# Tyngsborough Police Department

## Comprehensive Parent Internet Safety Guide

The Tyngsborough Police Department is committed to helping parents and guardians protect children in today's digital world. Open communication, supervision, and appropriate use of technology controls are the most effective tools for prevention.

## Practical Safety Tips for Families

- Keep devices in common areas whenever possible.
- Set clear household rules regarding social media, gaming, and messaging apps.
- Utilize parental controls on phones, tablets, and gaming systems.
- Disable unnecessary location-sharing features.
- Review privacy settings regularly.
- Encourage children to report anything uncomfortable immediately.

## Warning Signs to Watch For

- Sudden secrecy about devices or online activity.
- New online 'friends' unknown to parents.
- Requests for money, gift cards, or private photos.
- Threats involving the release of images (sextortion).
- Increased anxiety related to phone or gaming use.

## Device Controls

- Android - Google Family Link: https://families.google/familylink/
- Android - Built-in Parental Controls: https://support.google.com/googleplay/answer/1075738
- Apple - Messaging Safety: https://support.apple.com/en-us/HT212850
- Apple - Screen Time & Parental Controls: https://support.apple.com/en-us/HT201304

## Social Media & Apps

- BeReal - Safety Information: https://bereal.com/en/safety
- Fortnite - Parental Controls: https://www.epicgames.com/fortnite/en-US/parental-controls
- Instagram - Family Center: https://about.instagram.com/safety/family-center
- Life360 - Safety Features: https://www.life360.com/
- Roblox - Parental Controls: https://en.help.roblox.com/hc/en-us/articles/203313410
- Snapchat - Family Center: https://parents.snapchat.com/
- Snapchat - Safety Education: https://snap.com/en-US/safety
- Snapchat - Parents' Guide: https://parents.snapchat.com/guide
- TikTok - Family Pairing & Safety: https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing

## Reporting & Assistance

If you believe a child is in immediate danger, call 911. For non-emergency assistance, contact the Tyngsborough Police Department at (978) 649-7504. Parents may also report suspected online child exploitation to the National Center for Missing & Exploited Children CyberTipline at https://report.cybertip.org/