

CYBER SAFETY CHECKLIST

A check list to help make your family more safe in the digital world.



1. Use the **Family Tech Agreement** to start an open conversation about rules and expectations.
2. Recruit other parents in your children's friend group or school to commit to:
 - Delay smartphones until high school or 14 years old.
 - Delay social media until 16 years old.
 - No Snapchat or Discord until 18 years old.
3. Start the online safety talk by trying to understand your child's digital world and why it's important to them.
4. Use sites like www.common sense media.org or www.cybersafetycop.com/app-review to research every application, website, or social media platform your child wants to visit.
5. Survey 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.
6. Do you know how each social media app on your child's device works? Watch tutorial webinar videos on www.cybersafetycop.com/webinararticle.
7. Talk to your child about their "online reputation" and how bullying, sexting, and other inappropriate behavior can impact it FOREVER.
8. Make sure your child's social media privacy setting is set to PRIVATE.
9. 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.
10. Know your child's usernames and passwords on all of their social media applications and log into your child's social media account as them to see what is really happening.
11. Make dinner time and other family time (e.g., hikes, board games, etc.) a tech free time to talk and invest in your family relationships.
12. Charge your child's phone in your room at night. Review the phone's contents.
13. Turn on Parental Controls on your child's device, home WiFi network, and phone carrier network.
14. Install applications that filter and help monitor inappropriate content your child's devices.
15. Discuss the steps to handle mean, rude or threatening messages: Don't Respond, Document, Report, Block and Report to the social media platform or site.
16. Password protect the app store so your child can't download an app without your permission.
17. Before you download a game or app for your child, ask yourself:
 - Is it age appropriate? (13 is the minimum age for social media apps)
 - Does it have privacy settings that can be made "Private?"
 - Can strangers or anonymous users contact my child?
 - Can I review past posts and comments?
18. Make cyber safety an on-going conversation
19. Stay on top of your child's safety by subscribing to our membership program!



CYBER SAFETY COP PARENT MEMBERSHIP

- Critical safety articles delivered directly to your inbox.
- Access to all our online parent and children's internet safety courses.
- Access to all our eBooks and workshop videos.
- One-on-one virtual meeting with a Cyber Safety Cop expert to answer your questions.