



How to be safe online

For younger children

When it comes to young children that have access to the internet it may not seem like a big deal but it could be a lot more than that so when it comes to being safe on the internet make sure to

- Not share any private information
- Don't friend people if you don't know them
- Tell somebody if something bad happens
- Stick to the apps age limit

How to be safe online

for older children

Around ages 11-13 you may be allowed to have different social medias and even though you may have permission doesn't mean its ok to tell everybody everything about you. And don't be fooled by what you see on the internet either. Sometimes though it might not be you that has to stay safe maybe your making other people feel unsafe? Cyber bullying is just as bad as any other bullying because even though you're not hitting them you can still really hurt somebody. So while online try to check and see if maybe you think what you sent to that person or what you posted about them wasn't rude and if you think it is ask them if they are ok with it and if it is happening to you tell the person that you feel like what they did was rude. And along with being older you may experience more pressure through the internet and just because somebody wants you to do something doesn't mean you have to do it. There are other ways to be pressured on the internet so don't feel like you have to live up to anybody's standards

The does and don'ts of keeping your children safe online

- Don't let them post whatever they want
- Don't be mad and get angry if your child does something you don't approve of on the internet they're young and still have a lot to learn
- Don't let them talk to people they don't know
- Don't let them have too much screen time maybe an hour or so depending on their age
- Do check their accounts every once in a while to make sure they are ok
- Do talk to your child and tell them you don't like what they posted and tell them to not post something like that
- Let them keep some friends to talk to because it's not easy to always get somebody in person to talk to