



Online Guidance for Safety

As you are well aware, during the current pandemic, our children are spending a lot more time on screens than we're accustomed to. Before two weeks ago, we could assume that a lot of their screen time was for leisure activities and we could monitor accordingly. Today, however, we've been thrust into a Brave New World of remote learning with little knowledge or experience of what it will entail.

In the past, we had a much better handle on what our kids were doing and with whom our kids were interacting with online. How do we mitigate the risks our kids might be exposed to today? How do we explain these risks to them? And how do we protect them while they're online?

Although, it may seem to be a daunting task when you first consider it, protecting yourself and your family online is very similar to how you teach your kids to protect themselves IRL — a cyber way of saying "In Real Life."

In fact, many large [data breaches](#) and cases of [identity theft](#) happen because people don't follow simple rules:

- Don't talk to strangers
- Don't share any personal information with people you don't know

Kids in the pre-digital era were taught:

- Don't answer the door if you aren't 100% sure who's on the other side
- If you answer the phone when your parents aren't home, don't let the person on the other end know you're alone

In the online age, we need to teach our kids similarly:

- Don't share personal information
- Don't send pictures of yourself to people you don't know
- Don't post or share pictures of yourself that you don't want the world to see
- Stop talking to anyone who asks for these things and tell a trusted adult
- Don't download anything on the computer without talking to an adult first
- Don't be on a screen in a private room, but rather in common areas

We also need to remind our children to behave online in the same way that they would behave in person:

- Be kind to one another
- Stand up for those who are being picked on
- Let a trusted adult know if someone else is being bullied

Together with our school leaders and teachers, please know your child's safety is of the utmost importance to us. If you're interested in learning more, please find links to other resources below:



Cyber Safety Resources

- [Common Sense Education Online Privacy & Safety](#): Tips for parents on what to look out for, how to discuss online security with your children, and age appropriate videos to share with your pK-12 children
- [Federal Trade Commission – Kids and Computer Security](#): Tips for keeping kids safe online
- [Socializing Online](#)
- [Chatting with Kids About Being Online](#)
- [Online Sharing](#)
- [FBI's Information on Protecting Children Online](#)

Home Network Control

Many internet providers allow you to control device access

- [Xfinity Parental Control](#)
- [Verizon Parental Controls](#)
- [AT&T Internet Security Suite](#)

Parental Control Software

Install this software on your family's devices to control what they can access, their screen time, and in some cases monitor their location

- [Qustodio](#)
- [Kaspersky Safe Kids](#)
- [Norton](#)

Social Media and Access Monitoring

Install software on devices and it will monitor, detect, and alert across multiple social media platforms

- [Bark](#)

As always — if you have any questions, please do not hesitate to reach out.