



Internet Safety Guide for Caregivers

Developed by the CT Human Anti-trafficking Response Team



Cell Phones & the Internet

Resources for Caregivers

The internet can be exciting but also a bit scary for children. Often, they know more about it than adults do. It's important to teach them how to be safe online **before** they start using the internet. The National Center for Missing and Exploited Children (NCMEC) has great resources, including a Safety Pledge Toolkit, to help keep children safe online.



[Safety Pledge Toolkit](#)



[NetSmartz: Online safety training and tip sheets](#)



Caregiver Guide to Smart Phone Safety: [English](#) and [Español](#)



[Internet Safety Checklist](#)



Internet Safety Controls

Besides knowing what children do online, adults can use parental controls on computers (like Windows), internet browsers (like Safari), and search sites (like Google). These controls help limit what kids can see and do on the internet.



Windows



Google Safe Searches



Internet Explorer



Chrome



Safari



Microsoft Edge



Firefox



Apple



Android



Google Family Link



Internet Monitoring Resources

Filtering and monitoring software is another way for adults to restrict (filter) and monitor the information children can access on the internet. Below are software options that have received some of the best ratings from PC Magazine and Buyer's Guide.



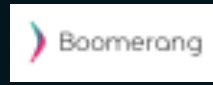
Bark



Mobicip



Net Nanny



Boomerang



WebWatcher



FamilyTime



Norton Family



LocateMy Family



Qustodio



Aura



Social Media

Resources for Caregivers

There are resource guides to assist parents in protecting their children available through [Connect Safely](#).



[Parent's Guide to TikTok](#)



[5 Minutes with TikTok: Safety Advice for Families](#)



[Caregiver's Guide to SnapChat](#)



[Caregiver's Guide to Zepeto](#)



[Caregiver's Guide to Instagram](#)



Gaming

Resources for Caregivers

There are resource guides to assist parents in protecting their children available through [Connect Safely](#).

Gaming Safety Tips: [English](#) and [Español](#)



[Caregiver's Guide to Fortnite](#)



[Caregiver's Guide to Roblox](#)



[Caregiver's Guide to Meta Quest Pro](#)



[Caregiver's Guide to Discord](#)



[Caregiver's Guide to Twitch](#)



Content Hiding Apps

A good place to hide something is often in plain sight. This is precisely what certain hiding apps do. These apps create a password-protected vault where users can store anything from photos and videos to text messages and even other apps. They then conceal their true purpose by disguising themselves as ordinary utilities like a calculator, flashlight, or camera, or by being otherwise inconspicuous. These apps are particularly popular among individuals who wish to keep certain content private, including teenagers. Here are a few examples:



AppLock



Calculator Vault



Apex Launcher



Private Browser



Vaulty



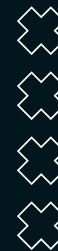
HideU: Calculator Lock



App Hider



Parallel Space



Online Enticement and Sextortion

Online Enticement and Sextortion are happening at alarming rates across the country. It is critical we educate our children as early as possible to equip them with information, so they do not fall victim to the many bad actors trolling the internet. Below are some excellent resources that can be a great discussion starting with your child(ren). When you think it is too late and your child's images have been sent, know there is additional support through the National Center for Missing and Exploited Children (NCMEC).

[Take It Down](#)

[Online Enticement](#)

[Sexting](#)

Talking To Teens about Sexting: [English](#) and [Spanish](#)

[Stop Sextortion Video](#)

[Sextortion & Online Enticement- A look at the New Epidemic](#)



Online Enticement and Sextortion

Resources Cont'd

[Preventing Sextortion Among Youth \(tips for parents and youth\)](#)

[Parent's Guide to Teen Sextortion Scams](#)

Sexting Tips for Parents and Youth: [English](#) and [Español](#)

You Sent a Sext, Now What: [English](#) and [Español](#)

[Generative AI and sextortion](#)

[NetSmartZ: Sextortion resource videos from NCMEC](#)

Sextortion parent guide from NCMEC: [English](#) and [Español](#)

[Talking with Teens about Sex, Dating, and Relationships](#)



Youth Resources

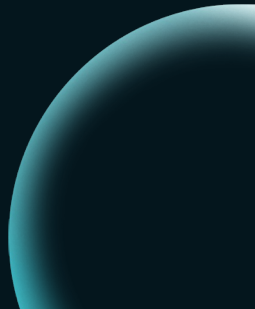


Children and youth have reported they wish they knew what exploitation and trafficking meant before it happened to them.

[Exploitation and How to Protect Yourself](#)

[Blue Campaign Youth Poster Series](#)

[Youth Human Trafficking Scenario Animated Series \(4\)](#)



Know the Law

Caregivers are encouraged to report suspected internet violations to their foster care worker for help in reporting suspected violations to the:

Cyber Tip Hotline 1-800-843-5678
<https://report.cybertip.org/>

Online Enticement of Children for Sexual Acts

It is a crime to use the Internet to knowingly persuade, induce, entice, or coerce a child younger than the age of 18 to meet for sexual acts or to attempt to arrange such a meeting (18 U.S.C. §2422(b)).

Unsolicited Obscene Material Sent to a Child

It is a crime to send obscene material to a child younger than the age of 16 if the sender knows the recipient is younger than the age of 16 (18 U.S.C. §1470).

Misleading Domain Name

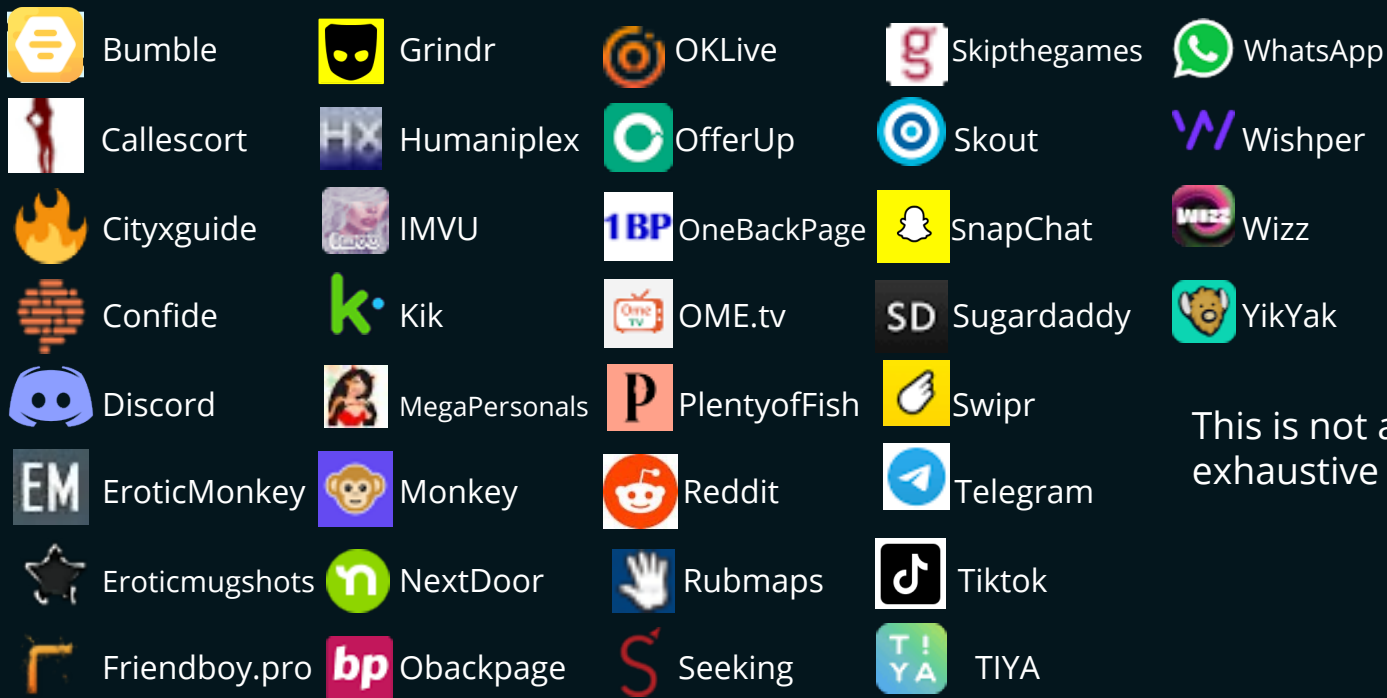
It is a crime to knowingly use a misleading domain name on the Internet with the intent to deceive a minor into viewing material that is harmful to minors (18 U.S.C. §2252B(b)).

Misleading Words or Digital Images on the Internet

It is a crime to knowingly embed words or digital images into the source code of a website with the intent to deceive a minor into viewing material that is harmful to minors (18 U.S.C. §2252C).

Apps and Sites of Concern

There are resource guides to assist parents in protecting their children available through [Connect Safely](#).



Safety Planning



Internet & Cell Phone Safety Tips

- Educate yourself and other adults in a child's life
- Educate your children
- Signed agreement with child on boundaries including routine unplanned checks of a child's computer, phone, etc.
- Password protect WI-FI
- Install Parental Filters
- Know how to view browsing history
- Know common acronyms for texting
- Consider non-smartphones to limit online activity
- Consider no phone usage in private spaces or set a curfew

