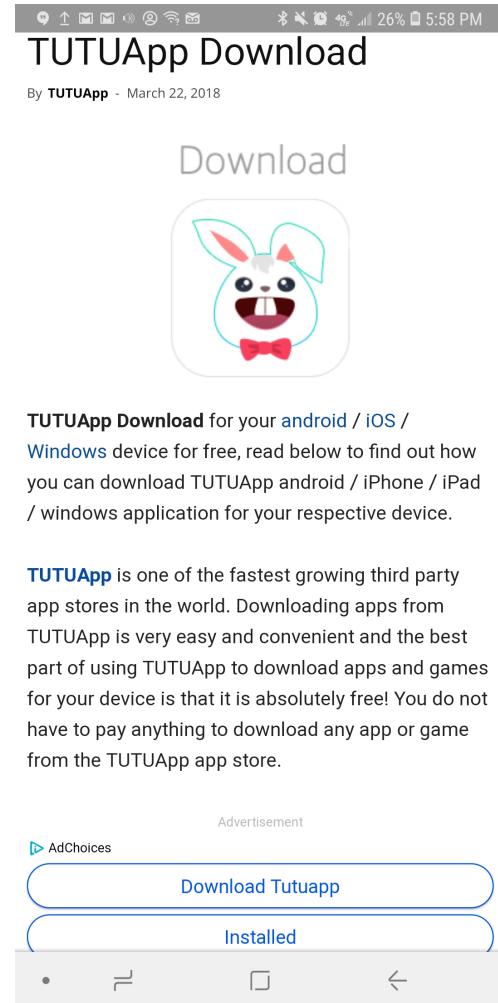
Tutu App

What is TUTU?

Allows the user to download any app without visiting the app store

All apps are free

Can make it possible to download apps without parent approval



 www.accountkiller.com



ACCOUNTKILLER

[Popular](#)[All Sites](#)[Blacklist](#)[Whitelist](#)[Submit A Site](#)[About](#)[FAQ](#)

Choose a language:  English  Deutsch  Nederlands  Español



What do I do Next?



Get to know the apps your children devices

Take the devices out of the bedroom

Get to know the followers/friends on all social media, video games in real life

Set up contract and/or just get everyone on the same page

Do NOT demonize technology or your child for things they bring you

Decide how you are going to monitor what they do online

Create unstructured time for your children, must not fill every moment of there day with activities