Online Safety Tips for Caring Adults

Thames Valley District School Board

Online Safety Tips

Learn how to navigate the websites/apps/chat rooms that your child accesses.

Show your child how to create secure and unique passwords, eg. PizzaCat25!

Teach the importance of pausing and thinking before posting as posts can be difficult to remove.

Remind your child never to share personal information online.

Review and set privacy settings.

Remind your child that they need permission to post photos of others.

Teach Your Child Mindful Messaging

Before you text, tweet, send, or post… take a moment to:

- Take a deep breath
- Notice how you are feeling
- Re-read your message
- Ask yourself "is the message true?"
- Think about how the message will be received
- Think about what will happen next
- Change the message if needed

Keep in Mind

- If you are hurt, angry, or confused it is wise to wait before hitting send
- Don't send messages that you would not say to the person's face.

Healthy Online Behaviour

Explain that how you behave online should reflect how you behave in person.

Encourage your child to speak to a trusted adult if something makes them feel uncomfortable.

Suggest taking regular breaks from technology.

Ensure that websites/apps/platforms/etc. are appropriate for your child's age and stage of development.

Adapted from https://kidshelpphone.ca/get-involved/programs-resources/open-conversation-young-person/online-safety-tips-caring-adults

Start the Conversation

Set a positive tone by validating the importance of technology in your child's life.

Discuss what your child does online, and who they interact with.

Ask if they've received any unwanted messages and listen to their stories.

Teach them strategies when feeling uncomfortable with online interactions:
- do not message back
- do not retaliate
- report to caring adult
- keep a record
- block the person

Let them know that if you feel there is a concern you may need to look at their electronic communications.

Allow for negotiation when creating agreements as this will promote your child taking ownership.

Adapted from https://www.publicsafety.gc.ca/cnt/ntnl-scrt/cbr-scrt/cbrbllng/prnts/prvnt-cbrbling-en.aspx#a04d

Online Safety Resources

Kids Help Phone: Online safety: Tips for caring adults
Media Smart: Digital and media resources for caring adults
OPHEA: Internet safety resources for caring adults
Public Safety Canada: How can you prevent cyberbullying

These underlined hyperlinks provide great information

Mental Health Resources

Kids Help Phone: 24/7 crisis support: 1-800-668-6868, text 686868, www.kidshelpphone.ca for web chat
Reach Out Crisis Support: (519)433-2023 or 1-866-933-2023, www.reachout247.ca for web chat