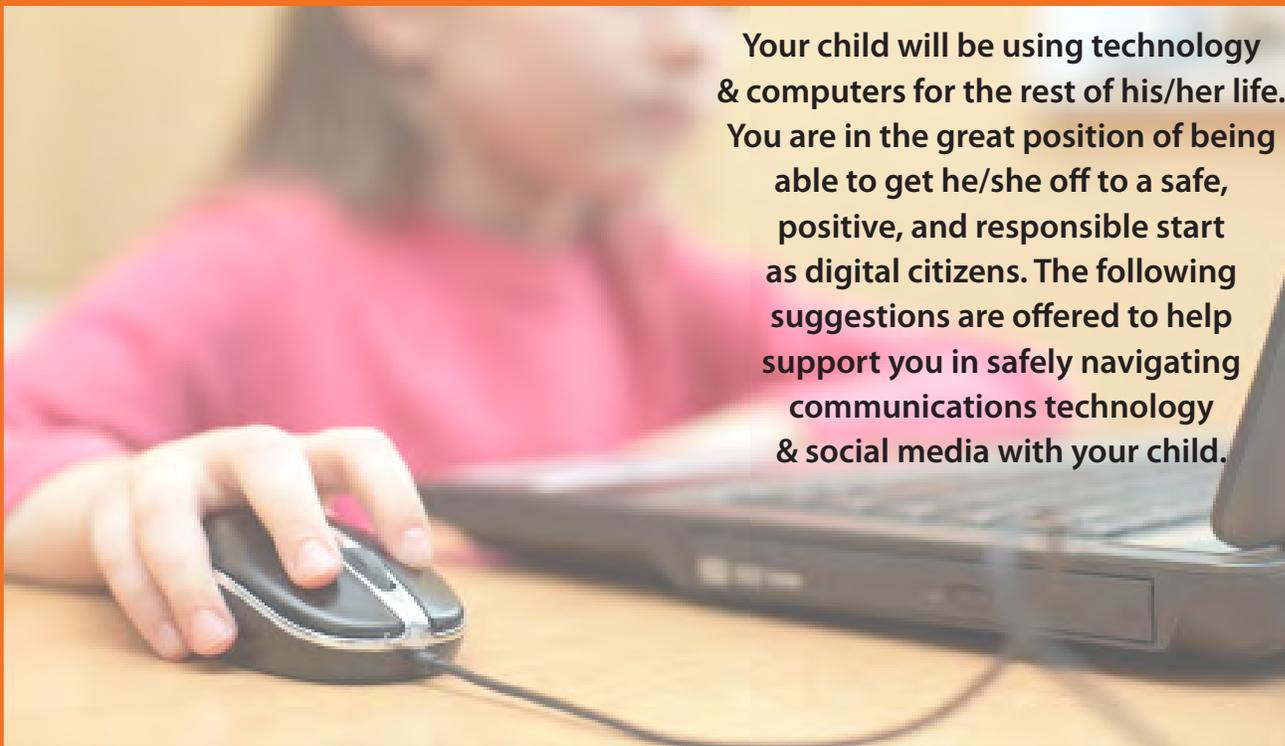


How you can help your child be smart online

Cyber Safety: tips for parents



Your child will be using technology & computers for the rest of his/her life. You are in the great position of being able to get he/she off to a safe, positive, and responsible start as digital citizens. The following suggestions are offered to help support you in safely navigating communications technology & social media with your child.

1. Support and promote the use of technology as a learning tool.
2. Model and discuss responsible and appropriate use of communications technology.
3. Talk to your child about what he/she should, and should not, do online.
4. Establish rules for online use in the house or use of mobile technology.
5. Be aware of your child's activities online... see where he/she goes.
6. Keep any computer or laptop in a communal area of your home, like the family room or kitchen. The child's bedroom is not a good option.
7. Set a technology curfew and establish a central 'recharging' station outside of your child's bedroom at night. This will allow your child to get rest without potential interruptions.
8. Teach your child to never meet an online friend offline unless you are with him/her. Your child needs to be aware that people he/she meets online may not be who they say they are.
9. Promote a relationship with your child where he/she feels comfortable coming to you for advice or to ask questions without the fear of potential consequences or reprisals.
10. Discuss with him/her what information he/she can share with others online and what he/she should never share (phone numbers, address, full name, or the school they attend).
11. Be aware of privacy settings and agreements for social media that your child uses.
12. Make sure your child is aware that anything he/she posts (written or pictures) is 'out there' forever and he/she no longer has control over where it goes or who sees it.
13. Talk to your child about what he/she says or does online. If he/she would not feel comfortable with you seeing it, he/she should not send or post it.
14. Ensure that your child is aware that videoing or taking pictures of people without their consent is unethical and inappropriate.

Online tips & tools



For more information on how to help keep your child safe online and how to help he/she maintain a positive digital footprint, please consider the following online resources.

Get Cyber Safe

Government of Canada's campaign to educate parents and children
www.getcybersafe.gc.ca

Office of the Privacy Commissioner of Canada

Tools to help advise youth about the relevance and importance of privacy when using digital technologies
www.priv.gc.ca/youth-jeunes/index_e.asp

Safer Internet

European Commission's Safer Internet Programme
www.saferinternet.org

Media Smarts

Canada's Centre for Media and Digital Literacy has resources on cyberbullying for parents
www.mediasmarts.ca

Common Sense Media

Tips for privacy & digital footprints
<http://www.commonsensemedia.org/sites/default/files/uploads/pdfs/9-12-familytip-privacyanddigitalfootprints.pdf>

Promoting Relationships and Eliminating Violence Network (PREVNET)

Research and resources for bullying prevention
www.prevnet.ca

RCMP Centre for Youth Crime Prevention

www.rcmp-grc.gc.ca/cycp-cpcj/index-eng.htm

Cybertip

Canada's tipline for reporting the online sexual exploitation of children
www.cybertip.ca

Need Help Now

An online resource designed to help youth who have made the mistake of sending sexual images of themselves to peers
www.needhelpnow.ca

KEEP YOUR KIDS
SAFE Online

