

DID YOU KNOW?

When location is 'ON' on Snapchat, the map updates constantly and shows where someone is - even their exact location in a home! To avoid this, turn on Ghost Mode!

NOT EVERYONE ONLINE IS WHO THEY SAY THEY ARE

People online may pretend to be kids online when they are not

PERSONAL INFORMATION STAYS PRIVATE

If you wouldn't tell something to a stranger in the park, don't share it online!

TURN OFF LOCATION

Apps like Snapchat and Instagram have location features. Make sure this setting is off

BLOCK & REPORT

Report and block players, comments, and messages that are uncomfortable or inappropriate

KEEPING OURSELVES SAFE ONLINE

ANYONE CAN SEE YOUR BIO

Avoid adding any identifying information in it (even if you have a private account!)

MAKE SURE ACCOUNTS ARE SET TO PRIVATE

Control who can see your posts and who can message you

NO CONSENT? DON'T POST

Never post photos or videos of others without their permission. And remember - using someone else's name or photos online isn't okay

TELL AN ADULT

If you see something that makes you uncomfortable or scared, go to a trusted adult!

STICK TO PEOPLE YOU KNOW

Only add and/or follow people you know in real life

BEFORE POSTING, CONSIDER:

Would I be okay if this was posted about me?
Would I want my family or teacher to see this?

FIND YOUR TRUSTED ADULT

Even if you think you did something wrong or are embarrassed, telling an adult is always the right choice!



A Parent's Guide to Keeping Youth Safe Online

What You Can Do

- Familiarize yourself with what apps, platforms and games your child uses
- Set expectations together about screentime and sharing
- Use parental controls and security settings to support your youth being a good digital citizen
- Consider keeping devices out of bedrooms at night
- Model good digital behavior – kids notice what adults in their lives share, too
- Have ongoing conversations with youth about online safety

Why These Conversations Matter

Kids spend a huge part of their social lives online. We know that apps, games and platforms are constantly changing (and quickly!) – and so do the risks.

Having ongoing, open conversations with our youth help them to build judgement, confidence and the ability to ask for help when something feels wrong.

How to Have These Conversations

➡ Ask questions!

“What apps are you using lately?”

“What do you like to do on ___ app?”

➡ Normalize tough topics

Let youth know that scams, fake accounts, and uncomfortable messages happen to lots of kids!

➡ Stay calm – especially if they mess up!

When kids feel judged or policed, they hide things.

Important Safety Messages



Never share personal information



Not everyone online is who they say they are



Make sure accounts are set to private



If something feels weird, stop and tell an adult



You will **never** be in trouble for asking for help

Things to Watch Out For

- Sudden change in online behavior
- Trouble sleeping
- Sudden secrecy around devices
- Mood changes after spending time on apps/gaming systems
- Mentioning new online “friends” they are hesitant to share details about
- Pressure to keep conversations secret
- Anxiety around receiving notifications or messages

