

CYBER SAFETY



YouthLink
CALGARY
POLICE
INTERPRETIVE
CENTRE

Table of Contents

- Parental Control and Privacy Settings3**
- Wi-Fi Parental Control Settings3**
- Internet Service Provider: Telus 4
- Internet Service Provider: Rogers/Shaw 5
- Mobile Device Parental Controls.....6**
- Android Devices 6
- Apple iOS Devices 7
- Social Media Privacy Settings8**
- Facebook..... 8
- Facebook Privacy Check-up 9
- Instagram 10
- X (formerly known as Twitter) 11
- Snapchat 12
- TikTok..... 13
- Social Media Parental Control Settings14**
- YouTube 14
- TikTok..... 15
- Discord 16
- Parental Controls on Gaming Consoles.....17**
- PlayStation..... 17
- Xbox..... 20
- Nintendo Switch 24
- How to Create a Safe and Secure Password.....28**
- Resources29**
- Contact information31**
- Special Thanks31**



Parental Control and Privacy Settings

Wi-Fi Parental Control Settings

Numerous options are available for configuring parental controls through the **Wi-Fi Control Apps** provided by your internet service providers and on your personal devices. This can be achieved by accessing the **Wi-Fi settings** using your internet browser or by installing third-party software on your devices, empowering you to establish and customize your preferred parental controls.

It is important to note that, parental controls are intended to help prevent devices from accessing inappropriate online content. They are not guaranteed to block access to all inappropriate sites and applications. Practicing online safety is always recommended.

Things that you can control:

- *Internet access* on individual devices.
- *Time*: Access to the internet at specified times, allotted time frames and hours of use.
- *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.

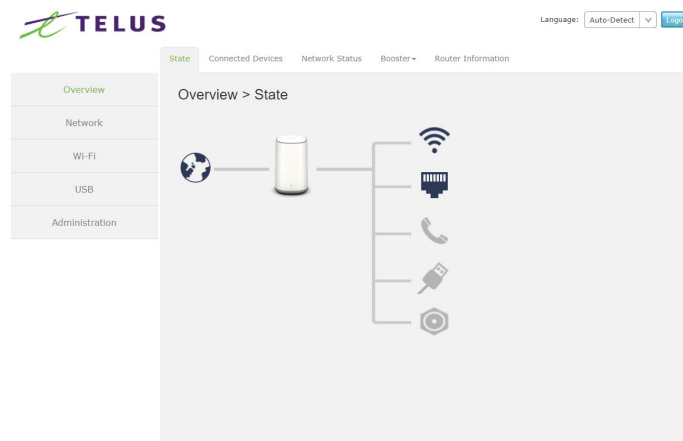


Using a Web Browser

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: Rogers/Shaw

Using Ignite HomeConnect App:

The app provides you with the capability to establish your network, create distinct profiles for various family members, and implement parental controls. Additionally, the app enables you to define schedules for both users and devices, track internet usage, and manage your Wi-Fi settings.

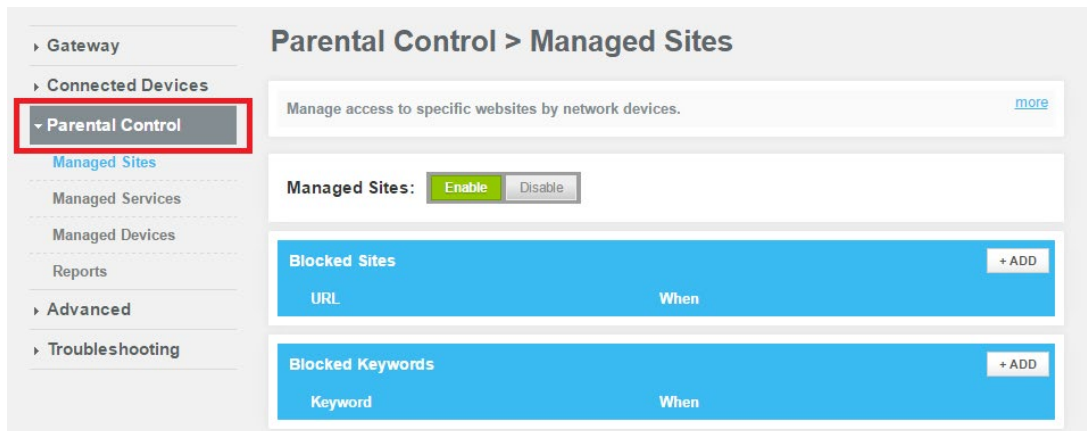


Using a Web Browser:

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 Rogers/Shaw Parental Settings, visit:

<https://www.rogers.com/support/internet/turn-on-parental-controls-with-ignite-homeconnect>

or


<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 be 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 Apple 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:

1. Click on your profile 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.

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

1. Click on your profile the top right-hand corner of Facebook.
If you are on a mobile device, tap ☰.
2. Select **Settings & Privacy**
3. 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 and privacy**.
4. Tap **Account privacy**.
5. Tap  next to **Private Account** to make your account private.

Computer or Mobile Browser:

1. Click  **More** in the bottom left, then click **Settings** .
2. Click **Who can see your content**.
3. Below **Account Privacy**, click to check the box next to **Private Account**.
4. Click **Switch to private** to confirm.

For more information on Instagram Privacy Settings, visit:

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



X (formerly known as Twitter)

How to access privacy settings:

1. Click or tap your profile.
2. Select **Setting and privacy**.
3. Select **Privacy and safety**.
4. Privacy settings enable you to change your Tweet Protection, Direct Messages, Discoverability, Safety, Location, and personalization and data settings.



For more information on X Privacy Settings, visit:


<https://help.twitter.com/en/resources/how-you-can-control-your-privacy>



Snapchat

How to access privacy settings:



1. Click or tap your profile on the top left-hand corner of Snapchat.
2. Tap the  button in the Profile screen to open **Settings**.
3. Scroll down to the **Privacy Controls** 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>

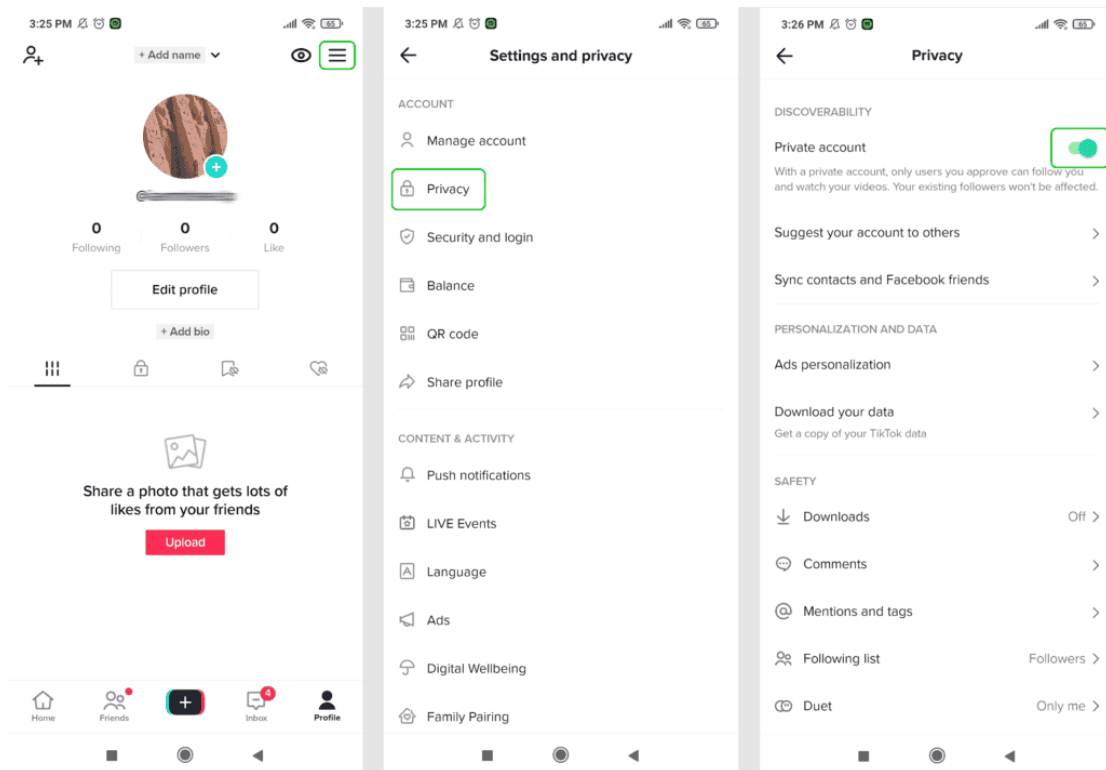


TikTok

How to access privacy settings:



1. Tap on your profile.
2. Tap on the **3-line icon** in the top-right.
3. Tap **Settings and Privacy**.
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 information on Safety and Privacy Controls, visit:

<https://www.tiktok.com/safety/en/safety-privacy-controls/>





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 corner of your screen.
2. Complete the multiplication problem 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 **Stop Timer**.

For more information on YouTube Parental Controls, visit:

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

<https://support.google.com/youtubekids/answer/6130558?hl=en>



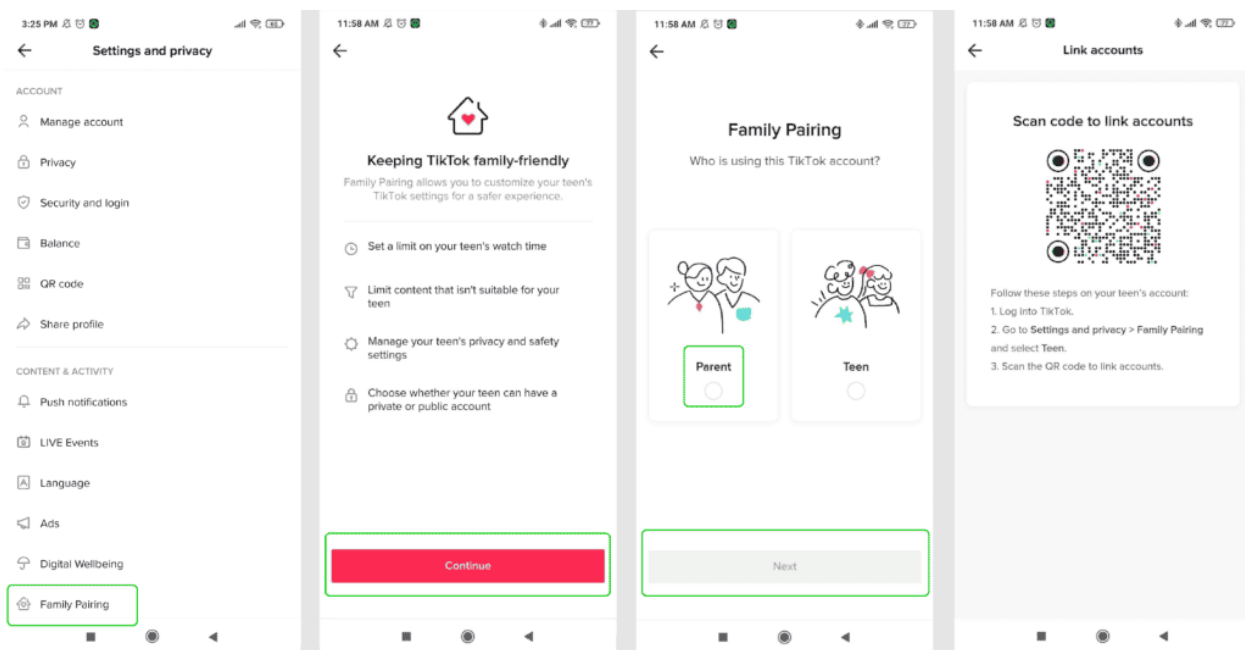
TikTok

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 your profile page.
2. Tap on the **3-line icon** in the top-right.
3. Tap **Settings and Privacy**.
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>



Discord

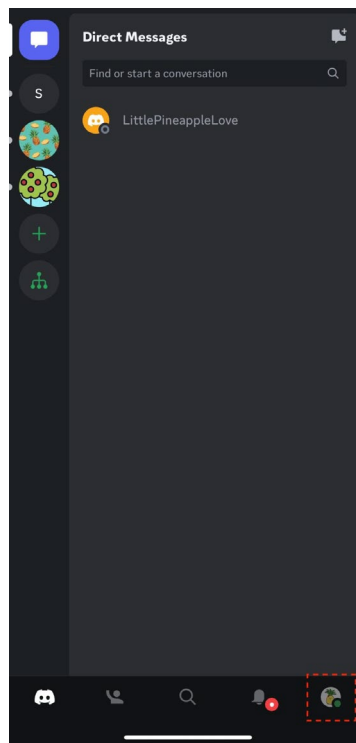
Discord Family Center

With the Discord mobile app, you can access the Discord Family Center. The Family Center is a tool that helps parents and guardians better understand how their family members use Discord, get insights into the communities they are a part of, and develop collaborative approaches to build positive online behaviours.



To enable Family Center:

1. Download the Discord mobile app on your personal device.
2. Tap on the profile icon on the bottom-left corner to access **User Settings**.



3. Tap on **Family Center**.
4. Press **My Family**.
5. Scan your family members' **QR Code** located in *their* Family Center under **Connect with Parent**.

For more information on Discord Family Center, visit:

<https://support.discord.com/hc/en-us/articles/14155043715735-Family-Center-for-Parents-and-Guardians>



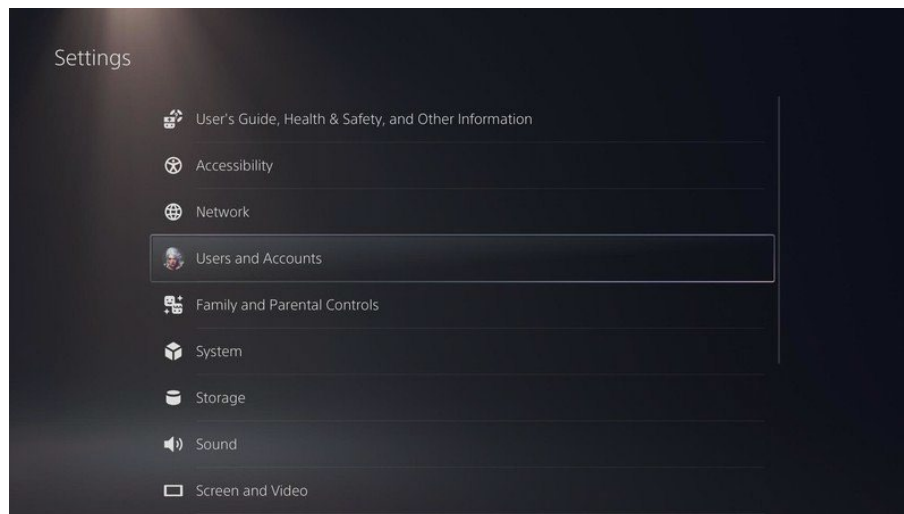
Parental Controls on Gaming Consoles

Things you can control:

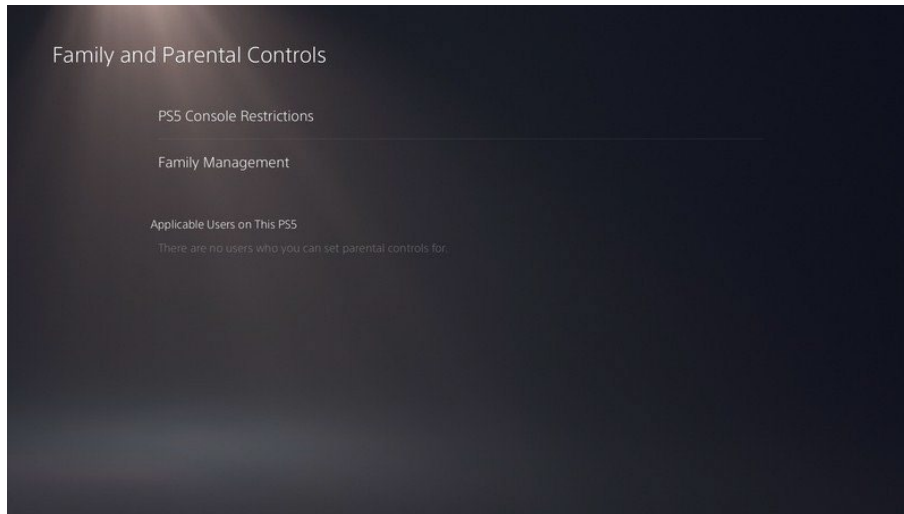
- Play time.
 - Monthly spending limits in online stores.
 - Communication with other players.
 - Viewing content created by other players.
 - Age restrictions on games, Blu-ray and DVD's.
 - Use of internet browser on the console.
 - Use of Virtual Reality (VR) devices.
- Note: Use of VR devices are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

PlayStation

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



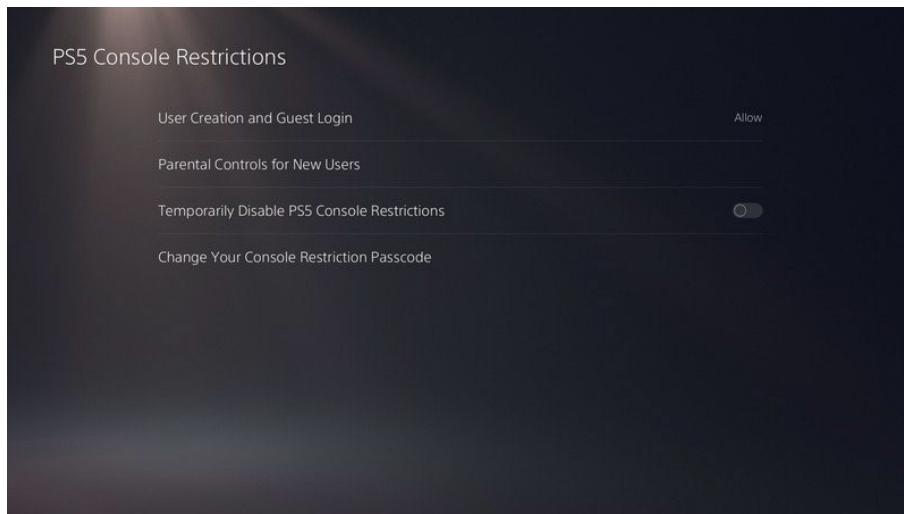
3. Select **PS5 Console Restrictions**.



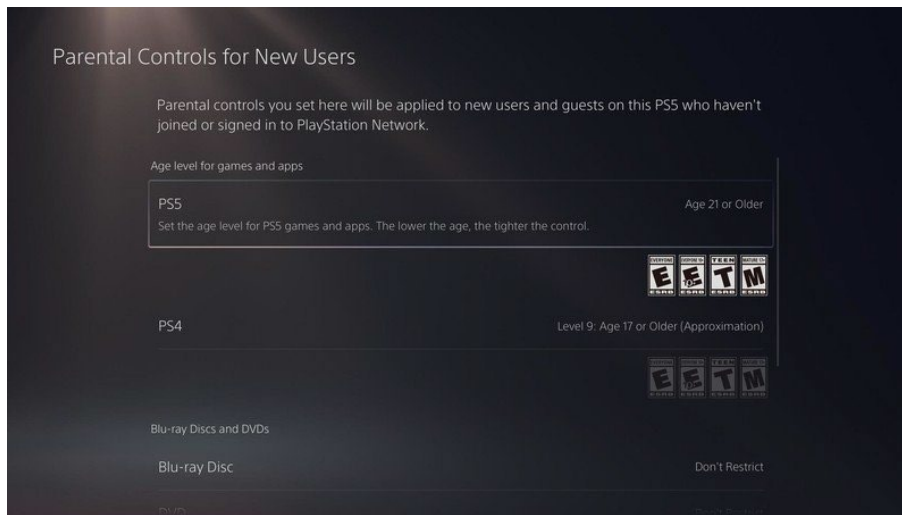
4. Enter the **restriction passcode**. It is set as 0000 as default.

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.



6. Once the profile for the new user is created, you can set up limits on **Play time** and **Spending limits**.

Source:

<https://www.internetmatters.org/parental-controls/gaming-consoles/playstation-5-ps5/>

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

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



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.



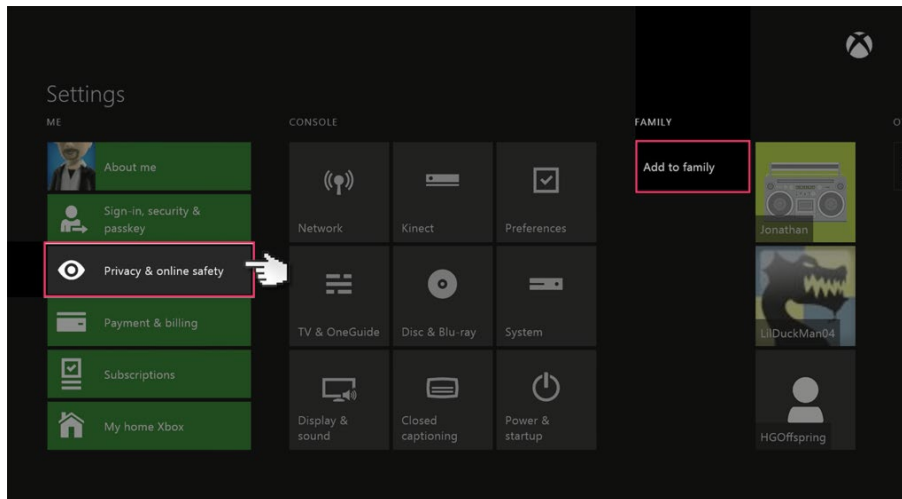
For more information on the Xbox Family Settings App, visit:

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

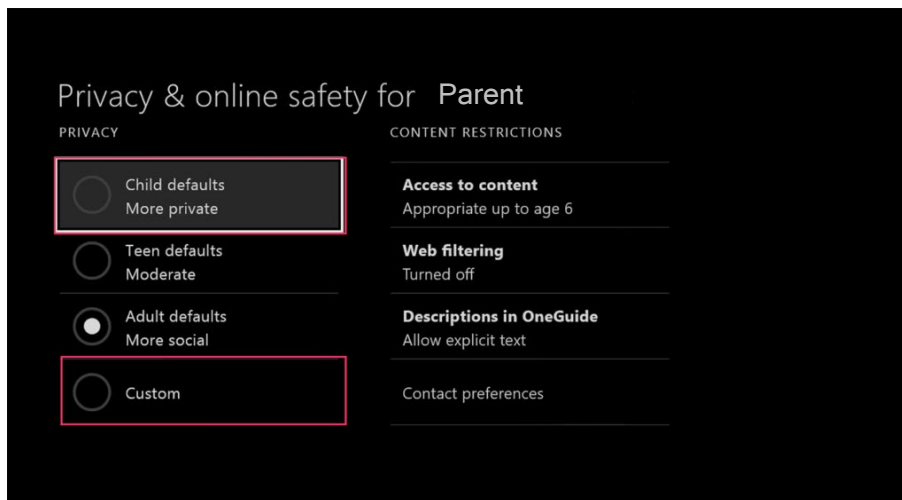
1. On the Xbox One Dashboard, go to **Settings**.



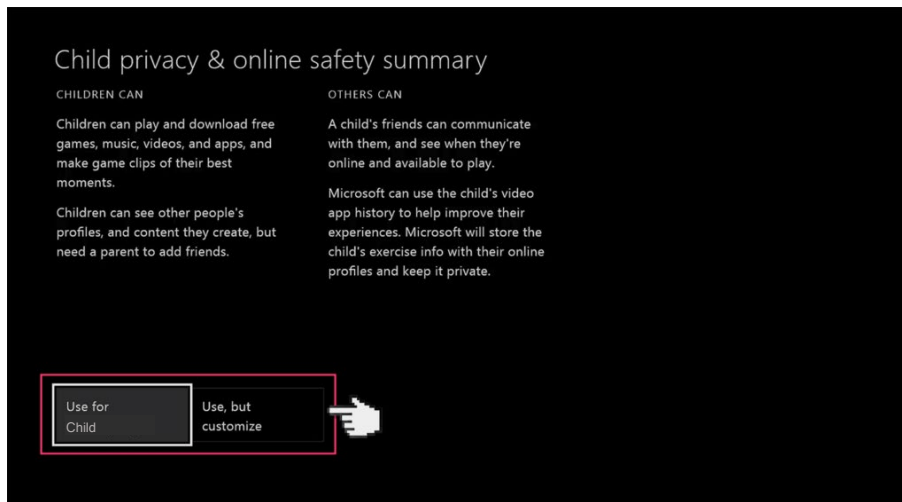
2. Select the **Privacy & online safety** menu.



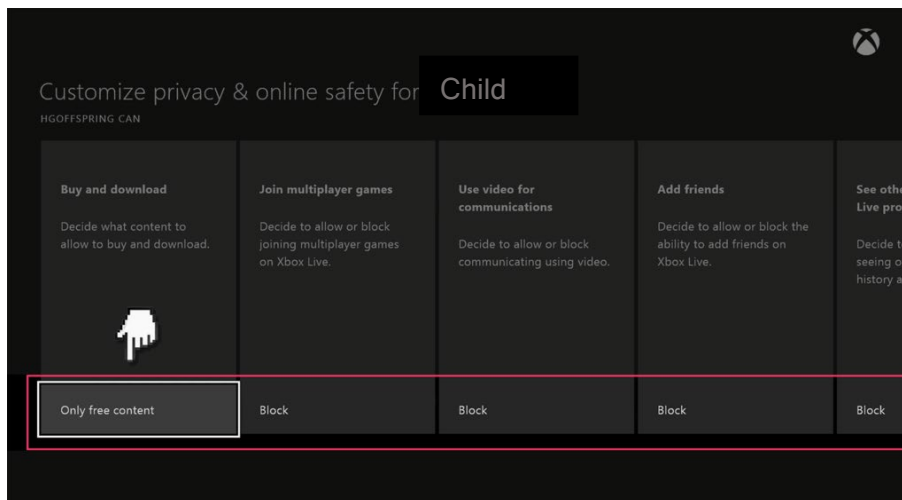
3. Select **Child defaults** to restrict **all adult content** from your console. If there are more than one user in your household, select **Custom** to customize parental setting for each account.



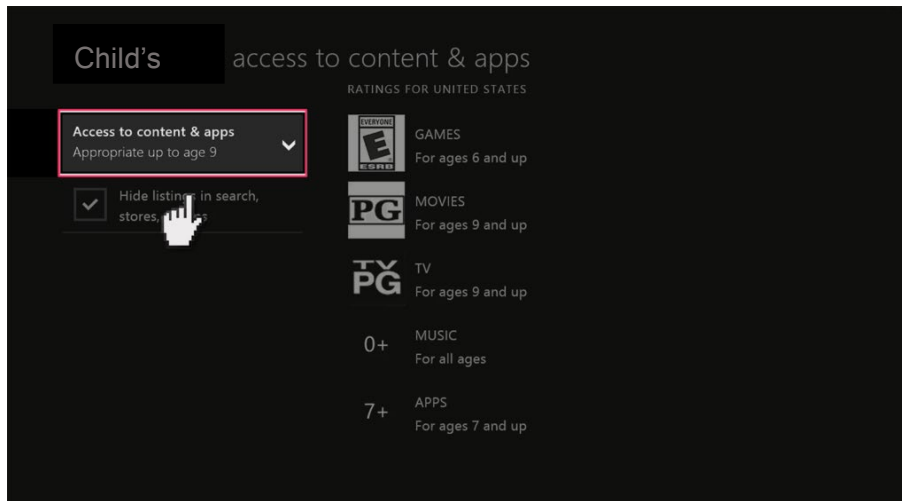
4. Select **Use for (child's name)** for pre-set restrictions or select **Use, but customize** to customize their restrictions.



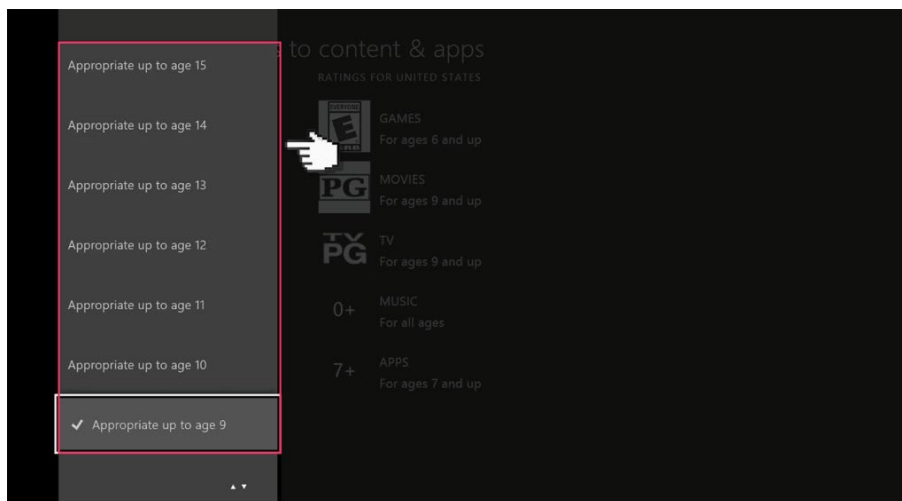
5. There will be several default privacy settings you can choose from. Select one and either keep the default settings or customise them to suit your needs.



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

Nintendo Switch Parental Controls App

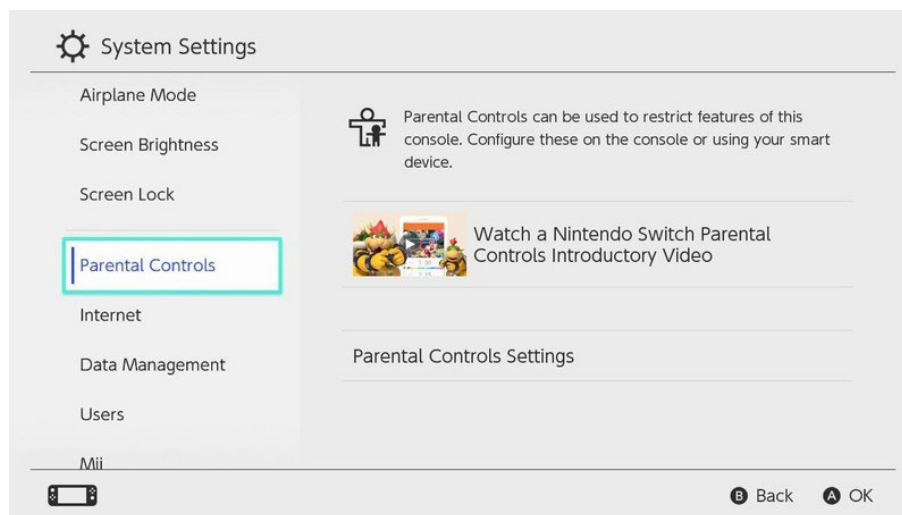
Nintendo Switch Parental Controls is a free app for smart devices to keep you engaged with your family's gaming activities on Nintendo Switch. The app enables you to monitor play time, what games can be played and restrict desired console features.



For more information on the Nintendo Switch Parental Controls App, visit:

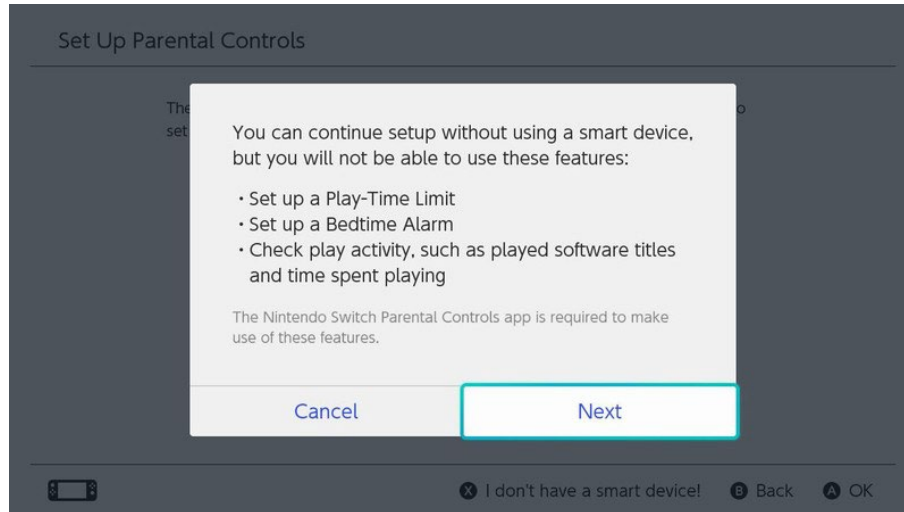
<https://www.nintendo.com/switch/parental-controls/>

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

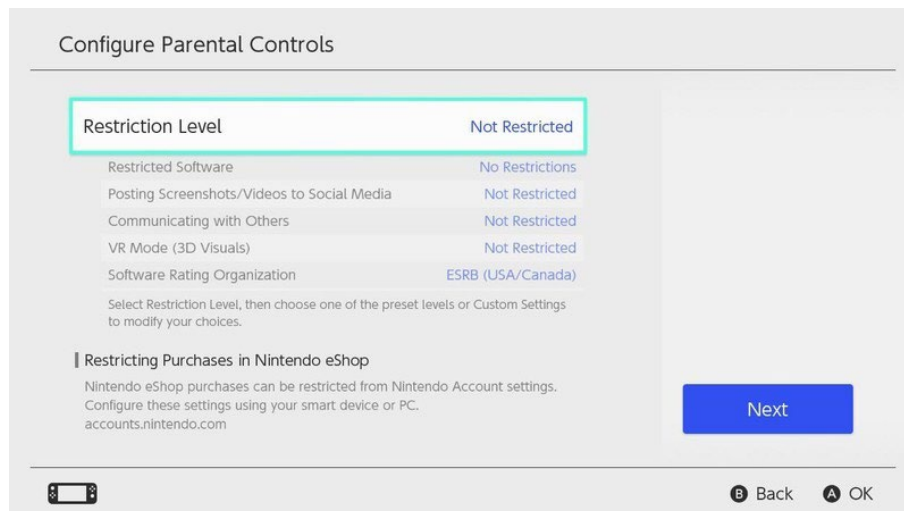


3. Select **Parental Controls Settings** on the right side of the screen. You will be prompted to close any software you are currently using.
4. Here, you will be encouraged to download and install the **Nintendo Switch Parental Controls** app. Using the app, you will be able to monitor your child's 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.



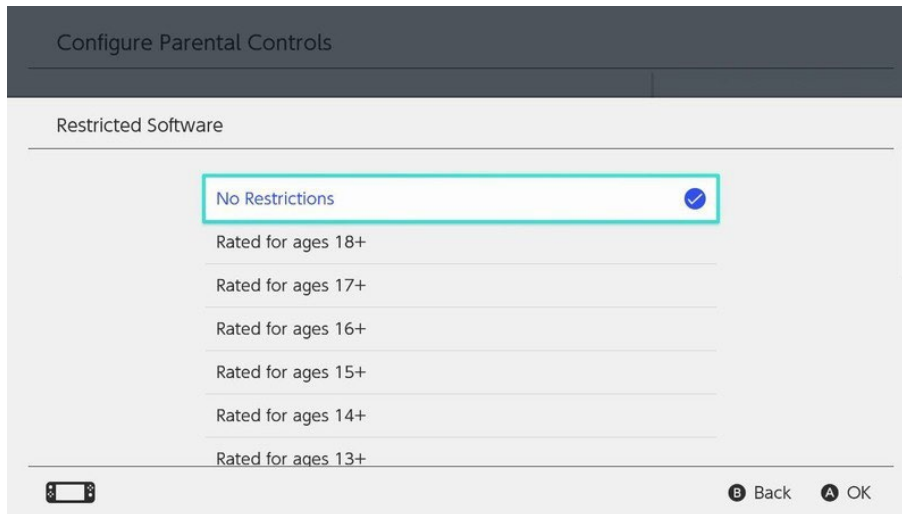


5. After following the instructions above, you will receive a prompt informing you that you will not be able to set a play-time limit, bedtime alarm, or check play activity without using the app.
6. Select **Next** to continue.
7. Select **Restriction Level**.
8. Select **Teen, Pre-teen, or Child** to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

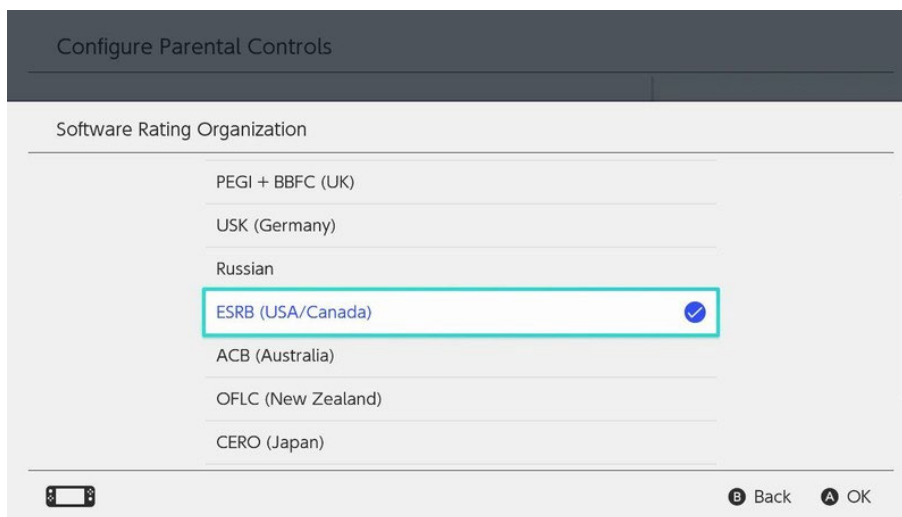


9. To customize further, select **Custom Settings**.
10. Select **Restrict Software** and choose your desired age restriction for your child's account.

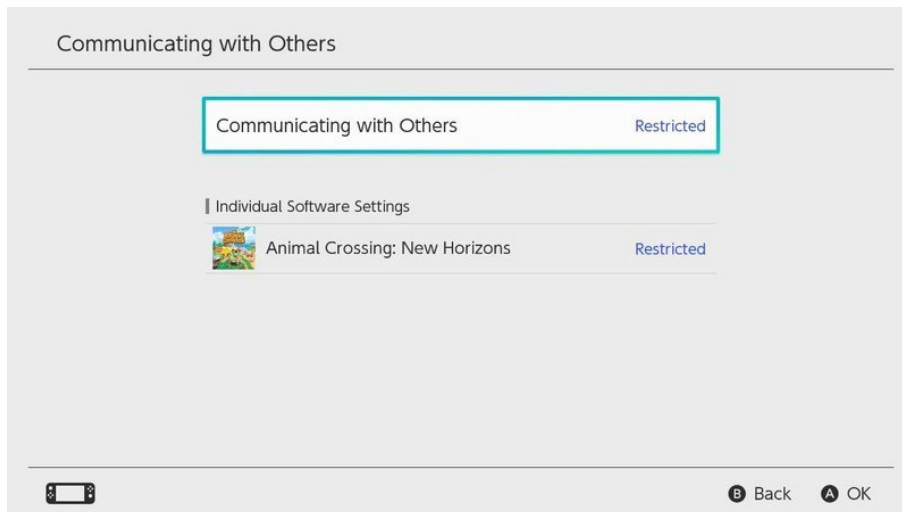




11. Select **Posting Screenshots/Videos to Social Media** to restrict the ability to post screenshots on social media. Nintendo account users under 13 CANNOT post to social media regardless of this restriction.



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. Think of 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.

EXAMPLE:

For **Facebook**:

F T t L \$ H ! W k

5. To make your password more complex, repeat steps 1 to 3 for the website you are using.

EXAMPLE:

For **Instagram**:

i N \$ t @ T t L \$ H ! W 6 r @ 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-signaleng.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



- 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 are a victim of fraud, report it by going to

<https://antifraudcentre-centreantifraude.ca/report-signalez-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
- 403-428-8091



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.

