

# Keeping Your Children Safe Online

## The S.M.A.R.T. Approach – A Parent’s Guide



### Setup – Set Up for Safety

- Turn on privacy settings for the best protection.
- Know your child’s passwords.
- Charge children’s devices outside bedrooms.
- Use parental controls and tell your child they are on.
- Turn on safe search and content filters.



### Monitor – Watch and Stay Aware

- Keep devices in shared spaces so you can see use.
- Enable location sharing via apps like Life360.
- Check browser history, apps, and contacts weekly.
- Know who your child talks to online and in games.



### Approve – Check Before You Allow

- Read reviews, and check privacy protections of apps before installing.
- Try the app yourself before allowing your child to use it.
- You make the final decision about what’s okay.



### Restrict – Set Clear Rules

- Manage screen time and set limits.
- Make mealtimes and homework device-free.
- Stop device use 30–60 minutes before bedtime.



### Talk – Talk and Listen

- How you react matters – stay calm if an issue arises.
- Listen first. Don’t judge. Solve the problem together.
- Kids who receive harmful, scary, or inappropriate messages or pictures need support.



### Essential Online Safety Guidelines

#### Teach your child to never:

- Share their full name, age, school, address, or phone number online
- Take photos with strangers
- Make plans alone to meet anyone online
- Keep secrets about online friends



### Resources for Support

#### Report When Something Has Happened

Before blocking or deleting anything, screenshot all messages and images.

- **Danger or threats:** call 911
- **Crisis Support:** Text HOME to 741741
- **Report within 24 hours:** Sextortion, explicit images, adult requesting private contact



### Warning Signs

#### Watch for signs that your child may need support:

- Someone asking for photos or personal information
- Gifts or money sent to or from your child online
- Threats or blackmail messages
- Sudden secrecy, behavior or mood changes
- Multiple accounts on the same app
- Frequently deleting browsing history

