

Signs that your child may be at risk:

- Your child spends large amounts of time on their digital device, especially at night.
- You find pornography on your child's digital device.
- Your child turns the digital device off quickly or changes the screen on the monitor when you come into the room.
- Your child becomes withdrawn from the family.
- Your child is using an online account that belongs to someone else.
- Your child receives gifts, or packages from someone you don't know.
- Your child receives phone calls from people that you do not know or is making calls, sometimes long distance, to numbers you don't recognize.



Cyber Safety

Cyber Safety Tips for Parents

The Plymouth County District Attorney's Office

166 Main Street
Brockton, MA 02301

508-584-8120

www.plymouthda.com



TIMOTHY J. CRUZ
Plymouth County District Attorney

The Plymouth County District Attorney's Office



Cyber Safety



Cyber Safety Tips for Parents

Timothy J. Cruz
District Attorney

508-584-8120
www.plymouthda.com

A Message from the District Attorney:



As a parent, I understand how exciting it is for a child to get their own digital device to access the web and keep in touch with their friends.

With today's technology, kids have to be extra careful to protect themselves from the dangers that exist in cyber space.

According to a survey done by the Pew Research Center, 43% of teens say they would change their on-line behavior if they knew their parents were watching them.

This brochure has been created for parents to raise awareness to these dangers. By using common sense, and sound judgment, you and your child can avoid the pitfalls and enjoy all that this technology has to offer.

Sincerely,

A handwritten signature in black ink, appearing to read "Timothy J. Cruz".

Timothy J. Cruz
District Attorney

Talk to your child

- Let your child know that they can talk to you about anything they encounter on their digital device that makes them feel uncomfortable.
- Tell your child not to respond when someone offers them something for nothing, such as free software, gifts or money.
- Remind your child that the people they may chat with online are still strangers.
- Bear in mind that people may not be who they seem. Because you can't see or hear people online it's easy for an adult to pretend to be a kid.
- Remember, how you respond to your child will determine whether they confide in you in the future.

Set Rules

- Set reasonable rules and guidelines for your child before they use their digital devices.
- Know all of your child's passwords, including those for their e-mail accounts, their digital devices, and to access their social media accounts.
- Discuss these rules and post them on the refrigerator as a reminder.
- Work together to decide which apps are and are not appropriate.

As a Family

- Make on-line use a family activity.
- Keep all digital devices in a family room or kitchen, not in the child's bedroom.
- Get to know your child's friends and followers, just as you would get to know all of their other friends.
- Get to know your child's favorite apps and websites.
- Talk with your child about what you like and dislike about the apps that they use and the sites that they visit, as a way of reinforcing your values.

Be Proactive

- Be an involved parent. Monitor your child's online activity, just as you would monitor the shows they watch on television, the games they play or the movies they see.
- Learn how the digital device works.
- Familiarize yourself with all the latest apps and social media sites that your child is using. This will alert you to any potential problem your child may encounter while using their device and apps.



Cyber Safety