

KEEPING CHILDREN SAFE ONLINE

Now more than ever, our children are active participants in a digital world. The internet offers many benefits but also potential dangers. As parents, caregivers, or other concerned adults we have the ability to prevent harm and prepare our children for the risks they may encounter online.



EDUCATE

- Stay up to date on trends and know what's on your child's phone or digital device. Monitor apps in the App or Google store. Research and test out apps & games before allowing them.
- Learn potential online risks & dangers.
- Know your child's interest & vulnerabilities.

A FEW OF THE RISKS

Inappropriate content, violence, pornography

Sharing private info, hacking, fraud

Cyberbullying

Online predators, sextortion, commercial sexual exploitation



COMMUNICATE

- Talk early and often with your child about how they're spending their time online and safety.
- Set clear expectations for each type of app, game, or online activity:
 - What information can & cannot be shared online
 - How they will treat others
 - What do to if something or someone makes them feel uncomfortable

PLAY THE 'WHAT IF?' GAME

Having your child come up with their own ideas helps them to learn & remember important safety strategies. You can ask them questions like:

- What would you do if someone online asked you for a photo?
- What if someone online offers you money or a gift?



PROTECT

- Set parental controls on all devices to limit adult content and manage screen time
- Make sure devices are set up to require parental approval before downloading new apps
- Use third-party filtering & monitoring software
- Set limits on when and where your child has access to the internet & social media

**REPORT ONLINE INCIDENTS TO THE CYBER TIPLINE:
1-800-THE-LOST OR REPORT.CYBERTIP.ORG**

RESOURCES

WEBSITES

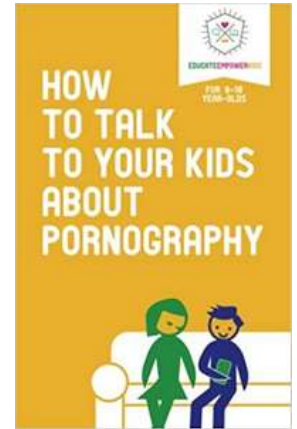
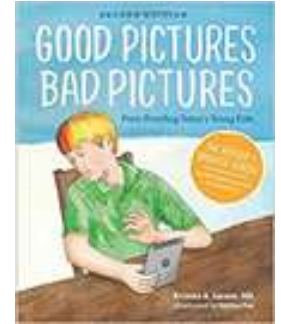
- commonsensemedia.org
- netsmartz.org
- protectyoungeyes.org
- connectsafely.org
- Family Online Safety Institute: fosi.org
- fightthenewdrug.com

FILTERING & MONITORING APPS & SOFTWARE*

- OpenDNS (for wireless router)
- Qustodio
- Circle Parental Controls
- Bark
- Net Nanny Parental Controls
- FamiSafe
- Boomerang
- Kaspersky Safe Kids
- Covenant Eyes
- Mobicip
- Forcefield

*These apps and software range in price from \$4-\$30.99 per month. Some offer a free trial.

BOOKS & MATERIALS



THE "WHAT IF?" GAME

Encouraging Kids to Talk About Body Safety and Boundaries

Kids who are empowered are often times safer.

It's true that offenders often choose children who are vulnerable in some way. They may lack self-esteem or feel uncertain of themselves.

Playing a game with this deck can help children to understand that they have the ability to problems solve, even sometimes on their own. When children feel confident and competent, it adds another level of protection as they go out into the world.

 DARKNESS TO LIGHT®

All materials now available at ABC House for a suggested donation!

ABOUT ABC HOUSE

ABC House is a nonprofit child abuse intervention center working with children and their families to overcome the crisis of abuse and neglect. Our organization offers child abuse assessment, treatment and support services, post-trauma counseling, and prevention education for children, youth, and adults.



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