

# TIPS ON STAYING SAFE ONLINE

## FOR CHILDREN & CAREGIVERS



The National Child  
Traumatic Stress Network

Between cell phones and computers, children can stay in touch with anyone, anytime, anywhere. Connecting is easy through school devices, friends' accounts, and even online games. While this constant access can be positive, it also increases the risk of bullying in online spaces. It's important to know that cyberbullying and in-person bullying can leave lasting impacts, including self-esteem issues, anxiety, suicidal thoughts, and long-term trauma.



### TIPS FOR CHILDREN



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#### LIMIT ONLINE SHARING

Avoid sharing your information such as your full name and phone number. Keep social media private to only people you know.

#### WATCH WHO YOU TRUST

Not everyone is who they claim to be. If someone you don't know asks to meet in-person, say no and inform your trusted adult.

#### BE CAUTIOUS OF AI USE

AI can create fake voices, photos, or videos. For example, it can copy your voice to make it sound like you said something that you didn't.

#### THINK BEFORE SHARING

If you wouldn't say it at school, don't post it online. The internet is forever and what you post is permanent whether good or bad.



### TIPS FOR CAREGIVERS



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#### KNOW OF RISKS BEING ONLINE

Explain dangers like cyberstalking, sexting and cyberbullying to your child. Show them how to use privacy settings on all their apps.

#### STAY ALERT & AWARE

Monitor what your child accesses and who they interact with online. Stay involved and adjust your guidance as they grow in age.



#### DISCUSS THE DANGERS OF AI

Encourage your child to think critically about content created by AI. Remind them that not everything online is true.

#### LEAD BY EXAMPLE

Model healthy behaviors to show them the proper way to stay safe online and how to use technology responsibly.