The Tech Mum

Internet Safety Consultations and practical advice for parents and their families

CyberSafety Quiz

This assessment is designed to assist you in determining the level of internet safety in your home. Before you begin, it is important to consider which devices in your home are internet enabled. Make a list of them and keep them in mind as you work through the following questions.

When you have completed the assesment, add up your score by giving yourself 1 point for each question that you answered with a 'Yes'. Then find your score in the Score Results section at the end of the questions.

1	Do you have a Family Contract in place with agreed consequences?	YES	NO
2	Do you have regular discussions about your family rules? For example; when devices may be used and for how long?	YES	NO
3	Are your computers/laptops and devices used in a public place in your home? For example; the lounge room, not a bedroom with the door closed.	YES	NO
4	Is your WiFi password protected?	YES	NO

5	Do you have a web filter account that is configured on all of your devices?	YES	NO
6	Have you enabled SafeSearch on your search engines?	YES	NO
7	Are the Parental Controls & /Restrictions on gaming consoles enabled?	YES	NO
8	Have you enabled Restrictions on smart devices?	YES	NO
9	Have you recently reviewed all installed apps? Are they age appropriate/suitable apps for your children to be using?	YES	NO
10	Are you across the Social Media accounts that your child has setup? Have the privacy settings been appropriately configured, have you discussed posting ettiquette?	YES	NO
11	Are your children abel to access your work files and email account? For example; no auto log-ins, multiple 'User Accounts' in Windows etc.	YES	NO
12	Are you familiar with the internet safety rules at your school? What are your children allowed to access on their school devices when they are at home?	YES	NO
13	Do your chidren use their devices outside of your home? In friends/Grandparents homes? Do you know if there are any internet safety tools in place there?	YES	NO
14	Do you know your child's usernames and passwords for all the social networking sites and internet sites that they have accounts for?	YES	NO
15	Do you regularly perform internet history spot checks on your computer & devices?	YES	NO
16	Have you recently checked and dicussed your child's social media posts and downloads? Are you your child's 'friend' on social media?	YES	NO

Score Results:

13-16 Very Safe

Congratulations! You have implemented all or almost all of the tools and safety measures above to create a safer internet experience for the children in your home!

9-12 Nearly There

You have made a tremendous start! There are just a few more areas that need to be considered before you can feel comfortable with the level of internet safety in your home.

1-9 Time to get a plan in place

Well done for taking the first step in assessing the internet safety in your home! The result wasn't so great, but don't be discouraged! There are lots of little steps that you can begin to implement on your journey to internet safety.

If you need tips or would like to discuss the internet safety in your home then visit:

www.thetechmum.com