

A group of five diverse children, three girls and two boys, are sitting closely together on a light-colored sofa. They are all looking down at mobile devices they are holding. From left to right: a girl with curly hair in a ponytail holds a smartphone; a girl with curly hair holds a tablet; a girl with straight hair holds a tablet; a girl with a ponytail holds a tablet; and a boy holds a large tablet. They are all smiling and appear to be engaged with the content on their devices. The background is slightly blurred, showing indoor plants and a window with curtains.

A Parent's Quick Guide to Digital Safety

How Can I Help My Child Stay Safe Online?

- Use child profiles and safety filters
- Teach them how to report and block unwanted messages
- Talk regularly about what they're watching or playing

Is My Child Being Cyberbullied?

- Look for signs: mood swings, secrecy, withdrawal
- Encourage open dialogue and teach them how to get help
- Report and block bullies using platform tools

What's the Right Age for Social Media?

- Wait as long as possible—minimum 13 by platform rules
- Start with private, supervised accounts
- Discuss peer pressure, kindness, and oversharing

What Should My Child Know About Online Strangers?

- Never share personal info or agree to meet in real life
- Stranger messages should be reported and ignored
- Teach the difference between online friends and real ones