

## HAVE THE TALK



*Parents and trusted adults: Summer provides a much-needed break for children and teens, but it also brings increased screen time. Set healthy #DigitalBoundaries by discussing your expectations and teaching them to talk to you about suspicious online behavior. Regular reminders help instill safe digital habits.*

### For Tweens and Teens



- Talk about how they should never post personal information or inappropriate content.
  - Discuss sexting and the risks of sharing self-generated intimate images and the permanency of online data.
  - Explain the warning signs that characterize online predators.
  - Tell them that safe adults won't ask them to keep secrets or disrespect their boundaries.
  - Help them identify a trusted adult or guardian they can go to for help.
  - Explain that minors shouldn't disseminate self-generated intimate images because it's illegal.
  - Discuss steps they can take if a friend confides in them about inappropriate online interactions, such as telling a trusted adult or pointing them to Know2Protect resources.
  - Teach them how to avoid online predators by setting up privacy controls on their devices, like restricting apps' location access.
  - Explain that even if they've already shared self-generated intimate images or been involved in inappropriate online interactions, it's not too late to tell an adult and get help.
  - Discuss cyberbullying and its implications.
- To learn more visit [schoolsafety.gov/bullying-and-cyberbullying](https://schoolsafety.gov/bullying-and-cyberbullying).

### For Younger Children



- Teach them what pop-ups are and why they should never click on them.
- Create a series of steps they should follow if they see inappropriate content, such as looking away and telling a parent or trusted adult.
- Teach online etiquette and how to be respectful of others, and let them know they should tell someone if they feel disrespected.
- Warn them not to trust people they meet online, and tell them they should tell a trusted adult if someone makes them feel nervous, scared or uncomfortable.
- Explain that they should never share passwords, addresses or personal information with people they don't know online.
- Help them identify a trusted adult or guardian they can go to for help.