Today, we held a cyber safety assembly at your child's school. A Cyber Safety Cop Instructor shared important online safety concepts with your child and we want to keep the conversation going at home. Here are some points of discussion to have during your **family dinner**.

What is a Family Dinner?

It is a meal with the entire family, free of screens and other distractions. Shared family time, like family dinners, presents teaching opportunities for the parents – a time in which parents can model and educate on a variety of life skills such as coping and resiliency. The time together allows adolescents to express concerns and feel valued, all elements that are conducive to good mental health in adolescents.

What We Taught

Don't allow strangers in your digital world. Students approve complete strangers to view their social media profiles and share personal information with them like: Your name, where you live, where you go to school, pictures of you and your friends, and what you are doing.

Mean, rude and threatening messages have real-world consequences, and if someone sends you a hurtful message do the following: 1) Don't respond, 2) take a screen shot, 3) ask a trusted adult for help, 4) block and 5) report them to the social media site.

Use social media for good. What you post online can last forever. Posting images about positive activities like sports, art, charity work can make you shine to schools and future employers. Also, standing up against bullying can help others and make you look good too.

Your Discussion

- How can someone fake who they are online and how can that be dangerous?
- Why should your social media account be set to private?
- How is your social media privacy like the front door to your home and how does that keep you safe?

- Tell me the story about the boy who took a picture of a gun in a classroom and posted it online? Why did he do it? What were the consequences?
- What is the Airport Rule?
- What should you do if someone sends you a rude or threatening message?

- How long does something last on the Internet?
- How can the things you post affect your future plans (positive or negative examples)?
- What could you post online that would make a positive impact on your digital world and online reputation?

Get tips on how to keep your child safe online and learn about dangerous apps before your child puts them on their devices. Subscribe to the Cyber Safety Cop newsletter at: cybersafetycop.com