



INTERNXT

Keeping Kids Safe Online:

Tips and Strategies for
Parents and Guardians

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Introduction

The world wide web is a wild and dangerous place. There's a lot of inappropriate content out there on the web on YouTube, video games, and social media. These platforms are filled with inappropriate content that children may accidentally stumble upon, or worse, people with ill intentions toward your children.

So, as a vigilant parent or guardian, how can you ensure the safety of your kids in this digital wilderness?

By reading this ebook, we hope to give you a comprehensive overview of the dangers of the internet for young children and what steps you can take to prevent them as a parent or guardian.

As well as offering guidelines for young children, this ebook will also serve as a useful guide for parents or guardians to protect their online safety so they can be good digital role models for themselves and their children.

Learn more about cybersecurity, online privacy, and tech basics at our [blog](#).



What are kids doing online nowadays?

The very first step to keeping children safe online is understanding how they're interacting with the online world. The next is where.

According to an article published by ConsumerNotice.org, an organization that educates the public on [digital security](#) as one of its objectives, kids mostly access the internet through their phones. Based on the devices used, we can surmise that kids want some level of privacy.

But what exactly do they do? The same things that adults are doing! Like all of us, young people also use the internet to:



However, young people are not as aware of the risks of microtransactions, messaging strangers, or exploring game rooms without asking questions about the risks involved.

It's important to note that the dangers for children online should not be used as a scare tactic, platforms like [Roblox](#) and [YouTube](#) are great places for kids to explore their creativity, gain knowledge, and interact with their friends.

All we have to do is guide young people on the right path, and they can enjoy their favorite videos, games, and YouTubers safely, privately, and securely.

Why is child online safety important?

Internet-capable devices are more available now than ever, even to very young children. They might be even better than your average adult at effectively navigating the World Wide Web for their purposes.

Some may see their prowess in using technology as a good thing. But for us, it makes [children's internet safety](#) even a more pressing matter.

Imagine a five-year-old who fully understands the mechanics of driving a car. Would you trust them to go out on the freeway?

Knowing how to use various technologies may be necessary, but it's not enough. Many kids still don't have the maturity to handle the dangerous situations they may encounter. And because they're so great at exploring the internet, chances are potential security threats will likely take place on the most popular platforms for children, which we will look at now.



The popularity and potential risks of children using YouTube

YouTube is the world's second-biggest social media platform, currently boasting 2.7 billion active users in 2023, second only to Facebook, which stands at 2.9 billion.

An important feature of YouTube is YouTube Kids, where 35 million children can enjoy age-appropriate content for younger audiences (5-8 years) and older (9-12 years). YouTube Kids gives parents or guardians peace of mind that the content their children are viewing follows these rules:



Suitable for
their age



Fun and
educational



Within the controls
set by the parents

Although designed to be a safe space for children, there are instances when inappropriate content slips by YouTube's filters, exposing children to videos of well-known children's characters depicting violence or other obscene situations. From a cybersecurity standpoint, children are also at risk of **malware*** via messages containing harmful links.

To minimize the trauma of children seeing content that could cause severe emotional and psychological distress, parents can familiarize themselves with the following recommended YouTube parental controls.

How YouTube parental controls can protect children

The risks of YouTube are not limited solely to the videos on the platform; there are other [online dangers](#) that parents should be aware of, which can be reduced by following proper protocols to limit their children's exposure to these issues.

Prevent cyberbullying

Approximately 34 - 36% of teens and children have experienced cyberbullying. Cyberbullying poses many risks to a child's mental health and life, and [social media platforms](#), such as YouTube, may expose children to harassment, threats, or even doxing*.

To reduce the risk of cyberbullying, parents can implement effective YouTube parental controls to:

Filter content: parents can block or restrict access to comments on videos, preventing bullies from leaving harmful comments.

Make the account private: Parents can hide or limit who can view their child's profile and protect it from receiving harmful messages.

Monitor and report: Parents can monitor their child's activity, including comments and messages, and report them to YouTube.

Effective communication is one of parents or guardians' most effective techniques. Being open with children gives them the confidence to talk with you if they feel unsafe online, so you can take the necessary actions quickly to stop it from becoming an issue.

Stop online predators

Recent statistics show that 500,000 online predators threaten children's safety online, their main targets being young people between 12 and 15. To prevent exposure to predators online, parents should teach children never to share any personal information, such as real names, addresses, emails, or phone numbers, via messages or [online posts](#).

Parents should also continuously monitor comments and messages to search for and report messages from unknown accounts.

Reduce screen time

Too much screen time can have various detrimental effects on a young person's physical, cognitive, and social development, which can present as:

Increased periods of inactivity: spending too much time on screens reduces a child's physical activity, leading to increased risks of obesity and other health issues.

Attention problems: Prolonged time with the screen can lead to short attention spans and focus, hindering future academic performances.

Lack of social or emotional development: Too much time with the screen leads to reduced social interactions with friends, parents, or caregivers, leading to problems with interpersonal or even empathy skills.

To limit your child's screen time, first, communicate and agree on clear and firm boundaries with your child to ensure their online activities are well managed. Once decided, you can manage screen time from the YouTube parental controls settings and follow these steps:

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 plus and minus icons to set a time limit.
5. Tap Start timer.

How to set up YouTube parental controls?

Choosing the proper YouTube parental controls for your child will depend on their age; YouTube categorizes their videos based on the following age groups, making it easier for parents to choose what controls to use.



The following sections will explain the common YouTube parental controls, their benefits, and how to [set up a private online account](#) for your child.

Restricted mode

Restricted mode benefits parents by making videos unavailable if they are categorized as 18+, preventing children from accidentally stumbling upon inappropriate content such as:

- Inflammatory or demeaning content aimed at a specific user or group.
- Explicit sexual content
- Terrorism, crime, and violent political conflicts are discussed and depicted.

Content filtering and blocking

Content blocking is an effective way to stop children from accessing videos that are too mature for their age.

However, it is equally important to continue monitoring the watch history and review the content the child watches due to the vast amount of videos on the platform.

To block a channel from the YouTube app, follow these guidelines:

1. Go to the channel page for the YouTube channel that you want to block.
2. Tap **More**.
3. Tap **Block channel for kids**. This option will only surface if you're using your linked parent account.
4. A pop-up may surface alerting you that similar videos may still be available on other channels. Tap **Continue**.
5. Tap **Block** next to the child you'd like to block this channel for.
6. Block will change to Unblock, giving you the option to undo the action.
7. Tap **Done**.

Approved content only

This setting means your child can only watch pre-approved videos, channels, or playlists you consider appropriate for their age.

To approve the content you want your child to view, follow these steps:

1. Select Settings.
2. Select your child's profile and enter your parent account password.
3. Select **Edit Settings**.
4. Select **Approve content yourself** to turn on.
5. Review the info in the "Getting Started" pop-up.
6. Tap **Select**.
7. Tap the plus icon on any collection, channel, or video to approve content you'd like to make available to your child.
8. Select **Done**.

Review watch history

Reviewing the watch history is one of the most beneficial YouTube parental controls available, as it gives parents or guardians a window into what their child is watching.

You can review the watch history from YouTube Kids by clicking Watch it again at the top of the home screen. After reviewing the history, parents can clear and reset recommended and Watch It Again videos on YouTube Kids to stop them from reappearing.

Parental controls for older kids

To use standard YouTube, a person must be 13 years old. To avoid younger teens being exposed to this content, you can set up a parentally supervised account for your older child.

This supervised experience gives access to most of the YouTube platform that has not been marked as 18+. As the parent and supervisor of the channel, you can monitor and restrict the content your child watches and:

- Turn on notifications to remind your child to take a break from the screen
- Notify them when it's time to go to sleep
- Have no autoplay system on videos, reducing the risk of binge-watching videos unnecessarily.

If you have younger children, YouTube Kids is the best platform to monitor and secure their online experience.

Flag and report content

Regularly monitoring your child's account is good practice to stop [harmful messages](#) or comments and catch any content that may have made it onto YouTube Kids. Here's how:

1. Go to the Watch page of the video you'd like to report.
2. Tap **More** in the upper corner of the video player.
3. Tap **Report**.
4. Select the reason for reporting the video (Inappropriate visuals, Inappropriate audio, or Other).

Roblox: what is it, and is it safe for your kids?

With 214.10 million monthly active users in 2023, Roblox is one of the most popular platforms for kids to let their imaginations run wild and build or participate in a massive catalog of games and experiences.

Due to Roblox's popularity, parents are naturally inclined to learn more about the platform and find out: is Roblox safe for kids?

What are the dangers of Roblox for children?

Unfortunately, Roblox's popularity for children makes it a target for adults looking to exploit young people.

Adults over 25 on the platform comprise 14% of the game's demographics. Many of these players have good intentions and simply want to monetize their content by building games or streaming on [YouTube](#) or Twitch; others have more malicious, illegal, and dangerous motives.



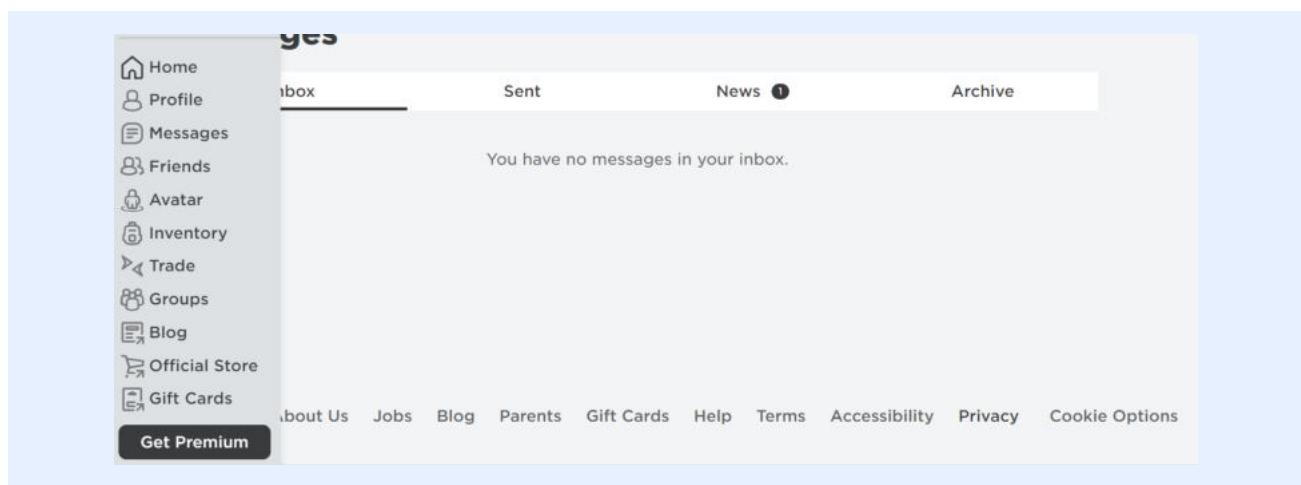
Online predators

Reports of Roblox predators have happened globally, and many parents have raised concerns about the messaging features.

In Australia, the parents of two young girls, aged 10 and 12, were sent inappropriate messages from online predators, which passed through Roblox's messaging filters by misspelling words.

Despite the measures Roblox says they are taking to prevent these problems, they are still happening. On October 21, 2023, a 27-year-old man from New Jersey, USA, was charged with kidnapping an 11-year-old girl from her home and driving her 135 miles away.

Parents should know that via the settings page on Roblox, they can view and monitor messages their child receives or sends from the home screen and navigate to the messages tab, as shown below.



Source: Roblox

Robux phishing scams and account theft

Players can spend Roblox's in-game currency, Robux, to buy luxury items that help them stand out from other players. For example, the most expensive in the Roblox shop is a hat accessory, the Violet Valkyrie, which costs \$625, or 50,000 Robux.

Due to the high status and costs associated with particular items, kids as young as 13 are setting up **phishing*** and **financial scams** to target players with high-value items, attempting to access personal information associated with accounts with the most valuable clothing or equipment.

If they gain access, the scammers will empty the account's wallet or steal and sell its virtual items on third-party websites to sell, trade, or gamble their stolen items in exchange for Robux or more valuable items.

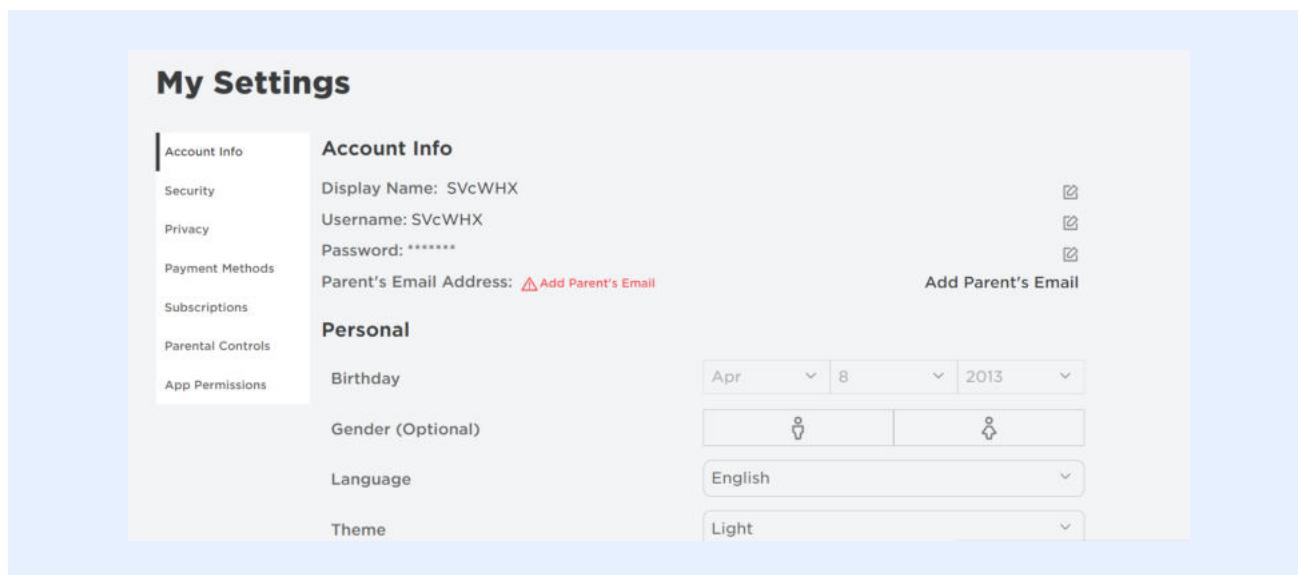
Condo rooms

Condo rooms are rooms that Roblox users create that may allow for inappropriate messages, content, images, or activities between children and adults. Additionally, certain condo games may depict excessive horror or violence, negatively affecting children's mental health and well-being. Condo rooms also expose kids to online chat messages, putting them at high risk of being exposed to online predators.

The best way to avoid accidental entrance into condo rooms is by setting up parental controls that limit what games can be played and how to set up a child's account so their profile [remains anonymous](#) and protected from harmful content or people.

How to set up Roblox parental controls

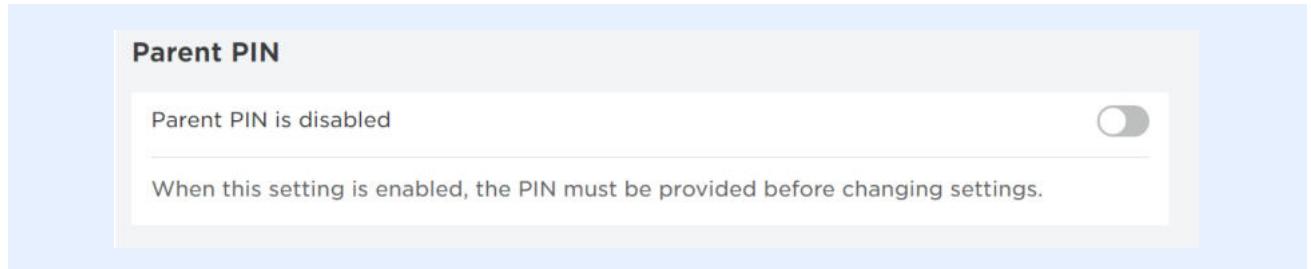
First, you need to access the settings associated with your child's account by clicking the gear icon on the top right of the screen, taking you here:



Source: Roblox

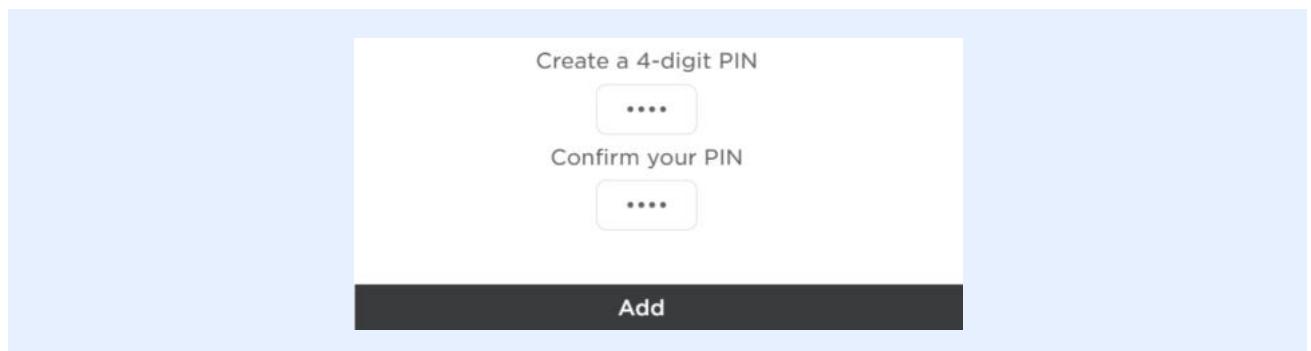
Set up a Parental Pin

By setting up **two-factor authentication***, PIN, or [other authentication methods](#), you limit control over who can activate or deactivate specific settings. To set up your PIN, from the settings page, click Parental Controls on the left:



Source: Roblox

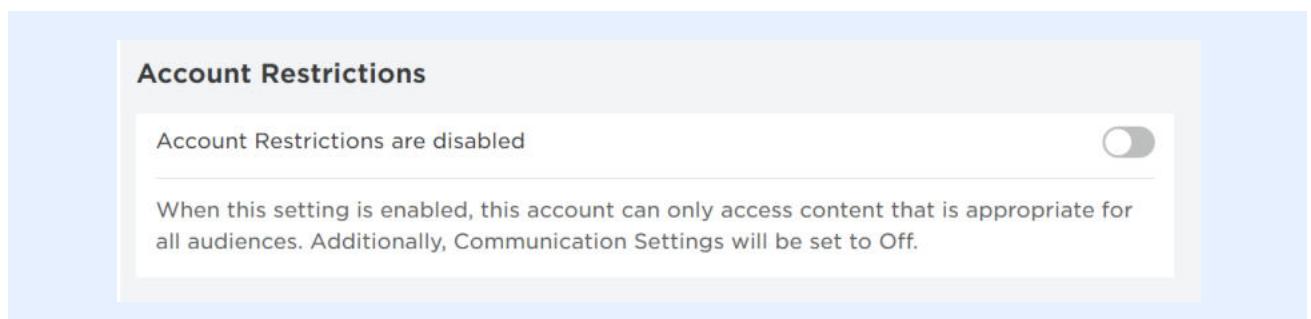
The PIN is turned off by default; to activate it, click the right toggle icon, and you will be prompted to enter and confirm your PIN.



Source: Roblox

Enable Account Restrictions

The most important feature for parents is setting up [account restrictions](#). Enable account restrictions from the privacy page by clicking the toggle on the right-hand side.



Source: Roblox

Once enabled, no Roblox user can send messages, text chat, or see their inventory, limiting exposure to online predators and Robux gift card scams.

You can limit who contacts your child to friends, followers, or everyone under the Other settings section, located further down the page.

Report and block players

Roblox says they constantly moderate content, the platform, and inappropriate users, communities, or messages, but sometimes, it can be months before Roblox takes action against a user.

Luckily, parents and children can report and block players from contacting them by blocking the player in the game. To do this on the website or app:

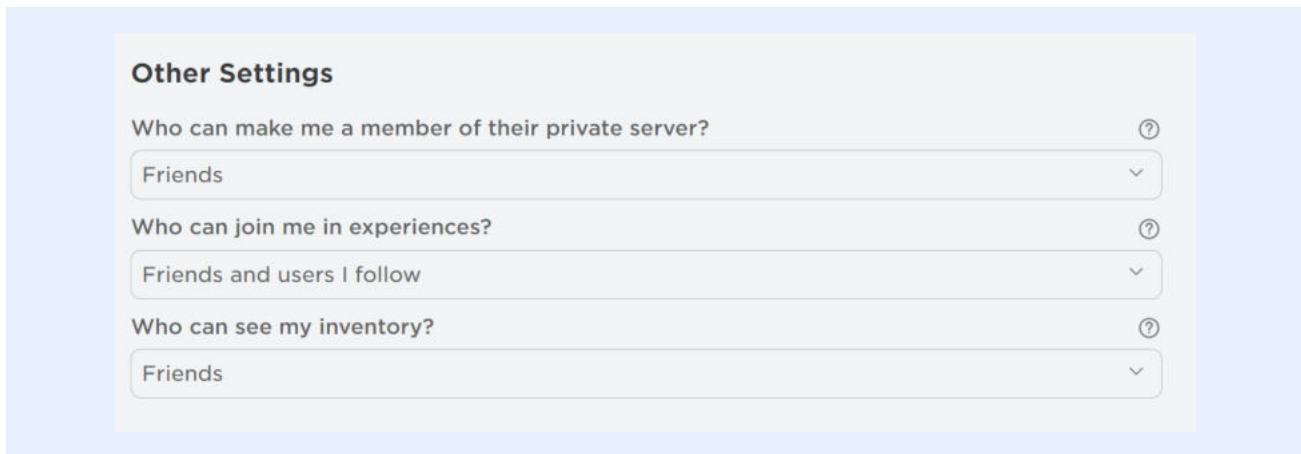
1. Visit the player's profile.
2. Click the three dots in the upper right corner.
3. Select **Block Player**.

To report a player for abuse, breaking Roblox rules or other policies, follow these steps:

1. Select the menu button (Roblox logo) at the screen's upper left.
2. Select the flag icon next to a user's name, or select the Report tab at the top of the menu.
3. For Game or Player? Select the Player tab.
4. Select the Which Player pull-down menu, and find the username to report.
5. Select the Type of Abuse pull-down menu and find the inappropriate action.
6. Select Submit to finalize.



Roblox Support will investigate and come to a decision based on their policies.



Source: Roblox

Working together to keep children safe online

Sometimes, awful things happen on Roblox, but these can be limited with the right parental controls, also by engaging in conversations with children, parents can find out:

- Why your child likes playing the game, features, characters, skills, etc
- Who they are playing with. Do they know everyone on their contact list? If they receive messages from someone they don't know, they should tell you about it.
- Tell them never to share passwords, emails, numbers, or their names with someone on the internet.

By looking at video game safety as an investment and a journey, we can help prevent the dangers of video games and adapt to the online environment together.

More privacy resources

Check out these free resources to help you manage your cloud storage, secure your accounts, and keep your information secure and private on the web.

[Byte Converter](#)

Find out how many GB in a TB or how much cloud, phone, or drive storage you really have left with Internxt's free Byte Converter.



[Temporary Email](#)

Receive emails anonymously with our free, private, and secure temporary email address generator.



[Password Checker](#)

Find out how secure your passwords are for your accounts with our password checker.



[File Virus Scanner](#)

Scan any document, image, PDF, or other file types to detect malware or other dangerous files.



[Password Generator](#)

Instantly generates highly secure passwords.



Glossary

Understanding these key terms will help you protect yourself and your children online.

Malware

Malware is short for malicious software and refers to software specifically designed to gain unauthorized access to personal information or disrupt a device and its network. A popular form of malware is a computer virus.

Doxing

Doxing is short for document tracing and is the process of researching and revealing someone's **private or personal information**, such as their address or phone number, online without their consent.

Phishing

Phishing is one of the most common cyberattacks for scammers trying to deceive people into revealing their passwords, credit card information, or other personal information, such as email addresses or phone numbers.

Phishing scams will often pose as trustworthy entities like Roblox or YouTube and get people to enter their sensitive information through deceptive emails or websites.

Two-Factor Authentication

Often referred to as 2FA, this security method provides an extra type of verification before a user can access the system. The method includes entering the account password and an additional secure method, such as **fingerprints** or a temporary code, that the hacker cannot access.

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switch to Internxt**

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