



**NQ Family Guardian™**  
Smartphone protection for kids. Peace of mind for parents.



## **Kids and Smartphones – A Guide to Safety**

*In honor of National Cyber Security Awareness Month, NQ Mobile™ and the National Cyber Security Alliance (NCSA) are asking parents around the world to teach their children an important lesson:*

**STOP. THINK. CONNECT.**

This simply means:

- Keeping a Clean Machine and making sure your mobile security software, apps, and operating system are updated.
- Owning Your Online Presence by setting security and privacy settings on websites to your comfort level for information sharing.
- Throwing out Suspicious Links by setting security and privacy settings on websites to your comfort level for information sharing.
- Being a Good Digital Citizen and posting only about others as you would have them post about you.

These are easy ways you can make a difference and help make the Internet and smartphones safer and more secure for all.

### **Smartphones can provide benefits for both parents and kids:**

- They help parents stay in touch with their kids
- They give kids more freedom to communicate with others
- They can be educational

However, to protect your kids' safety and privacy, kids need to know the risks that come with smartphones and how to avoid them.

### **Facts**

*The total smartphone sales in 2011 exceeded PC sales.*

*63% of parents with 5+ family members call their smartphone the mobile command center of the family.*

*44% of kids admitted they'd watched something online their parents wouldn't approve.*

*50% of Facebook users give out enough personal data, such as full name and birth date, to enable identity theft.*



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## **Is Your Kid Ready for a Smartphone?**

Only parents can decide if and when their kids are ready for phones. If you're considering getting one for your child, here are some questions that might help you make that decision.

### **Will this device help keep my child safe?**

For example, you could use parental controls to track their location or ask them to check in at their school when they arrive.

### **Will my child be a responsible smartphone user?**

Will they agree to not send inappropriate texts or photos, turn it off at school, and not ring up a huge bill?

### **Will my child be okay with me using parental controls?**

Even if your child is aware of the risks and does their best to stay safe, it's important for parents to be able to monitor texts, photos, apps, and browsing, block inappropriate content, and use location tracking for safety reasons.

If you answered yes to these questions, you and your child might be ready to have "The Talk" about smartphone safety and choose the type of phone and privileges you're both comfortable with.

**Sex, drugs and grades used to be the big discussions. Now it's important to add smartphone safety to that list. When you decide your child is ready for a phone, take the time for "The Talk."**

**Taking the time to discuss smartphones pros and cons will send the message to your kids that you trust them enough to give them a smartphone but need them to understand how to use it safely and appropriately.**

## **5 Topics for "The Talk"**

### **Geo-Location**

When kids use geo-location apps to tell the world where they are at any given moment, they open themselves up to invasion of their privacy, as well as the potential for predators and scammers. Teach your kids to use them safely and invest in parental controls to use them wisely.

### **Texts, Photos and Videos**

These types of communication can be fun but they can also be harmful. Remind your children that anything they text or photograph can be easily copied and spread.

### **Social Media**

Daily posting and connecting on Facebook and other networks can be fun and safe if done right. Be sure to talk to your kids about the things that could go wrong, such as bullying, predators, and privacy invasion.

Your kids should only accept "friends" they already know, avoid giving out private information on these networks, and feel comfortable telling you about any awkward or inappropriate activities on them.

### **Apps**

If your kids download their own apps, remind them to purchase them only from legitimate sources, and avoid offers for "free" apps.

Try reading an app's license agreement together, and talk about the fact that some apps access private data. Use parental controls to block inappropriate or invasive apps.

### **Malware**

You don't need to know all the technical details about malware to talk with your kids. Spyware, bots, adware, viruses, ads that trick people into clicking on bad sites – all of these can steal private information, disable your phone, and cost you lots of money.

If you haven't already done so, download a reliable and trusted mobile security app that will alert you about them before malware is able to penetrate your family's smartphones.



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## Top Tips for Kids and Teens

### Get the right phone for their needs.

A younger child might simply need a phone that allows them to make calls but not texts, while an older child might be ready for a smartphone with good parental controls.

### Get the right plan

Make sure they understand that many games, ringtones, music, and apps cost extra.

### Set clear rules

Before they send their first text, your child should understand what they are allowed to do on their phone, when they can use it (and when they should turn it off), and any other rules you set.

### Only allow contact with people they know

Program friends and family member's numbers in their phones, and make sure they understand not to answer calls or texts from anyone else.

### Monitor your kids' use

You don't have to act like a prison guard to be a good guardian. With the increasing number of reported sexy, rude or embarrassing texts, photos, parental controls are a good way to make sure your child is protected from this trend.

### Set expectations and consequences...and stick to them

Kids are known for breaking the rules but when it comes to smartphone safety and privacy protection, let them know there are no exceptions. Break a rule, lose your privileges. Enforce the attached contract so there are no questions. Your kids will thank you later!

## Stop. Think. Connect. Mobile Tips:

### Connect with care

*Use common sense when you connect. If you're online through an unsecured or unprotected network, be cautious about the sites you visit and the information you release.*

### Safer for me and more secure for all

*What you do online has the potential to affect everyone - at home, at work and around the world. Practicing good online habits benefits the global digital community.*

### Secure your phone

*Use a strong passcode to lock your phone. Share your password with parents, but not with anyone else (friends, siblings, etc.).*

### Be a good online citizen

*Text to others only as you would have them text to you.*

Learn more about kids and smartphones at:

[nqmobilefamily.com](http://nqmobilefamily.com)

[stopthinkconnect.org/tips-and-advice/safety-for-mobile-devices/](http://stopthinkconnect.org/tips-and-advice/safety-for-mobile-devices/)



## Mobile Family Contract

**Child's Name:** \_\_\_\_\_

**Caregiver Name(s):** \_\_\_\_\_

Both parties agree that a smartphone is in this child's best interests, as long as it's used safely and appropriately. *Here are some ways to make sure this happens. Kids and caregivers, check off what you agree to....and stick to it!*

### PROMISES FROM KIDS

- Never text and drive
- Never accept calls or answer texts from unknown sources
- Never post inappropriate or offensive texts, videos, photos, or social posts
- Be careful about what type of personal information he provides online
- Adhere to the mobile plan limitations agreed upon
- Turn off her smartphone during certain times (during school, bed time, etc.)
- Support the parental controls agreed upon (location services, app and browsing monitoring, etc.)

Read the information on [www.nqmobilefamily.com](http://www.nqmobilefamily.com) for tips on how to stay safe

### PROMISES FROM CAREGIVERS

- Monitor the child's phone in a manner that's appropriate for his age
- Be open to discussing issues like sexting, cyber bullying and other issues with the child
- Take smartphone security and privacy protection seriously, and help the child learn what he needs to know to be secure

### PARENTAL CONTROLS EVERYONE CAN LIVE WITH

Here's a list of suggested parental controls. It's important that parents or other caregivers and kids review them together to determine what level of controls work best for their kids

#### Usage controls

You can turn off features, such as downloading videos or images, texting, and accessing the Internet. These controls can also be used to limit the number of calls or texts and set time restrictions.

#### Content filtering

These controls can block certain websites to allow for safer mobile browsing on the Internet. Some filters, like those in NQ Family Guardian, can also block inappropriate apps.

#### Location and monitoring settings

These controls allow you to track your child's whereabouts using GPS systems that are built into the phone. Be open with your children and let them know how you will monitor their activity.

Caregiver's  
Signature \_\_\_\_\_ Date: \_\_\_\_\_

Child's  
Signature \_\_\_\_\_ Date: \_\_\_\_\_

Print this contract as a safer reminder and hang it near your desk or computer.