

INTERNET SAFETY



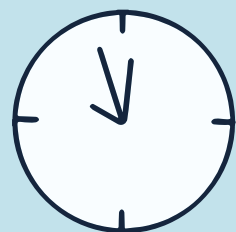
1

Enable parental controls, search filters, and create a list of sites your child is allowed to use.



2

Establish a daily "internet time." This way, your child's time spent online will be much more intentional.



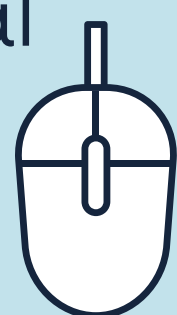
3

Establish a secure connection, which reduces the risk of information being hacked by online predators.



4

Be aware of unhealthy habits like spending long hours online, withdrawing from normal social networks, and secrecy about online activities.



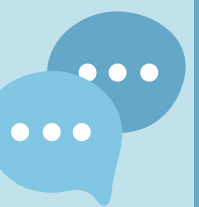
5

Have open discussions with your child about how you spend your time on the internet and invite them to do the same.



6

Look for signs of cyberbullying like checking one's phone often, difficulty sleeping, poor school performance, social isolation, and low self-esteem.



7

Discuss with your child what they can do to practice internet safely. Empower them to make safe decisions.



8

Encourage your child to use critical thinking strategies while navigating the internet, such as checking sources for credibility.



9

Model healthy behaviors, such as limiting your own time online and protecting your own private information.



10

Be aware of signs of internet stalking or online predators, such as strange phone calls to your child and gifts from strangers.



Sources

- [ConnectSafely](#)
- [Enough.org](#)
- [Net Literacy](#)
- [Safewise](#)
- [Time To Log Off](#)
- [Child Development Institute](#)