



KEEPING KIDS SAFE IN A DIGITAL WORLD

The Internet provides an opportunity for children to learn, explore their world, and socialize with friends. By understanding the potential dangers your children face, you can more easily communicate with them about having safer digital experiences.

Darkness to Light's *5 Steps to Protecting Our Children™* are the foundation to everything we teach about prevention. You can also apply these steps to internet and device use to keep your children safe:

STEP 1 - LEARN THE FACTS

- Learn the access, privacy, and messaging policies of all technology used by your children – even ones that do not seem to be chat related.
- Understand the long-term consequences of sending sexual messages and pictures. Apps like Snapchat claim to delete images and messages but can retain them, and private messages and comments are actually public, and can easily be shared.

STEP 2 - MINIMIZE OPPORTUNITY

- Enable parental controls which can help restrict accesses and monitor messaging.
- Children under 8 should have direct supervision while using computers, smartphones, and devices.
- Many devices have a "location services" feature which allows devices to broadcast their location to the users' apps and contacts. Turn this feature off to keep your child's location private.
- Use your name and email for games or services.

STEP 3 - TALK ABOUT IT

- Spend time with children online and talk to them about potential dangers and what appropriate online conduct looks like.
- Let your children know they can come to you if they ever have questions about a communication, or if anyone makes them feel uncomfortable.

STEP 4 - RECOGNIZE THE SIGNS

- Stay tuned to changes in behavior. Secrecy about computer use, sites visited, or online "friends" should raise warning flags.

STEP 5 - REACT RESPONSIBLY

- If you discover questionable communications from your child to an adult or other youth, remain calm. Talk to your child without accusation and with the goal of resolving the situation.
- Report sexual solicitation, bullying, or child pornography immediately to your local law enforcement or the National Center for Missing and Exploited Children's CyberTipline at www.missingkids.org/cybertipline.
- If you have questions, call 1-866-FOR-LIGHT.



This rack card is a supplement to Darkness to Light's *Stewards of Children®* and is not intended to replace any portion of the training. For more information, visit www.D2L.org/Stewards.