



Keeping Kids Safe Online

Now more than ever before, youth & families are spending more time online - for school, for fun, and to connect with loved ones. We are existing in a time with much less structure and our typical things to do. Many of us may be turning to our devices - phones, tablets, gaming systems - for entertainment and connection. While technology and the internet can certainly provide such enjoyment and connection, it can make youth vulnerable to unsafe situations online. Keeping our children and families safe begins with staying informed. Please look at the information below to help keep kids as safe as possible while on the internet.

[Visit our Website](#)



Warning Signs:

- Is your child acting isolated & withdrawn?
- Is their phone out of view when they receive texts/notifications?
- Do they run to the bathroom more often?
- Are they becoming stressed when they receive messages/notifications?
- Do you hear names/voices (on phone, video chats, game chats) that are unfamiliar?
- Are they spending time behind closed doors?

What Parents Can Do:

- Internet safety starts with adults! Be a good role model with your own technology use
- Be present & observant
- Have meals together as a family (if possible)
- Encourage a balanced life that includes outdoor activities and other games together
- Recognize the difference between heavy technology use vs. obsessive/excessive use
- Pay attention to their online activities and how it impacts their mood
- Be nearby when children are doing homework online
- Set limits & consider using parental

ONLINE SAFETY
IT STARTS WITH
YOU!

controls built into game consoles & PC systems



If you have concerns for your child's safety...

- Fairfax CPS Hotline: 703-324-7400
- CyberTipline: www.cybertipline.org
- National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org
- RAINN: www.hotline.rainn.org

For additional resources and information...

[Stop, Block, & Talk](#) | [Detener, Bloquear, & Hablar](#)
[Top 10 Things We Wish Parents Knew About Social Media](#)
[Good Digital Parenting](#)
[Parent's Guide to Connect Safely](#)
NetSmartz [Kids](#) | [Teens](#)

As we continue to adjust to the impact of COVID-19 on our lives, many families may find they are in need of assistance or support. If you or your family is in need of basic needs or community resources - food, clothing, financial assistance - please reach out to your [Family Advocate](#) or caseworkers.

Talk with your child about internet safety.



Internet Safety

The best tool we have to prevent Internet crimes against children is education. If you're looking for ways to educate yourself, your children, co-workers, teachers, etc., the ICAC Task Force has compiled videos and resources that offer a variety of tools for learning and teaching how to safely use the Internet.

[ICAC Task Force](#)