

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

