

Keeping Kids Safe Online



A Guide for Parents

Children today grow up in a connected world where learning, play, and friendship often happen online. As parents, it's important to understand not just the benefits, but also the risks. Issues that youth may encounter include online predators and sextortion, cyberbullying and harassment, scams, and inappropriate content.

Quick Tip

If your child suddenly becomes secretive or anxious about their online use, it may signal a deeper issue. Trust your instincts! Early conversations can prevent harm.

What Is Cyberbullying?

Parents don't have to be tech experts; they just need to stay engaged and informed. Risky interactions can have long-term consequences, and emotional impacts can be serious. Here are some things parents, guardians, and caregivers can do to help:

Start the Conversation Early

- Use curiosity instead of criticism: "Show me how this app works!"
- Normalize discussions about digital mistakes.
- Reinforce that online trust is built through regular, judgment-free conversations.

Set Boundaries and Stay Involved

- Use built-in family safety tools, such as Apple Screen Time, Google Family Link, Xbox Family Settings.
- Keep devices in shared spaces for younger kids.
- Update privacy settings together as a learning activity.

Know the Red Flags

- Sudden mood or behavior changes.
- Gifts or money from new online friends.

Encourage Trust and Support

- Reassure your child they can come to you if something online makes them uncomfortable.
- Avoid reacting with anger or threats to take away devices and focus on solving the problem together.

Did You Know?

1 in 5 children report unwanted sexual solicitation online. *Source: NCMEC*

If You Suspect a Problem

01

Stay Calm and Listen: Let your child explain what happened in their own words.

02

Gather Evidence: Save messages, screenshots, usernames, and links.

03

Block and Report: Use built-in tools on apps or platforms to report harassment or suspicious behavior.

04

Get Help: Contact local law enforcement if there is extortion, exploitation, or any type of threat. Reach out to school counselors or other staff for support.

Final Thoughts

Building safe digital habits takes time. Staying curious, connected, and informed helps your child grow into a confident and responsible online citizen.

Learn more

NW3C CyberSafe Schools Initiative

www.cybersafeschools-nw3c.org

Local Law Enforcement & School Resource Officers – Contact information
