Haileybury Astana

PARENTAL CONTROL

Guidebook

INTRODUCTION

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In today's digital age, keeping kids safe online is a constant concern.

This parental control guidebook is here to help equip parents with the knowledge and tools to set healthy boundaries for screen time, discuss online safety with their children, identify and address potential issues like cyberbullying, and provide detailed steps on how to activate parental controls on several social media platforms.

In addition to that, having open communication and clear expectations with your child are key to fostering a positive and responsible digital experience for your child.

SECTION 1

Understanding Parental Controls

Parental controls are features offered by various devices, software, and platforms to help parents manage their childrens online activities and protect them from potential risks.

The internet offers plenty of information and resources, but it also exposes children to potential risks. Parental controls are important for protecting children from inappropriate content, limiting screen time, promoting healthy habits, promoting responsible online behavior, enhancing communication and trust, and preventing misinformation and online scams.

Parental controls offer various tools and functionalities including content filtering, screen time limitations, app management and permissions, monitoring activity and communication, location tracking, and social media management.

SECTION 2

General Guideline For Parents

Building open communication and collaborating with your child is essential for promoting their online safety. In this way, you can create a safe and supportive environment that empowers them to navigate the digital world responsibly and confidently.

Setting Digital Boundaries

Family discussion
Have a family meeting to discuss online safety and expectations

Age appropriate rules
Rules for a younger child will differ from those for a teenager

Screen free zones
Designate areas like bedrooms or mealtimes where devices are off-limits

Device bedtime
Set a specific time when devices are powered down and stored for the night

Open communication
Encourage children to talk about their online experiences, good or bad

Lead by example
Model healthy tech habits like taking breaks and prioritizing face-to-face interaction

Communication with your children about online safety

Curiosity, not judgment
Approach online safety with open-ended questions

What if? game
Have conversations about potential online dangers and brainstorm solutions

Digital footprint
Discuss the consequences of what's posted online and the importance of privacy

Password protection
Teach children the importance of strong passwords and not sharing them

Report button
Explain how to report inappropriate content or cyberbullying

Recognizing & addressing cyberbullying

Signs of upset
Watch for changes in mood, withdrawal, or secrecy about online activity

Evidence collection
Save screenshots or messages as proof of cyberbullying

Open communication
Talk to your child and let them know you're there to help

Report and block
Report the cyberbullying to the platform and block the bully

Seek support
If the situation is serious, seek help from the school or a professional

SECTION 3

Social Media Apps Overview

Building open communication and collaborating with your child is essential for promoting their online safety. By fostering open communication and collaborating with your child, you can create a safe and supportive environment that empowers them to navigate the digital world responsibly and confidently.

	Benefits	Possible Risk
FACEBOOK Is a social networking platform that makes it easy for you to connect and share with family and friends online. * Facebook requires users to be 13 years old to sign up. However, age verification is self-reported, so younger children may misrepresent their age.	• Staying connected with friends and family. • Document life events and share interests with others. • Follow news sources and stay informed. • Find a group or community based on shared interests.	• Exposure to cyberbullying. • Oversharing personal information online. • Difficulty distinguishing reliable information. • Excessive scrolling which can increase screen time.
INSTAGRAM Is a photo and video sharing app. * Instagram requires users to be 13 years old to sign up. However, age verification is self-reported, so younger children may misrepresent their age.	• Share your life and hobbies. • Stay connected with friends and family. • Discover new ideas and trends. • Find and connect with people who share your interests.	• Exposure to mean comments or pressure to portray a perfect life. • Exposure to violent or sexual content. • Focus on idealized appearances can lead to self-esteem issues. • Endless scrolling and constant updates can increase screen time.

	Benefits	Possible Risk
TIK TOK Is a social media platform that allows users to create, edit, discover, and share videos. * TikTok requires users to be 13 years old to sign up. However, age verification is self-reported, so younger children may misrepresent their age.	• Staying connected with friends and family. • Document life events and share interests with others. • Follow news sources and stay informed. • Find a group or community based on shared interests.	• Exposure to harmful or mature content • Risk of addiction and excessive screen time • Cyberbullying and social pressure • Body image and beauty standard issues • Privacy risks and online predators
SNAPCHAT A messaging app for sharing disappearing photos and videos. * Snapchat requires users to be 13 years old to sign up. However, age verification is self-reported, so younger children may misrepresent their age.	• Fun and creative way to share moments with friends. • Promotes less pressure on posting compared to permanent content platforms. • Fosters a sense of connection and lighthearted communication.	• Disappearing messages hinder proof of cyberbullying • Pressure to maintain image or streaks • Risk of inappropriate content or stranger contact • Snap Map location sharing may be unsafe
YOUTUBE is a massive online video platform where users can watch, upload, and share videos on almost any topic. * YouTube requires users to be 13 to join, but age verification relies on self-reporting, so younger kids can bypass it. A safer "YouTube Kids" version offers stricter content moderation.	• Free access to a vast amount of educational and entertaining content. Fosters creativity through video creation. • Allows for exploring interests and connecting with communities and offers a platform for learning new skills or hobbies.	• Inappropriate content can slip through filtering systems. Addictive algorithms can lead to excessive screen time. • Exposure to cyberbullying comments. • Potential for online predators in comment sections. • Unrealistic portrayals, and social pressure (beauty standards, materialism).

	Benefits	Possible Risk
GOOGLE CHROME A widely used web browser that allows users to search the internet, visit websites, and access online content such as videos, games, social media, and learning platforms. * Chrome has no set age limit, but personal Google Accounts require users to be 13+. Younger kids can use supervised accounts via Family Link.	• Easy access to educational resources, research tools, and learning platforms. • Supports productivity and creativity (e.g. Google Docs, Slides, Drive). • Built-in security features like Safe Browsing and pop-up blocking. • Can be managed by parents or schools to provide a safer online environment.	• Children may accidentally access inappropriate or harmful content. • Online distractions can reduce focus during study time. • Exposure to misinformation, scams, or unsafe websites. • Potential for excessive screen time if not monitored. • Privacy risks if browsing history and personal data are not protected.
Parental Controls **Available**	• SafeSearch to filter explicit content. • Site blocking or approved site lists through Family Link.	• Activity reports and screen time limits. • Chrome can also be school-managed to enforce stricter safety settings.
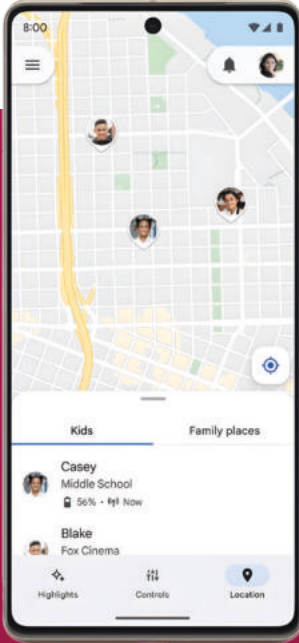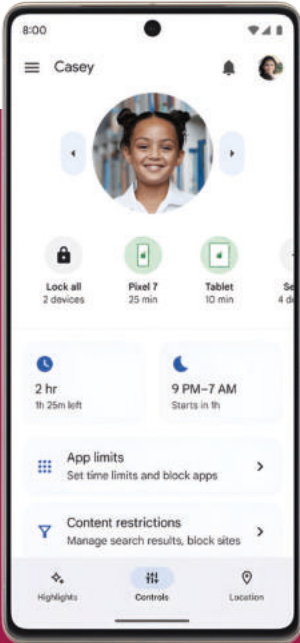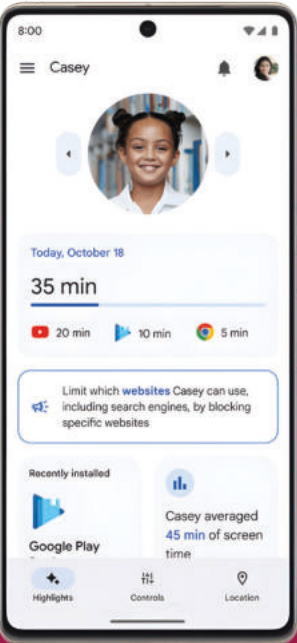
SECTION 4

Step-by-step Guide for Specific Apps

FACEBOOK

1. Go to your profile on the bottom right of the page.

2. Click on the setting option on the top right of the page or scroll down and click on settings under Settings & privacy.

3. Click on supervision.

4. Activate Family Centre by creating an invite with your teen.

INSTAGRAM

1. Click on your profile on the bottom right of the page.

2. Click on settings on the top right of the page.

3. Scroll down and click on supervision.

4. Activate Family Centre by inviting your teen to join.

TIKTOK

1. Click on profile on the bottom right of the page.

2. Click on setting on the top right of the page. then click on set- tings and privacy.

3. Scroll down and click on family pairing under content and display.

4. Click on the parent option.

5. Activate family pairing by sending an invite to your teen's account.

SNAPCHAT

1. Search relevant terms such as "safety", "family" or "parent" and Family Centre will appear.

2. Once you open Family Centre, you'll need to invite your teen to join.

3. Your teen will receive an invitation card, and they must accept to participate.

4. Once the teen has accepted, you can use Family Centre to view your teen's friends, see who they are talking to, and report abuse.

YOUTUBE

YouTube Kids which is a dedicated kids experience and makes it safer and easier for children to find videos on topics they want to explore.

How to Manage Your Child's Google Chrome

Keeping your child safe online starts with the right settings. Follow these simple steps to check and manage restrictions on their Chrome account .

### Step 1: Check if Your Child's Chrome Account is Supervised

1. Open Chrome on your child's device.

2. Click the profile icon in the top-right corner.

3. Click "Manage your Google Account" to review and adjust these settings.

Step 2: Use Google Family Link for Parental Controls

1. Go to → families.google.com or open the Family Link app.

2. Tap your child's profile.

3. Select "Controls" → "Content restrictions" → "Google Chrome".

4. From here you can:

   - Turn Safe Browsing on.
   - Allow only approved websites.
   - Block explicit or adult content.

Step 3: Turn On SafeSearch

1. Visit → google.com/preferences.

2. Switch on SafeSearch to filter out inappropriate content.

3. Scroll down and click "Save".
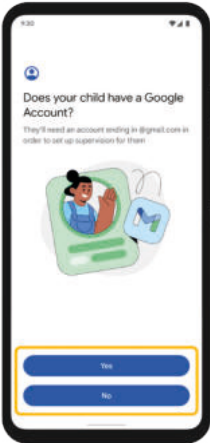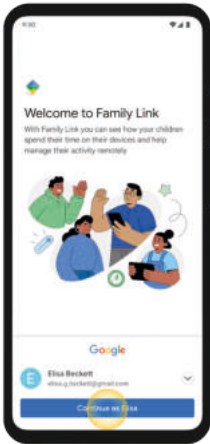
Gaming Consoles

Parents can access the following links to learn more about how to activate parental controls on gaming consoles.

https://www.playstation.com/en-ae/support/account/ps5-parental-controls-spending-limits/

https://support.xbox.com/en-gb/help/xbox-360/security/xbox-live-parental-control

https://www.nintendo.com/au/apps/parental-controls/?srsltid=AfmBOorFmFdYZvuv9-kGgbouVQbProiraLyxsoUkceRkrFHpRVeFnu8q

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SECTION 5

Government Resources

REPORTING E-CRIME:

Parents can report online crimes or suspicious activities through official government portals or local law enforcement agencies.
For Kazakhstan, visit: https://egov.kz and navigate to **"Cybersecurity"** or **"Report Online Crime".**

OVERVIEW OF KAZAKHSTAN'S LAWS REGARDING INTERNET SAFETY FOR CHILDREN:

Kazakhstan enforces laws to protect minors from harmful online content and cyber threats. Key points include:

Restrictions on distributing harmful or extremist content to minors.

Mandatory reporting of cyberbullying and harassment cases.

Guidelines for parental control tools in educational institutions.

For details, refer to the Law on Protection of Children from Information Harmful to Their Health and Development.

ADDITIONAL RESOURCES:

National Hotline for Child Safety:
Call 111 for immediate assistance.

Cybersecurity Awareness Portal:
https://cybersecurity.kz for tips and updates.

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