



## Caregiver Tips for Internet Safety

- **Communicate** - Try to make communication about Internet safety a regular conversation with your children. Share with them your thoughts on social media, pornography, meeting people online, etc. Use gentle, open communication; ask them their thoughts, as well.
- **Use teachable moments** - Find natural ways to check in when something comes on T.V., the news, or in the movies, and use that as an opportunity to teach your children.
- **Stay up to date** - The Internet and social media will continue to change. Use online resources (provided below), attend events if provided in the community, or at your child's school. Consider signing up for a newsletter.
- **Make a plan** - Talk with your children about what they should do if someone wants to meet online, if they view something that makes them uncomfortable, or is asked to do something unsafe. Remind your children that they can come to you for help.
- **Ask for help** - Ask trusted supports for help. Consider if a therapist is necessary for compulsive behaviors, decide if this needs to be reported to law enforcement, or reach out to a Ralston House advocate for more information.

### Suggested Websites

\*Common Sense Media - [www.common sense media.org](http://www.common sense media.org)

Protect Young Minds - [www.protectyoungminds.org](http://www.protectyoungminds.org)

Net Smartz - [www.net smartz.org](http://www.net smartz.org)

Stop, Think, Connect - <https://stopthinkconnect.org/>

Web Wise Kids - [www.webwisekids.org](http://www.webwisekids.org)

\*Connect Safely - [www.connectsafely.org](http://www.connectsafely.org)

Smart Social- Learn How to Shine Online - <https://smartsocial.com/>

Enough is Enough - <http://enough.org/>