

# KIDS SAFE ONLINE: A GUIDE FOR PARENTS AND EDUCATORS

The goal is not to ban technology but to guide: kids may know more about technology than adults do, but not about its risks.

## >> THE 3 RISKS YOU NEED TO KNOW

### CYBERBULLYING

Peer harassment through digital channels. Ask them to **report any harassment** or request that feels strange or upsetting.

### GROOMING

Adults posing as minors to gain their trust. Verify their contacts; make sure they **don't talk to strangers** or use their real names in game chats.

### SEXTING

Intimate material in circulation. The rule has three parts: **don't create it, don't share it, don't ask for it.**

## >> WHAT TO DO / WHAT TO AVOID

### [+] DO

- » Parental controls and usage limits, especially with young children
- » Devices in shared areas of the home, not in bedrooms
- » Open dialogue at home and school about what they see and experience online
- » Teach the risks as part of their education
- » Lead by example: what you do on social media must match what you tell them

### [-] AVOID

- × Denying them internet access: it's key to their learning and their future
- × Letting them share identifying data: address, phone number, school
- × Online money transactions before they have the age and judgment to do them safely
- × Assuming they "know more than you": they master the tool, not the danger
- × Monitoring without talking: control without dialogue pushes them into secrecy

## >> BY AGE

-10

### Young children

Active parental controls, direct supervision, filtered content, limited screen time.

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### Teenagers

Guided autonomy: fewer filters, more conversation. Make sure they know they can tell you anything **without** being punished for speaking up.

### PASS THIS ON

**Take care of your present:** in the future it will be your past, and if it's on the internet, anyone will be able to dig it up.