

Internet Safety Tips

FOR CAREGIVERS

It's important to be knowledgeable of what your child is doing online as well as setting boundaries for technology use. There are many things online that could be harmful to a child such as online predators or seeing sexually explicit material. Use the below guidelines to help keep your child safe when online.



- Ask questions when your child first starts exploring technology and the online world. What are they hoping to do online? Who are they hoping to talk to?
- Engage in online activities with them!
- Model positive online habits. You can do this by putting away your phone to be present with your children and also verbalize to your children how you use your phone as a tool (check the weather, use the calculator, call a family member, etc.)
- Supervise your children when they are using technology such as the gaming, conversing with friends, social media. Create rules around appropriate times to use technology or have guidelines on how much screen time your child is allowed each day.
- Review apps before your child downloads/accesses them to make sure they are safe and appropriate for your child to use. Look for parental controls on apps and use them as necessary.
- Have your child sign an internet safety pledge. This gives you as the caregiver talking points to talk to your child about online safety as well as a reminder for children on the rules of technology use.
- Make sure your child knows that they can talk to a trusted adult if they see anything online that makes them feel unsafe or uncomfortable. Have an open line of communication between you and your child always.

STAY CURIOUS!

