Cyber safety tips for parents

95% of teens have access to a smartphone, with **46%** of teens reporting they are online "almost constantly."[1] It is important to stay educated and well informed to ensure your child is safe while using the Internet. These tips and resources can help you do so.

54%

Over half of teens say it would be difficult to give up social media[2]

46%

Nearly half of parents with teens are highly worried that their child could be exposed to explicit content on social media[2]

Additional resources

CommonSenseMedia.org
StaySafeOnline.org
www.netsmartz.org

Privacy settings

How to customize privacy settings on your device and other popular services

Help your child stay secure in cyberspace

Parents have an integral role to play in protecting children as they navigate cyberspace. Setting boundaries and maintaining an open dialogue to foster a positive online experience and avoid potential risks.

- Enable parental controls for devices and individual apps.
- Discuss what personal information should not be discussed with online "friends" and "friend groups."
- Monitor phone usage, including implementing limits on app purchases.
- Check for geolocation settings: A GPS-enabled smartphone can reveal your child's location through online posts and uploaded photos.
- Read and Understand *Terms & Conditions* that give away Personally Identifiable Information (PII).
- Secure privacy of photos/locations of kids on parents' social media.
- Search your kids' images on Google to see if they've been replicated on other sites or otherwise used without your permission.
- Keep devices out of the bedroom or sleeping area at night.

What to do if your child is victimized

- Make it clear that the victimization is not their fault.
- Contact your local law-enforcement agency.
- Save all evidence of victimization such as emails or instant message conversations.
- Make a report to the CyberTipline®at www.cybertipline.com or 1-800-THE-LOST® and include all information available.

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Parent resources for online child safety

It is important to ensure children are being safe and protected while using any form of technology. Whether it's through streaming platforms, gaming consoles, smartphones, or social media, developing healthy digital habits is important. Visit these pages below to ensure your child or teen stays safe online.

Parental controls	
iOS devices	Playstation
Android devices	Xbox
Firefox	Netflix
Google	Hulu
YouTube	Circle by Disney (Global Universal Filter)
AT&T	HBO Max
Verizon	Disney+
Amazon	Apple TV
TWC/Spectrum	Roku
Nintendo (Switch)	Steam

Help and support for popular social platforms	
Instagram	Facebook
Snapchat	Tik Tok
X	Pinterest
Discord	

National online safety programs
FBI computer safety tips for kids
National Cybersecurity Alliance-Stay safe online
Common Sense Media

Articles
Click **HERE** to search for the latest online safety articles.

TIAA - Our Cybersecurity Never Sleeps