Digital Safety for Families

Welcome! We're glad you joined us today to learn about how you can keep your children safe when using the internet.

Kids these days have more digital access than ever before, from smartphones to social media, from tablets to TikTok. Just like adults, kids spend a lot of their time online.

While there are many positives to increased internet access, there are also safety risks that came along with it, including:

- Inappropriate content on apps and websites
- Health risks from excessive screen time, especially at night
- Connecting with strangers online or in video games
- Cyberbullying, decreased mental health and social-emotional development

Bottom Line

When we let kids use cellphones, computers, and other internet-enabled devices, it's our responsibility to make sure they're being safe.

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Questions about digital safety?
Contact CIANA at (718) 545-4040.

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Digital Safety for Families
Social Media & Gaming

Pros:
Connecting w/friends
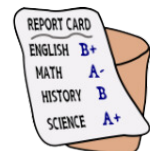Stay up-to-date
Hobbies & creativity
Community

Cons:
Peer pressure
Inappropriate content
Cyberbullying
Fake news

Video games can be fun and even educational, but they shouldn't dominate your kids' time or cut into schoolwork or be acted out in real life.

Too much screentime can hurt kids' eyes, affect hearing, take time away from physical activity and sleep, and negatively impact school performance.

Bottom Line

Social media, video games, and screen time are okay in **moderation**, but excessive use can have a physical and emotional impact.

Questions about digital safety?
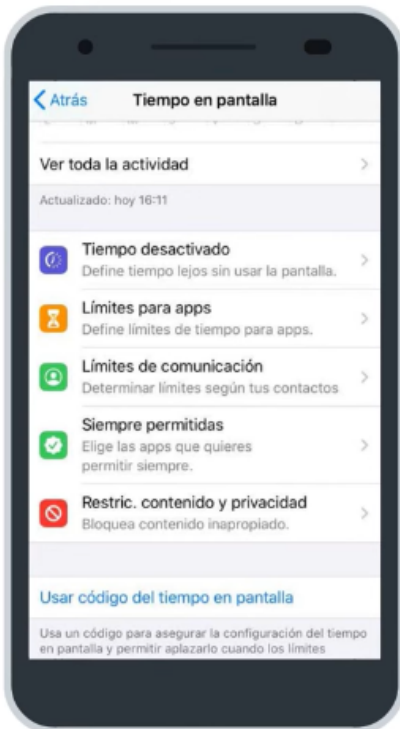**Contact CIANA at (718) 545-4040.**

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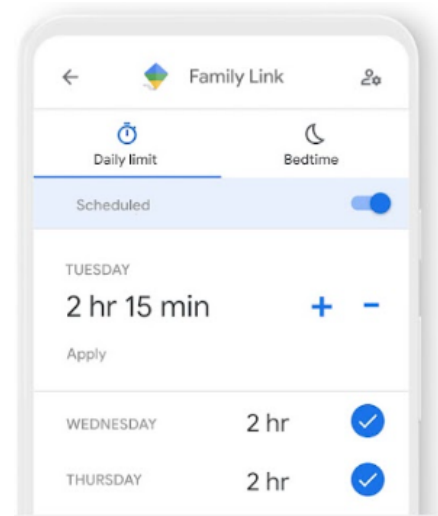# Digital Safety for Families
Parental Controls

iPhone

Go to **Settings** and
select "**Screentime**"

You can set limits on app usage,
time limits, communications
settings, and blocks on certain apps.

Android

Download the
Google Family Link app

You can view your child's activity,
set screen time limits, control
brightness and volume, block
certain apps, set content
restrictions, and track their
location.

Bottom Line
Take advantage of built-in settings and apps on your phone to limit
your child's tech usage and ensure they're using it appropriately.

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Digital Safety Tips for Caregivers
Set good examples of healthy tech usage
Know how to spot safety risks
Check social media posts, following lists, and web history
Let your child feel comfortable coming to you with a problem
Speak with your children about their online activities
Use a **Family Tech Planner** to set family tech rules

Have more questions?

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

- **(718) 545-4040**
- **info@cianainc.org**
- **cianainc.org/contact-us**