

## **Keeping Your Kid Safer Online**

The physical world can be a dangerous place, so can the digital world. Parents often ask us how to keep their kid safe from both Digital Stranger Danger and the reputational damage that can occur when kids post inappropriate content. We have listed our quick tips as well as suggestions that teens have asked us to share with parents of middle and elementary age children.

### Digital Danger's Quick Digital Parenting Tips

- Set a digital curfew
- Keep your kid on your family's cell plan
- Use services to monitor/restrict wireless usage
- Become familiar with apps on child's device
- Know your child's passwords for all devices
- Downloads only via parent approval and from reputable sites
- Discuss dangers of cyberbullying, sexting and distracted driving
- Allow only appropriate Email addresses, online names, gamer tags

### Digital Parenting Tips Suggested By High School Students

- Follow your kid on social media
- Know how to use social media
- No smart phone before middle school
- Give no privacy on social media
- Make time for your kid
- Set clear social media boundaries
- Share stories of your youth as it helps teens understand generational differences

Dr Tim Conrad is the author of Digital Danger: If You Think Your Kid Is Safe Online, Think Again.

If you would like more help with helping your child avoid digital danger, please contact Dr Tim for a family safety audit.

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