Protecting Kidz Online Workshop – Feb 4, 2026
Practical suggestions from the videos

Video 1: How devices are harming our kids & what we can do about it

- Delay introduction of devices, screen time, and internet access
- Have a gradual introduction
- Model healthy device use behaviours
- No devices at the dinner table and in the bedroom
- Charge all devices downstairs
- Create device free zones or times at home

Video 2: Safeguarding Your Kids: Parental Controls 101

- Parental Control options include: Content filters, time limits, app restrictions, purchase controls, location tracking, privacy controls, remote management
- Establish clear guidelines what your child can or cannot access online
- Have a discussion with your child about potential risks of sharing personal info online, cyberbullying, and other online dangers.
- *Church of the Rock additional suggestion*: DNS-Based Filters for your router/network are also great for basic filtering for anyone who uses your network

Video 3: Digital Safety 101: A Parent's Guide to Gaming

1. Set parental & privacy controls on child's device before you give it to them
   o Research each game your child wants to play, what privacy controls the game allows you to set, and does it have an online chatting feature?
2. Turn off online gaming options
   o Co-gaming is public and uses voice and video chat to protect from bullying, grooming, and exploitation
   o Vet the people your child is gaming with
   o Have your child disconnect their headset during gameplay
3. Try gaming with your child
   o Builds connection, creates opportunities to talk to your child about online safety, and helps parents recognize the red flags in each app or platform
- *Church of the Rock additional suggestion*: "Be Internet Awesome World" is a Roblox/Google game online that teaches kids how to be responsible & safe online

Video 4: Why Kids are Confronting Their Parents About 'Sharenting' – NYT Opinion

- By 2030, parents sharing about their kids will account to two-thirds of identity fraud
- Kids suggestions to their parents: posting any private information or anything online should be their call because of the consequences that could come from their digital footprint.

Parental Control Apps & Network Filtering

Free App Options

Apple Parental Controls for Apple devices

- Monitors and limits screen time, restricts access to explicit content, and tracks time family members spend on apps and websites.

Google Family Link for Android devices

- Manage child's device usage, review their privacy settings, block apps, track child's location, set daily device time limits, monitor usage, remotely lock devices, and configure web filtering on Google Chrome.

Microsoft Family Safety for Microsoft (often PCs)

- Limit screen time on Windows, Android, & Xbox, filter content in website and apps. NOTE: Website and search filtering only works in Microsoft Edge and Bing

Paid App Options

Bark (free 1 week trial)

- Web content filtering & screen time monitoring. Monitors photos, emails, texts, social media, and apps. Alerts for cyberbullying, suicidal discussions, drug use, online predators detected. Best on Android devices

Qustodio (has free option with basic parental control options for one device)

- Filter content & apps, monitor activity, set time limits & routines, family tracking, track calls & SMS, and reporting. BUT can be bypassed by VPNs, rendered useless if child installs one or uses a website with included VPN (like Opera).

Free DNS-Based Filters Options (Router/Network Level)
Anyone who accesses your network (home wifi for example) will be subject to your filters

Cleanbrowsing

- Simple content filtering: security, adult, and family filters which sets Google, Bing, and YouTube to Safe search mode and blocks proxy sites. Free apps for preferred filter and quick reconfiguration

OpenDNS Home

- Fast, secure, and customizable filtering for malware, phishing, and if enabled, adult content. Can set restrictions on mixed content websites

Make a Gameplan

1. What household rules and parameters around screentime and devices do we want to implement? What do we need to do as parents to model good behaviour and enforce these changes?

2. Which parental controls & network filters would be beneficial to our household? What would be the most important at the stage our kids are in?

3. Which strategies do we want to use to help our child(ren) navigate video games and online gaming? What do we need to talk with them about to establish clear boundaries?

4. Are we "sharenting"? What changes do we need to make for the safety of our child(ren)'s online presence?