



**Prevent Child Abuse
Kentucky™**

10 THINGS PARENTS NEED TO KNOW

ABOUT INTERNET SAFETY

- 1. Set boundaries inside the home:**
 - a. WHO a child communicates with.
 - b. WHAT technology children can use.
 - c. WHERE a child can go online.
 - d. WHEN a child can use technology.
- 2. Teach children to protect their name, identity, and reputation while online.**
- 3. Have hard conversations about sexting and cyberbullying.**
 - a. Positive actions produce positive results.



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- 4. Monitor children's electronic devices and online activities.**
 - a. Be involved, but don't SPY.
- 5. Establish "screen time" limits in the home.**
- 6. Keep electronics in a secured area of the home at nighttime.**
- 7. Start Early: talk to children about online safety by age 7 or younger if a child has internet access.**
 - a. 40% of teens think it is normal for people their age to share explicit images with each other.
- 8. Listen Often: listen with empathy and understanding to establish trust.**
- 9. Avoid Shame: teach children it is NEVER their fault if someone abuses, betrays, or tricks them.**
- 10. REMEMBER! Online predators sound nice and eagerly try to establish an online relationship with children.**

To report online child sexual exploitation, call 1-800-THE LOST or make an online report at report.cybertip.org.

1.800.CHILDREN

*A free, confidential information
and support helpline*