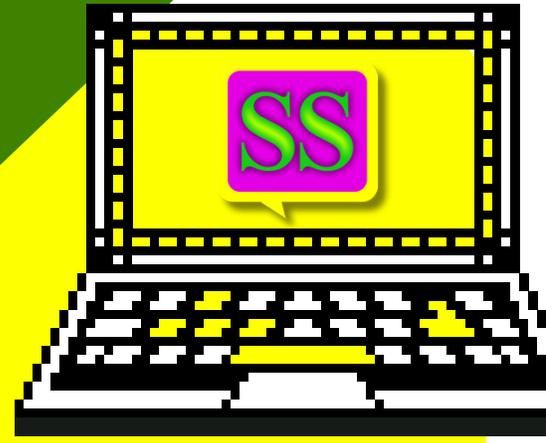# LEVEL UP
YOUR CYBERSAFETY
With Safe Schools Louisiana

In today's world, children and teenagers are more connected than ever through technology. Keeping your child safe online is essential to helping them build healthy habits and boundaries on the internet.

Think Before You Post
Remind them that everything online is permanent and can follow them throughout their life.

Don't Talk to Strangers
If someone they don't know tries to message them, they should block or ignore them and tell an adult.

Set Screen Time & Boundaries
Limiting their time each day and checking in on what they're doing can build a healthy relationship with social media

Recognize Red Flags
Teach children to be cautious of anyone asking for personal details, fishy links/sites, and messages pressuring them to do something

Monitoring Apps

Phone and internet access can introduce your child to a world of communication and connection, but this also comes with risks. These apps help set boundaries that can teach healthy habits.

1 **Bark**
- Monitors texts, emails, and social media
- Alerts user for signs of cyberbullying, depression, inappropriate content, and predators

2 **Google Family Link (Android)**
- Manage screen time – Approve or block apps - Track location

3 **Apple Screen Time & Family Sharing (Apple)**
– Monitor screen time – Set app limits – Restrict purchases – Manage content filters

4 **OurPact**
– Set screen time schedules – Block apps – Filter websites – GPS locator

The first step to keeping your children safe is <u>AWARENESS</u>. Knowing what apps your child is using, educating them about online safety, and setting boundaries can help prevent problems before they even start.