



ONLINE SAFETY

HELPING YOUR KIDS STAY SAFE IN A DIGITAL WORLD

Tech is everywhere - in your kids' school and in your home. As many benefits as technology and the internet have for our daily lives, it is also important for you, as a parent, to make sure that your kids stay safe online.

To help you get started, we've compiled a list of a few of our favorite tools and strategies that we've seen parents implement to equip their kids to use technology safely.

WHAT TO WATCH FOR

- **Increasing Secrecy About Online Activities**
Kids with unsafe online habits may become more secretive about what they do online and who they communicate with.
- **Withdrawing or Isolating From Daily Life**
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- **Sudden Emotional or Behavioral Changes**
Children who display sudden emotional distress, anger, or fear or begin acting differently may be experiencing unsafe online situations.

ALTERNATIVES TO CELL PHONES

FAMILY LOANER PHONE



A shared device that can be checked out by family members when needed

BENEFITS: Limits access to a personal device, supporting healthier use

BASIC PHONES



A simple device that allows for calling and texting capabilities only

BENEFITS: Provides communication without internet access or apps

EXAMPLES: Alcatel Go Flip 3, Light Phone II

SMART WATCHES

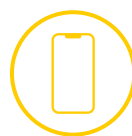


Two-way voice calling with up to 10 trusted contacts and location tracking

BENEFITS: Provides communication and location without internet or apps

EXAMPLES: Gizmo Watch, Gabb Watch 3

GRADUATED ACCESS PHONES



Phones with various levels of monitoring for texts and internet use

BENEFITS: Provides customizable options for phone usage and protection

EXAMPLES: Troomi, Pinwheel, Gabb, Bark

STRATEGIES FOR HEALTHY ONLINE ACTIVITY FOR KIDS

- **Create an Ongoing, Two-Way Conversation About Online Safety**
Many parents treat phone use like earning a driver's license. There's a learning curve, and it's important to build the skills necessary to be a safe driver. Children should be taught how to keep themselves and other safe online, and that requires an open, ongoing conversation. This strategy is helpful for involving kids in their own safeguards.
- **Model Appropriate and Safe Online Behavior**
Kids copy what their role models do on a daily basis, and learning online habits is no exception. Parents and guardians who demonstrate healthy habits and boundaries with their phones help their kids build similar skills and ultimately have safer online habits.
- **Establish and Protect Phone-Free Times, Activities, and Areas in Your Home**
Teaching children about healthy relationships with their phones should include healthy boundaries, especially when it comes to dedicated family time. As a family, set expectations about when being online is acceptable and when it is not. Many families implement phone-free times for meals and at night, as well as in shared areas like family rooms. This strategy can help kids learn to manage their screen time and strengthen communication.

PARENTAL CONTROLS

There are many options and tools available for parents to use to place limits or safeguards on their children's devices.

The list below includes some of the most popular options and range from parental controls directly on devices to add-on plans through service providers or apps.

ACTIVATING BUILT-IN SAFEGUARDS

- **Parental Controls on iPhones & iPads**
www.support.apple.com/en-us/105121
- **Parental Controls on Android Devices**
<https://www.avast.com/c-how-to-set-parental-controls-android>

It's important to note that it's possible for children to find workarounds for built-in parental controls. Continuous oversight is recommended.

USING ADD-ON PLANS

Most phone service providers offer add-on phone plans with parental controls for children's phones. Options often include limited access to apps or websites, internet usage schedules, location tracking, and call or text monitoring.

- **Verizon - Smart Family Plan**
www.verizon.com/solutions-and-services/add-ons/safety/verizon-smart-family/
- **AT&T - Secure Family Plan/App**
www.att.com/security/secure-family-app/
- **T-Mobile - FamilyMode Plan/App**
www.t-mobile.com/apps/t-mobile-family-mode

PARENTAL CONTROL APPS

There are a lot of options for parental control apps with highly varied options for safeguards. We recommend doing research into the best option for your family, but we've listed some of our favorites below to help you get started.



SAFEGUARDING YOUR KIDS DOESN'T STOP HERE

Learning basic online safety is just the first step in helping your kids navigate the tech world they're growing up in. It's important to also teach them the skills they need to recognize when other people may be using tech to build inappropriate relationships or take advantage.

Take the next step in understanding online exploitation by taking the OnWatch training at www.safehouseproject.org/onwatch today.

