

HOW TO HELP YOUR CHILD MAKE A CYBER P.L.A.N.

Discuss the importance of each step of the Cyber P.L.A.N. with your child:

Step 1

P stands for permission - Your child needs to have your **permission** each time they go online. Stress the importance of protecting passwords for their computer and their phone.

Step 2

L stands for Location - Your child needs permission from you or another trusted adult to visit an approved **location** - websites and game sites. They should never visit a site unless it has been approved by you or another trusted adult, and they should never go to chat rooms.

Step 3

A stands for Activity - Your child needs to understand that they should only use their devices for the permitted activity of a game, site, or app that is allowed by a trusted adult.

Step 4

N stands for Name - Your child needs to know the **name** of anyone they interact with online. Your child needs to know that the person they are talking to is real and that this person is telling the truth about his or her identity. Stress the idea that your child should not chat with or reply to a stranger online, just like they should not talk and give personal information to strangers alone in person.

Discuss that making safe choices on Internet devices is a condition of having access to those devices. Assure your child that they can talk to you anytime they have a question about anything they encounter on the Internet that is confusing or makes them feel uncomfortable.

While it is important to respect your child's privacy, you have a responsibility as the owner and account holder of those devices to monitor the way they are used. Your child should understand that it is a privilege to use these devices.



For information on the *Safer, Smarter Kids* curriculum, visit www.SaferSmarterKids.org. For additional resources, visit LaurensKids.org. To report abuse, call the ChildHelp National Child Abuse Hotline at 1-800-422-4453, and you will be referred to your local abuse reporting agency.

