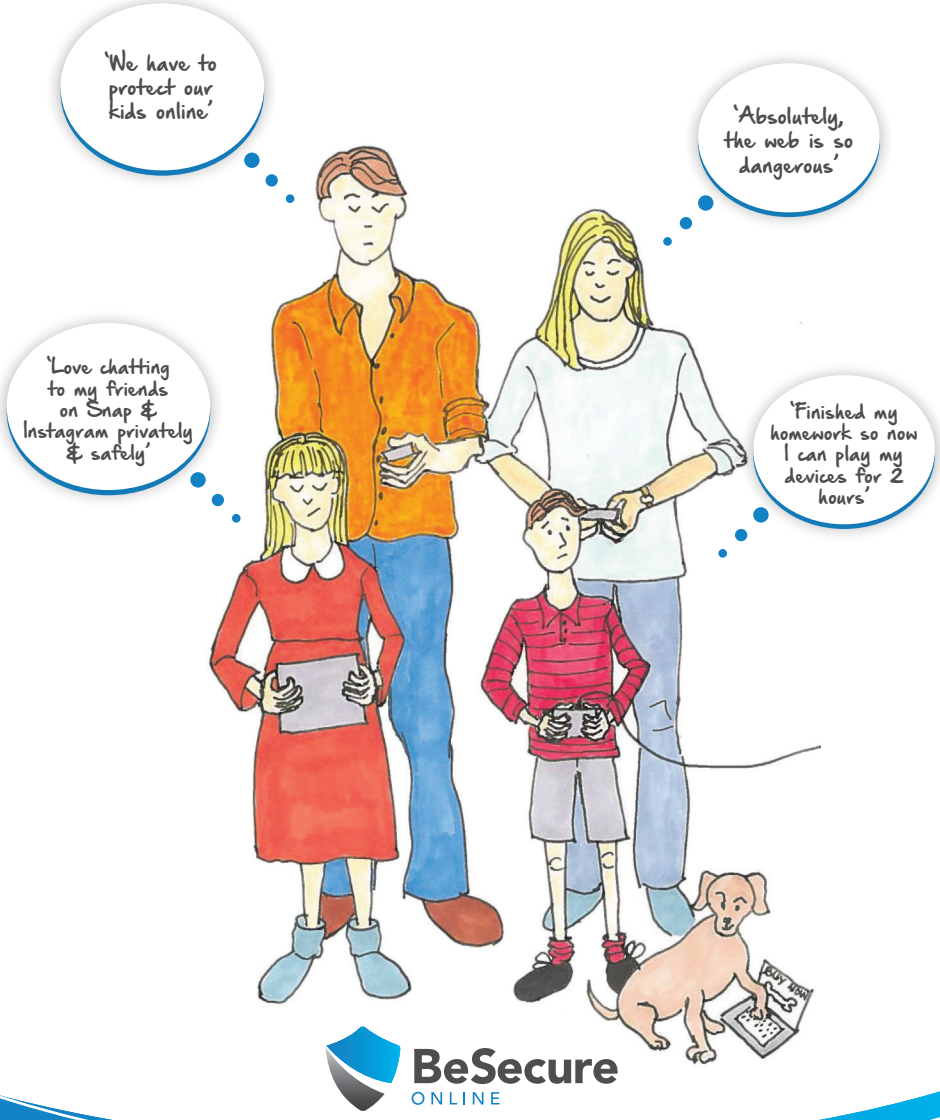


E - Safety for kids, parents & seniors

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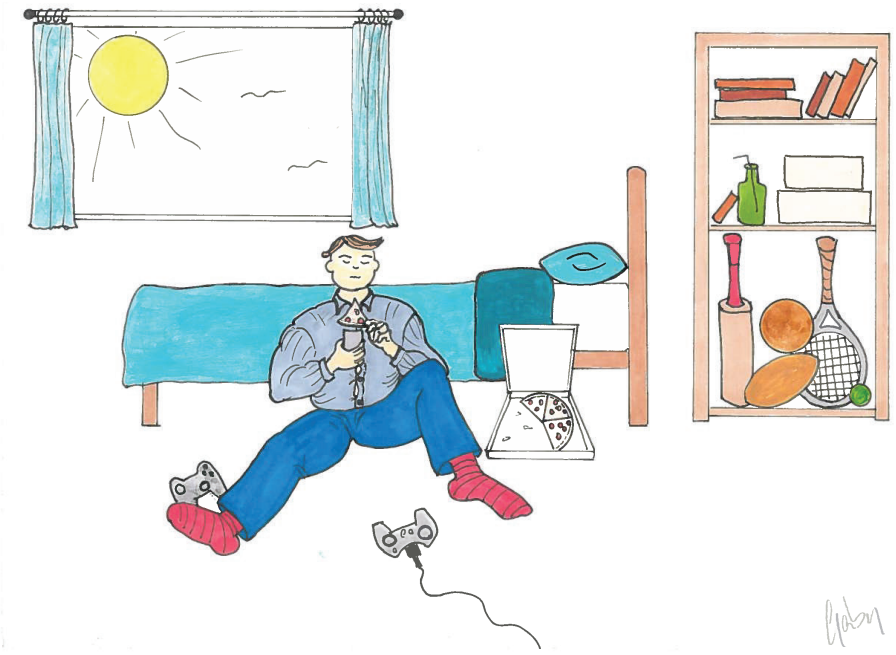
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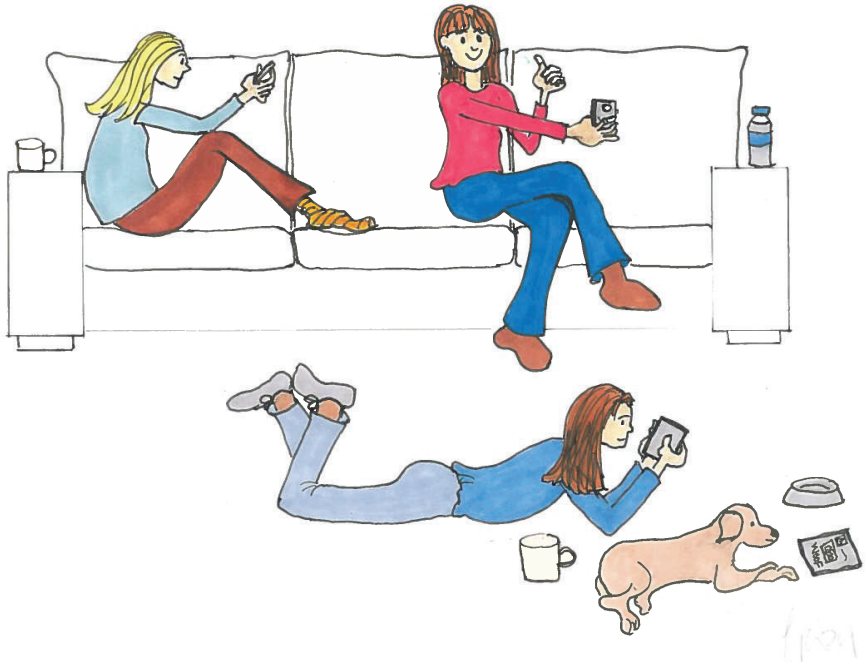
THE FACTS ARE FRIGHTENING!

- Average child is now exposed to porn & adult content at age 7
- Kids screen-time has doubled to 8 hours / day in 20 years
- Kids eat more, weigh more, exercise less and sleep less
- Internet is now a de facto parent in your home
- Internet is riddled with adult content, betting & violence
- 7 billion devices today and 50 billion by 2020



MAKE IT SAFE IN 60 SECONDS!

- Switch on 'YouTube Restricted mode'
- Turn off In-App purchasing & enable passwords
- Enable parental control on smart-phones
- Write a list of sites that you want your younger kids to see **BLOCK THE REST**
- Passwords: Sort into Banking, Shopping, Social Media
- Stop using birthdays, Start using numbers & letters
- Take a look at recent tweets, posts, anything that make you cringe? Delete those and don't do again. Reputation matters
- Every mobile phone should use Privacy VPN Software



THE PARENT TRAP

So you think you're smarter than your kids... Yeh right!

- Are you posting too many photos of your children?
- Don't know about social media? It's time to find out
- Most popular are:

Instagram

Snap

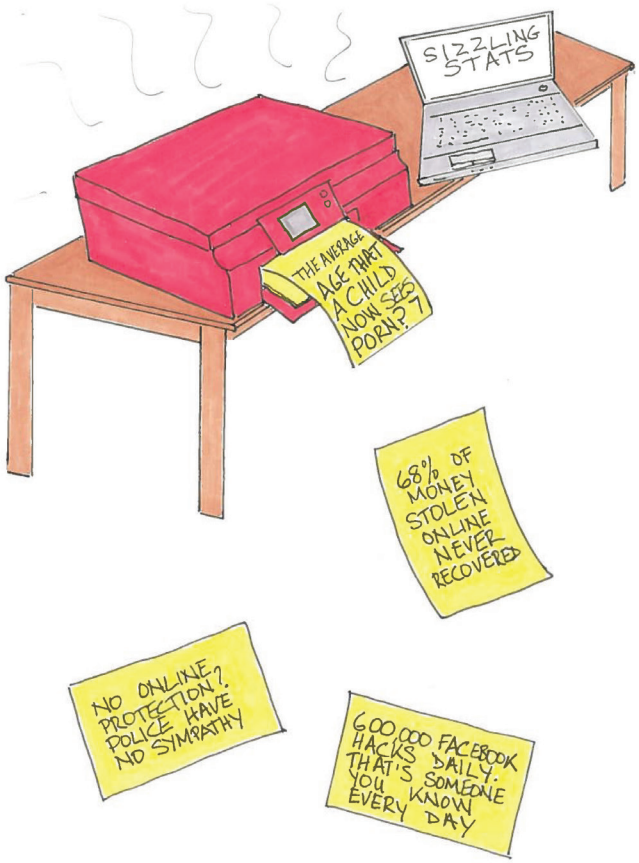
WhatsApp

Messenger



- Parents are proud people, but don't tweet, post on the same topic as your kids simultaneously, kids embarrass easily
- Don't save passwords in browsers. Forget convenience, be safe
- Switch off In App purchasing

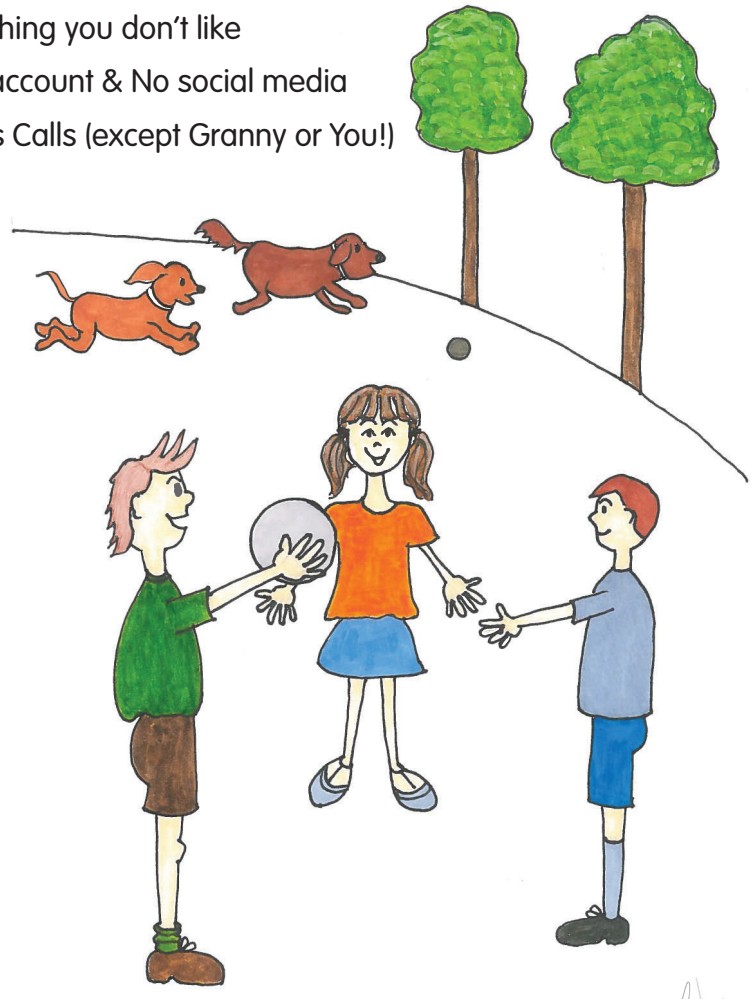
SAFE - **10%** off world best protection software… use 'BSO10' for **10%** discount
www.besecureonline.co.uk/Products/F-Secure-SAFE



- You're more likely to be mugged online than in the street!
- Girls send about 4,500 communications per month, Boys 3,000
- 6.5 billion devices today 50 billion by 2020
- Online crime is 65% of the 11.6 million crimes recorded in Britain.

UNDER 6 RULES!

- Less than 2 hours a day and under adult supervision
- No downloads, installs or purchases
- No Google, Yahoo, YouTube access
- Just games, sites and apps approved by Parents
- Close anything you don't like
- No email account & No social media
- No Phones Calls (except Granny or You!)



SAFE - July 2016 -Voted best family protection software in UK by Virgin Media, Vodafone, Talk Talk. www.besecureonline.co.uk/Products/F-Secure-SAFE

UNDER 11 RULES

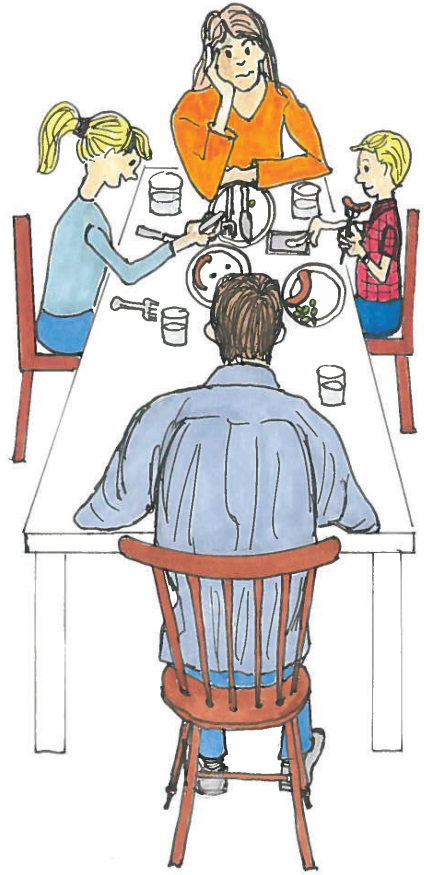
- Homework before fun
- No more than 2 hours per day
- Consoles, TV, Tablets & Phones closed by time agreed
- Facebook, Snap operated with a responsible adult
- Parent(s) as a friend in social media
- Don't share details such as 'name of dog'



SAFE – Quick and Easy to install, simple to use, Elegant, Powerful
www.besecureonline.co.uk/Products/F-Secure-SAFE

UNDER 16 RULES

- Homework first, limit Games, TV, Online time to 2.5 hours per day
- Finish everything at an agreed time on school nights
- No internet, devices at family meal times, birthdays and family occasions
- Use internet wisely, Use web filtering & close disturbing pages
- Agree sensible rules for new purchases, social media accounts
- Don't respond to people you don't know & never meet them
- Don't share personal information, pictures, credit card details with anyone



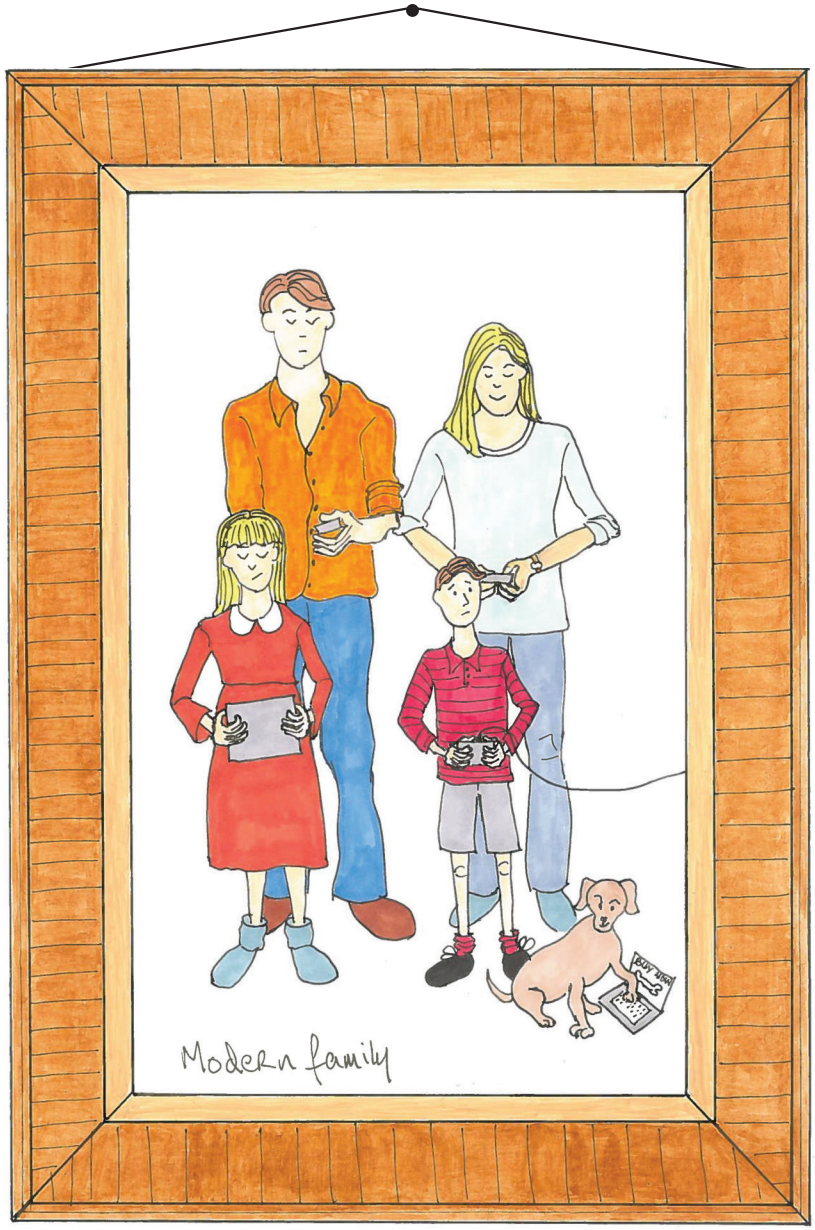
TRIAL SEPARATION – DIGITAL DETOX

Not the parents although you might feel like it trying to implement these rules.

Challenge your teenager, how long can they go without Screen Time? Offer a Reward?

Trial separate the Teenager from the phone. A digital detox.

Internet Security. Special Pricing this Oct & Nov. Parental control from €20
www.besecureonline.co.uk/Products/F-Secure-Internet-Security



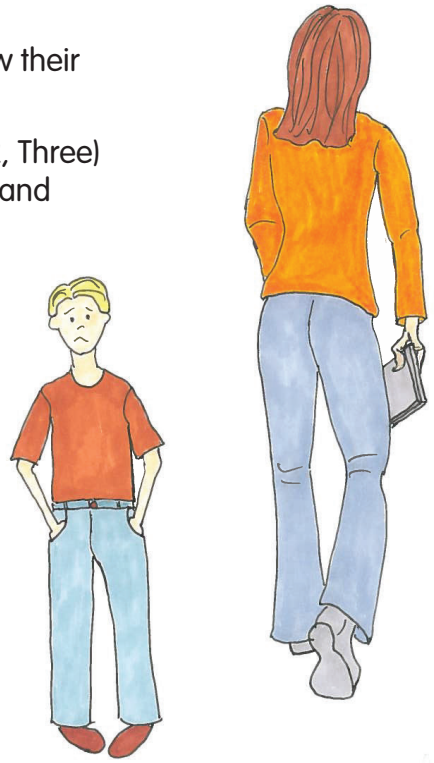
Windows Only Internet Security – **Special Offer** – From €20.
www.besecureonline.co.uk/Products/F-Secure-Internet-Security

HOW TO CONTROL THE KIDS!

You're paying the bill, it's okay to know their passwords.

You can call the carrier (Vodafone, O2, Three) and switch off the phone, that's okay and might take kids time to figure it out.

Grindr, Tinder, Plenty of Fish are not suitable for teenagers!



CAN I CONTROL?

The Apps they use.

When they go online.

What they see.

How long per day they can spend online.

Who they talk to.

How they search and Browse.

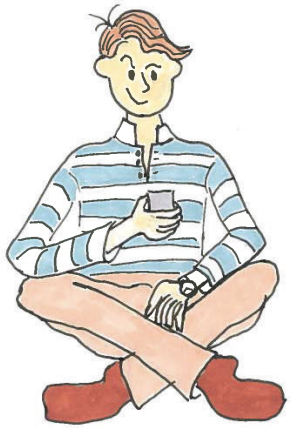
Yes, you can... With our Software you can.

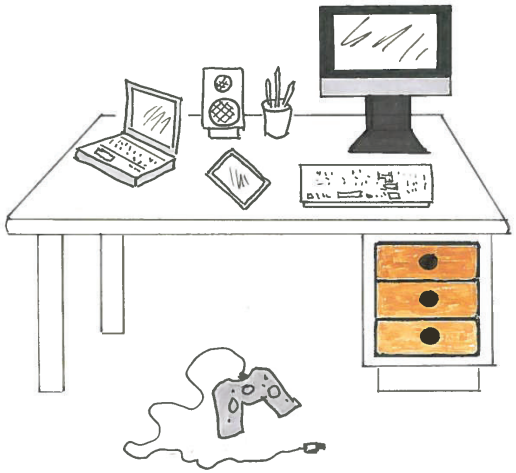
HELP! MY KID KNOWS MORE THAN ME

The internet is here to help you with this one and there's great stuff out there. Try these sites:

www.futurelearn.com
www.webwise.ie
www.staysafeonline.org
www.getsafeonline.org
www.learnthenet.com

Control what your kids can see and do online with our Parental Control software.
www.besecureonline.co.uk/Products/F-Secure-SAFE





AND DON'T FORGET...

- Xbox – Kids can join parties on Xbox. Turn those settings off
- eBay. A great reason not to save your details into Browser With eBay you can retract a purchase
- Sign out of eBay & other purchasing sites!
- They know I have passwords for their sites so if I want to check, I can. It's good practice

Tight budget? Need Windows PC & Laptop only, From €20
www.besecureonline.co.uk/Products/F-Secure-Internet-Security

KIDS USE YOUR PHONE FOR GAMES?

1. Create a separate kids game folder.
2. No download without your approval. Do not permit App to use your contacts or data on phone when downloading. By law there is a means of opting out.
3. Be careful when agreeing to the license conditions. Don't just press Agree and carry on.

START MAKING SENSE!

"If you wouldn't do it face to face – don't do it online"

Don't feel pressured into letting your child online if they are not ready.

Turn your machine off when not using it, sounds old fashioned but it's not!

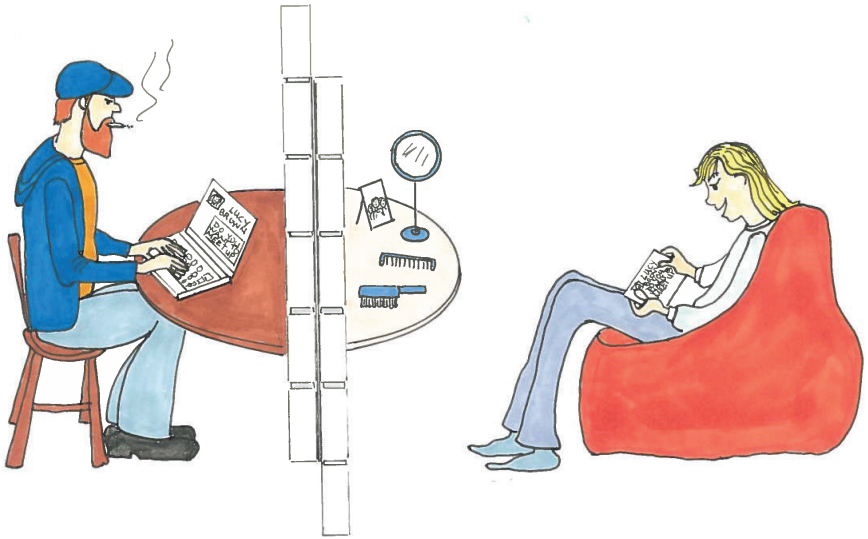
Keep your anti virus, parental control software updated. Don't use free anti virus software.

Phones need anti virus too.

Stranger Danger – The absolute bottom line

- Exactly the same as real world
- Never ever meet anyone you met online
- Never reveal more of yourself than you want to

Find your Teenagers or Phone. Set rules for Browsing & Searching, Limit Time online, No Adult Content. www.besecureonline.co.uk/Products/F-Secure-SAFE



DON'T GET CAUGHT OUT!

- Don't blacklist, Whitelist instead
- Protect all your browsers, Chrome, SAFARI, IE, Firefox
- As kids get older they get smarter and you will have to trust them more
- Yes - You need access to kids phone to install parental control software
- Q. I have your parental control software, Can I see what they are saying online. No, you will need a real spying app for that

Did you know?

- You can block any App on any phone
- You need to switch off In-App purchases.
- Snap deletes the message after 10 seconds or so

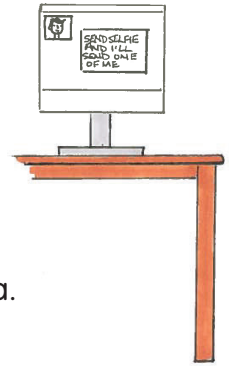
ONLINE REPUTATION

No. 1 Rule – **Think before you post.**

Don't drink & post. Once there, you can delete it. Affects your reputation, prospects, life, careers.

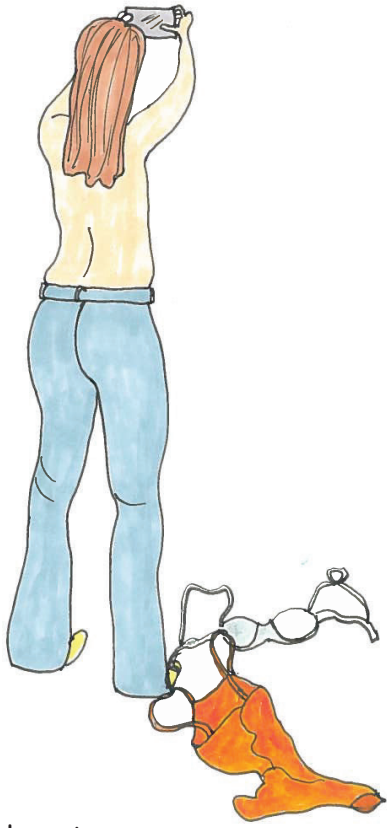
Be honest, authentic, truthful, respectful, when engaging with others.

Take a look at recent tweets, posts, anything that make you cringe?



Delete those and don't do again.

Google yourself – Always a good idea.



YOUTUBE – DID YOU KNOW?

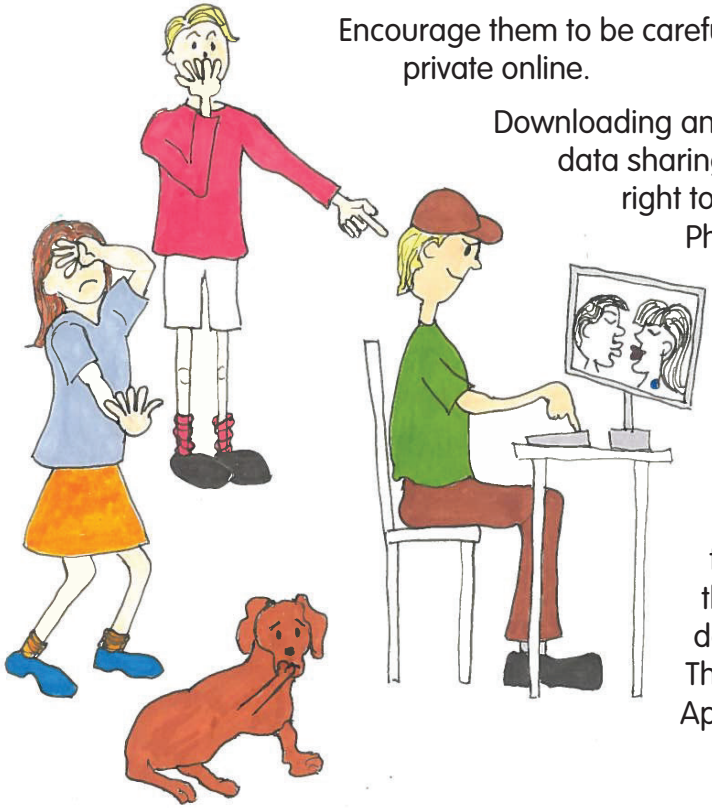
- Anyone can have a Channel on world's largest video sharing site. YouTube is world's 2nd largest search engine
- Young Kids? Switch on 'Restricted Mode'
- World's biggest knowledge base. Learn how to do almost anything on YouTube. Play the Piano, Fix the washing machine etc.

YouTube Restricted mode
https://www.youtube.com/watch?v=2hfxY2jG0FM

SOCIAL MEDIA- A VERY QUICK GUIDE!

Kid's need to understand that these tech giants Facebook, Google, YouTube, Instagram, Snap, are not free and cuddly but are hungry and voracious – ask yourself if they have their best interests at heart.

Explain to kids the need to share as little as possible. Explain that these companies are manipulating us and selling everything about us. Where we are, who we are, what we like, the names of family and friends, where we meet friends, what we buy, what we aspire to, what we earn, go to school, where you work, where we bank.



Encourage them to be careful, discreet, private online.

Downloading an APP. 1. Say no to data sharing 2. Don't grant right to harvest your Phone or PC's data.

Revoke previously granted permissions where possible.

Look up Google to see how to do this. 'Revoke share data in WhatsApp' Then do it all your Apps.

DATING SITES ARE DANGEROUS!



OK... Not enough space in this E-Book.

Plenty of Fish, Tinder & Grindr are off limits. No Exceptions.

Boys who jokingly pose as gay on Grindr have been beaten up by their 'date'.

POF & Tinder are not dating sites but meeting up casually sites. Adults know this.

Banned substances are commonly consumed by Dating site users.

INSTAGRAM

Age 13 & up. Age not verified.

Picture messaging service especially popular with teenagers.

Free, Very easy to use and install.

Instagram can easily share with Facebook and other outlets.

Switch Profile to private.

Turn 'Geo Location off', Remember it stays on till switched off.

Users should request others in photo for permission to share.

Snap, Instagram owned by Facebook. All 3 share data.

Block Apps, Block Callers. Block Gaming. Block sites you don't like by type.
www.besecureonline.co.uk/Products/F-Secure-SAFE

WHATSAPP

Age 13 & up.

Picture, video, voice, text messaging service.

Fantastic product 1.1 billion users owned by Facebook.

You can call 'world-wide' for free using 'Wi Fi'.

Now fully encrypted which means chats etc are private.

Set to 'My Contacts only' in privacy not everyone.

You can block unwanted contact but not report to WhatsApp.

SNAP

Age 13 & up (underage accounts might be taken down).

Really popular- Picture messaging service that disappears after 10 seconds.

Images **CAN** be recovered, screen captured or photographed.

Users love the discretion & avoid potential reputation issues later on.

Pictures regularly used to embarrass and humiliate people.

Popular sexting platform especially owing plausible deniability.

FACEBOOK

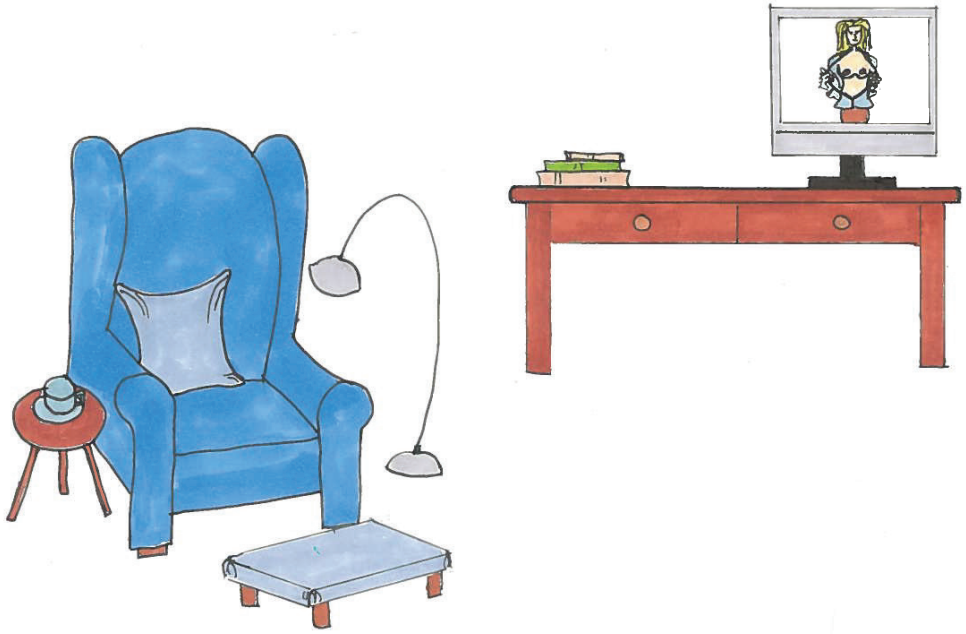
Age 13 & up (Accounts from underage users can be taken down)

Facebook shares pictures, video, text and memories with friends and fans.

1.3 billion users with up to 400 million online daily.

FB upgraded its safety programme in 2016. FB actively manages its users for content violations.

Facebook reported doubling of photographs posted last year & urges caution.



ADULT CONTENT

Whitelist instead of blacklisting sites. Whitelisting is personally handpicking websites that your child can visit and nothing else.

Average age of child who has seen Adult images or similar (Video's posted by ISIS e.g.) is 7/8 years.

55% of those receiving a Sext, share them, 20% of sexters send them to people they have not met before.

Porn sites are a gateway to the dark web which is where the worst vile inhuman content is found.

Porn can de-sensitise Teenagers ability to respect and interact with opposite sex causing long term psychological damage.

Financial Times' Best Privacy VPN' software. Check it out.
www.besecureonline.co.uk/Products/F-Secure-Freedome-VPN

SENIOR CITIZENS ONLINE LIVES MATTER TOO. A LOT

It's said 70% of online Seniors use internet daily, Banking, Facebook.

Seniors are a favourite for online scammers.

Senior Citizens can feel ashamed and consequently don't report online crime.

The Elderly are very susceptible to email scams pretending to be from Bank, Revenue & Nigerian emails.

Be very wary of following email subject lines - Low Cost Medicines.

Free Prizes, 'You are our winner today'.

Bank, Police. What no protection? Tough Luck, No anti Virus, Not our problem, we warned you before! No refund.

CYBERBULLYING OF SENIOR CITIZENS

Cyberbullying (mostly through e-mail) of the elderly takes many forms, for example:

- Emotional abuse with rage, threats, accusations, and belittling comments, usually followed by periods of silence or ignoring the victim
- Banking and Financial threats. Inducing elders into providing access to accounts. Senior bullying often includes a family member and particularly older less robust seniors may not even realise they are being bullied

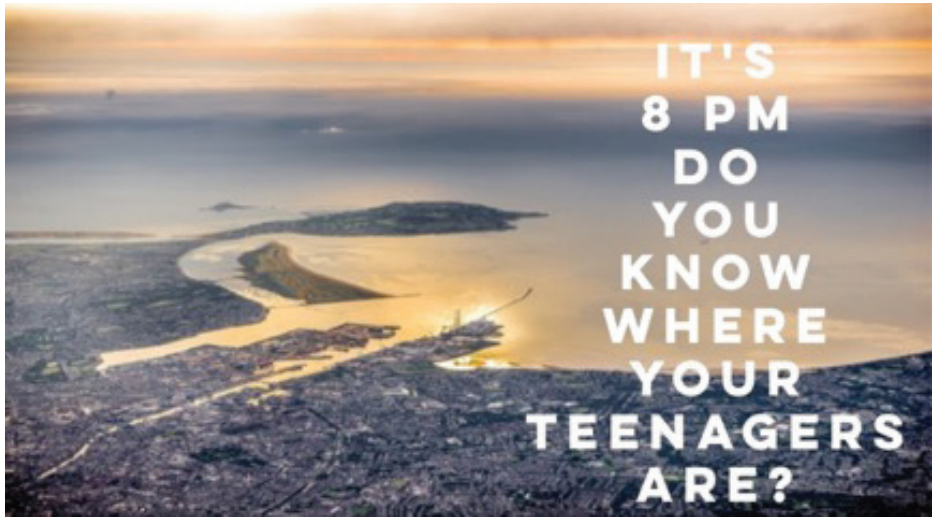
F Secure SAFE - Our recommended solution for the elderly from €45 per year.
www.besecureonline.co.uk/Products/F-Secure-SAFE



F Secure SAFE - We really recommend this for our senior citizens.
www.besecureonline.co.uk/Products/F-Secure-SAFE

FIND MY KIDS/ TEENAGERS NOW!

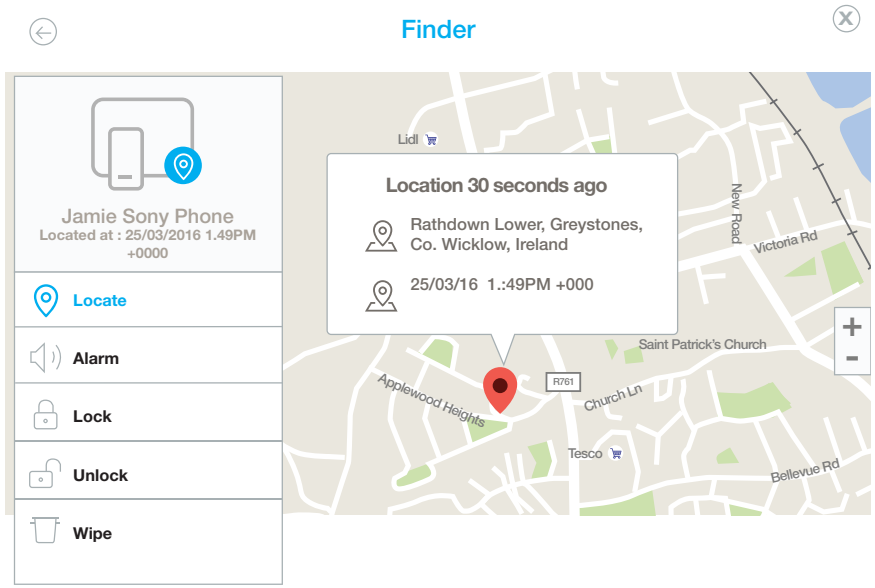
Where's my kid, teenager or Phone.
Works on Android, iPhone & Windows.



Works on Android, iPhone & Windows Phones. Select F Secure SAFE
www.besecureonline.co.uk/Products/F-Secure-SAFE

PEACE OF MIND 24/7.

Log into SAFE. And you will find your kids or just your phone.



Find your kids 24/7 in less than 2 mins.
www.besecureonline.co.uk/Products/F-Secure-SAFE

We are delighted to present this E-Book to assist with online safety for all Kids, Families and the Elderly especially as the internet becomes ever more prevalent in our lives.

BeSecureOnline has chosen the very best products to help people protect themselves and their families online. With online crime now 65% of all reported crime in the UK and possibly similar in Ireland, its time to get much more serious about pro-actively protecting yourself online.

We hope that you have found our book useful.

BeSecure ONLINE

BeSecureOnline.ie
www.Besecureonline.co.uk

Many thanks to Gaby Browett of Killiney, Co Dublin for her wonderful illustrations. **http://www.gabybrowett.com/**

USEFUL LINKS

SPECIAL OFFER – 'BSO10' for 10% discount when purchasing on besecureonline.co.uk/buynow

SAFE – Award winning online family protection software.

Parental Control, Anti Virus, Malware Protection, Multi device for Phones, Tablets, PC and laptops. July'16 voted UK internet providers security product of the year. Vodafone, Virgin Media.

Internet Security
www.besecureonline.co.uk/Products/F-Secure-Internet-Security
From €20 incredible value, great online protection.

Freedome VPN
www.besecureonline.co.uk/Products/F-Secure-Freedome-VPN
"The best public Wi Fi protection for Phones" – Financial Times

Encrypts your traffic. Watch US Netflix, Block anyone seeing your device on Public Wi Fi. Everyone using public Wi Fi needs a VPN Privacy. This is the one.

YouTube Restricted mode
www.youtube.com/watch?v=2hfxY2jG0FM

BeSecureOnline proudly supports Barnardos.
Part of every sale goes to help fund Barnardos and the great work they do for children.

Barnardos



"If you wouldn't do it face to face – don't do it online"

Besecureonline.co.uk/buynow | Use 'BSO10' for **10% discount**

www.besecureonline.co.uk