



Parenting in a Digital World

Checklist for Parents

- Use the Internet Usage Contract to start an open conversation about what is, and is not appropriate online behavior.
- Set clear consequences for violation of the Internet Contract and the opportunity for grace.
- Check the social media's minimum age requirement before allowing your child to sign up. Consider their maturity and resiliency before giving them access to social media.
- Use sites like www.comonsensemedia.org or www.cybersafetycop.com to research every application, website, or social media platform your child wants to visit.
- Look at each electronic device in your child's world and determine if they can connect with the internet or another person through it. If they can, use Parental Settings to restrict access.
- Do you know how each social media app on your child's device works? Try it for yourself and use www.cybersafetycop.com to learn about possible safety risks.
- Talk to your child about their "online reputation" and how bullying, sexting, and other inappropriate behavior can impact it FOREVER.
- Make sure your child's social media privacy setting is set to PRIVATE.
- Review your child's friends and followers. Only allow people to be in your child's network that have a face-to-face relationship with them. Be a silent follower on your child's social media feed.
- Know your child's usernames and passwords on all of their social media applications.
- Stop and physically check your child's device. Check messages, usernames and passwords, social media app activity, and internet browser history.
- Charge your child's phone in your room at night. Review the phone's contents.
- Turn on Parental Controls on your child's device, home WiFi network, and phone carrier network.
- Install applications that filter and help monitor inappropriate content your child's devices.
- Discuss the steps to handling rude or threatening messages: Document, Report, Block. www.cybersafetycop.com/blog "How to Report Bullying and Abuse"
- Discuss how to deal with a bully. Give them the tools to resolve it at their level if appropriate.

Before you download a game or app for your child, ask yourself:

1. Is it age appropriate?
2. Does it have privacy settings that can be made "Private?"
3. Can strangers or anonymous users contact my child?
4. Can I review past posts and comments?