Today, we held a cyber safety assembly at your child's school, "Be Safe and Kind Online." 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

I will tell my trusted adult if anything makes me feel sad, scared, or confused. The Internet is so big, you may accidentally see something online that you don't understand. If you see something like that, turn off the screen or close the laptop and tell your trusted adult and ask for help.

I will ask my trusted adult before sharing information like my name, address and phone number, and I will NOT meet face-to-face with anyone from the Internet. Talking to people online or filling out a sign-up form are ways we give away our personal information. We should ask for permission before sharing our information.

I will not be rude or mean online, and if someone sends me a mean or hurtful message, I will tell my trusted adult. u If someone says mean hurtful things to me online I will 1) Stop and not say anything back, and 2) Tell my trusted adult.

Your Discussion

- Who is your trusted adult?
- If your child sees something online that makes them feel bad, it's not their fault. They can always come to you and ask for help or just talk about it.
- What should you do if you see something online that makes you feel sad, scared or confused?

- What are examples of personal information?
- What should you do if you are playing a game and someone you are playing with asks where you live or your name?
- What should you do if a website or game wants you to fill out a form that asks for personal information?

- If you are mean or rude to others online, can you get in trouble?
- What are the two things you should do if someone is mean or hurtful to you online?

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