



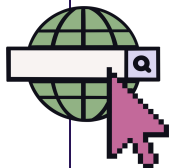
Supporting your child's online safety

Use this guide to learn 5 tips to help protect your child from online risks. This tip sheet covers digital awareness, content safety, online contact risks, critical thinking and cybersecurity.

Use these 5 tips to help your child build safe/healthy online habits:

1 BE INVOLVED IN YOUR CHILD'S DIGITAL WORLD

- Stay informed about the **social media, gaming platforms**, and **apps** your child uses⁸. This knowledge will help you have open conversations about their online life^{4,9}.
- Instead of just monitoring your child, **actively participate**. Play the video games they enjoy, create content together on their favorite apps, and explore new technology **as a team**⁶.
- Learn your child's **online language**, including **slang and emojis**, to better understand their conversations and spot potential red flags like cyberbullying or predatory behavior².



Some examples of youth's online lingo:



POS = Parent Over Shoulder

KMS = Kill Myself (signals distress)

Finsta = Fake Instagram

LMIRL = Let's Meet In Real Life

(danger from stranger)

Ghosting = Cutting off
Communication with Someone

Slay = Doing something great



Note: these terms are always evolving, so you may need to keep updated on the online lingo that emerges.



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2 REDUCE YOUR CHILD'S EXPOSURE TO HARMFUL CONTENT

- Consider installing **filters** and **age restrictions** on devices and platforms to block inappropriate content (found in **privacy settings** and **content warning** section on every device)⁷.
- Consider **setting healthy boundaries** (e.g., time limits, no screens at the dinner table)⁹.
- Consider **watching content together** with your child to monitor content.

3 PROTECT YOUR CHILD FROM ONLINE CONTACT RISKS

- Consider having a conversation with your child about online manipulation early on, for example⁵.
 - **Grooming**: when an adult builds a relationship with a child and then exploits them (sexually or emotionally).
 - **Catfishing**: when someone creates a fake identity online.
- Emphasize that not everyone online is honest and who they say they are.
- Explain to your child that these are situations that could occur online and if ever they experience one of these situations they should talk to a trusted adult about it!





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4 INTRODUCE THE CONCEPT OF A DIGITAL FOOTPRINT

- A digital footprint is the trail of information you leave behind through posts such as **photos** and **comments**³.
- Let your child know that once an image is shared online, it will remain there **forever**!
- Also, encourage your child to **think before they post** and about who they are sharing their images with.



5 PROTECT YOUR CHILD FROM MALWARE, SCAMS, ONLINE GAMBLING

- Consider installing **security softwares** like:¹
 - Norton 360
 - Kaspersky Safe Kids
 - McAfee Total Protection
- Encourage your kids not to click unknown links.
- Consider **requiring permission** for downloads and purchases on all devices.
- Encourage your child to **cover their devices** cameras when they are not in use by putting a piece of tape or a webcam cover to minimize breaches of privacy.

