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

REVIEW SAFETY RULES AND SOFTWARE TOOLS

RULES 'N 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

RULES 'N TOOLS®

Rules 'N Tools®
YOUTH PLEDGE

I have spoken with my parent/guardian about the following and am aware that:

☐ Nothing is truly private, and there are "no take-backs" online and through my mobile device.
☐ Some people online may try to befriend me who want to harm me.
☐ It is not my fault if I see something bad accidentally.
☐ Private family matters should not be discussed online or via text. Instead, I should talk about them with a parent or other trusted adult.
☐ My parents may supervise my time online and may use a filtering and/or monitoring service. This is because they are concerned about my safety.

- 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!