STEPS TO SAFETY

Helping Your Child Make a Cyber P.L.A.N.

Technology changes daily, and new sites and apps are launched all the time, so it is vital that children understand safe uses for the Internet and that parents consistently monitor their children's use of the computer, tablet, phone, and all Internet devices.

- What are the rules for the use of the Internet in your home?

- Where is your computer located in your home? Is it in a public place in your home?

- What spam filters and safety settings are enabled on your computer and other devices?

- Create a list of Internet safety rules for your household. Post them in a conspicuous place, next to a computer, tablet, or a phone charging station. Review these rules with your child and allow your child to explain to you why each rule is important in helping them to make safe choices.

- Talk to your child about their use of the Internet. Help them to understand that there are some people on the Internet who are not who they say they are. We really never know who we are communicating with on the Internet, so it is always important to make safe choices.

- Because the online community is much larger than our world, it is important that your child understands that there are certain behaviors that are unsafe:
  - Communicating with someone they don't know
  - Posting personal information on the Internet
  - Posting pictures online or sending a picture to someone they don't know without a parent's permission
  - Entering a chat room and engaging in a conversation
  - Visiting inappropriate sites

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 you or another trusted adult.

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 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.

CYBER P.L.A.N.

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**.**

LAUREN'S KIDS   *Safer, Smarter* FAMILIES