Digital Safety: Online Interactions

Kids' access to the internet has many benefits, but also an increased risk of revealing sensitive information, discovering inappropriate content, connecting with suspicious individuals, and cyberbullying. **Today you'll learn about taking the proper precautions to avoid these potential dangers.**

Bottom Line

When letting your kids use digital devices, double check **who** they are interacting with and **how** they are communicating.

Digital Safety for Families
Personal & Private Information

Many apps and websites require different types of **personal information** to create an account. Make sure a website is **legitimate** before giving your child info to log on.

Personal Info:	Private Info:
• First name	• Address ✅
• Age	• Phone number ✅
• Gender	• Social security number ❌
• Opinions	• Credit card ❌

✅ = safe for kids to know
❌ = unsafe for kids to know

Kids should not share any information online without your permission.

Preventing Scams & Unwanted Purchases
If you share a device with your child, avoid storing info such as your credit card, in order to prevent unwanted purchases, and to lower the risk of identity theft and fraud.

Bottom Line
Limiting where kids share personal information online lowers the risk of identity theft, unwanted purchases, and connecting with strangers.

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Digital Safety for Families
Messaging & Social Media

When kids use texting apps such as **WhatsApp** or social media such as **Instagram**, they may use **abbreviations** that may be difficult to understand.
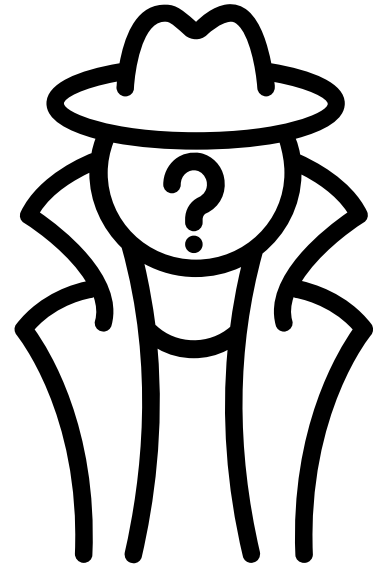
LOL	Laugh out loud
JK	Just kidding
IDK	I don't know
LMK	Let me know
TBH	To be honest
SMH	Shaking my head

Monitor message history for inappropriate messages, jokes, photos, and other harmful content.

Avoiding Strangers

- Set social media accounts to **private**
- Only accept follow & message requests from people they know
- **Block** and **unfollow** people they don't
- Do not give children access to sensitive personal info
- Use **parental controls** to limit app usage

Bottom Line

Monitor your child's texting and social media use to ensure they are using their devices **appropriately** and **not** interacting with strangers.

Digital Safety for Families
Cyberbullying

What does cyberbullying look like?

- Sending hurtful, harassing, or threatening messages
- Spreading **rumors**
- Sharing **embarrassing photos**
- Intentionally **excluding** others
- Discriminating based on **identity**

What is the <u>impact</u> of cyberbullying?

- Low self-esteem
- Anxiety & depression
- Social isolation
- Decline in school performance

<u>How can I help my child?</u>

- Take **screenshots** of evidence
- Collect names of bullies
- **Block** harassers and **report** their accounts
- Tell your child's school- they can help!

Have more questions?

Get in touch with CIANA! We're happy to talk more about digital safety with you.

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