HELP KIDS STAY SAFE ONLINE!

Work together as a family to use technology with safety, privacy, and respect in mind.

Check in on a regular basis with your kids and their use of technology. Try:

#1 "What technology/tools/apps do you know how to use?"

Kids are familiar with a LOT of technology, and it changes every day. Do a regular check-in of your kids' phones and other devices. Have them "show off" what they can do.

#2 "Let's check in on our security settings and passwords."

Model safe behavior and reinforce the importance of privacy. Agree as a family to share all passwords in one place (excluding, of course, financial or other parent-only sites and tools.)

#3 "Have you seen anything online that's made you uncomfortable or hurt your feelings?"

This is an opportunity to listen (not to judge or yell). Cyber bullying is more common than you might think, and your kids should feel safe talking to you about it.

#4 "I'm uncomfortable with _____ because _____."

Rather than ban their use of an app (which might result in secrecy or lying) explain why a certain photo or post is upsetting (use of foul language, inappropriate image, sharing of a location, etc.). Kids should know they will be held accountable for behavior online just as they are at school and home.

#5 "I need a break from my phone/web/ email. Let's go_____."

Take a walk together, eat a meal, get outside and spend quality time together as a family.

Family Tech Checklist:

Post these reminders near every computer, gaming system, charger, etc.:

☐ **Have you protected your privacy?** Have you kept your locations, social security number and financial information (credit cards, bank accounts) private?

☐ **Are you showing respect online?** Are your photos, language and comments kind?

☐ **Has someone tried to contact you**, plan a meeting, or asked personal questions?

☐ **Did you post something online you would not want a parent/friend/ teacher/employer to see?** Even if "deleted," words and images can be archived and saved.

☐ **Are you feeling bullied online?** Or are YOU bullying someone online?

☐ **Have you taken a break from technology today?** Gone outside? Talked to a family member or friend in person?