STEPS TO SAFETY

Cyber Safety

Helping Your Child Make Safe Choices in the Digital World Technology changes daily and new sites and apps are launched all the time, so it is vital 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.

How to Help Your Child Make Safe Choices in the Digital World

Step 1

What are the rules for the use of Internet in your home? Where is your computer located? Is it in a public place in your home? What spam filters and safety settings are enabled on your computer and other devices?

Step 2

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 make safe choices.

Step 3

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's important that your child understands 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
- Entering a chat room and engaging in a conversation
- Visiting inappropriate sites

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

Step 4

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 use and activity of them. Your child should also understand that it is a privilege to use these devices.

LAUREN'S KIDS

Safer, Smarter FAMILIES