

Keeping Your Child Safe Online

A quick guide for parents in the digital age

Social Media

Teach healthy online behavior: Help your child understand that anything they post online can last forever. Encourage them to be kind, think before they post, and to question whether something they see is true or false.

Keep the conversation open: Let your child know they can come to you if anything online makes them uncomfortable. Create a space so they feel safe to share their experiences.

Have the right settings in place:

- Many phones and tablets have tools to help parents set limits on screen time, block certain content, and control what apps can be downloaded.
- Make sure your child's profile is set up with the right age so the app can filter inappropriate content.
- Turn off location services unless truly needed – and only with your permission.

Video Games

Check the ratings: Before your child plays a game, look at the age ratings and content. Make sure it's appropriate for their age.

Set time limits: Help your child balance gaming with school, sleep, exercise, and family time. Encourage different hobbies and activities.

Know who they're playing with: If your child plays games online, know who they're interacting with. Talk about being a good sport, how to spot cyberbullying, and how to block and report bad behavior.

Teaching Privacy

Teach strong password practices early: Show your child how to make strong passwords using a mix of letters, numbers, and symbols. Explain that simple passwords are not safe and that using the same password for everything can be risky.

Talk about keeping passwords private: Teach your child not to share passwords with anyone, even friends. Help them understand that if someone gets into their account, they could lose access, or personal information could be shared or misused.

Learn more at schools.nyc.gov/digitalcitizenship