Cyber safety tips for parents

95% of teens have access to a smartphone, with 46% of teens reporting they are online "almost constantly." It is important to stay educated and well informed to ensure your child is safe while using the Internet. These tips and resources can help you do so.

31%

of teens lose focus in school due to cell phone usage

2/3

of parents are concerned their teen spends too much time in front of a screen

Help your child stay secure in cyberspace

It is important to have an open dialogue with your children on how they interact online. Knowing which games they play and how they are involved on social media can help you protect them.

- Enable parental controls for device and individual apps.
- Discuss what personal information not to discuss with online “friends.”
- Monitor phone usage, including implementing limits on app purchases.
- Check for geolocation settings: A GPS-enabled smartphone can reveal your child’s location through online posts and uploaded photos.
- Read Terms & Conditions that give away Personally Identifiable Information (PII).
- Secure privacy of photos/locations of kids on parental Facebook pages.
- Search your kids’ images on Google to see if they’ve been replicated on other sites or otherwise used without your permission.
- Keep devices out of the bedroom at night by having charging stations in family room.

What to do if your child is victimized

<table>
<thead>
<tr>
<th>Make it clear that the victimization is not their fault.</th>
<th>Contact your local law-enforcement agency.</th>
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<tbody>
<tr>
<td>Save all evidence of victimization such as emails or instant message conversations.</td>
<td>Make a report to the CyberTipline® at <a href="http://www.cybertipline.com">www.cybertipline.com</a> or 1-800-THE-LOST® and include all information available.</td>
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Disclaimer: This is provided to you for education and initial awareness; because this is a rapidly changing field, we cannot assure you that it is complete or that it addresses your specific circumstances. We urge you to remain informed and vigilant.
Parent resources for online child safety

It is important to ensure children are being safe and protected while using any form of technology. Whether it’s through streaming platforms, gaming consoles, smartphones, or social media developing healthy digital habits is important. Visit these pages below to ensure your child or teen stays safe online.

**Parental controls**

<table>
<thead>
<tr>
<th>iOS devices</th>
<th>PlayStation</th>
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<tbody>
<tr>
<td>Android devices</td>
<td>Xbox</td>
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<tr>
<td>Firefox</td>
<td>Netflix</td>
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<tr>
<td>Google</td>
<td>Hulu</td>
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<tr>
<td>YouTube</td>
<td>Circle by Disney (Global Universal Filter)</td>
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<tr>
<td>AT&amp;T</td>
<td>HBO Max</td>
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<tr>
<td>Verizon</td>
<td>Disney+</td>
</tr>
<tr>
<td>Amazon</td>
<td>Apple TV</td>
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<tr>
<td>TWC/Spectrum</td>
<td>Roku</td>
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<tr>
<td>Nintendo (Switch)</td>
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**Help and support for popular social platforms**

- Instagram
- Snapchat
- Twitter
- Facebook
- TikTok
- Pinterest

**National online safety programs**

- FBI computer safety tips for kids
- National Cybersecurity Alliance—Stay safe online
- Common Sense Media

**Articles**

Use the following link to search for the latest online safety articles.

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TIAA does not assume responsibility or liability for the content or privacy policies of external sites.

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GGN-3013487PS-Y0623P