



## **Practical Guide to Keeping Kids Safe**

### **Invest in their lives**

- Spend quality time with them.
- Get to know their friends & activities.
- Be a safe person for them to talk to.
- Let them know they are loved and valued.
- Watch for and talk to them about sudden changes in their behavior.

### **Talk about dangers and expectations**

- Let them know that it is never OK for someone to cross their personal boundaries.
- Let them know that they should never keep secrets about another person's inappropriate actions no matter what.
- Teach them about the dangers of sharing personal information with a stranger in person, on the phone or online.
- Talk about what your expectations are for using the internet.
- Explain why they should never go somewhere alone or agree to meet someone they have only met online.

## **Restrict mobile devices and monitor online activities**

- Make a conscious and informed decision on if/when they should have their own mobile device.
- Set down specific rules for mobile device usage up front and the consequences for breaking those rules.
- Limit screen time to ensure balance and minimize exposure, and restrict screen time “after hours” and in private spaces.
- Inform yourself about questionable apps/sites and the ways that kids can hide apps and online activities from others.
- Consider parental controls on devices and approve all installed apps and websites.
- Place computers, laptops and other devices with internet access in a common area of your home.
- Be aware of the predators that can lurk on social media sites and on interactive gaming platforms and remind them of expectations.
- Utilize your right to inspect any device they use and to review text conversations.

### **Additional Resources**

<https://www.common sense media.org/>

<https://internet safety 101.org/>

[facebook.com/blazinghoperanch](https://facebook.com/blazinghoperanch)

<https://axis.org/ct/> (The Culture Translator)

[www.blazinghoperanch.org](http://www.blazinghoperanch.org)