

THE *Skivvy* MOM



Behind The Screen

A Parent's Simple Guide to Keeping
Tweens & Teens Safer Online

The Phone Safety Setup Checklist

- ☐ Set up Google Family Link
- ☐ Set daily screen-time limits
- ☐ Set downtime/bedtime
- ☐ Require approval for new apps
- ☐ Review installed apps
- ☐ Set Google/Chrome SafeSearch
- ☐ Check YouTube settings
- ☐ Review WhatsApp privacy settings
- ☐ Review Roblox privacy/communication settings
- ☐ Check location-sharing settings
- ☐ Set a strong phone passcode
- ☐ Discuss online safety rules
- ☐ Explain what to do if someone makes them uncomfortable

Is This App Safe For My Child?

Questions To Ask Yourself

- ☐ Do I know what this app does?
- ☐ Can strangers contact my child?
- ☐ Does it have private messaging?
- ☐ Can people share photos or videos?
- ☐ Does it have location features?
- ☐ Can my child communicate with adults?
- ☐ Can content be deleted / hidden?
- ☐ Does my child actually need it?

The 15 minute Weekly Phone Check

Every week, check:

- ☐ Installed apps
- ☐ WhatsApp
- ☐ Roblox
- ☐ Social media
- ☐ Browser history
- ☐ Google searches
- ☐ Recent downloads
- ☐ Screen-time report
- ☐ New contacts/friends
- ☐ Privacy settings

Anything unusual? _____

Something I need to talk to my child about:

Online Red Flags

Teach your child to come to you if someone online:

- 🚩 Says "don't tell your parents."
- 🚩 Asks where you live.
- 🚩 Asks what school you attend.
- 🚩 Wants your phone number.
- 🚩 Asks for photos.
- 🚩 Sends sexual/inappropriate content.
- 🚩 Offers Robux, gifts or money.
- 🚩 Wants to move the conversation to another app.
- 🚩 Says they're your age but you don't actually know them.
- 🚩 Wants to meet you in person.
- 🚩 Makes you feel uncomfortable.

***"If someone makes you uncomfortable online, you
can ALWAYS tell me. You won't be in trouble for
coming to me."***

My Child's Online Safety Rules

Our family rules:

- I will never share my _____ online.
- I will never meet someone I've met online without _____.
- If someone asks me for _____, I will tell Mom/Dad.
- If someone tells me to keep a secret from my parents, I will _____.
- Before downloading an app, I will _____.
- If I see something that makes me uncomfortable, I will _____.

Our family promise:

"No matter what happens online, I can come to my parents for help."

PARENT: _____

CHILD: _____

DATE: _____

Emergency *“What Do I Do?”* *Card*

Someone online is making me uncomfortable. What do I do?

1. STOP

Don't continue the conversation.

2. DON'T SEND ANYTHING ELSE

No photos. No information. No replies.

3. SCREENSHOT

If it's safe to do so, save evidence.

4. BLOCK

Block the person.

5. TELL A TRUSTED ADULT

Tell Mom, Dad, teacher or another trusted adult.

Remember:
YOU ARE NOT IN TROUBLE.

The Apps My Child Uses

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

6. _____

7. _____

8. _____

9. _____

10. _____