

Cyber safety tips for parents

95% of teens have access to a smartphone, with 46% of teens reporting they are online “almost constantly.”¹ It is important to stay educated and well informed to ensure your child is safe while using the Internet. These tips and resources can help you do so.

31%

of teens lose focus in school due to cell phone usage²

2/3

of parents are concerned their teen spends too much time in front of a screen²



Additional resources

CommonSenseMedia.org
StaySafeOnline.org
www.netismartz.org



Privacy settings

[How to customize privacy settings on your device and other popular services](#)

Help your child stay secure in cyberspace

It is important to have an open dialogue with your children on how they interact online. Knowing which games they play and how they are involved on social media can help you protect them.

- Enable parental controls for device and individual apps.
- Discuss what personal information not to discuss with online “friends.”
- Monitor phone usage, including implementing limits on app purchases.
- Check for geolocation settings: A GPS-enabled smartphone can reveal your child’s location through online posts and uploaded photos.
- Read *Terms & Conditions* that give away Personally Identifiable Information (PII).
- Secure privacy of photos/locations of kids on parental Facebook pages.
- Search your kids’ images on Google to see if they’ve been replicated on other sites or otherwise used without your permission.
- Keep devices out of the bedroom at night by having charging stations in family room.

What to do if your child is victimized

Make it clear that the victimization is not their fault.

Contact your local law-enforcement agency.

Save all evidence of victimization such as emails or instant message conversations.

Make a report to the CyberTipline® at www.cybertipline.com or 1-800-THE-LOST® and include all information available.

Disclaimer: This is provided to you for education and initial awareness; because this is a rapidly changing field, we cannot assure you that it is complete or that it addresses your specific circumstances. We urge you to remain informed and vigilant.

Parent resources for online child safety

It is important to ensure children are being safe and protected while using any form of technology. Whether it's through streaming platforms, gaming consoles, smartphones, or social media developing healthy digital habits is important. Visit these pages below to ensure your child or teen stays safe online.

Parental controls

iOS devices	PlayStation
Android devices	Xbox
Firefox	Netflix
Google	Hulu
YouTube	Circle by Disney (Global Universal Filter)
AT&T	HBO Max
Verizon	Disney+
Amazon	Apple TV
TWC/Spectrum	Roku
Nintendo (Switch)	

Help and support for popular social platforms

Instagram

Snapchat

Twitter

Facebook

TikTok

Pinterest

National online safety programs

FBI computer safety tips for kids

National Cybersecurity Alliance—Stay safe online

Common Sense Media

Articles

Use the following [link](#) to search for the latest online safety articles.

¹ Pew Resource Center: **"Teens Social Media and Technology 2022"** August 2022.

² Pew Research Center: **"How Teens and Parents Navigate Screen Time and Device Distractions,"** August 2018.

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