



HIGH IMPACT
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Internet and Technology Safety A Road Map to Protecting Children

Top 10 Tips for Parents

1. Establish an age appropriate timeframe for when your child is allowed to be on the Internet and discuss Internet safety with your child.
2. If applicable, create an Internet safety contract that speaks to acceptable usage and reporting.
3. Use age appropriate filtering, blocking and monitoring software/settings on all Internet enabled devices.
4. For all social networking, i.e., Facebook, twitter, Instagram and more, learn the age restrictions of each site and set security setting to highest level.

*You should be a “friend” and/or “follower” of your child’s accounts and have access to their content

5. Explain to your child not to share any personal information online and the concept of information leakage. Advise to never post content, pictures or videos online unless they would be comfortable with their parents seeing them. Know that nothing online is ever truly deleted.
6. Tell your child never to share passwords to any of their accounts and their geographic whereabouts.
7. Discuss with your child the consequences of “cyber-bullying”, “sexting” and posting other people’s content, which could include legal ramifications.
8. Monitor your child’s cell phone and review text messages for inappropriate usage and content.
9. Educate yourself on all the devices in your home, Internet enabled connectivity, security settings and parental controls.
10. Educate yourself on current trends, websites and issues facing today’s youth relating to Internet safety. Join forces with other parents, read school policies and learn as much as you can!

Please feel free to contact me with any questions
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