

INTERNET SAFETY for kids

Threats to children's internet safety include invasions of privacy, cyberbullying, sexting and harassment. Options to protect your children include parental controls, age-appropriate software, and more. But the most effective way to keep your kids safe is to talk with them about online risks, how to avoid them and how they can come to you when something goes wrong.

Written by Terry Turner

How Children and Teens Get Online

Nearly five percent of teens have parents or teens say they are aware of their parents' online internet safety. This is largely in a digital world where their children and teens are always online.

Almost every American child and teen has access to the internet. They use it for a wide range of activities, from social networking to watching videos on YouTube. They are also using it to communicate with friends and family.

Parents are the best suited to monitor their kids' online activity. They are also the most likely to have conversations with their kids about online safety. Parents should be vigilant in monitoring their own digital lives.

What are your kids doing online?

- **30%** have used the internet in ways their parents wouldn't approve
- **21%** have visited sites where they can chat with strangers
- **17%** have visited sites that offer ways to cheat on homework
- **11%** have visited porn sites



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hey mom,

If your child is suspected to be online, you should report it to the appropriate authorities. You can report it to the Cyber Patrol at www.cyberpatrol.com.



Visit www.redefinekids.com to learn more about your kids in the digital age.

Explaining Safety to Your Kids

Setting clear, defined rules and explaining the reasons for each rule help the child understand parental protection. Rules should protect your child's privacy, safety and personal information.

You may even use your child or teen to sign an online safety contract. The contract can be a choice to reach toward or from. Clear rules and having a conversation about the internet you want to see for the way in which your child uses the internet.

Keep the conversation open and working as your child gets older with the promise of more rights and responsibilities as he or she grows.

CULTURE

spotlight Gugu Mbatha-Raw

THE STAR OF 'MIDWINTER' (SEPT. 25, ON DEMAND)
SHE'S HER FALL POP CULTURE PICKS



BOOKS
Y *Detransition, Baby* (Smith) is a novel about trans women in New York City. **Y** *The Body Keeps the Score* (van der Kolk) is a book about trauma. **Y** *When Things Fall Apart* (Pratt) is a book about grief. **Y** *Conversations with Friends* (Eliot) is a novel about a group of friends in London.

TV & FILM
Y *The Third Day* (Hulu) is a TV series about a woman who is a doctor. **Y** *Small Axe* (Netflix) is a film about the Windrush scandal. **Y** *When Things Fall Apart* (Netflix) is a film about a woman who is a doctor.

PODCASTS
Y *On Being* (Wondery) is a podcast about spirituality. **Y** *The Michelle Obama Podcast* (Wondery) is a podcast about Michelle Obama's life.

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As a parent, sometimes danger is obvious...



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