



Monitoring and Minimizing Digital Risks

Sexting

Exploits teens and pre-teens into showing compromising images of themselves through text messages and other phone apps. Many view that “if they love each other” or “If we love each other, it’s okay.” *Remind your children that these kinds of photos are never ok to ask for or to provide, and that they can be used to humiliate people now and for years to come.*

Hidden or Ghost Apps

These apps are where you download an app but when you use it is something different. They show one thing but when you open them it is used for other purposes. Such Apps are called iVault, KeepSafe, Secret Calculator, Poof, Whisper, KiK Messenger, BurnNote, Omegle, Tinder, Blender, Ask.fm, Yik Yak, Down. *Remind your children that any new apps will require your permission, and that you’ll be checking their phone periodically to ensure that they aren’t downloading apps without permission.*

Games

Many internet games can be used to gather information on your kids, pre-teens, and teens. *Remind your kids that games also will need your permission, so that you can ensure that whatever they download is safe and secure.*

Monitoring

- **Controls** – Many devices have parental controls that locks certain apps, games, and restricts times. Do some research to learn how to properly manage your child’s devices.
- **Apps** – Many phones also allow you to monitor and see what your kids watch, who they call, and what they do on their phones. Some apps and programs such as Net Nanny, SecureTeen, TeenSafe.
- **Communication** – Another great way is to talk and teach your child about accountability. It is up to parents to monitor usage and to be parents, *not* friends. “Train up a child in the way he should go; even when he is old he will not depart from it.” Proverbs 22:6 (ESV)
- **Covenant Eyes** (<https://www.covenanteyes.com>). This is a website for accountability, especially when it comes to pornography. It allows for you and youth child, pre-teen, teen, or other adults, to share what websites they visit.