

# LIVE YOUR BEST LIFE

Life-affirming resources for parents, grandparents, and guardians

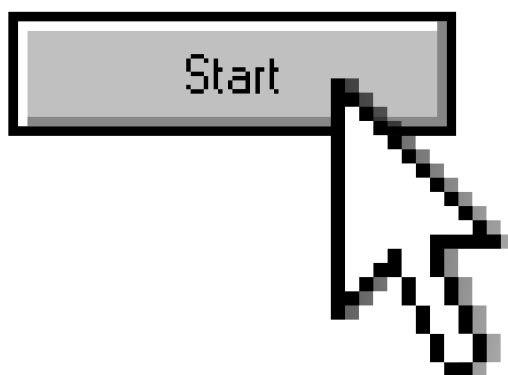
## ONLINE SAFETY



United as one. Affirming life for all.

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# TALKING WITH YOUR CHILDREN (OR GRANDCHILDREN)



We live in an era of technological advancements that would have been hard to imagine when we were growing up. From the dawn of the internet, to the cellphone, to artificial intelligence now becoming prevalent online; all these changes have occurred in the span of 50 years and are only accelerating. 20 years ago, social media entered the scene, and within the past 10 it has become the new norm for communicating. New apps seem to pop up every so often like wildflowers, and dwindle just as quickly. Trends change fast. It's a lot to keep track of, but we don't need to be afraid of what we don't know.

This little booklet is meant to be a guide on how to cultivate a safe and healthy environment for your children (or grandchildren) in the midst of the internet age. You'll find reasons why being aware of your child's online presence is important along with tips on managing devices and internet usage in your home.

You may be able to control some of media that enters into your household, but you can't control what your child sees when they are out and about. Controlling every aspect of your child's encounter with the outside world (both in real life and online) is *not* the answer. Keeping communication lines open with your child *is*. A healthy relationship with technology starts with a conversation; talk with your children about the potential risks of being online and be ready to answer their questions. Ask them about what's going on in their lives, both the problems as well as the positives.

We hope these next few pages are an encouragement for your family to engage with life to the fullest.

For Life,

LifeCanada National

**"[The internet] poses dangers but can be a wonderful and powerful tool when utilized by supervised children who are aware of the dangers, and parents who engage with their child frequently."**

**- Alexis Moore, founder of Survivors in Action**

# WHY ONLINE SAFETY?



At LifeCanada National, our mission is to develop educational materials on pro-life matters and to promote life-affirming action. So, how does online safety fit in with our mission?

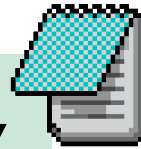
- Life-affirming means protecting life at all stages, which also means keeping our kids out of harms way.
- Online safety teaches kids what good stewardship on the internet looks like.
- It teaches kids that real people can be affected by real actions, even if they're "virtual".
- It teaches kids that although the internet can be a great tool, it is not the only way to learn.

## *Did you know?*

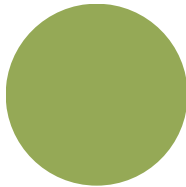
**Carlo Acutis (1991-2006) was a young man who integrated his faith with modern technology.**

**He taught himself computer coding and loved gaming, and used those skills to build his relationships with people, and to spread his knowledge and love of God.**

# TIPS FOR ONLINE SAFETY

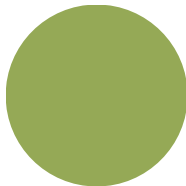


Here are some suggestions for parents, grandparents, and guardians on how to maintain internet safety in the household:



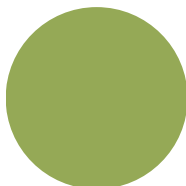
## ***Internet usage in common areas***

Place computers in a common area of the house. iPad and phones should be used in a common area as well, around parents.



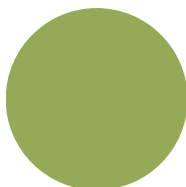
## ***Put "safe" filters on search engines***

When using search engines, such as Google, be sure to enable "safe" filters so that unwanted website are blocked. More information on how to set up safety filters beginning on page 4.



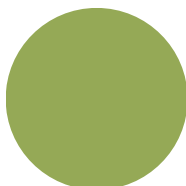
## ***Set reasonable time limits***

Over-using the internet will inevitably result in coming across unwanted material.



## ***Don't give out personal information***

If someone is asking your child for their personal information, there's a problem.



## ***Keep learning about technology***

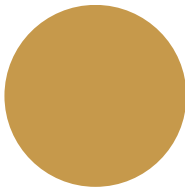
As a parent, try to learn about the apps your kids and using...TikTok, Snapchat, BeReal...these are popular ones in 2022/2023 but that may change soon enough! Try to stay abreast on the good things modern technology is providing our future, as well as the bad.

# ONLINE AND "IRL" SAFETY

"IRL" is an acronym that means "In Real Life" and refers to life outside the internet!

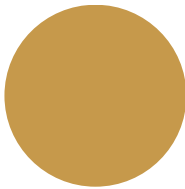


Pornography used to be the material one had to go to a brick-and-mortar store to buy. It required at least a moderate amount of effort to seek out and acquire. Nowadays, with the click of a button (and sometimes even without!), porn can be found at ones fingertips on the internet. The more a child frequents websites, even for educational or innocent entertainment purposes, the more susceptible they are to coming across porn. If a child has come across something of the sort and has informed you, have a conversation with them about what it is and how to avoid it. At a certain age, talking with your child about the wonders and beauty of human sexuality is appropriate and even necessary. It is important, however, to avoid letting pornography beat you to the punch when it comes to educating your child about sex and sexuality. This booklet includes resources primarily focused on internet safety, however, as online life inevitably bleeds into **IRL**, it is important to be aware of the following:



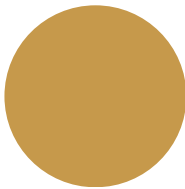
## ***Pornography***

A report from Alberta Health Services in 2021 shows 470 adolescents reported that 98% had been exposed to pornography. The average age of first exposure was 12.2 years, and one-third were exposed as young as age 10[1].



## ***Sex-trafficking***

The same report from AHS states that one in five youth experience unwanted online exposure to sexually explicit material, and one in nine youth have experienced online sexual solicitation[2].



## ***"Stranger danger"***

Vs. detecting strange behaviour

[1]From a Canadian study titled "Who has seen what, when? Pornography's contribution to the social construction of sexuality during childhood and adolescence"

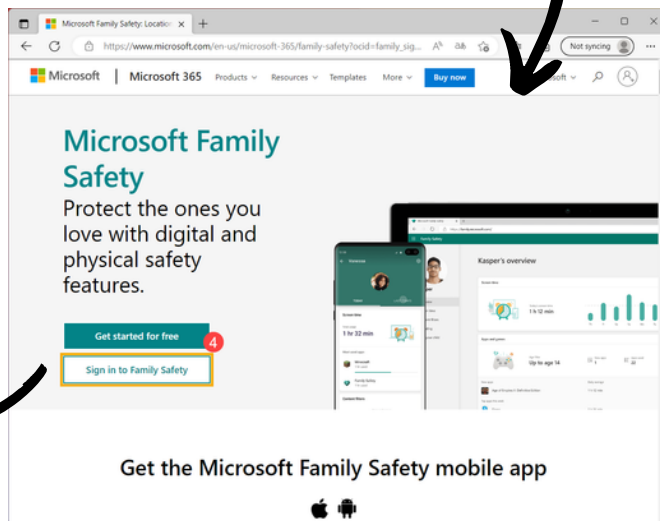
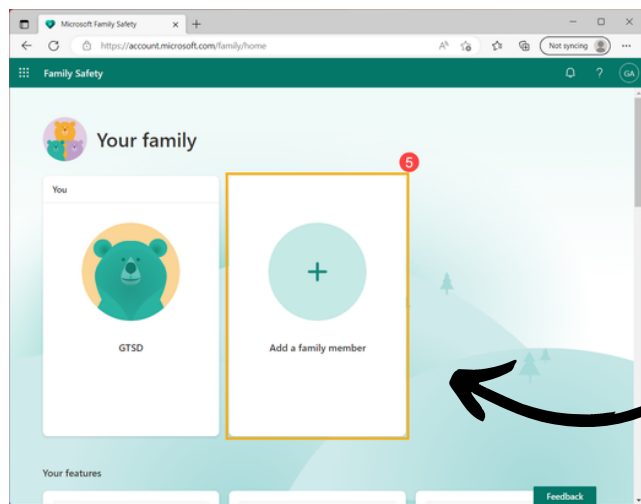
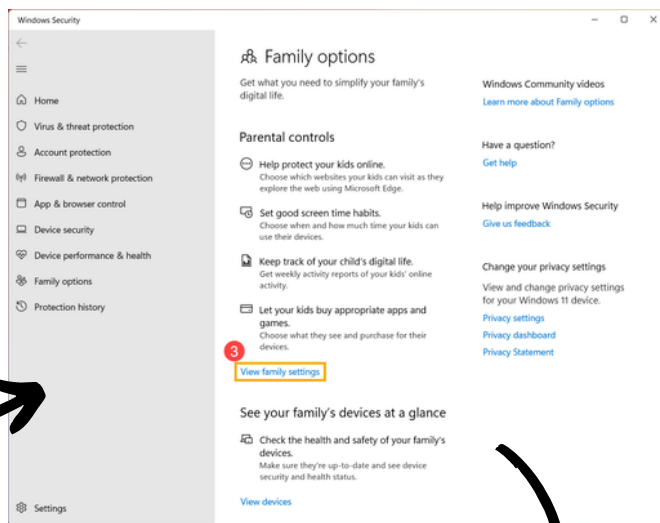
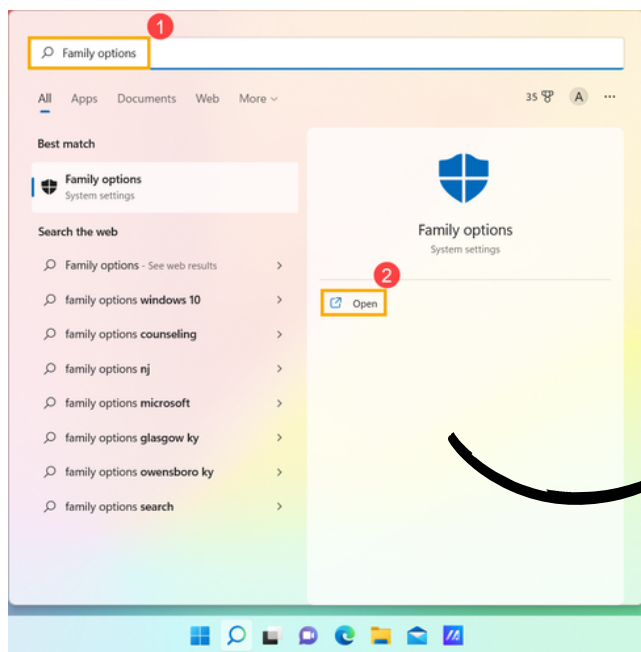
[2]From a Canadian study titled "The prevalence of unwanted online sexual exposure and solicitation among youth: a meta-analysis"

# SAFETY FILTERS (WINDOWS)



## How to Set Up Parental Controls in Windows 11

The first step (shown below) is to link your child's account to your family group. Then you can start setting parental controls. Here's how to do it: Open the Windows Start menu. Select Settings > Accounts > Family & other users > Manage family settings online.

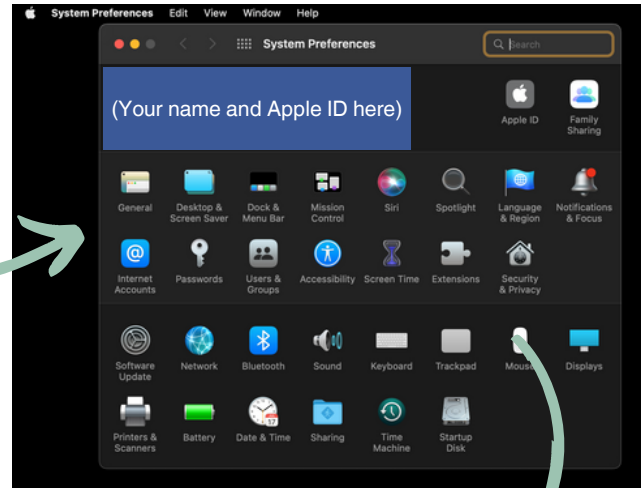
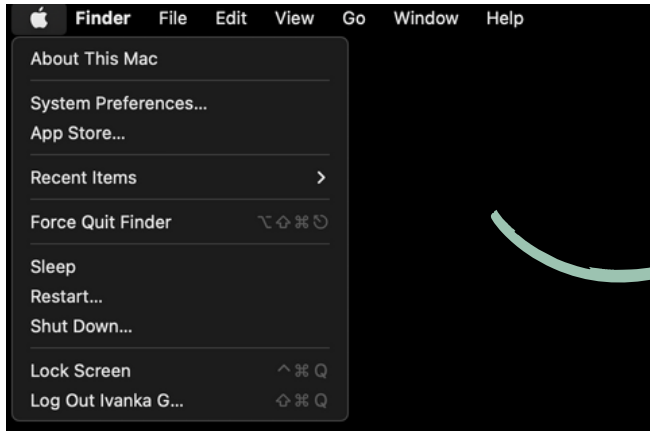


# SAFETY FILTERS (MAC)

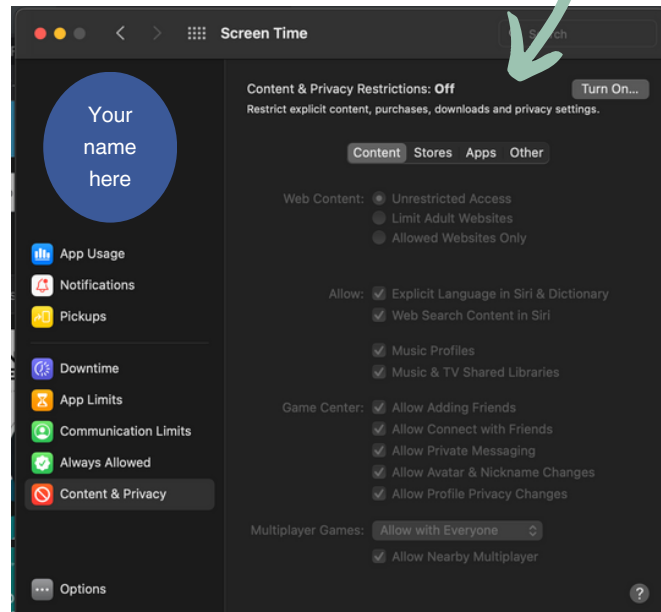


## How to Set up Parental Controls on an Apple device

(The example shown here was done on the operating system, Mac iOS 12. If you have a newer (or older) operating system, please refer to online resources for further instructions.)



1. Go to System Preferences by clicking the apple icon in the left hand corner
2. Click Screen Time
3. Click Content & Privacy
4. Click "Turn On..." to activate restrictions
5. Check the boxes on the list to turn on or off restrictions





## FURTHER READING AND RESOURCES

Sources:

**FOCUS on the Family Canada**

*"Top eight expert tips on Internet safety"*

**Pixel Privacy**

*"How To Keep Your Children Safe Online: The Ultimate Guide For The Non Techy Parent"*

**VPN Mentor**

*"The Ultimate Guide to Protecting Your Child Online in 2022"*

**Alberta Health Services**

<https://www.albertahealthservices.ca/assets/info/amh/if-amh-ydt-online-pornography-prevalence-and-trends.pdf>

***Train up a child in the way he should go; even  
when he is old he will not depart from it.***

*Proverbs 22:6*



## Contact

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