

# KNOW YOUR CHILD'S CYBERWORLD

Establishing boundaries lets children know that there are limits and lets them know that parents/guardians are in control. Setting limits from the beginning of each child's technology use will set the tone for future use. Know your child, each individually, and what they may be prepared for in regards to their technology and internet use. Be a part of their life online just as much as you are involved in their life offline. Generally, be prepared for this ever-evolving piece of your child's life. Suggestions below are aimed to help you do just that.

## BE INFORMED, STAY INFORMED...

- Engage your child in continuous conversations about how to behave online.
- Keep your child's technology in a public place.
- Establish a "digital curfew", no devices after a certain hour.
- Talk to your child about information that should never be posted online, as well as the dangers of posting too much personal information.
- Know who is on your child's friend and/or follower list for each of their social networking sites.
- Explain that posting online is just like writing in permanent marker – it cannot be erased.
- Assure your child knows they cannot be anonymous on the Internet.
- Be aware of changes in your child's behavior that may indicate cyberbullying.
- Never threaten to remove your child's access to their technology or the internet. This could prevent them from approaching you in the future about online problems.