

WHAT YOUR TEEN IS DOING ON SOCIAL MEDIA

THE GUIDE
2014 EDITION

It's undeniable that Social Media has changed the way teenagers experience the world. Your teens are on social media as soon as they get up, all through school and well into the night. So the question is, do you know what they are doing? Do you know their passwords, their usernames and what social media platforms they are using? It's not just about friending your teen on Facebook anymore. Parents today need to take an active role in their teen's online life.

WHAT ARE TEENS DOING ON SOCIAL MEDIA?

WHAT ELSE HAPPENS ON SOCIAL MEDIA

 **55%** of teens have given out personal info to someone they don't know, including photos and physical descriptions.

 **29%** have been stalked or contacted by a stranger or someone they don't know.

 Only **34%** of parents check their child's social network sites!

 **29%** of teens have posted mean info, embarrassing photos or spread rumors about someone.

 **24%** have had private or embarrassing info made public without their permission.

22% have been cyberpranked 

WHAT KIDS THINK ABOUT SOCIAL MEDIA PARENTAL CONTROLS

 **67%** of teenagers say they know how to hide what they do online from parents.

 **43%** of teens say they would change their online behavior if they knew that their parents were watching them.

 **39%** think their online activity is private from everyone, including parents.

 **20%** of kids think their parents have no idea what they're doing online.

 **38%** would feel offended if they found out their parents were spying on them with Facebook parental controls.

 **18%** have created a private email address or separate social networking profile.

 **10%** have unlocked parental controls to disable filtering.

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 <http://www.liahonaacademy.com/>



WHAT SOCIAL MEDIA PROFILES ARE YOUR TEENS USING?

The latest Pew Internet study found that teens are sharing more personal information than ever before and it's not just on Facebook. Teens are using multiple applications, most are visually based and provide instant sharing options. Here is a breakdown of the sites you need to know about.



Facebook:

Having a Facebook page has become as normal as gets getting their drivers license. In fact more teenagers have a Facebook page than a driver's license. It's important to remember that your kids don't use Facebook the way you do. They will share, like and comment on things you may never dream of. **It's important to friend your teen on Facebook but don't engage.** Just let them know you are keeping an eye on what they are doing.

<https://www.facebook.com/help/445588775451827>



Instagram:

This is one of the most popular apps for teens mainly because it's easy to share selfies and pictures of their food. **It's against Instagram's terms of service to post "nude, partially nude, or sexually suggestive photos" but that doesn't stop people.** Instagram only has 15 full-time employees and there are five million photos uploaded every day so it's important to educate your teen about what #'s to avoid and set up privacy settings.

<http://help.instagram.com/116024195217477>



Vine:

One of the new apps on the block, Vine allows users to post 6 second videos and then share them on Twitter and Facebook. **The app is rated 17+ in iTunes Store** so expect plenty of drugs and sexual content. Their privacy settings are not the greatest which means users have to constantly make sure their videos are only seen by their friends.

<http://support.twitter.com/articles/20170317-faqs-about-vine#>



Tumblr:

Is a micro blogging site for teens with limited attention spans. Tumblr is built on creating your blog around photos, videos and audio. These blogs allows teens to express themselves through media but watch out for the **pro bullying, anorexia and bullima pages.**

<http://www.tumblr.com/policy/en/privacy>



Snapchat:

Is all about sharing the moment and then forgetting it. Teens can take pictures and videos which are then erased from their phones ten seconds later. Because of this feature, Snapchat has become the preferred method to sext. Nothing is ever truly deleted online; **teens can take screenshots of the nude photos and then publish them across the internet.**

<http://www.snapchat.com/>



Twitter:

Allows teens to send quick and easy messages of 140 characters or less. They can follow whoever they want and they also can block whoever they want. **Parents don't have to follow their teens to know what they are posting** but it's a good idea to still follow them. Pictures are also posted on Twitter which leads to the same challenges of Instagram.

<https://twitter.com/privacy>



Pinterest:

Is all about organizing users around shared interests. Users can create "boards" where they "pin" their favorite recipes, clothes or even memes. Pinterest is becoming more popular because of the ease to pin new content and it's highly visually. **Unfortunately porn has started to show up links in innocent looking pins** so make sure you educate kids to stay away from links that don't match the description of the pin.

<http://www.gcflearnfree.org/pinterest101/2.2>



Pheed:

It's a lot like twitter. You can share photos, updates and videos but the difference is you get 420 characters instead of 140. They can also provide their followers with live audio feeds and **live broadcasts of your day-to-day activities.**

<https://www.pheed.com/>



You-Tube:

YouTube has overtaken Facebook as the favorite social media platform for teens ages 12-15. While YouTube forbids sexually explicit content **there is still content you don't want your teen to see.** For more info check out their Safety Center.

<http://www.youtube.com/yt/policyandsafety/?rd=1>



Kik:

It's pretty safe to say teens love texting. What they like even more is sending videos and memes to each other and that's where Kik comes in. Kik is a smartphone app that allows teens to send each other videos and images without limit. With about 50 million users, **Kik usage is on the rise with today's teens.**

<http://kik.com/about/>



4chan:

The internet is full of useless information and 4chan is one of those places where people get together to talk about it. 4chan is a simple image based bulletin board where anyone can post comments or pictures about anything they want. **The user doesn't have to register and there are no age limits on who can have access to the site.**

<http://www.4chan.org/>



Askfm:

With 65 million users, Askfm is quickly become the place teens gather online. Users can ask each other any question with the option of anonymity. **This openness has led to many instances of cyberbullying and several suicides.**

<http://ask.fm/>



WAYS TO GET INVOLVED

Now that you know where your kids are hanging out online it's important to establish the rules. The most important thing to remember when you set up these rules is to have open communication with your teens. If you simply "lay down the law" without giving any explanation; you will miss a valuable opportunity to teach your teen about responsibility and internet safety. Below are a different ways you need to be involved in your teen's online profiles.

- 1 Log into their social networks and friend your children on these services. Along with you and your spouse make sure their Aunts, Uncles, Cousins, and even Grandparents follow them on their social profiles.
- 2 Never give your children the password or restriction codes. Change them often.
- 3 Get the passwords from your kids for all apps and services.
- 4 Set Parental Controls on ALL electronic devices.
- 5 Know what they download - books, music, movies, apps, etc....
- 6 Restrict times & places (in the open with people around) that kids can use the electronic devices.
- 7 Place computers in public areas.
- 8 Take electronic devices away at night - have the charging station next to Mom & Dad.
- 9 If they want to find it, they will..... therefore, above all, EDUCATE YOUR Teen.



HOW PARENTS CAN MONITOR ONLINE ACTIVITY COMPUTERS, SOCIAL MEDIA, AND SMART PHONES

HOW TEENS HIDE IT FROM MOM & DAD INTERNET BROWSER

It's crazy to think that kids born in 2000 are now teenagers. They have lived in a world of DVD's, cell phones and the internet. Being raised with so much technology has allowed to learn a very specific set of skills; kids today know how to get around filters and passwords. No matter how clever you think your password is there are ways to either hack it or simply go around it. Here are few things you need to know to make sure you are aware about what your teens are doing online.



Desktop - Home Computer

How to Delete History from Browsers – Once your kid deletes their viewing history it's extremely difficult to get it back.



Chrome

It's pretty easy to delete your history in Chrome. All you need to do is select the chrome menu bar, select tool and then hit clear browser data. Once it's cleared you can never get it back.

<https://support.google.com/chrome/answer/95537?hl=en>



Firefox

For Firefox it's only a two-step process. At the top right hand corner of the window click the History drop down menu and then select clear recent history. This also clears out the search history in the Google search bar.

<https://support.mozilla.org/en-US/kb/remove-recent-browsing-search-and-download-history>



Internet Explorer

Open an Internet Explorer window. Then click the tools button and then click on the Delete Browser history.

<http://windows.microsoft.com/en-us/windows7/how-to-delete-your-browsing-history-in-internet-explorer-9>



Safari

Just like the rest of the browsers it's pretty easy to delete your history in Safari too. Just click on history and then select the clear history option.

<http://support.apple.com/kb/pt11911>

ONE THING TO REMEMBER!

Even if your teen is deleting their browser history there is still a way to keep track of their online browsing history. If you notice your teen is on their computer a lot and you then check their browsing history and there are large stretches of nothing, it's pretty safe to say they are clearing their history.

Private or Incognito Window

Now it's time for the 200 level class of how to hide your internet browsing from your parents. This section will talk about Private and Incognito Windows in Internet browsers.



Chrome

This is directly from Google: For times when you want to browse in stealth mode, Google Chrome offers the incognito browsing mode. Here's how the incognito mode works:

1. Webpages that you open and files downloaded while you are incognito aren't recorded in your browsing and download histories.
2. All new cookies are deleted after you close all incognito windows that you've opened.
3. Changes made to your Google Chrome bookmarks and general settings while in incognito mode are always saved.

And here is how to activate on Chrome

1. Select the Chrome menu toolbar
2. Select New incognito window
3. This icon  will appear and now no one will know which site you visited.

<https://support.google.com/chrome/answer/95464?hl=en>



Firefox

"Private Browsing allows you to browse the Internet without saving any information about which sites and pages you've visited."

1. Click the file menu
2. Select New Private Window
3. You will know you are in private browsing mode when at the top right hand corner of the browser it will have (Private Browsing).

<https://support.mozilla.org/en-US/kb/private-browsing-browse-web-without-saving-info>



Safari

1. While you are online select Safari in the top right hand corner
2. Then select Private Browsing
3. Your computer will send you a confirmation message, click ok to move on.

<http://support.apple.com/kb/PH11882>



Internet Explorer

1. When Internet Explorer is open press Ctrl+Shift+P
2. A new tab will open and you will be in private browsing mode until you close the tab.

<http://windows.microsoft.com/en-us/internet-explorer/products/ie-9/features/in-private>

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BROWSING THE INTERNET ON PROXY SERVERS

This is the graduate level course of how teens hide their browser history from parents. First off let's talk about what Proxy Servers are:

"In computer networks, a proxy server is a server (a computer system or an application) that acts as an intermediary for requests from clients seeking resources from other servers."

For the non tech savvy this means teens can log onto Proxy Servers and have full access to the internet even if the computer has filters and monitoring software.

Here is a site with a Proxy Sever teens can access for free: <http://www.hideproxy.org/>

To make sure your teen isn't using a

proxy server you can open your router settings on your computer and block the sites you don't want your teen viewing. Here is a link for more info about proxy servers.

<http://www.techrepublic.com/blog/it-security/the-basics-of-using-a-proxy-server-for-privacy-and-security/>

ONE THING TO REMEMBER!

No matter how many passwords you set up or sites you block if your teen is determined enough they will find a way around your restrictions. This is why communication is so important and teaching your teen about appropriate Internet use.

HOW TEENS HIDE IT FROM MOM & DAD SOCIAL MEDIA

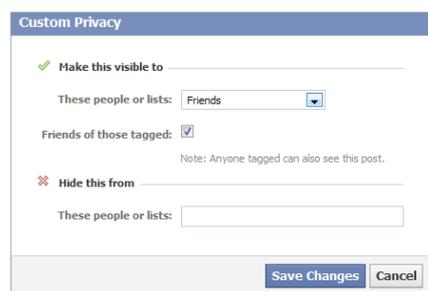
Teens spend hours of their time on social networks which means it's important to understand not only what they are doing but who they are talking to. One thing every parent should do is know the usernames and passwords for their teen's social profiles. However your teen may not be thrilled you have liked them on Facebook and here are few ways teens will use to get around their parents supervision on Social Media.

Facebook: Even if you are friends with your teen on Facebook that doesn't mean you have full access to their account. There are ways for your teen to control what you see on Facebook. In Facebook's privacy settings, teens can set up their page where they can block their parents from seeing their status updates and other Facebook activity. It's also important to remember that if your teen adds your profile to their blocked list, Facebook won't let you know.

Here is how teens can block you:

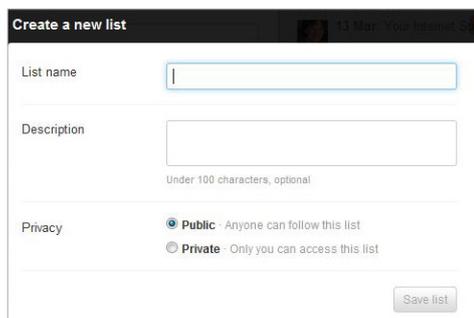
1. Select the Facebook settings in the drop down menu in the top right hand corner of your Facebook page.
2. Select Privacy Settings
3. In the "who can see my stuff" section select the friends

4. Select custom and a new window will appear
5. There will be a section that says "Don't share this with" and you can then select any of your friends you don't want to see your status updates, photos or anything you put on Facebook.



Twitter: One of the best ways to keep your followers organized on twitter is to set up lists. Lists can be made public or private which allows teens to follow people who may not have their best interests at heart.

1. Select the Me icon which will take you to your twitter profile
2. Click on the List Tab
3. Click on the Create List Tab
4. Name the List and select private



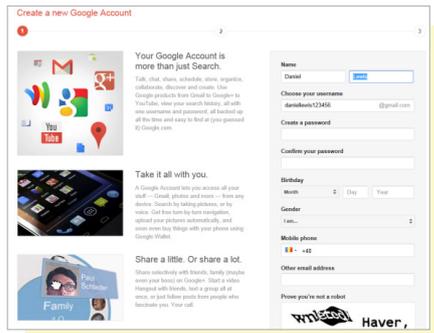
HOW TO HIDE IT FROM MOM & DAD: SOCIAL MEDIA (CONTINUE)

Google+: Teens can organize their friends/family into circles and then control what each circle sees from their profile.

1. Click on the account tab on your Google+ homepage
2. Click on the Google+ tab
3. In the "Who Can Interact with you and your posts" select custom
4. You can now control who and what see's your updates

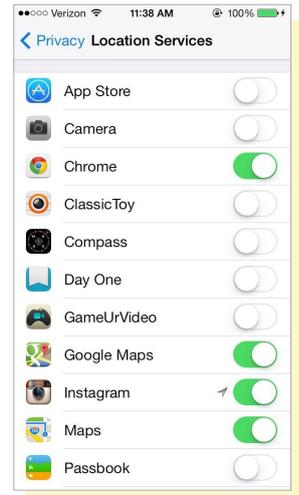
Social Media Account Creation:

Anyone can make an account on a social media platform as long as they have an email address. Anyone can set up a Gmail account and the personal info doesn't have to be true. This is how many teens get around their parents supervision. So the next time you open up your Gmail and it goes to a person's email you don't know, talk to your teen about it.



Location Settings:

Social Media networks like Facebook and Instagram automatically tag where each photo posted to the site was taken. Parents can develop a false sense of security because teens can turn off the location service on their social media apps so parents won't know where the photo was taken.



How To Turn Off Location Settings

1. Settings

2. General
3. Restrictions
4. Location Services

HOW TEENS HIDE IT FROM MOM & DAD
SMART PHONES

Many parents think that if they set up parental controls on their teen's smart phones that is enough. Unfortunately there are apps teens can download to hide pictures, apps, text messages and browser history from their parents.

While new one pop up every day here are a few of the most popular apps to hide information on smartphones.

 **Vaulty**
(Android only, Free)

"With Vaulty Stocks your hidden pictures and videos are disguised as a fake stocks app and no one will ever know. It works just like a real stocks app unless you enter the correct password."

<https://play.google.com/store/apps/details?id=com.theronrogers.vaultyfree&hl=en>

 **NQ Mobile Vault**
(iTunes and Android, Free)

"All photos and videos can be secured in a password-protected folder. Create a "private contact" so that all calls and messages from that contact remain hidden. Hide Facebook messages. Upgrade to the premium edition to enable "Fake Vault" (a decoy vault folder is created so that users can show fake content to anyone who insists on seeing the content in the vault file) and "Stealth Mode" (the vault folder is completely hidden from the home screen and accessed only by entering the passcode in the phone's dialer)."

<http://www.nq.com/vault>

 **Private Photo Vault**
(iTunes, Free)

Photos and videos can be store in a password protected folder.

<https://itunes.apple.com/us/app/private-photo-vault-ultimate/id417571834?mt=8>

 **App Lock**
(Android, Free)

You can password lock access to any part of your phone.

<https://play.google.com/store/apps/details?id=com.domobile.appllock>

 **Personal**
(iTunes, Free)

Create a password-protected data vault to store photos, files or notes

<https://www.personal.com/>

 **Hide it Pro**
(iTunes and Android, Free)

"Appears on the phone under the name "Audio Manager." When you open the app, it looks like a simple audio management tool, complete with slide bars that actually control volume settings on the phone. However, pressing and holding the title bar causes a password prompt to appear to unlock hidden content. You can store pictures, videos, applications, messages or call logs in the disguised folder. Once installed, the app disappears from the "recent apps" list.

<http://hideitpro.com/index.htm>

http://www.huffingtonpost.com/galttime/are-your-kids-hiding-their-apps_b_3645105.html

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MONITORING TOOLS FOR PARENTS COMPUTERS, SOCIAL MEDIA, AND SMART PHONES



Your first line of defense is to make sure that your home computer and any laptops your teens may use have internet filters and monitoring software. It's also a good idea to have reliable anti-virus software just in case you or your teen downloads something they shouldn't. Here are few monitoring/filters we like:



K9 Web Protection

- a. Parents can use 70 different filters to block pornography, gambling, drugs and violent sites.
- b. Parents can set time restrictions for the computer
- c. It's free and it works for PC and Mac

<http://www1.k9webprotection.com/>



Qustodio

- a. Parents can set up an account for each child and monitor their activities
- b. Has an invisible mode so kids will never know their parents are watching

http://www.qustodio.com/index2/?utm_expId=69500132-22.9JLIAuDJSeuYnSLOmsDa0Q.1



Shield Genie

- a. Will monitor all activity on the computer and record it
- b. It can restrict sharing personal information that could make your child vulnerable

<http://shieldgenie.com/>



Bitdefender Parental Control Free

- a. Along with monitor which sites your teens are visiting, Bitdefender will also monitor and record their Yahoo and MSN messenger conversations.

http://www.bitdefender.co.uk/solutions/parental-control.html?awc=2873_1383148933_e9542c16c7647b9234b0f9f9f130b2cf

Norton Family

- a. "You get to see which sites your kids are visiting, their web searches and more. And you can configure the program separately for each child, as long as they have their own account on your computer.
- b. This is easy to set up, with a password-protected icon in your system tray giving access to the main settings. Email alerts warn of problems (attempts to reach blocked sites, say), and detailed reports are available online, so you can access them wherever you are."

<https://onlinefamily.norton.com/familysafety/loginStart.fs>



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SOCIAL MEDIA MONITORING TOOLS FOR PARENTS

Social Media can take up a lot of time and modern parents don't have the NSA like capabilities to monitor their teen's social media use. Disclaimer, we are not affiliated with any of these companies we just think they offer a great service to parents. Do your research and pick the one that works best for you.

Here are a few tools you can use to stay up to date with your teen's online life.



uknowkids.com

uknowkids also helps parents by providing other educational materials to help parents navigate the social media landscape.

<https://www.uknowkids.com>

Net Nanny

Net Nanny

Net Nanny can send parents weekly reports about their teen's social media pages which also gives the parents a threat level assessment of their teen's friends and activity.

<http://www.netnanny.com/products/net-nanny-social>



Avira

With their photo engine feature parents will be notified if their teen or one of their friends posts a compromising picture.

<http://www.avira.com/en/avira-social-network-protection>



Mamabearapp

Mamabearapp also comes with a feature where you can keep track of your teen. You can set alerts to know when they arrived at school, home, practice or a friend's house.

<http://mamabearapp.com/category/social-media-monitoring/>



Truecare

One of the best things about truecare is that it will actually alert you when an adult "friends" or "follows" your teen.

<http://www.truecare.com/>



Hootsuite

Hootsuite wasn't made with the goal of helping parents monitor their teens but their free app will allow you to monitor Facebook, Twitter, and Instagram.

<https://hootsuite.com/>

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MONITORING TOOLS FOR SMART PHONES

Along with monitoring your teen's social media presence it's important to remember they spend most of their time online on their phones or tablets. Here are a few ways to keep an eye on what they are doing.



iOS/Apple

Apple has built in features to control not only what your teen can download but what they can use on their phones.

- If you don't want to pay for a service or don't have access to one there are still things you can do to restrict what your teen can see and use on their phones
 - Set up Parental Restrictions on their iPhone/iPad/iPod
 - Go to the settings app
 - Select General
 - Tap the restrictions tab and once on the screen choose enable restrictions
 - You will be asked to type in a four digit code, DON'T FORGET

THIS CODE

- Once You have entered the passcode you will be able to set restrictions like
 - Explicit Apps, Movies, Photos
 - Safari
 - YouTube
 - iTunes
 - Camera
 - K9 Web Protection Browser
- For more protection you can use K9 Web Protection on your teen's phone.

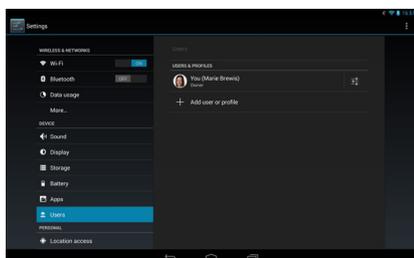
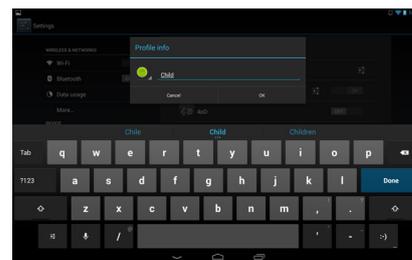


Android

Along with its cousin the iPhone, Android phones have built in restrictions parents can set up to help protect their teens. Restricted profiles: restrict app permissions and create a safe environment in Android 4.2 Jelly Bean or later

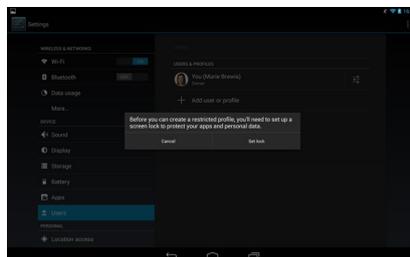
on Settings. Scroll down to and select Users, then tap 'Add user or profile'. You can create either a normal User profile, or a restricted profile. Tap on the latter. (Click on the screenshots below to enlarge them.)

lock and follow the instructions



Step 1:

First, from the Android home screen, pull down from the top right and tap

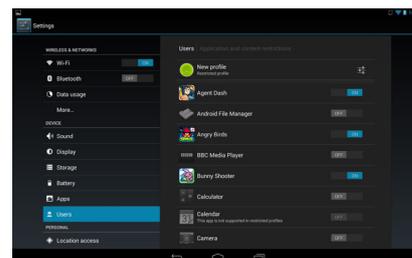


Step 2:

If you haven't done so already, you'll be prompted to set up a screen lock for your device. Tap Set lock, then choose to use either a pattern, PIN or password

Step 3:

Select the settings icon next to the 'New profile' to give it a name.



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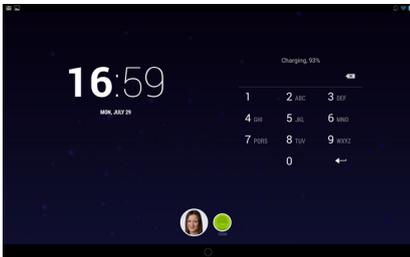
<http://www.liahonaacademy.com/>



MONITORING TOOLS FOR SMART PHONES (CONTINUE)

Step 4:

You'll now see a list of apps installed on your device, with on/off toggles to the side. By default, the restricted profile is unable to access any of these. Go through the list and toggle on only the apps you are comfortable with your child accessing. The list includes any web browsers installed on your tablet, so leave these switched to off if you're worried about what harm your child may come to online. You can also click on the Settings icon next to Settings to allow apps to use location information, which is switched off by default.



Last Step:

From the lock screen, you'll now find your own account is protected with a pattern, password or PIN, while your child can instantly access their own account - but only the apps you deem appropriate. Although the Google Play Store icon appears, trying to access this will bring up a notification that you do not have permission to use the Google Play Store.

Restrict in-app purchases on an Android smartphone or tablet

Step 1:

In this same menu is an option to set



up Content filtering. Within this you can allow all apps, or only those rated as low, medium or high maturity, or for everyone. Tick the appropriate boxes and click Ok. Note that you'll need to create a password to stop a tech-savvy child from altering this setting.

Restrict only certain apps on an Android smartphone or tablet

Step 1:

The easiest way to do restrict access to the web, call and message is to put the phone or tablet on airplane mode. If there isn't an option to do this from the power-off menu, you should find this in Settings, More Networks, Flight mode. Be warned that it's just as easy for your child to disable Flight mode, however.

Google Play App filtering

1. Launch the Google Play app from the home screen of your android gadget
2. Press the menu button – the one with three vertical dots in the upper corner of the right hand, adjacent to the search icon.
3. Select setting as the option.
4. Scroll down to user controls
5. Either choose the "Set or change PIN" option to set a pin so as to restrict access to the settings.
6. Select the "content filtering" option.

7. Select the highest maturity level you would allow, without using the PIN to override. The maturity levels are classified under:

- Everyone
- Low maturity
- Medium maturity
- High maturity

Google Play Block Purchases

- Launch the Google Play Store app
- Press Menu then touch Settings
- Select "Set or change PIN"
- Enter PIN of your choice and press OK
- Re-enter your PIN
- Check the box "use PIN for purchases"

Android Parental Control Apps

Kids Place – Parental Control [Free]

1. Capable of blocking incoming calls when it's running
2. It can restrict your kid from downloading or buying new apps
3. The custom home screen displays only the apps that parents have authorized
4. It can also restart apps accidentally stopped by kids thus allowing parents to stay focused on their own tasks.
5. Capable of disabling wireless signals to avoid exposure to Wi-Fi, cell phone and Bluetooth radiation.
6. Has a timer feature to thus you can lock it after some designated amount of time.
7. Custom wallpapers to customize your kid's experience
8. Provides customization that's suitable

Kindle

With Parental Controls you can restrict access to shopping, the Web browser, and Archived Items. When you turn on Parental Controls, you disable the ability to deregister and reset your device to factory default.

1. From Home, press the Menu button, and then select Settings.
2. Turn one page, and then select Set next to Parental Controls.

3. Select Turn off to require a password for access to any of the Parental Control options (Web Browser, Kindle Store, Archived Items).
 4. Enter your Parental Controls password, and then select Submit to save your settings.
- When Parental Controls are set, a lock icon appears at the top of the screen.



CONCLUSION

The most important point to take away from this paper is that communication is key. Teenagers want to be trusted and it's important as parents that we give them opportunities to earn our trust. If you keep open communication channels with your teens when questions do arise from their social media use there will be a foundation to teach from.