

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

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 \(Spanish\)](#)

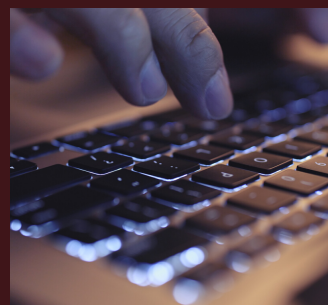


SET UP PARENTAL CONTROL TOOLS ON ALL INTERNET-ENABLED DEVICES

- 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.



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!

