

# TIPS FOR KEEPING YOUR KIDS SAFE ON THE INTERNET

Technology and the internet connect people worlds apart, allowing us to accomplish things we never thought possible. It is truly amazing!

For your kids, it provides an opportunity to learn, explore the world, and socialize and play with friends. But there are also dangers that come along with the internet. By talking to your kids, educating them, and putting safeguards in place, you can help them have safer digital experiences.

## TO PROTECT YOUR KIDS ON THE INTERNET:

- Tell them to never give out identifying information such as name, address, neighborhood, phone number, school information, or extracurricular activities.
- Set reasonable time limits on computers & smartphones. Have rules around where devices live & can be used.
- Talk to older kids about sexting & cyberbullying. Explain the long-term consequences of sending sexual messages & pictures. Discuss the dangers & permanence of communication sent digitally, even if it claims to be private.
- Let your kids know you respect their privacy, but you will periodically monitor use, including emails, photos, messaging, & apps.



## MONITORING TOOLS

**Aura Kids:** Block harmful content and manage how much time kids spend online. Peace of mind while children game online with cyberbullying and online predator threat alerts.

**Qustodio:** This app offers a dashboard that shows you recent activity for any connected device - including time spent on specific apps & sites while allowing you to filter out sites.

**Bark:** Advanced content monitoring for all your kid's devices. Scans texts, social media, images, videos, and audio detecting potential risks such as cyberbullying, self-harm, and inappropriate content.