



ONLINE SAFETY TIPS

For Parents and Caregivers

SUPPORTING YOUTH IN A DIGITAL WORLD

★ REMEMBER

- ✓ Online risks often involve manipulation, not obvious danger
- ✓ Youth may hide concerns when they fear punishment
- ✓ Emotional changes often appear before technical red flags — your response matters

WATCH FOR CHANGES

- 🧐 Increased secrecy around devices
- 😞 Mood or behavior changes after being online
- 📱# Anxiety when notifications arrive
- 💰 Receiving gifts, money, or withdrawing from family or friends

⚠️ WHEN A CHILD NEEDS HELP

- 🗣️ Thank them for telling you; reassure them they are not in trouble
- 🤝 Don't rush to handle it alone

DID YOU KNOW?

Technology is part of how young people learn, connect, and communicate — and your relationship with your child is the strongest safety tool you have.

Online manipulation often starts with trust, compliments, or connection, then shifts to secrecy, pressure, or fear. Youth may stay silent because they're afraid of getting in trouble or losing access to their devices.

WAYS TO STAY INVOLVED

- 👍 Keep conversations ongoing, not one-time lectures
- 👉 Ask open-ended questions and stay calm — shock can stop disclosure
- 👍 Focus on safety and support, not consequences
- 👉 Normalize mistakes — focus on safety, not blame