



Safer, Smarter
FAMILIES

GRADES 3-5

PRESENTED BY:  LAUREN'S KIDS



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 or use a digital device. 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, apps, and gaming 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 – If your child is interacting with someone on a digital device, they must be a real person whose **name** your child knows and who they have met in real life. People online can say anything and pretend to be anyone; adults seeking to harm children often pretend to be kids online. 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 digital 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.