

STRONG⁴LIFESM



Children'sSM
Healthcare of Atlanta

Keeping Children Safe in a Digital World

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Vulnerabilities Unique to Children/Teens



Use internet and social media



Feel insecure or misunderstood



Use poor judgment



Fight with parents



Sexual curiosity



Test boundaries/take risks



Spend more time alone

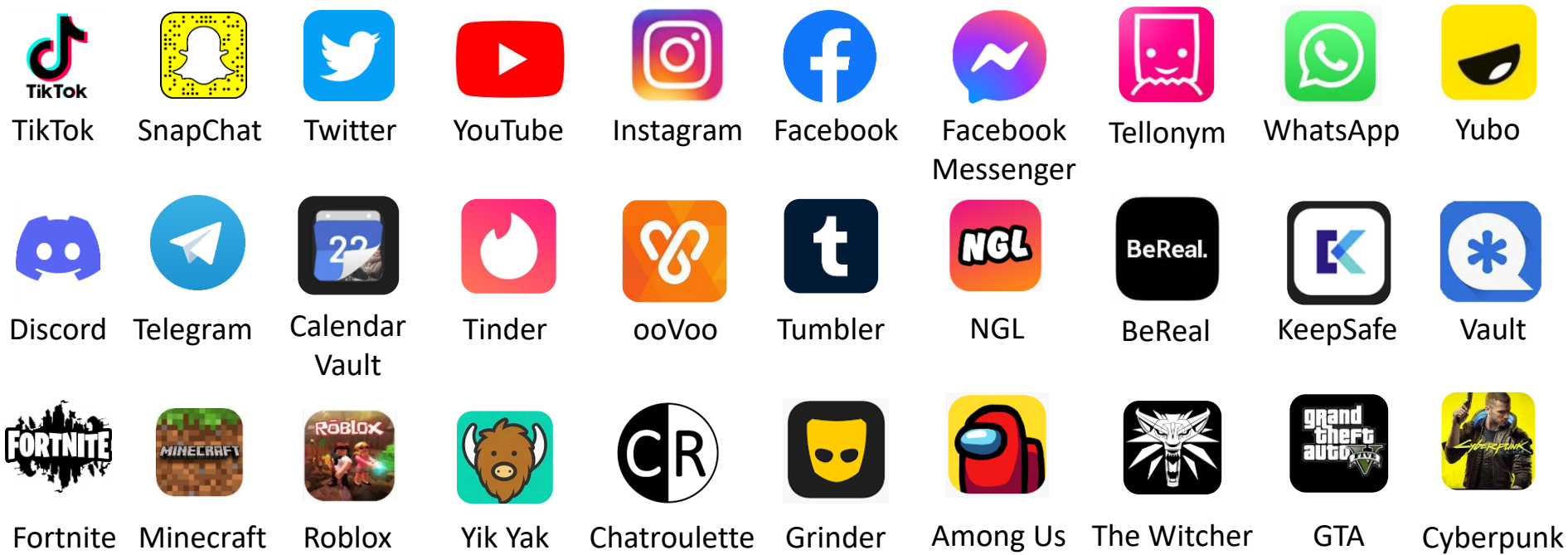


Want independence/to fit in



Apps and video games to be aware of

*Not an exhaustive list. Always monitor and research before allowing access.





What can we do to prevent online exploitation?



What can parents and other caregivers do?



**Set logical
consequences for
infractions**



**Be prepared to see
and hear things
you won't like**



**Be prepared to
have difficult
conversations**



Promote an open environment

Verbally express that they can come to you

- Someone or something is making them uncomfortable.
- They are being threatened or harassed.
- They have viewed content that's inappropriate, harmful, or upsetting.
- Something bad is happening to them or another person.



What can caregivers do?

- Ask youth the same questions about their online behavior that you'd ask about their real-life behavior.
 - Who are they talking to?
 - Where are they going?
 - How long will they be there?



Setting limits and consequences

- **Set boundaries early on** to keep youth from being manipulated or exploited online.
- **Consistently set consequences**
- **Create family online safety agreements**
- **Install parental controls or monitoring apps** on all internet connected devices.
 - Set strict privacy settings.
 - Turn off geo-location services.
 - Create joint accounts or approve all new followers/friends.
 - Get all login info for phone and social media sites.

“Being online is an earned privilege, not a right.”



Thorn for Parents: conversation cards

- What do you like to do on your device (or your brother's / sister's / family device)?
- What do you like to watch on your device?
- Have you ever seen anything online that you knew was for adults and not for kids?
- Can you show me the game you are playing?
- What are some good things about having social media? What are some not so good things?
- What apps do you know about? How do people use them?



Technology considerations

When should youth be allowed to use technology?

- All children develop at their own rate. You know your child best.
- Most tech professionals recommend waiting until 8th grade for a phone and 16 for social media.

What else should you consider when making decisions about technology?

- What is the purpose?
- How old is the youth?
 - Do they respect and obey rules?
 - Are they mature enough?
 - Are they responsible with their belongings?
 - Do they know how to use the tech responsibly, safely, appropriately and moderately?
- Are *you* ready to responsibly monitor the technology in your home?



Discuss Good Digital Citizenship



Stay safe online



Respect yourself and others



Protect private information for yourself and others



Stand up to cyberbullying when you see it happening



Think critically about what you post online



Balance time spent using media and doing other activities



Additional resources

- [Common Sense Media](#): An independent voice for kids, families, and communities everywhere, combining original research with game-changing advocacy efforts to make the digital world work better for all kids.
- [Internet Matters](#): Parents and professionals can find the most comprehensive and credible resources, information and support to keep children safe online. Gives step-by-step guides to set parental controls on a variety of devices and applications.
- [NetSmartz](#): NCMEC's online safety education program providing age-appropriate videos and activities to help teach children be safer online.
- [Love 146 Online Safety Guide](#): A nonprofit organization that's developed child trafficking and exploitation prevention curriculum and created information for youth that covers online safety + a guide on how to maneuver online conversations.
- [Bark](#): Parental control phone monitoring app that helps keep kids safer online. Bark also offers extensive resources for caregivers, including their 'Tech Guide.' Providing step-by-step instructions on how to set parental controls for popular devices, social media, etc.



Cyberbullying resources

For youth

- [Kidshelpline](#): Call, webchat or email with a qualified counselor
- [Hopeline](#): Call 800-442-HOPE (4673) to speak to trained crisis interventionists
- [IMAlive](#): An online crisis network where youth in emotional distress can talk with someone in a safe space

For parents and caregivers

- [Connect Safely](#): The Parent's Guide to Cyberbullying
- [Child Mind Institute](#): How to Help Kids Deal With Cyberbullying



Other Resources for Parents

Stephanie V. Blank Center for Safe and Healthy Children

- [Talking to Children about Difficult Topics: Recommended Reading List](#)
- [Keeping Your Teen or Tween Safe Online](#)
- [Talking to Children About Body Safety](#)
- [Preventing Abuse in Kids and Teens](#)
- [Printable Tip Sheet: How to Prevent Abuse and Neglect](#)

Strong4Life (strong4life.org/resources)

- [Kids, Social Media and Mental Health](#)
- [Guided Coping Skills and Parenting Tips](#)
- [Grounding Your Body and Mind PDF](#)
- [How to Really Listen to Your Child](#)
- [How to Effectively Communicate With Kids and Teens](#)

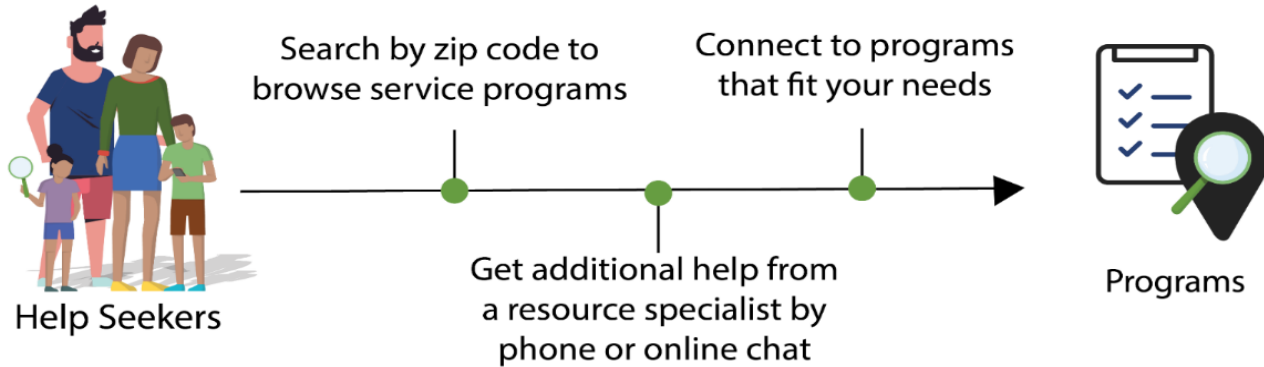


Find Help In Your Community

Support is just a click, chat, or call away.



Whether it's financial assistance, food pantries, medical care, childcare, and other free or reduced-cost services specific to your area, essential resources can be found here.



www.FindHelpGA.org | 1-800-244-5373



Facebook.com/FindHelpGA



@FindHelpGA



Children's Healthcare of Atlanta



To view a list of internet safety resources,
please scan or tap the QR Code.

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404-785-1122

Additional webinar and training opportunities: choa.org/cptraining

