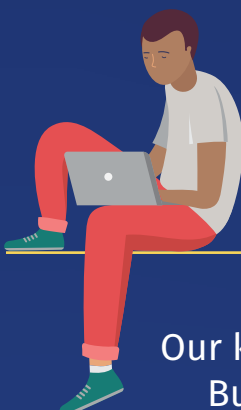**#SecureTheFamily**

Balancing *your* Children's Privacy Online

Our kids are online more than ever these days, there's no denying it! But how much is too much? And how can parents balance their children's desire for connectivity with the need to protect them from the very real threats that exist on the internet?

Check out these common-sense tips to monitor your children's device usage and online activities:

SCREEN TIME

- When setting screen time limits, consider isolating the screen time by activity (put schoolwork, YouTube, Social Media, TV, etc. in different buckets) and consider allowing kids to earn extra screen time as a reward
- Make sure your kids disconnect from devices frequently

SOCIAL MEDIA

- Be friends with your children on social media, monitor their account activity regularly, and know who their other friends are
- Remind your children that social media presents a false highlight reel of others' lives
- Discuss any alarming or concerning posts with your children

CYBER BULLY AWARENESS

- Be vigilant in monitoring kids' involvement in video game chat rooms
- Encourage your children to recognize and talk to you about cyber bullying and what to do if it happens to them
- If your child has been cyber bullied and you need to involve law enforcement, present the device to authorities as is; don't delete the app or any of the messages because they may be needed for evidence

KEEPING A CLEAN DIGITAL FOOTPRINT

- Know that Snapchat 'snaps' and other deleted materials are still recoverable
- Remind pre-teens and teens the importance of keeping a clean digital footprint

Remember – YOU are the best ally your child has to maintain a healthy balance between enjoying the benefits of technology while staying aware of online risks.