5 PROACTIVE STEPS TO MITIGATE ONLINE HARMs TO YOUR CHILDREN DURING COVID-19

**SET UP PARENTAL CONTROL TOOLS ON ALL INTERNET-ENABLED DEVICES**

- Set age-appropriate filters to block harmful websites, videos and images.
- Set the monitoring tool to see what your kids are doing and who they are communicating with.
- Set up your own parent-approved buddy/gaming list to allow your child to communicate with people you have pre-approved.

**BUILD AN ATMOSPHERE OF TRUST & COMMUNICATE REGULARLY**

- Establish an ongoing dialogue and spend time online with your children.
- Engage them regularly about what they are doing, posting and who they are communicating with.

**REVIEW SAFETY RULES AND SOFTWARE TOOLS**

Implement both safety tools and software rules on all internet-enabled devices used by children.

- Rule's 'N Tools Checklist (English)
- Rules 'N Tools Checklist (Spanish)

**AVOID SHARING PERSONAL INFORMATION**

Teach your child to:
- think before they post. There are no take-backs online.
- Use privacy settings on all social media and gaming platforms.
- avoid communicating with strangers.

**ESTABLISH INTERNET RULES**

- Have your child sign the Youth Pledge.
- Parents may use this sample pledge for their children, or tailor the pledge to meet the specific needs of their family. Creating a youth pledge together promotes active learning and builds an atmosphere of open dialogue and trust.