



“T” Tell a Trusted Adult

1. Remember – All children will see things that are inappropriate online – even if you have filters. Do your kids know what to do?

- *It is important for kids to know that it is not their fault if they see something that isn't right for them. They need a safe place to ask questions and talk. When they talk to you, **STAY CALM** and thank them for being brave enough to tell you. If this feels scary, you are not alone. Take a minute and collect your thoughts. You can do this. You know how to keep your children safe. Make a plan with your child on what to do when it happens again.*
- *Teach your kids to come to you if they have questions about their bodies and how they work. **It is normal for kids to be curious about this topic.** Keep an open dialogue. Many kids are exposed to inappropriate images when googling questions about how their bodies work and what words mean.*

2. Discuss these questions:

- **What are some signs that a website, game, or app is not right for you?**
 - *The content makes you feel uncomfortable or is unkind*
 - *Pictures pop up of people that have little or no clothes on*
 - *You want to hide what you are doing from your parents or teachers*
 - *It asks for your personal or private information*
- **What should you do if you come across a website or APP that is inappropriate or doesn't feel right?**
 - *Turn it off. Turn away.*
 - *Talk with a trusted adult... and go do something active to take your mind off it. (Talk with your child in a way that will help them come to you again in the future. **STAY CALM!**)*
- **Why is it important to talk with an adult when something isn't right?**
 - *When a child sees something that is inappropriate for them, it can feel confusing and scary. Kids keep that feeling with them until they can talk with a trusted adult. If they have a hard time getting an image out of their mind, they can put the image in a balloon in their mind and watch it float away. Then encourage them to do something active.*

3. RESOURCES:

***Install Filters-Don't miss out on one of the **best** ways to help protect your child/teen online. Do a quick search for a filtering software for your particular device and give it a try!



iPhone, iPad, and iPod touch: Step by step guide to **built in** parental controls.

<https://support.apple.com/en-us/HT201304> (Remember your password!)

Google Play: Set up **built in** parental controls. (Remember your password!)

<https://support.google.com/googleplay/answer/1075738?hl=en>