



## The Cyber 7 Tips for Online Safety

- ① The internet is a place, not a thing. Make sure you are in the passenger seat as your child learns how to navigate the online world.
- ② Stop thinking "Not My Kid!" Do not be judgey! Kids will find a way – even GOOD kids.
- ③ Create Boundaries: Implement and follow the "Golden Rules of Tech Safety." Computers are in social areas of the home. Electronic devices do not go to bed with children. Parents follow all social media accounts and have access to all device passwords and logins.
- ④ Be a Critic For Your Child – utilize resources like [www.CommonSenseMedia.org](http://www.CommonSenseMedia.org) to determine the validity of TV shows, movies, online games, and smart phone apps.
- ⑤ Model Healthy Behavior – Children learn from watching the adults in their lives so turn phones off during meals, be present when you are with your child, do not text and drive.
- ⑥ Don't be Pressured into a Purchase – Does your toddler truly need an iPad to be entertained? What is your tween missing out on if they do not have a smartphone? When your teen wants to buy a new app, what does that app REALLY do?
- ⑦ Follow the C.O.P.P.A Guidelines for online activity and usage. Do not create social media accounts for children prior to website age requirements. If anything, delay their access and exposure to online media as long as possible to give their developing brain time to mature.