

SCREENAGERS: A FORUM FOR PARENTS AND ADOLESCENTS ON NAVIGATING

ONLINE RESOURCES: from “How to protect kids online: Apps and tactics used by experts – and real parents” by Amy Joyce

- **Net Nanny** is a brand of content-control software marketed primarily towards parents as a way to control a child’s computer activity. This product allows a computer owner to block and filter internet content, place time limits on use, and block desktop PC games.
- **CyberWise** is dedicated to providing state-of-the-art resources for busy grownups who want to help youth use digital media confidently and safely. This website is packed with free videos, e-books, curated news, and research about digital media. CyberWise also offers in-person and online classes.
- **iParent101 Workshops** is a website that features workshops that show parents how to use the built-in restrictions of electronic devices paired with age-appropriate Digital Access Boxes™ so that your child can safely expand their access as they grow and demonstrate that they can handle themselves. This program was built based upon real-life parent questions and struggles, and therefore the suggestions aim to be simple and accessible to all.
- **TeenSafe** is an online software program that allows parents to discreetly monitor their teen's texts, phone calls, social media interactions, phone location, and more, without requiring their devices to be jail-broken or rooted.
- **Surfie-Parent** is your eyes and ears to your child’s online safety. This app keeps you in the know and lets you know whenever anything needs your attention: if your children are being cyber bullied, if they are online where or when they shouldn't be, their location and more. It is not about prying or spying. It is about being an involved parent!

ADDITIONAL RESOURCES:

- **American Academy of Pediatrics:**
 - “Social Media Toolkit for Parents”
 - “Promoting Internet Security for Children”
 - “Internet Rules of the Road”
- **National Center for Missing and Exploited Children (netsmart.org)**
- **Commonsensemedia.org**

Disclaimer: Kaiser Permanente does not endorse, and has no affiliation with, any of the resources listed in this handout. This handout is not confirmation of the safety or appropriateness of participation in these activities for you. Prior to participation, please consult with your personal physician if you have any questions or concerns.