

# Best Practices for Keeping Children Safe Online

Whether you're using the internet for school, entertainment, or to keep in touch with friends and family, it's important to know how to stay safe while you're online.

Today, we're going to talk about some best practices for staying safe online, and how you can make sure that you and your family are using the internet in a **responsible and secure way**:



## Use Strong and Unique Passwords:

Ensure that your child uses a strong and unique password for all their online accounts, which includes mix of upper and lower case letters, numbers, and symbols.



## Educate Your Child:

Educate your child about online safety and the risks of sharing personal information online. Explain to them the importance of not sharing personal information such as their name, address, phone number, or photos online.



## Monitor Online Activities:

Keep an eye on your child's online activities, including the websites they visit, the apps they use, and the people they interact with. Ensure that their privacy settings are set to the maximum level.



## Regularly Check Devices:

Regularly check your child's device for any suspicious activity or apps. Remove any apps that are not necessary or have questionable content.





### Consider Installing Parental Controls:

Consider using parental control software to restrict access to inappropriate websites and apps. This will help prevent your child from accessing content that is not appropriate for their age. We can make recommendations based on your use-case.



### Create a Safe Online Environment:

Encourage your child to use the internet in a safe and positive way. Explain to them the importance of being respectful and responsible when using social media.



### Set Limits on Screen Time:

Set limits on your child's screen time and encourage them to engage in other activities such as reading, playing outside, or spending time with family and friends.



### Use Two-Factor Authentication:

Enable two-factor authentication on all of your child's online accounts to add an extra layer of security.



### Keep Software Up-to-Date:

Keep your child's devices and software up-to-date with the latest security patches and updates.



### Be Involved:

Be involved in your child's online activities and regularly discuss any concerns or issues that may arise. Create an open and honest dialogue with your child about online safety.

## See Something, Say Something

It's essential to talk to your children about cyberbullying, cyberstalking, and cybercrime. Children should know to immediately engage you or another adult if they are the subject of, or witness to, any form of online harassment. Likewise, your children should know to immediately turn off their devices and alert an adult should they suspect or confirm that malicious activity that could serve as an early indication of a cyberattack or fraud is present.

Setting guidelines for children can be tricky and isn't always easy. But these best practices for children's online privacy protection will not interrupt their online experience, nor will they prevent children from capitalizing on what the internet has to offer. As digital natives, your children will understand why these guidelines are important.



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