



Keeping Children Safe Online

Tips for Internet Safety

1. Know

- Understand the risks of your child being online: cyberbullying, exposure to inappropriate content, online predators, posting personal or inappropriate information, and sexting.
- Be aware of your child's internet habits.
- Be familiar with online terms, slang, and acronyms.
- Become comfortable with using privacy settings.

2. Set rules

- Set limits about how long and when to be online.
- Be clear about what information must not be shared online, such as personal information.
- Insist that children use online technology in a common area.
- Set rules about not meeting anyone offline.
- Set expectations about purchasing items online.

3. Check, check, check

- Monitor what your child is viewing online, including images, sites, apps, and online chats.
- Watch for signs of grooming.
- Make sure your child's email addresses and screen names are appropriate.
- Be aware of what your child posts online, including images and personal information.

4. Communicate

- Prepare yourself, be open, be cool, and encourage your child to confide in you.
- Teach your child to be assertive and how to respect self and others.
- Discuss healthy relationships with your child.
- Explain the consequences of using inappropriate language or images.
- Make sure your child knows about sharing too much, online scams, and hacking.
- Help your child identify a trusted adult to tell when something or someone makes them uncomfortable online.

5. Report

- Call 1-800-The-Lost
- <http://www.cybertipline.com>

References

National Center for Missing & Exploited Children. (2014). Netsmartz Workshop. Available from <http://www.netsmartz.com>