



CYBER SMART TIPS FOR PARENTS

Tip 1-Cyber Safety

Please discuss the following with your child...

- **NEVER** share your private information online: name, address, birth date, school or school address, phone numbers, passwords, mother's maiden name, email address, location updates, or whether or not you are home alone.
- **NEVER** meet up with someone you 'met' online without talking to your parent first.
- **Remember:** When online, you may not know who you're actually speaking with.
- **Log Off** if you feel unsafe or uncomfortable with something you've seen, and find a trusted adult to tell.

Tip 2—Cyber Bullying

- **Watch for** the following signs that your child is being bullied or cyber-bullied: change in mood or sleep habits, getting upset when online or on the phone, reluctance to attend school, being less social with friends
- **Encourage** your child to disengage from the harassing platform (stay off the app, etc.) and not to respond. **Save** a copy of all messages.
- **Contact** the content provider. According to cyberbullying.org, "cyberbullying violates the Terms of Service of all legitimate service providers."
- **Get help** from school or law enforcement if you think a bully or predator is targeting your child.

Tip 3—Conscientious Digital Citizens

Please discuss the following with your child...

- **Once posted** or shared, words and photos are permanent and employers and colleges can search for them.
- **Social media** platforms can be powerful tools—use them to do good!

Tip 4—Setting Boundaries and Monitoring










- **Monitor** your child's activities by keeping computers and gaming systems in a central location.
- **Encourage** your child to show/teach you what they can do on the internet and their smart phone.
- **Set boundaries** and expectations for your child's computer and cell phone use:
 - Age when they can own/use a cell phone or the internet
 - With whom they may communicate
 - What they are allowed to post
 - What time to turn cell phones and computers off at night;
 - Determine a safe location to keep cell phones/computers at night (e.g. kitchen, family room, parent's room, etc.). A great number of cyber-bullying incidents happen after bedtime.

- **Not all games/apps** are appropriate for children. Learn the rating system for video/computer games and apps:



Tip 5—Preserving Privacy: How to Set Privacy Settings on a Few Popular Platforms

- ❖ To learn more, visit: staysafeonline.org

Service	How to Set Privacy Settings
 Fortnite	Fortnite offers three levels of privacy settings: Public, where anyone can enter your child’s online party – this is NOT recommended; Friends, where only friends can join a party; and Private, which means that no one can enter your child’s party without being invited by the child themselves.
 Instagram	<ol style="list-style-type: none"> 1. Log in to your Instagram account. 2. Hit the icon on the bottom right of the page to take you to your profile page. 3. Click the “hamburger”  icon on the top right, click Settings. 4. Scroll down until you see Private Account. Turn it on.
 Roblox (Interactive gaming site for kids)	<ol style="list-style-type: none"> 1. Children under 13 are automatically put into Privacy mode and must submit a parent’s email to gain access to chat. 2. Once parents are emailed, parents may access the parental control panel (parents may also create parental controls at any time). 3. When parent’s email is verified, go to My Settings and then Privacy.
 Snapchat	<ol style="list-style-type: none"> 1. Tap  in the top right-hand corner of the Profile screen. 2. Scroll down to the 'Who Can...' section and tap an option. 3. Choose an option, then tap the back button to save your choice.
 YouTube	<ol style="list-style-type: none"> 1. Go to www.youtube.com. Click the blue “Sign In” button in the top right corner of the screen and follow the prompts to sign in. 2. Scroll down to the  on the left-side of the screen corner of the Profile screen. Click on Privacy and make playlists and subscriptions private. 3. Click on the user icon on the top right. Scroll down to “Restricted Mode” and turn it on. 4. You must do this on each browser (Chrome, Safari, Explorer, etc.)
 XBOX (From Microsoft.com)	<ol style="list-style-type: none"> 1. Go to the My Account page. 2. In the upper-right corner, select Sign In to sign in to your Microsoft account. 3. Select Privacy & online safety. 4. Review the settings currently in place and update those you want to change. We recommend setting all to Friends. 5. Click submit to save your changes.