

HOW TO KEEP KIDS SAFE ONLINE



SMART SETUP

The private nature of phones and tablets makes it easier for kids to explore beyond established rules, especially in places like bedrooms and bathrooms.

Set up your home in a way that keeps screen usage public and easy to monitor. Keep charging stations in common areas or the parents' room for overnight storage. Establish in which areas screens can be used, where "screens can be seen." For instance, you can choose locations where the screen is facing everyone in the room rather than facing a wall.

TALK IT OUT

Have age-appropriate conversations about Internet safety.

CLEAR RULES

Establish straightforward rules and stick to them. Make sure your kids understand and respect these boundaries.

PARENTAL CONTROLS

Apps can be downloaded onto children's devices that allow you to add time limits, content restrictions, help you monitor online activity, and even track your child's location.

LEAD BY EXAMPLE

Be a role model for good digital behavior. Show your kids how to practice responsible online habits and the importance of unplugging to take part in meaningful moments.



To access more information, free printables and resources on Internet Safety, go to www.ncats.net/parentresources



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