



ONLINE WINTER SAFETY TIPS:

1. START WITH A DIGITAL CHECK-IN

Ask questions like:

- How do you like to spend your time online?
- Has anyone made you uncomfortable online lately?
- What apps or games are your friends using?

2. REVIEW PRIVACY + SECURITY SETTINGS

Check friend lists, messaging settings, profile visibility, and in-game chat restrictions.

3. TALK ABOUT RED FLAGS

Some red flags may include:

- Requests for personal info
- Flattery that feels excessive
- Pressure for secrecy
- Moving to private chat
- Anger at boundaries

4. KEEP DEVICES IN OPEN SPACES

Especially during winter break when kids stay up later or are home alone

5. REVISIT ONLINE GAMING BOUNDARIES

Talk about chat settings, adding friends, team play with strangers, and when to block or leave a game.





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6. PREPARE KIDS FOR RISKY HOLIDAY CONTENT

Discuss viral challenges, pressure to share photos, and predatory accounts.

7. CREATE A PLAN FOR UNEXPECTED REQUESTS

Example Plan:

Stop → Screenshot → Block / Report → Tell A Safe Adult

8. MODEL HEALTHY TECH USE

Children mirror adult behavior. Set balanced tech habits.

9. CREATE A FAMILY TECH AGREEMENT

Include expectations:

- Where devices can be used
- What to do if something feels off
- Who to talk to
- Assurance that adults will stay calm and supportive

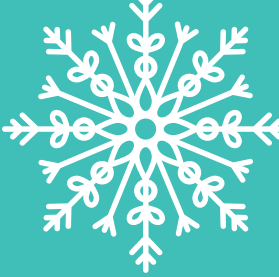
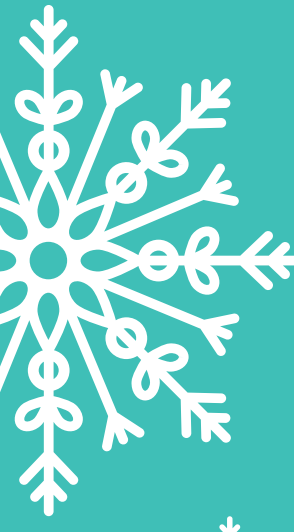
10. CORE RULE: IF SOMETHING FEELS OFF, TELL ME

Remind children that you're a safe, nonjudgmental resource.





AI SAFETY SNAPSHOT: WHAT CAREGIVERS SHOULD KNOW



AI tools can create realistic images, voices, and conversations - making it easier for harmful actors to mislead or pressure young people. Help kids stay safe with these reminders:

- Not everything online is real - images, voices, and messages can be AI-generated.
- If someone seems “too perfect”, moves too fast, or creates confusion - pause and ask for help.
- Never share photos, videos, or personal details with someone you can’t verify in real life.
- If something feels off, tell a safe adult - kids will not be in trouble for speaking up.

Caregiver Tip: Use platform tools that detect manipulated media, review privacy settings regularly, and discuss how AI can be used to impersonate or deceive.

BONUS: WINTER BREAK CONVERSATION PROMPTS

- What’s something online that made you laugh this week?
 - Has anyone said something weird or confusing online?
 - What would you do if someone sent a message that felt uncomfortable?
 - What games or apps are you excited to use over break?
 - Who are three safe adults you can talk to?
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