ONLINE SAFETY TIPS FOR CAREGIVERS

How to help your child online...
• Listen
• Reassure
• Answer questions
• Don’t scare
• Help report
• Turn off the device
• Remind child to not post anything inappropriate

Personal information that should not be shared...
• Home address
• Home/cell phone numbers
• Passwords
• Email address
• Current location

A child may be experiencing online grooming, if they...
• Receive gifts from an “unknown” person
• Call phone numbers not familiar to parents
• Reject family and friends
• Get up when not online
• Minimize the screen when another person approached the computer

Examples of cyberbullying...
• Spreading rumors
• Sending mean texts
• Photoshopping pictures
• Creating fake profiles
• Posting pictures that were meant to be private
• Sending threatening or harassing texts or emails

A child may be experiencing cyberbullying, if they...
• Try to stop using their phone or computer
• Appear anxious when receiving texts or emails
• Don’t want to go to school or other routine activities
• Withdraw from family and friends

Caregivers should...
• Be accessible and non-judgmental
• Maintain ongoing communication and dialogue about safety issues
• Use natural teaching moments
• Show your child that you value their thoughts while also sharing your values with them
• Teach and model characteristics of healthy relationships and boundaries in your own life
• Encourage your child to come to you with any questions
• Monitor Internet use
• Not allow the device to be a secret
• Have conversation with your child beforehand
• Have proactive conversations with your child before a problem develops
• Have conversations repeatedly
• Practice narrative – “tell me about that”
• Talk about apps with your child
• Acknowledge that devices can be good, too