

STRATEGIES FOR FACING DOWN ONLINE DANGER

Trust and protocol are important family ingredients to healthy supervision of your kids' online experience. Use this quick reference guide to help you build bridges—rather than walls—between yourself and your kids as you navigate issues and concerns together.

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1. STICK TO THE BASICS.

Involve your kids in helping establish clear time and space boundaries. Talk together as a family about certain times and places where you can establish new family rituals with and without media, and regularly check in about the media you're using.

2. KNOW THE CODES.

Set devices up to require parental approval for any new app/game, and create a system so you know every username and password for every device and app. Keep a master device password secret so your kids can't change content settings on their own.

3. TAKE SCREENSHOTS.

Teach kids that if they come across anything that makes them feel uncomfortable or confused:

-  Take a screenshot
-  Send it to you immediately
-  Don't react or respond right away
-  Close and leave the site or app
-  Talk with you later

Find more resources to help your family come together over technology at fulleryouthinstitute.org/technology

4. TRUST YOUR INSTINCTS.

Kids' behavior tends to be very consistent on and offline. If your instincts as a parent tell you something is up with one of your kids, trust that and talk with him or her.

5. USE A CONTENT BLOCKER... AS A BACKUP.

Filters, blockers, and monitoring options can be helpful, but should never be our main strategy. Talk to other parents you trust so that you can be alert (and be alerted about) any issues that might arise.

6. CREATE A RITUAL FOR CHECKING TEXTS AND SOCIAL SHARES.

Set a regular time to look through kids' texts, chats, and profiles. Be sure to keep an eye on the types of advertising that come up, as ads can provide clues about browsing patterns.

7. BE THOUGHTFUL ABOUT ACCOUNT NAMES.

Use a pseudonym that is just a slight step away from their real name when kids begin using social media. Set up younger kids' email addresses with the word "family" in the name to deter some solicitations and spam.

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