

Your Action Plan

What to know, teach, and do today and regularly:

- Use unique passwords. Do not share passwords. Do not reuse passwords.
- If it's free, it's suspicious. Nothing online is truly free - they want your data and money.
- Never click links in texts or emails. Type them directly into a browser window yourself.
- Never send photos of yourself to strangers.
- Pause before you click! Urgency is a scammers best friend. If its urgent, **practice the pause and do not click.**
- Tell a trusted person immediately if something feels or goes wrong. No judgement - you aren't in trouble for being targeted or tricked. The scammers, perpetrators, bullies, and exploiters are the criminals. Seek those experienced in cybersecurity to help if you have an incident. If a report is warranted contact the hotline at 1-800-843-5678 or make a CyberTip Report at: <https://report.cybertip.org/reporting>

What to do this week

- Have the conversation - online stranger = real stranger.
- Ask the school what accounts your child uses and their privacy policy.
- Setup screen time / family link parental controls.
- Monitor your child's screen time.
- Turn off the Internet if possible, during an agreed window.

What to do this month

- Create a family tech agreement together. Outline the expectations like turning off the Internet between 9p and 7a. Put chargers in a common area. Setup screen time limits. Setup screen time alerts for parental approval or new apps before they can be installed.
- Google your child's name and see what's public
- Follow or friend your child on their social platforms and gaming platforms.

Ongoing

- Keep the conversation open - no shame, no judgement. Make space for hard conversations. Tip: they typically start during more comfortable times, like during a car ride.
- Stay curious: ask about the apps that they use and who they are talking to.
- Check-in often - apps change fast, trends change fast.

Check your credit report annually. It's free. Be aware that scammers and identity thieves try to get personal information on minors to use so it can be easy to go unnoticed until the child is an adult.

The best protection is an open door – **Relationship.**

Kids who know they can come to you without shame or punishment are far safer online than any filter or parental control app.