

ONLINE SAFETY TIPS FOR YOUR FAMILY!

Miami County
Mental Health Initiative
A Collaborative Approach to Community Wellness

ESTABLISH INTERNET & CELL PHONE RULES

Establish household rules for internet and cell phone usage, including clear expectations for acceptable content and usage time. Here are some ways to limit internet access:

- Create a family internet contract.
- Turn off all devices at a scheduled time each night.
- Set up a central charging station to collect household devices at night.

FILTER HARMFUL CONTENT

An app or hardware device that filters out inappropriate content, such as explicit websites and messages, is an essential safety tool. Many modern internet routers come equipped with built-in parental controls to effectively filter and block such content.

MONITOR ONLINE ACTIVITY

Your child should understand that they cannot expect complete privacy on any device. There are monitoring apps available that allow you to track their online activities and notify you if they are sending, receiving, or viewing harmful content.

TALK WITH YOUR CHILD

- Ask your child about the apps they use and what they enjoy about them.
- Download those apps to learn how they work.
- Discuss internet safety with them.
- Inquire about the types of content they view online.
- Suggest healthy activities that limit screen time & encourage family interaction.