

# Staying Safe Online – Tips for Kids, Resources for Parents

## WEBSITES

Goodwill Community Foundation Global – In depth tutorial for teaching kids about internet safety. Includes links to games and more resources for kids.

<https://edu.gcfglobal.org/en/internetsafetyforkids/teaching-kids-about-internet-safety/1/>

Federal Trade Commission – Cyberbullying, Kids Rights, and more safety tips.

<https://www.consumer.ftc.gov/topics/protecting-kids-online>

The US Department of Justice – Safety Tips. Where to report child exploitation.

<https://www.justice.gov/coronavirus/keeping-children-safe-online>

FBI – Safe Online Surfing Internet Challenge: a game and test for Grades 3-8.

<https://www.fbi.gov/fbi-kids>

National Cyber Security Alliance – Direct links to settings options for popular online services.

<https://staysafeonline.org/stay-safe-online/managing-your-privacy/manage-privacy-settings/>

PCMag - Recommended antivirus protection programs for 2020.

[https://www.pcmag.com/picks/the-best-antivirus-protection?test\\_uuid=01jrZgWNXhmA3ocG7ZHxevj&test\\_variant=a](https://www.pcmag.com/picks/the-best-antivirus-protection?test_uuid=01jrZgWNXhmA3ocG7ZHxevj&test_variant=a)

## BOOKS

**004.678083 Ant** Digital world: how to connect, share, play, and keep yourself safe / Carrie Anton

**004.678083 Ste** Growing up shared: how parents can share smarter on social media-and what you can do to keep your family safe in a no-privacy world / Stacey Steinberg

**155.646 Min** Raising a screen-smart kid: embrace the good and avoid the bad in the digital age / Julianna Miner

**302.3 Jak** A smart kid's guide to online bullying / David J. Jakubiak

**302.343 Hit** Cyberbullying and the wild, wild web: what everyone needs to know / J.A. Hitchcock

**306.874 McK** Viral parenting: a guide to setting boundaries, building trust, and raising responsible kids in an online world / Mindy McKnight

**613.6 Gre** Be aware of stranger danger / Nancy Greenwood

## Staying Safe Online – Tips for Kids, Resources for Parents

### Consider this:

- If you can't trust an online friend to take care of your puppy for the weekend, don't trust them with your information.
- Before posting ask yourself: Will this be important to me a year from now?
- **PRIVACY IS ABOUT PROTECTING YOUR IDENTITY**

### New Account checklist

- Can I change my username?
- Where are the settings? Go through ALL the settings.
- How can I make my profile as exclusive as possible?
- Where can I report or block another user?

### Don't Share Digits

- Post pictures a day or two after your birthday and not on your actual day of birth. Change one or two numbers of your day of birth or the month.
- Instead of telling a stranger your age, tell them your school grade. Don't lie and say you're 18.
- Only share your phone number with people you know in real life. Always verify and ask your friend's before sharing their contact information.
- Keep Paypal, banking accounts, and family app accounts private. Avoid autofill for your credit card information on any device.

### Avoid giving your name

- Instead of using your real first name you can use a nickname, your middle name, or personalized online name.
- Don't share selfies with people you don't know in real life. Be creative with your profile picture and avoid showing your whole face.

### Don't give your location

- Never publicly share your home address or even your community name. Instead of saying Boca Raton, say Florida or South Florida.
- Disable geotags. Post places you've been to a few hours or a few days after you were there so people don't have a complete timeline of your habits.

### Filter your friends

- Don't accept every single friend request.
- Do a yearly clean-up of people you don't know in real life, people you don't want to know in real life, and accounts that are no longer active.

### Blocking and Reporting

- Don't be afraid to block or report someone if they share inappropriate content with you, if they regularly insult you or your friends, or if they make you uncomfortable in any way.

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## Messages and Groups

- Don't go on chat rooms without your guardians' or parents' permission. Remember to be kind, be respectful, and focus on the fun.
- Don't go out of your way to sneakily meet strangers, especially if y'all have only been talking for less than a few months.
- Turn cameras away from you, cover them up, or use a camera cover slide.

## Passwords

Password creation kit: Use a pair of dice, a book, and a clock to create a new password.

1. First dice roll gives you the page number.
  2. Second roll gives you the first word.
  3. Third roll gives you the second word.
  4. If you get the same word, double the number and use the different word.
  5. The current time is the number you'll use.
- Keep passwords private and hidden. Change ALL passwords at least once a month or every 3-6 months.

## Posting Pics and Deleting

- Don't give personal information about yourself, your family, or your friends. Ask permission to post from all people in the pictures before posting.
- Most companies keep a record of all your content even if you delete it from your account. Someone might have taken a screenshot or downloaded your deleted picture/video.

## Downloading

- Don't download programs or games without your parent's/guardian's permission.
- Use parental controls. Keep them active until every household member knows proper internet safety.

## Accidentally clicked on virus? Act Fast!

1. Immediately close out of all programs/windows
  2. Force shut down your computer
  3. Reboot your device
  4. Clear cache and history on all browsers
  5. Keep an eye on your accounts for the next week
- Only shop in the one window/tab. Clear your cache before/after online purchases.
  - Take screen breaks, be good to your body, stretch, and drink water.