

[How to check Google history](#)

On the Ipad –

Tap the Safari icon on the desktop and tap the open book icon on the menu bar.



All of the websites that were visited should show and you can click on each date to see exact sites.



On the Computer -

To check Google history on any computer, go to Google search page and press Ctrl, Shift and H and it will reveal history. Click on specific dates and see sites visited at those times.

****Very handy tool to see what your kids have been looking at****

Apps/Social Media

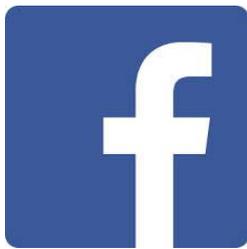
There are several free social messaging apps (instant chat, ability to send photos/videos etc) that the kids are accessing on their iPod, iPhone and iPad's but they are age restricted and they should NOT be used in Primary School.



Snapchat – 12+



Instagram – 12+



Facebook - 13+



kik - 17+ and strangers are accessing children via this app



Ask.fm – 12+ – VERY bad for bullying



Omegle – 17+ - solely to chat to strangers



[Photo Vault](#) – app to hide inappropriate photos
(iPhone version)



[Photo Locker](#) – app to hide inappropriate photos
(Android version)



Any 17+ app when downloading it will show this box and it will NOT download unless the kids tap OK. (To stop having to worry about 17+ apps, just set restrictions so these apps WON'T download – refer below)

[Ipad Parental Controls](#)

You can enable and adjust Restrictions, or Parental Controls, on your device to prevent access to specific features or content on the device. Locate these settings by tapping **Settings** > **General** > **Restrictions**.

Using Restrictions

To Enable Restrictions, tap **Enable Restrictions** and enter a passcode. The passcode will be required to make changes to these settings or to disable restrictions.¹

You can choose to restrict access to the following applications and features on the device:

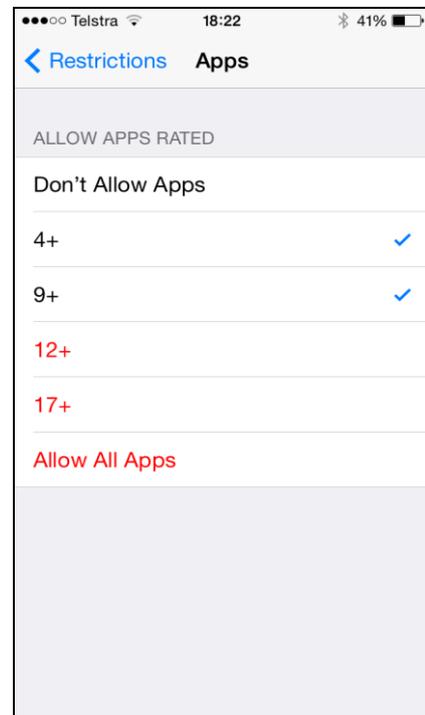
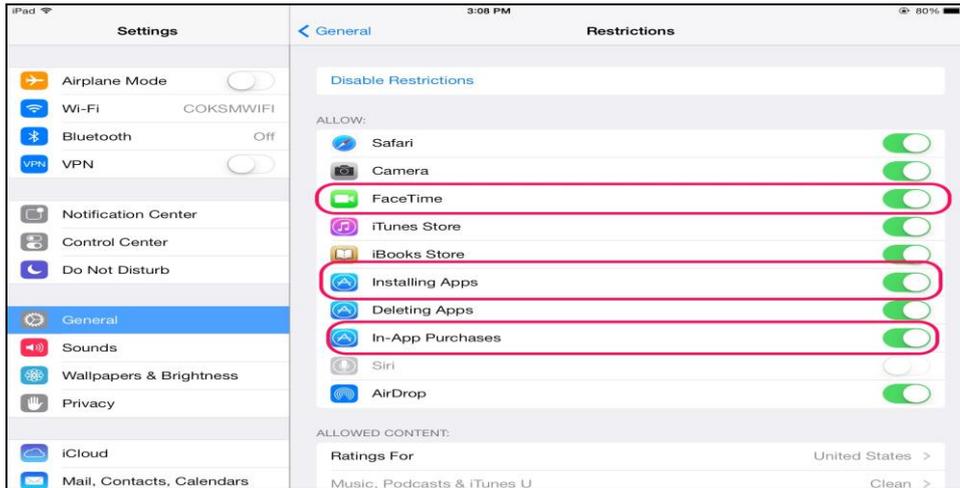
- Safari
- Camera (also disables FaceTime)
- **FaceTime**
- iTunes
- iBookstore³
- Installing apps
- Deleting apps
- Siri

You can choose to prevent access to specific content types:

- Ratings (select the country in the ratings section to automatically apply the appropriate content ratings for that region)
- Music and podcasts
- Movies
- TV shows
- Books³
- Apps
- **In-app purchases**

Restrictions on Installing Apps –

Go to **Settings>> General>> Restrictions** – then do a 4 digit code and you can decide what thing you want to restrict. Make sure **Installing Apps** is set to ON>> scroll down further and click on **Apps**. Click **Don't Allow Apps** and click on 4+, 9+ and 12+ and then none of the 17+ will download.



You can choose to prevent changes to Privacy settings, including:

- Location Services
- Contacts
- Calendars
- Reminders
- Photos
- Bluetooth sharing
- Twitter
- Facebook

You can choose to prevent changes to the following settings/accounts:

- Accounts (disables changes to Mail, Contacts, Calendars, iCloud, and Twitter accounts)
- Find My Friends⁴
- Volume limit

You can choose to restrict features within Game Center:

- Multiplayer games
- Adding friends

Setting Parental Controls in iTunes

1. In iTunes, open iTunes preferences.

(Mac users: From the **iTunes** menu, choose **Preferences**.

Windows users: On the **Edit** menu, click **Preferences**).

2. Click the Parental tab.
3. Select the checkbox next to any item you wish to disable or restrict.
4. To change a rating level of TV Shows, Movies, and Games choose a rating level from the pop-up menu.
5. Click the lock icon to prevent users from making changes.
6. Type your administrator password in the resulting dialog, then click OK (You'll need to know the administrator's account name and password).
7. Click OK to close iTunes preferences and have your changes take effect.

If you want to make changes to your restrictions, open iTunes preferences, click the Parental tab, click the lock icon, and enter your administrator password in the resulting dialog to unlock the parental controls. You can then make any desired changes.

Facebook

Make sure only your friends can see your timeline posts

You don't want strangers checking you out on Facebook. Even though the key elements of your profile (name, picture, cover photo, etc.) are viewable by everyone, many other aspects of your timeline can be blocked. Make all your future posts are locked down. Click on the padlock icon on the top toolbar (on the right hand side), then click 'Who can see my stuff?' Under 'Who can see my future posts', choose from:

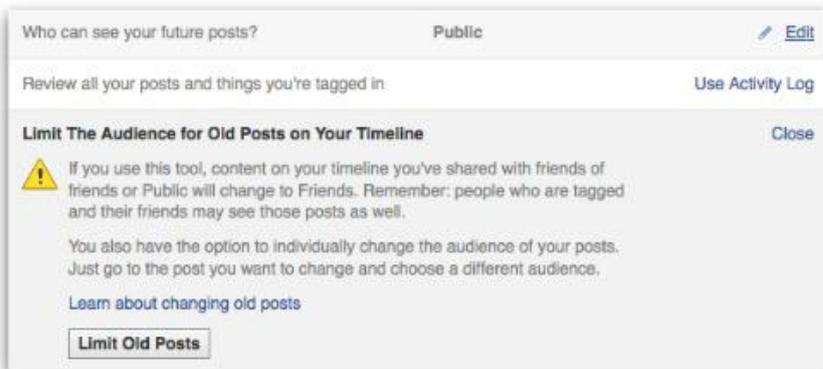
- Public (which obviously means everyone)
- Friends
- Only me
- Custom (which allows you to limit some of your friends from seeing your posts)



Whatever you choose will then become the default every time you post an update.

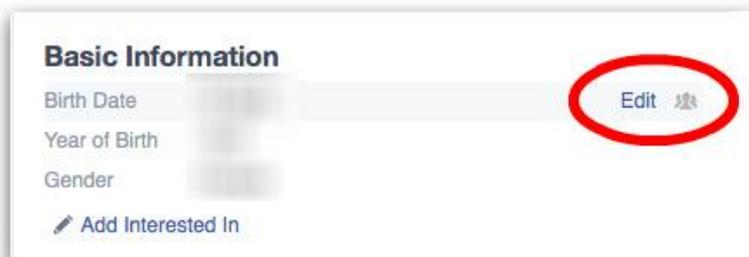
Now, make sure you limit the audience for your previous posts. Click the arrowhead on the top toolbar (on the right hand side). Choose 'Settings'.

Click Privacy on the left hand menu, and under 'Who can see my stuff', click 'Limit past posts'. From here you can change all your past post visibility to 'Friends'.



It's also worth checking out the visibility of the stuff listed under the 'About' section of your profile.

On your timeline, click 'Update info' (at the bottom of your cover photo) and then click 'Edit' next to the area you wish to change the visibility for.



Once again, choose from the options of 'Public', 'Friends', 'Only me' or a custom list of people.

Control who can contact you on Facebook

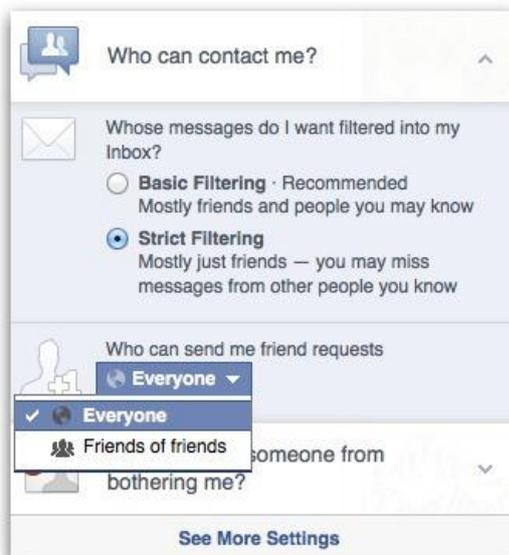
Click on the padlock icon on the top toolbar (on the right hand side), then click 'Who can contact me'.

By default this is set up as 'Basic Filtering' to allow friends and people you may know the opportunity to send you a message. If you want only friends to be able to contact you, you can increase the filtering on your inbox. Other messages will then be diverted to your 'other' folder which you can access from the Messages screen.

To do this, click 'Strict Filtering' under 'Whose messages do I want filtered into my Inbox?'



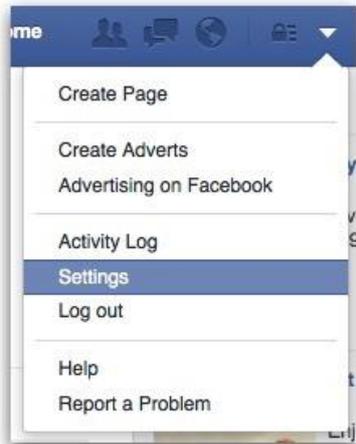
From this area of the screen you can also limit who is able to send you a friend request, choosing between everyone or just friends of your friends.



Set up login notifications

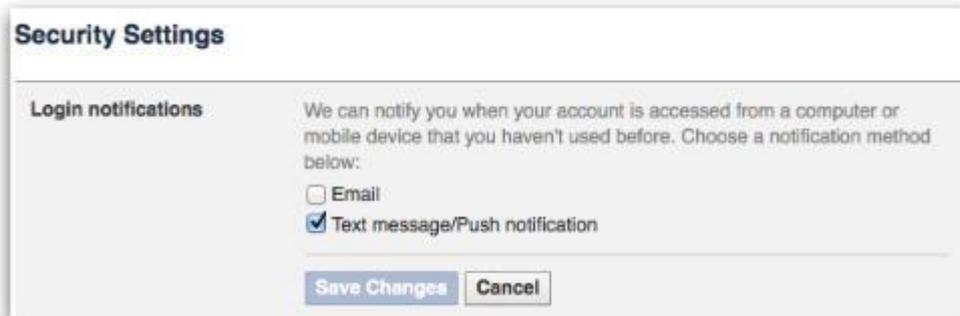
You can set Facebook up to send you an alert every time your account is accessed from an unknown computer or other device. This can be a handy way of receiving a warning should someone gain unauthorised access to your account.

Again, click the arrowhead at the top right of any page and choose 'Settings'.



Choose 'Security' from the menu on the left hand side.

'Login notifications' is the top option available so click 'Edit'.



Choose from receiving either an email and/or a text message/push alert. Click 'Save Changes'. Login notifications are now active on your account.

Turn on timeline review and tag review.

“Settings” > “Timeline and Tagging Settings”>“Who can add things to my timeline”> “Review posts friends tag you in before they appear on your timeline”> “On”

“Settings”>“Timeline and Tagging Settings”>“How can I manage tags people add and tagging suggestions?”>“Review tags people add to your own posts before the tags appear on Facebook”> “On”

An idea for a letter to your children before they get a smartphone.

Dear Gregory

Merry Christmas! You are now the proud owner of an iPhone. Hot Damn! You are a good & responsible 13 year old boy and you deserve this gift. But with the acceptance of this present comes rules and regulations. Please read through the following contract. I hope that you understand it is my job to raise you into a well rounded, healthy young man that can function in the world and coexist with technology, not be ruled by it. Failure to comply with the following list will result in termination of your iPhone ownership.

I love you madly & look forward to sharing several million text messages with you in the days to come.

1. It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest?
2. I will always know the password.
3. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad". Not ever.
4. Hand the phone to one of your parents promptly at 7:30pm every school night & every weekend night at 9:00pm. It will be shut off for the night and turned on again at 7:30am. If you would not make a call to someone's land line, wherein their parents may answer first, then do not call or text. Listen to those instincts and respect other families like we would like to be respected.
5. Have a conversation with the people you text in person. It's a life skill.
6. If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit, stash some birthday money. It will happen, you should be prepared.
7. Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay the hell out of the crossfire.
8. Do not text, email, or say anything through this device you would not say in person.
9. Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.

10. No porn. Search the web for information you would openly share with me. If you have a question about anything, ask a person..preferably me or your father.

11. Turn it off, silence it, put it away in public. Especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.

12. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear -- including a bad reputation.

13. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity.

14. Leave your phone home sometimes and feel safe and secure in that decision. It is not alive or an extension of you. Learn to live without it. Be bigger and more powerful than FOMO -- fear of missing out.

15. Download music that is new or classic or different than the millions of your peers that listen to the same exact stuff. Your generation has access to music like never before in history. Take advantage of that gift. Expand your horizons.

16. Play a game with words or puzzles or brain teasers every now and then.

17. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a stranger. Wonder without googling.

18. You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You & I, we are always learning. I am on your team. We are in this together.

It is my hope that you can agree to these terms. Most of the lessons listed here do not just apply to the iPhone, but to life. You are growing up in a fast and ever changing world. It is exciting and enticing. Keep it simple every chance you get. Trust your powerful mind and giant heart above any machine. I love you. I hope you enjoy your awesome new iPhone. Merry Christmas!

Xoxoxo Mom