

TEACH YOUR KIDS

- **NOTHING is private on the Internet.** Nothing.
- **There are people online trying to trick kids into doing things that will get them in trouble or hurt them.**
Adults recognize harmful things better than kids do, which is why you monitor their activity.
- **It's OK to tell you about anything that happens online.**
Start a discussion. Ask your children:
 - Has anyone you know ever had problems because of something that happened online?
 - What happened? How did they handle it?
 - How would you handle that if it happened to you?
- **Require your kids to set their profiles to private.**
Nothing is really private online, but better to be safe than sorry.
- **If you don't know someone in real life, don't let them follow you.**
Once you accept someone as your friend, they have access to your — and your friends' — information, photos and posts.
- **Don't put your picture on your profile.**
Many profile and cover photos are public even if accounts are not. Anyone who knows you already knows what you look like.
- **Don't send pictures of your private parts to ANYONE.**
You may think it's obvious you don't want your kids sharing their private parts online, but you have to SAY it. A 14-year-old seeking acceptance isn't thinking about consequences.
- **ALL pictures can be saved.**
Text, video chat, apps — screenshots can always be made. Some apps even allow users to sidestep the screenshot notification that goes to the sender.
- **Revenge is a huge issue, especially for teens.**
A photo can be posted months or years after it's taken, after you've broken up or stopped being friends with someone. Don't give them that power.
- **If you send someone a photo, they can find you "in real life."**
Location settings are embedded in photos. Anyone you send a photo to can use a GPS-based app to find your location — and these apps are accurate to within a few feet.



TIPS FOR KEEPING KIDS SAFE ONLINE

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KNOW

- **80-90% of kids have been approached for something online.**
Log on to a site and set your age as 13. People will be asking for or sending you pictures in minutes.
- **"I would never hurt a child; I love children."**
Offenders say this because they don't see themselves as predators. They get together online and normalize their behavior.
- **"If it's not taboo, it's not worth doing."**
Many offenders start with teens because it doesn't seem "as bad." Over time, targets get younger as it takes more to get predators excited.



TALK

- **Talk with your children about Internet safety.**

Regular conversation ensures you know what your kids are doing and which apps they're using. The younger your kids are when you start talking, the better luck you'll have.



- **Explain that the device is yours — not theirs.**

Tell them devices are a privilege and you will be monitoring their devices. Say: "I love you and I'm going to watch what you're doing."

- **Don't lose your cool when you find something on a device.**

Talk with your child calmly. Anger may cause your child to become defensive and less likely to share information with you.

LEARN

- **Use the same phone or computer system as your child.**

It forces you to stay on the same page as your child, especially if you're not tech-savvy.



- **Let your child teach you about using technology.**

Ignorance isn't safe! Ask questions.

- **Know the apps and software your child is using.**

Play the games and use the apps. Doing leads to understanding.

PROTECT

- **Activate safety settings and parental controls on all devices.**

Ask how when you purchase them, call the support line or Google it.



- **Turn on Google Safe Search.**

You can tell the difference in the search screen, even across the room.

- **Use online software to control Internet content.**

Don't tell your kids which brand you're using — a simple search will tell them how to get around it.

- **Control downloads through password protection.**

Kids can download apps like Snapchat after they've left for school and delete them before they get home each day. Set your devices so only you hold the iTunes password. If your child wants an app, you have to input the password.

ENFORCE

- **Set — and enforce — screen time rules and consequences.**

Identify where, when and how long devices can be used each day. Allow your child to help create rules when possible.



- **Know the passwords.**

Tell your kids you will know their passwords (websites, phones, etc.) or they'll lose the device.

- **Check your child's devices at random intervals.**

Wait 2 days in between checks or go 6 months — If they violate the rules you've set, they lose the device.

- **Every so often, open each app.**

Hiding inappropriate photos is getting easier with apps that look like a calculator or locked file folder. Check them.



- **Know your kids aren't where you think they are online.**

Once you, a parent, are on a social site (Facebook, Instagram), your child has already found a newer, hipper one.

- **Create a central charging station in your house.**

Put all devices there at night. It helps keep kids safe AND forces them to log some non-screen-time hours daily.

- **Remember: Cell phones are computers.**

If you don't let your child have a computer in their room, why would you let them have a cell phone? Nothing good happens online at 3 a.m.

FOLLOW

- **"Friend" or "follow" your child on every account they have.**

Do the same with their friends. Watch how they interact.



- **Be aware kids will try to "beat the system."**

Kids often set up extra accounts parents don't know about. If you don't see lots of activity, you're looking at a dummy account.

- **Randomly check your child's search history.**

Be prepared for what you find. It's natural for a 13-year-old to search for racy content. Set rules about what's appropriate and what's not.

BE

- **A good digital role model.**

Know when to unplug. Model the behavior you want to teach.



- **Persistent and consistent.**

Know where your kids are and who they're with. Tell them you're watching.

- **A proactive parent.**

Parents often say, "I have to trust my child and respect their privacy." This does NOT mean to the point you're putting their safety at risk. Monitoring their activity is part of your job.