



# What can I do?

If you suspect your child is experiencing trouble online, here are some things to think about.

## Ask yourself:

- **Who** is my child online with? How did they meet? Age?
- **What** is my child doing online? (gaming, homework, socializing, gossiping etc)
- **When** is my child online? Time of day? Middle of the night?
- **Where** is my child online? Home (bedroom)? School? Friend's? Mall (free Wi-Fi)?
- **Why** is my child online? Friendships? Lonely? Dating?
- **How** is my child online? Household, school or library computer? Tablet? Phone?



## Start a conversation

What questions could I ask my child?

- Have you ever seen anyone bullied online? What would/did you do?
- How would you describe a healthy relationship? Unhealthy relationship? What does it look like to you? How does it feel to you?
- Who can you really trust? Who should you trust? What does it mean to give your consent?
- How can we set boundaries while respecting your privacy? What would a boundary look like?

## Gentle reminders

If we don't know what our children are doing online, how can we guide, help or protect them?

- Address the uncomfortable nature of conversation to encourage the disclosure
- Create a safe, trusting environment free of fear, hostility and judgment
- Respond sensitively and appropriately to a disclosure — do not minimize
- Trust your intuition!

## Learn the three Cs of Internet safety by the Canadian Centre for Child Protection

**Content** = Know and explore the games, apps and websites your child wants to use to see if they are age appropriate. Review the program's terms of use to see what the minimum age is for use.

**Contact** = Know where and how to report inappropriate content/messages. Enable controls and privacy settings on apps/services to limit who can see posted photos or videos. Make sure that no one can speak to or message your child without their permission.

**Conduct** = Set and discuss limits on what your child posts and shares online. Discuss their reasons for sharing publicly and whether it could be misused to embarrass or cause distress.

## WHERE TO GO FOR HELP

- Most, if not all, apps have a 'report inappropriate' section. Use it.
- There are safe apps to track your child's online activity.
- Contact the school and or police — they can help guide you.
- A Parent Tip Sheet is available in 20 languages