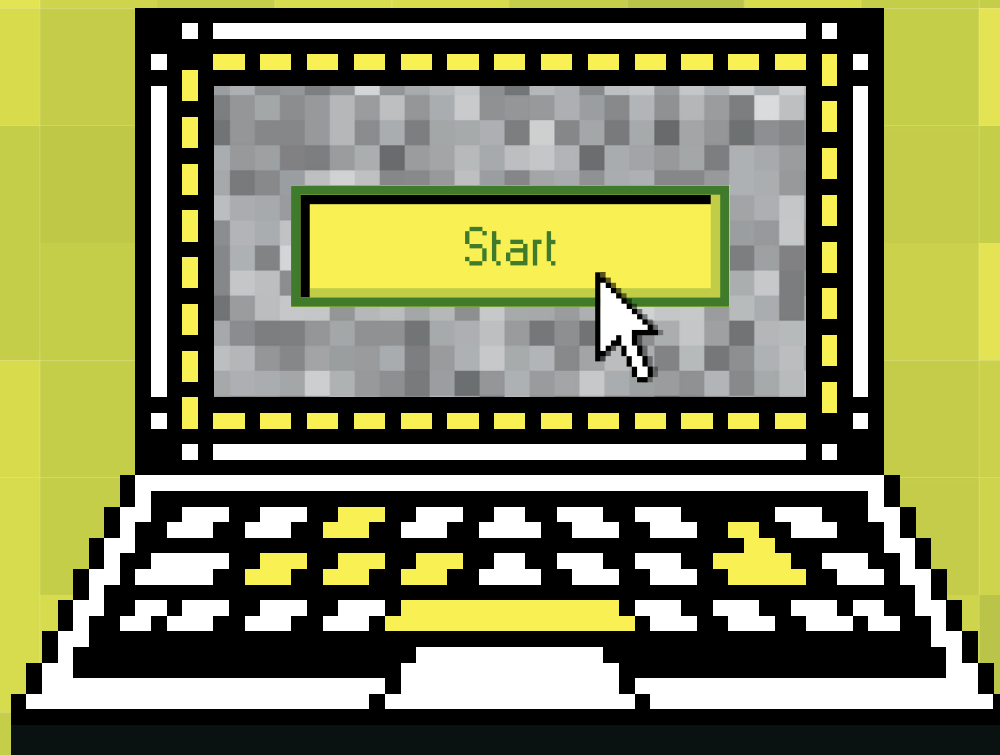


Level Up YOUR CYBERSAFETY



5 Step Cyber Safety Prevention Plan



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1. UNDERSTAND THE PROBLEM

In today's world, children and teenagers are more connected than ever. While technology offers amazing opportunities, it also brings real risks. Understanding Cyber Safety is the first step in keeping your children safe.

What is Cyber Safety? Cyber safety refers to the safe and responsible use of information and communication through technology. It is about keeping information Safe and Secure, but also about being responsible with that information, being respectful of other people online, and using good internet etiquette.

What information do you need to protect?

- Personal information you're not comfortable sharing
- Passwords / Login information
- Location
- Banking details
- Private conversations

DID YOU KNOW?

HOUSE BILL 1357 prohibits "Anyone under the age of 17 from 'knowingly and voluntarily' using a computer or telecommunications device to transmit 'an indecent visual depiction of himself' or another person".



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2. PRACTICE SAFE ONLINE HABITS

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

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

BONUS TIP:

Each app has different privacy settings so check them all for better protection for your child



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3. GET MONITORING APPS

Giving a child a phone opens the door to endless connections, but this also comes with risks. That's why parents are turning to monitoring apps to help guide their children in the right direction of online safety. These apps are about building trust and setting boundaries that can teach healthy habits early.

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



4. KNOW THE LINGO

Emojis have become a new way for teenagers to communicate more subtly when talking to one another. Parents need to understand the secret meanings behind certain emojis.



**COULD MEAN...
MARIJUANA OR GETTING HIGH**



COCAINE



COUGH SYRUP



PRESCRIPTION DRUGS



“PLUG”



“BONG”



METHAMPHETAMINE

Understanding this language can help you stay on top of your child's safety online.



5. HOW TO AVOID CYBERBULLYING

Bullying has taken a new form in the digital age and can be just as harmful as physical bullying. Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person.

What can parents do?

- Save evidence (screenshots, messages, etc)
- Report bullying to the platform or school
- Block the account
- Educate children on how to identify these bullies

How do I know if my child is being cyberbullied?

Look for signs like sudden mood changes, avoiding their phone, avoiding contact with friends, or anxiety after being on their phone. Parents should let their child know that if something happens to them online, they should feel comfortable enough to come to them.

Be there to help, not punish

DID YOU KNOW?

Cyberbullying is illegal in the state of Louisiana. Violators of §14:40.7 shall be fined not more than \$500, imprisoned for not more than six months, or both.



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ABOUT US

Crimestoppers Safe Schools Louisiana is an anonymous reporting software, specifically developed for schools to provide a flow of information about crime and potentially dangerous situations on your campus. Students who use this software are not required to register or provide any identifying information, keeping the tipster anonymous.

Students and teachers can download the “Safe Schools Louisiana App” in the App Store for easier access to submitting a tip.

What can I report?

The Safe Schools Louisiana app allows you to report any incident or future incident that threatens students safety. This includes bullying, fighting, drug use, weapon use, mental health issues, and many more.



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CONTACT US

We hope that this 5 Step Cyber Safety Prevention Plan has educated you on how to keep you and your children safe online. If you want more information please visit our website at CrimeStoppersGNO.org or SafeSchoolsla.com

Safe Schools Louisiana offers students a safe, anonymous reporting platform to share concerns about **bullying**, **mental health**, **threats**, or **other school-related issues**.

GET THE APP

Download the Safe Schools Louisiana App to **ANONYMOUSLY** report a crime or potential crime.



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