

INTERNET SAFETY TIPS



For Parents:

Open communication: Have open and honest conversations about online safety – these conversations can build trust and give youth the confidence to talk to their Safe Adult if they have issues or encounter unsafe situations online.

Parental Controls: Familiarize yourself with parental settings and controls on your child’s devices – **especially** for any games or apps that allow communication through chat, video, or voice.

Set the Tone and Set Some Boundaries: Guidelines should fit your child’s age and maturity level, including what types of websites are appropriate, what information they are allowed to share online, and the use of devices in common areas of the home only.

Participate in Their Online Activities: Join your children in their online activities. This not only helps you understand what they are consuming, it helps strengthen your relations and keeps the communication open.

Don’t Respond Harshly: If your child encounters something unsafe or engages in something inappropriate online, it’s crucial for parents and caregivers to respond thoughtfully rather than reacting harshly. Responding calmly and appropriately will encourage open communication, provide effective problem-solving, support, and build resilience.

For Children:

- Keep personal info private – No sharing full name, address, or school
- Use strong passwords – Don’t share them, even with friends
- Say NO to online strangers – Never meet someone you only know online
- Think before you click – Avoid suspicious links or messages
- Tell a trusted adult – If something online makes you uncomfortable
- Limit screen time – Balance online and offline activities
- Be kind online – Treat others with respect and report cyberbullying

