

# ***PARENT INTERNET SAFETY CHECKLIST***

A quick reference guide for keeping your kids safe online

## **1. SET BOUNDARIES & EXPECTATIONS**

- ✓ Create a family tech agreement (when, where and how devices are used)
- ✓ No devices in bedrooms at night – charge in a common area
- ✓ Limit screen time with clear daily or weekly guidelines

## **2. USE TOOLS & CONTROLS**

- ✓ Install parental controls on devices, apps and browsers
- ✓ Set up safe search on Google, YouTube, and streaming apps
- ✓ Regularly review app permissions and privacy settings

## **3. MONITOR & STAY INVOLVED**

- ✓ Know which apps and games your child uses – download them yourself first
- ✓ Check friend lists and chats regularly (with your child – not behind their back)
- ✓ Enable activity reports or alerts from parental control apps (there are free apps available for all device types)

## **4. TEACH SAFETY RULES**

- ✓ Never share personal information (name, school, location, passwords)
- ✓ Don't accept friend requests or messages from strangers
- ✓ No sharing photos or videos without asking a parent

## **5. TALK ABOUT RISKS**

- ✓ Discuss grooming and online predators – explain what to watch for
- ✓ Talk about cyberbullying – encourage them to tell you if something happens
- ✓ Explain that nothing online is truly private or can truly be deleted

## **6. BUILD TRUST**

- ✓ Keep communication open and judgment-free so your child will come to you
- ✓ Ask before posting photos of your child online to model respect for privacy
- ✓ Praise safe online choices, not just punish mistakes

## **7. MODEL GOOD BEHAVIOR**

- ✓ Follow your own rules – no phones at dinner, healthy screen times
- ✓ Show them how to verify information and avoid scams
- ✓ Talk about healthy social media habits and self-image

