

# DIGITAL LITERACY CURRICULUM



**PARENT'S WORKSHOP GUIDE**  
UNDERSTANDING THE CYBER  
SECURITY WORLD

# Workshop Components

**Note:** This document is inclusive only of the Workshop Guide. All other components for this workshop are listed below for the trainer's reference and can be found in the Parent's Cyber Security Workshop file.

- [Workshop Guide](#)
- [Background Reading for Trainer](#)
- [Parent's Cyber Security Workshop PowerPoint](#)
- [Workshop Practical Activities](#)
- [Additional Practical Activities for Optional Use](#)
- [Workshop Notes](#)
- [Learner Feedback](#)



# Introduction to: Cyber Security Workshop

**Target Audience:** Parents

**Workshop Duration:** 2 hours

**Workshop Components:**

**Overview:**

The Cyber Security Workshop aims to deliver a holistic overview of the types of tools and resources parents can use to ensure that they keep their children and themselves secure while online. From explaining step by step methods to increase privacy settings to demonstrating how to increase ones protection tactics through browser settings and search engine filters. To ensure that parents understand the concepts of cyber security they will engage in 5 Practical Activities that give them the opportunity to practice what they're learning in workshop first hand.

- [Workshop Guide](#)
- [Background Reading for Trainer](#)
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# Workshop Introduction

## Notes For The Trainer:

Turn the presentation on and guide the participants through it. In the lesson plan check, which slides, match which activity. When doing the Practical leave the slides on as they contain visual hints – print screens. Read the presentation carefully before going to the workshop. **Slides have comments about how to discuss them and what Practical Activities to do.**

As you will have no time for too much talking during this workshop – do the talking now. Tell the participants this workshop is devoted to hands on exploration of different ways of protecting your children online. Tell them it is important to keep children protected, as they are not mature enough to decide themselves what is good and what is harmful for them. Name some of the threats – e.g inappropriate content, cyber bullying, and addiction. Show ways of protection – e.g. limiting the websites you want your child to be able to view, checking the list of friends your child is interacting with online, limiting the time your child spends online.

## Variations:

If you noticed that some participants are more fluent in IT- then try to pair them with less experienced participants for the Practical Activities so that they can support them.

Remember that very often the technical issues will be completely new for parents – slow down if you have to. It is better to explain one thing thoroughly than to touch all the topics briefly.



# Workshop Guide

## Understanding the Cyber Security World

**Duration:**

Around 100 minutes

**Requirements:**

- Projector
- Wi-Fi for the trainer
- regular room
- preferably round tables
- hand-outs
- folders
- laptops for participants

**Number of participants:** Max. 25

**Purpose:**

To provide parents with the basic skills for ensuring safety online.

**Materials to be used:**

- Flipcharts
- Markers
- Workshop Guide, and
- PPT

**Objectives:**

1. Learning a number of ways of ensuring children remain safe in the ICT environment.
2. Getting to know how to adjust parental settings of computers.
3. Getting to know how to adjust privacy settings of chosen social networks.
4. Getting to know how to increase protection of search engines.
5. Getting to know how to increase protection of chosen browsers.
6. Having opportunity to raise particular issues and seek advice.



Action	Trainer	Participants	Materials	Timing
<b>Introduction</b> – Slide 1	Introduces the topic and yourself.	Open laptops	Laptops, projector, PPT	10 min
<b>ACT 1. Parental controls of your computer</b> – slides 2-16	Tells the group what parental controls are and walk them through the process of adjusting the settings. Refers participants to the vocabulary handout, parental control section.	Go to the applications shown on PPT and explore them	Laptops, projector, PPT	20 min
<b>ACT 2. Social networks – how to make them safer?</b> – slide 17-28	Walks participants through Facebook and Twitter on how they can adjust their privacy control settings.	Go to the applications shown on PPT and explore them	Laptops, projector, PPT	20 min
<b>ACT 3. Google and YouTube– how to make the search results child-friendly?</b> – slide 29-43	Show participants how to adjust the safe search functionality on Google and YouTube to filter results.	Follow the slides as shown on PPT and explore them	Laptops, projector, PPT	10 min
<b>Q&amp;A session</b>	Trainer encourages parents to ask questions, browse websites, look for things they would like to explore online.	Parents use the laptops to be able to explore the cyber space and get familiar with it and ask further questions	Laptops, projector, PPT	25 min
<b>ACT 4. Conclusions + feedback</b>	Summarizes the outcomes of the workshops. Reminds participant of the importance of protection in cyber space. Asks participants to fill in the survey giving feedback on the workshop.	Listen and add to it if they want; Give feedback	Laptops, projector, PPT	15 min

# Required Workshop Material 1: Vocabulary Handout

**Note:**

The document is part of the materials needed by the trainer to carry out the workshop.

- **Digital fingerprint** — a mark you leave on the Internet each time you use it.
- **Online reputation** — the opinion about yourself you build online.
- **Cyber bullying** — insulting or being mean to other people on the Internet or via mobile phone.
- **Privacy settings** — settings that allow you to manage personal information you put online.
- **Parental controls** — settings that enable parents to restrict what their children see or use online.



## Required Workshop Material 2: Hints for Successful Parenting of a 'Cyber Child'



Be friendly, but stay a parent.



Be patient, but stay consistent.



Avoid banning, but don't hesitate to guide.



Avoid saying 'no' and 'don't'- give positive commands instead.



Make the children realize that the same rules that apply in the real world apply online.



Show children that they are not anonymous in cyber space.



Join your children in exploring the cyber space.



Find a balance between trust & understanding and restrictions and expectations approach.



Make sure all members of your family feel safe and are allowed to express themselves and explore the world.



Make a list of people and institutions you can contact to solve different problems connected to ICT.

# Additional ACT 1. Password Strength

**Note for the trainer:**

Ask participants to think of a password they could use for their account in a social network. Ask them to make it easy to memorize. Allow 2-3 minutes to think and write the password down on a sheet of paper.

Now ask the participants to stick all sheets of paper onto the wall and take a bigger sheet of paper and write: their full name, the name of their husband/wife, names of their children, name of their pets, their street name, their birthdates and birthdates of members of their family (just the numbers, not stating who they concern). Collect the papers and distribute them among participants so that they don't get their own paper. Ask participants to match the description they have with one of the sheets on the wall.

The passwords that match easily are weak passwords. How to improve them?

1. Mix the letters not to make sense (for example laenardxa instead of alexandra)
2. Add some numbers (for example alexandra 6021 or even better a6l0e2x1andra)
3. Use capital letters (AlExAnDrA)
4. Mix the techniques (Al4Ex56And10rA)

After explanation ask participants to think of different strong passwords they could use.



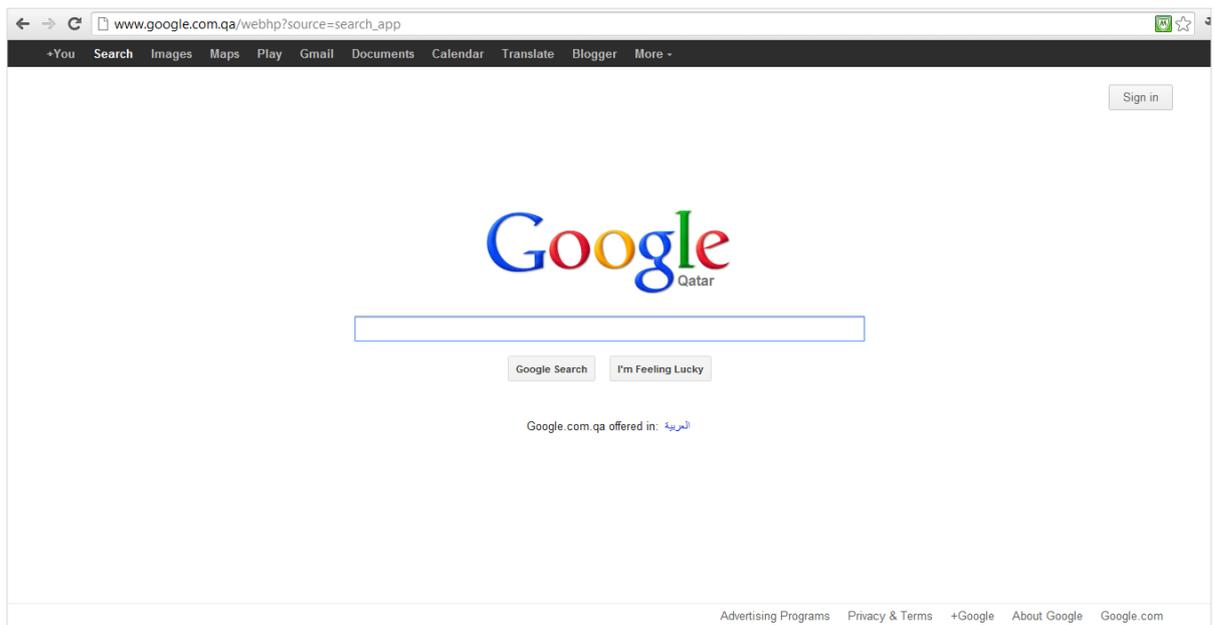
# Additional ACT 2.

## Searching for information

### Note for the trainer:

Divide participants into 3 groups. Each group has to have one device with internet. Ask participants to open Google.

The task will be to search for information. The level of the difficulty of the search will be different. There are 3 categories of questions – for 1, for 3 and for 5 points.



There are 20 questions altogether. The groups pick one question at a time from a category they want and read it aloud. Then all groups start their search and the winner gets the points. Whichever group collects the biggest number of points – wins the competition. NOTE! The group has to show the search outcome to the rest of participants. Even if they know the answer they have to find it on the internet.

**Time:** 20-30 min.

A decorative graphic consisting of several parallel diagonal lines in shades of gray, located to the left of the category header.

**Category 1**  
**(1 point for a correct answer)**

1. malware
2. spam
3. router
4. cyber bullying
5. online reputation
6. Facebook
7. password
8. Software
9. Hardware
10. Plagiarism

**Category 2**  
**(3 points for a correct answer)**

1. What is the difference between plagiarism and copyright?
2. How long does everything we put online stay there?
3. What is a social network?
4. What is a chat?
5. What devices can we use to connect to the internet?

**Category 3**  
**(5 points for a correct answer)**

1. What information about yourself, your child or your friends can you find? (show 3 examples)
2. What personal details we should avoid putting online?
3. What is a strong password?
4. How can we help children stay safe online?
5. What are the pros of using internet?

Let the participants find the answers and have fun presenting them. If you feel they like this game and they ran out of questions – let one group ask questions to the other. Looking for information is a very important skill so allow as much time as possible to let the participants practice.

# DIGITAL LITERACY CURRICULUM



## PARENT'S WORKSHOP ACTIVITY 1

UNDERSTANDING THE  
CYBER SECURITY WORLD

# ACT 1.

## Step-by-step Computer Parental Controls

### Objectives Covered:

1. Learning a number of ways of ensuring children remain safe in the ICT environment
2. Getting to know how to adjust parental settings of computers.
3. Having the opportunity to raise particular issues and seek advice

### Time:

20 minutes

### Resources:

Projector, PPT slide 2-16, vocabulary hand-outs, Parental Control section – Activity 1

### Notes for the trainer:

Show the slides one-by-one to the participants so that they can open the right applications. Once you reach the parental controls panel discuss different options of adjusting them.

### Variations:

If the number of computers are not sufficient – divide participants into groups. If there are no laptops for participants – do everything yourself and use the projector to show the steps to the participants.

If there is no Wi-Fi – show the slides to participants and encourage them to try those steps at home.



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**PARENT'S WORKSHOP  
ACTIVITY 2**  
UNDERSTANDING THE  
CYBER SECURITY WORLD

# ACT 2. Social Networks

## How To Make Them Safer

### Objectives Covered:

1. Learning a number of ways of ensuring children remain safe in the ICT environment
2. Getting to know how to adjust privacy control settings on Facebook and Twitter.
3. Having the opportunity to raise particular issues and seek advice

### Time:

20 minutes

### Resources:

Projector, PPT slide 17-28, Parents' hints – Activity 2

### Notes for the trainer:

Ask the participants to go to Facebook and open the applications you show on slides. Discuss with the group what setting would they prefer for their children.

Go to Twitter and follow the same pattern – go to the places shown on slides and discuss.

Give the Parents' hints and the Students' hints to participants reminding them that before allowing their children to use social networks they should read both the hand-outs and give the Students' hints to their children.

### Variations:

If you think the participants' knowledge is limited – focus on one chosen network instead of two so that you can have more time for explanations.

Try to focus specifically on the settings themselves. Social networking is a wide topic and your workshop is supposed to be 2 hours long. You want to teach the parents how to adjust the settings.

If you notice they are willing to go deeper into social networking – you can remind them they are free to contact their school principal asking for more workshops and we will be happy to deliver them or recommend someone who could do it.



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## PARENT'S WORKSHOP ACTIVITY 3

UNDERSTANDING THE  
CYBER SECURITY WORLD

## ACT 3. Google And Youtube How To Make Search Results Child-Friendly

### Objectives Covered:

1. Learning a number of ways of ensuring children remain safe in the ICT environment
2. Getting to know how to increase protection of Google and YouTube search filters.
3. Having the opportunity to raise particular issues and seek advice

### Resources:

Projector, PPT slide 29-43 – Activity 3

### Time:

10 minutes

### Notes for the trainer:

Show participants how to adjust the safe search functionality on Google and YouTube to filter results. Walk them through the steps while showing the slides.



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## PARENT'S WORKSHOP ACTIVITY 4

UNDERSTANDING THE  
CYBER SECURITY WORLD

## ACT 4.

# Conclusion & Feedback

### Objectives Covered:

1. During the workshop, the participants will have time to raise particular issues and seek advice.
2. Participants will have the opportunity to raise particular issues and seek advice.

### Time:

15 minutes

### Resources:

Flipcharts, markers – Activity 4

### Notes for the trainer:

The trainer summarizes the workshop, encourages discussion, asks for feedback. Give the participants a lot of positive feedback. Tell them you appreciate their involvement in improving their children's cyber safety. Try to answer questions they might ask you or promise to stay in touch and find solutions for them.

Remind participants we also have another workshop for parents if they want to participate. Give them the survey and ask them to complete it on the spot and give it back to you. Assist participants in filling out the survey making sure they do not leave empty spaces. Summarize the outcomes and the main thoughts of the workshop highlighting linkages between real life and cyber space.

Remind the participants that they have to accept that the world is changing and the only solution is to learn and find ways of dealing with problems but not fighting with the changes themselves.

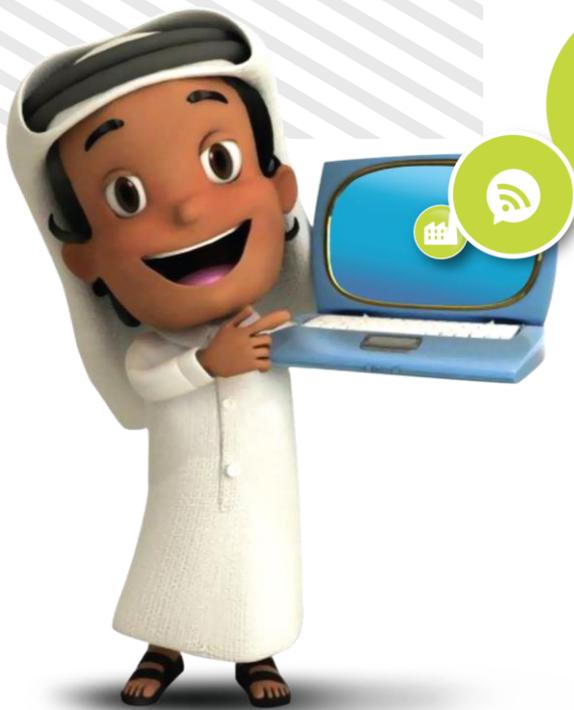
### Variations:

If a group is very active, – leave the summary to them – encourage discussion and participate in it. If a group seems to be tired or just in a hurry to finish for some reason- cut the summary to the minimum.

**However, remember the survey! This is very important.**



# DIGITAL LITERACY CURRICULUM



**PARENT'S WORKSHOP  
READINGS FOR TRAINERS**  
UNDERSTANDING THE CYBER  
SECURITY WORLD

# Parent's Workshop Readings For Trainers

**Note:** The objective of the background reading is to provide trainers with detailed content regarding the topics they will be explaining and sharing with the audience.



# Cyber Safety For The Trainers

**Cyber safety** — safe and responsible use of Information and Communication Technology (interacting with people with use of digital devices).

Parents have to remember that cyber safety is one of the most important issues that need to be considered when buying a computer or a mobile phone for their children. They have to make sure their children are safe from the first day they go online. To be able to ensure safety the parents need to know some basic rules and mechanisms. Some rules are included in “Hints for successful parenting of a cyber child” so refer them to this handout.

Try to highlight the benefits, show positive examples. Most of the parents aren't aware of the dangers that might be faced online but they aren't also aware of the benefits.

**Do not** diminish the importance of the threats but just limit the time spent on discussing it.

For example: There is a threat that when we put data online someone will steal it from us **but** we can always use privacy settings to limit others' access to that data, we can always format the data in a way that it is useless for

random users (passwords etc.)

It is very important not to over-exaggerate the threats as it might result in parents being terrified and just deciding to keep their children away from it through banning any online activities. This will probably work with small children but in a bigger perspective the children will probably start looking for the ways to disobey their parents out of curiosity.

Now that the IT world is changing so quickly the parents, as well as the school community have to accept that cyber safety issues have to be incorporated in all areas of everyday life. If we don't do it – it will happen automatically anyway but in this case will be out of our control.

To give the parents a general idea of what cyber safety is and what topics it tackles it is worth showing them the “Hints for Parents” and “Hints for Students” handouts. Those are comprehensive sets of rules for the safe IT use that should be applied in everyday life to protect yourself from different online threats.



### How to explain the name “cyber safety”?

It consists of two words – “cyber” and “safety”. “Cyber” is anything digital, so all devices we use for communications with others. “Safety” is a state of being protected, free of harm, comfortable and peaceful.

### Useful Links:

- <http://www.safespace.qa/en/home.aspx> — MOTC’s website devoted to cyber safety
- <http://www.fosi.org/> — Family Online Safety Institute’s website; useful hints and current events
- <http://www.ictqatar.qa/en> — MOTC’s website: useful contacts, current events, news from IT world.
- <http://www.stopcyberbullying.org/index2.html> — anti-cyber bullying website, resources, tips and news
- <http://www.connectsafely.org/> — resources, tips, forums

**IMPORTANT NOTE: Cyber Safety rules never contradict regular offline everyday rules. They are just an extension of them or they focus specifically on online activity. For example there is a rule that we have to respect each other. Online it means we cannot tell lies about each other or ridicule each in front of others i.e. through chat-rooms.**

# Cyber Bullying For The Trainers

**Cyber bullying** is interacting with others online with the intention of hurting or upsetting them

**Cyber bullying** may seriously harm your children if they are victims but may also harm them if they are the offenders – they learn bad habits and are more likely to break rules and disrespect people in future. Remember to explain and talk before you decide to judge or punish. Sometimes children do not realize how bad it is to cyber bully others. As parents we have to teach, guide and protect them. It is also very important to build an atmosphere of trust. So – sit and talk with your children as often as possible to avoid cyber bullying.

### **And what if it happens anyway?**

Contact the parents of the children involved – together you will find a solution. Remember that children are not adults and sometimes their judgment is not mature enough and they do not think of the consequences of their deeds. Try to protect the victim and encourage parents to find a good solution.

### **Examples of cyber bullying:**

- Sending rude messages
- Telling lies about the bullied person online
- Ridiculing the bullied person on chats and social networks

### **Hints for talking to cyber bullied children:**

1. Listen to the whole story
2. Tell him/her that it is good that he/she or someone from their environment reported cyber bullying
3. Assure your child you will support him/her and won't let anyone hurt him/her
4. Assure your child it's not his/her fault - sometimes the bully tries to convince the victim that he/she is treated in a bad way because he/she did something wrong. We need to make it clear that no one deserves cyber bullying.
5. Show your child you care
6. Show your child you are able to take actions (and take actions to prove it! – talk to teacher and to cyber bully parents)
7. Respect your child's feelings – do not say things like "Oh, just ignore it. After all it's not a big deal...". This is a big deal for your child so treat it as such.

### Hints for talking to children that have cyber bullied others:

1. Listen to what your child has to say
2. State clearly that you disapprove of such a behavior
3. Assure your child you love him/her and will always support him/her but will not tolerate this kind of behavior
4. Explain why the behavior is bad
5. Ask if the child can see any solutions to what happened
6. Suggest your solutions
7. Talk to the bullied child's parents, discuss solutions and announce them to your child
8. Tell the child he/she needs to apologize and try to make it up for the victim
9. Remember to talk about the behavior not the child him/herself – it is the behavior that is bad and needs to be changed and not the child

### Useful Links:

- <http://www.netsmartz.org/reallifestories/> — stories from life
- [http://www.stopcyberbullying.org/what\\_is\\_cyberbullying\\_exactly.html](http://www.stopcyberbullying.org/what_is_cyberbullying_exactly.html) — cyber bullying information
- <http://kidshealth.org/parent/positive/talk/cyberbullying.html> — more information on cyber bullying



# Digital Fingerprint For The Trainers

**Digital fingerprint** is a mark you leave when you go online.

There is no way of erasing your digital fingerprint from cyber space. You can only minimize the chance of your information being found. But it doesn't disappear. Best solution – to think before you do whatever online.

**Example for the kids that say it's possible to erase everything:**

Do you have an email? What happens when you delete an email? (it goes to the bin) So can you completely erase it? (they usually say “yes, you empty the bin”) OK, but they can still be retrieved by an IT person... (this is when the children start to be frightened ☹) Making it simple – they go to “a bigger trash can” each time you erase them from a smaller one. Thousands of erased pictures, emails, files and applications “hanging” somewhere in cyber space... Would you like your funny picture to be hanging there waiting for some strangers to use it?

**How is digital fingerprint useful for us, parents?**

For example browsing the browser archives we can discover which websites our child has visited, we can also Google our child's name from time to time to see their activity online.

**Anonymous** — a very important word when talking of digital fingerprint; most of the IT users break different rules online because they think they are anonymous in cyber space. Our job is to make them realize they are not! The identification number of their device is like their online nametag. Also when they post information from services where they earlier register everyone can identify them.

When we talk in chat-rooms or send messages using a nickname instead of our real name we might think we are being clever and no one can recognize us. To some extent it is true – at first people will think it is a random person. But if we say something really bad or send inappropriate content someone can decide to report us. Then the IP number of a computer can be identified. Having the IP number we can check the owner of the device.



# Online Reputation For The Trainers

**Online reputation** — opinion about yourself you build

**Rules to follow:**

1. Don't lie (you use multiple services and once someone compares it this will show)
2. Think before you post something – people judge you by that
3. Follow basic rules of real life when you use internet

**What can improve your online reputation (examples):**

1. Sharing articles from your area of interest
2. Joining professional groups or discussion
3. Hiding private information on your profiles
4. Avoiding unknown websites or strange people

**What can destroy your online reputation (examples):**

1. Using bad language in your posts
2. Blogging about embarrassing stories from your real life
3. Contacting with people who misbehave online – we can end up being blamed as well
4. Breaking online rules

**How to convince children that online reputation is so important?**

Use examples – Imagine your mom or dad posting their pictures making silly faces online. The next day some of your classmates bring the pictures to the classroom and shows everyone. What would you feel? /embarrassed, ashamed, angry etc./ Why would you care? /because it's my family, because this is silly, because my parents shouldn't have put those pictures online etc./.

COMMENT THIS DISCUSSION TO YOUR CHILDREN – Yes, and also that's why we care about your reputation. We are family and love each other so we cannot embarrass each other. We have to take care of our online reputation also out of respect to our family.

**What is the important message for the children?**

Be conscious that with everything you do you build your online reputation. Don't post, blog, link, like or subscribe anything if you are not 100% sure it doesn't destroy your reputation.



### **Protect your reputation!**

Google your own name from time to time to see what's out there. This way you will easily find out if someone was trying to undermine your reputation. Report any misuses of your accounts or information you post. Expect from your friends to ask you whenever they want to tag you on pictures posted online, if they don't respect it – request un-tagging or even block them. If you do not want your private pictures or documents to be used unauthorized – do not put them online.

### **Useful Links:**

- <http://www.datesafeproject.org/2012/protecting-your-teens-online-reputation/> — protecting your reputation hints
- <http://www.parentinghelpme.com/parenting-help/how-to-protect-your-family-online-reputation/> — different parenting tips
- <http://blog.schoollibraryjournal.com/neverendingsearch/2011/11/08/protecting-your-reputation-online-4-things-you-need-to-know/> — reputation tips for teachers
- <http://www.safetyweb.com/blog/social-networking-should-teachers-friend-students-online/> — reputation tips for teachers' own use

### **Message for you and your children:**

Don't Panic! Your reputation will be fine if you are just conscious of certain rules and aware of the fact that you need to monitor it.



# Privacy Settings For The Trainers

**Privacy settings** are the parameters of your account in different services which determine others' access to your account.

Some services want you to put a lot of personal data inside. You might choose not to register with them at all but sometimes you really want it and have no choice but to provide the data. In such cases make sure there is a possibility of hiding some of it. For example, next to the birth date there should be a tick box saying "hide your birthdate". This will minimize the risk of strangers getting to know your age.

Privacy settings depend on what you want to reveal. Do not rely on what "everyone says". Use your own judgment and sense of modesty. Remember your profile is your "online territory" and you set the rules.

Privacy settings should not be set once and forever. Using social networking or any other services people should open the privacy settings once in a while and check if the adjustments are still satisfactory for them. Together with different updates new options of privacy settings can also be introduced and we should stay up-to-date with the possibilities we get.

Privacy settings are just one of the ways of protection – we shouldn't forget about antiviruses, strong passwords and being simply careful with whatever we do online. Privacy settings protect us from the external influence or access but they do not decide for us what to do or what not to do!

**Looking for privacy settings of any service you should be looking for icons similar to those presented below:**



Parents should take care of the privacy settings of the services their children use to be able to protect them. If the child is a teenager it could be an option to sit together and adjust the settings, discussing it if

needed. For younger children we just adjust the services and from time to time check whether the settings are still the same (children are very creative and learn quickly).

#### Useful Links:

- <http://www.facebook.com/help/privacy> — Facebook privacy settings help
- <https://www.privacyrights.org/fs/fs18-cyb.htm> — general hints on privacy settings
- <https://www.eff.org/wp/effs-top-12-ways-protect-your-online-privacy> — defending your rights in digital world (hints)
- <http://www.edutopia.org/online-school-security-privacy> — some additional resources on youth and IT



# Parental Controls For The Trainers

**Parental controls** are the settings parents can adjust to manage the way their children use computers and services

This is a functionality of different services developed to help parents manage and monitor their children's activity within services or on devices in general.



As parents we should explore cyber space and look for news to stay up-to-date with what our children are exposed to and to be able to join them in their online activities. One of the first thing parents should localize in any service their children use is the parental control tab.

#### **Where?**

Usually somewhere in a visible place but each service places them a bit different so we should look for them on our own or write to the service's support asking for hints.

#### **How?**

Adjusting the parental controls is usually very simple. Once you open the right tab of parental controls you will see tick boxes and questions to be answered. When you place the mouse cursor over the question and wait you will usually get another hint (do not click – just wait and read). Unfortunately there is no right or wrong answer as long as the actual settings are considered – you have to decide for you and your child what is best in your case. Consider your child's age, maturity level, extend to which your child will be using computer unaccompanied etc.

#### **Why?**

Because we want to be sure our children and students are safe online, they are not exposed to inappropriate content, they do not spend too much time in front of computer, they have other life than the one in cyber space.



### Important!

Even very young children use mobiles and PC's. Sometimes we are quite confident they wouldn't be able to use it without our help so we do not set passwords, we do not adjust parental controls and in general – we do not even switch off the devices when leaving them unattended... This is the biggest mistake ever!

One day we might discover we underestimated our child's abilities and come across our offspring playing with our smartphone or laptop. To avoid such situation it's much better to protect the devices and only allow as much access as we want.

### Useful Links:

- <http://support.mozilla.org/en-US/kb/block-and-unblock-websites-with-parental-controls> — useful hints for Firefox
- [http://www.nintendo.com/consumer/systems/wii/en\\_na/ht\\_settings.jsp](http://www.nintendo.com/consumer/systems/wii/en_na/ht_settings.jsp) — Wii parental controls
- <http://www.hightechdad.com/2011/08/05/10-ideas-for-facebook-parental-controls-and-what-you-can-do-until-they-are-there/> — some more hints (not only) for fathers

