

# Caregiver's Guide To Internet Safety

With an increased awareness of internet safety, we can create an online world that is safer for children & youth to enjoy!

## What To Look Out For:

- Online gaming
- Search engines
- Video sharing sites
- Live streaming
- Voice-masking technology
- Cameras & webcams
- Apps
- Chat, messaging & texts
- Social networking

## Risks Children & Youth Face Online:

### Cyberbullying

Online harassment that occurs through cellphones, computers and other communication devices with the intention of harming another person.

### Exploitation of peers or self

When a child or youth creates, sends or shares sexual images or videos with others. Often referred to as "sexting"

### Exposure to explicit content

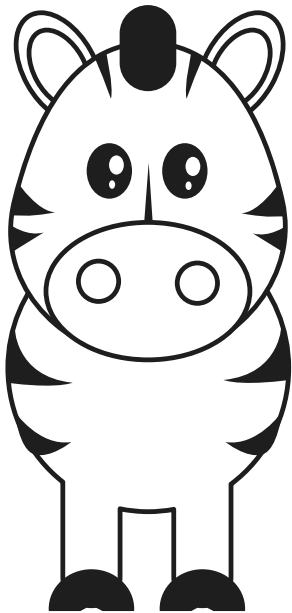
When a young person mistakenly visits websites that expose them to inappropriate sexual material.

### Online luring

Occurs when someone connects with a child or youth through texting, social media and other online messaging mediums for harmful and sexual purposes.

### Sextortion

When someone threatens to share personal photos or videos of a child or youth to coerce them into sharing additional sexual content.



If you are concerned a child or youth may be experiencing cyberbullying or in potential danger:

## Signs To Watch For

- Child or youth becomes withdrawn socially.
- Issues sleeping or eating.
- Trouble focusing on academics or absent from school.
- Seem to be angry or upset more often.
- Begins to be secretive about their conversations and actions online.

## Advice For Parents Or Caregivers

### Listen

Let the child or youth explain the situation & listen to them without judgement.

### Support

Advocate for the child or youth and work with them to create a plan they are comfortable with to solve the problem.

### Validate

Assure the child or youth that their feelings of anger, sadness and fear are normal.

### Explore

Find resources that will support and be helpful to the child or youth.

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## Tips For Creating A Safer Online Experience

- Have a conversation with the child or youth about the risks they may encounter online. While it may be hard to talk about certain topics, such as online luring or sextortion, it is important they understand these dangers do exist.
- Create a username and password that is very unique to ensure that the child or youth's account does not reveal any personal details, such as their age, location or name.
- Control the privacy settings on all apps and devices that are accessible to the child or youth.
- Many apps will publicize the location a person is using their device from. Disable all location settings to keep those details private.
- Warn the child or youth that strangers may attempt to get in contact with them. Advise them to never reply. Share with them that not everyone online is who they appear or claim to be and may be reaching out with dangerous intentions.
- Follow their social media accounts and/or play the online games with them. Engaging with the child or youth online is a helpful way to monitor their internet activity.
- Take time to research the apps and websites they are using to ensure it is age appropriate and safe for the child or youth to be using.
- Block certain websites from being accessible on the child or youth's devices. This will reduce the risk of them coming across content that is inappropriate for their age.
- Assure them that if they ever have a negative experience of any kind online, they can come to you or any trusted adult for help.

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### Make an online exploitation report:

- Visit [www.cybertip.ca](http://www.cybertip.ca)
- Edmonton Police Service Complaint Line: 780-423-4567
- Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868
- Crime Stoppers: 1-800-222-8477
- Or your local police/RCMP detachment.

### For additional information, resources or support, please visit:

- [www.cybertip.ca](http://www.cybertip.ca)
- [www.dontgetsextorted.ca](http://www.dontgetsextorted.ca)
- [www.needhelpnow.ca](http://www.needhelpnow.ca)
- [www.protectchildren.ca](http://www.protectchildren.ca)
- [www.protectkidsonline.ca](http://www.protectkidsonline.ca)



### Educational Resources Discussing Internet Safety:

Ages 11 and under: [www.cybertip.ca/app/en/internet\\_safety-for\\_children](http://www.cybertip.ca/app/en/internet_safety-for_children)  
Ages 12 and over: [www.cybertip.ca/app/en/internet\\_safety-for\\_youth](http://www.cybertip.ca/app/en/internet_safety-for_youth)