



# Parental Guide



## A Cybersafety Guide For A Safe Online Experience

For more free resources and cybersafety tips visit: [KnowledgeFlow.org](https://www.knowledgeflow.org)

### What To Look Out For



Interacting with strangers online



Sharing passwords or personal information



Viewing violent or inappropriate content



Viruses, scams and phishing



Cyberbullying and harassment

### How To Help

1

Social media platforms have different privacy policies and setting features. It is important to review them and update your kid's privacy settings regularly.

Kids might not understand the risks of interacting with strangers online. Teach them how to use privacy settings and only connect with people they know in real life.

2

Personal information is increasingly being stored online, making it vital to take steps to protect your kid's accounts and prevent others from accessing their information. One of the most important things you can do as a parent in this regard is to teach your kids how to choose strong passwords and the importance of privacy.

- ✓ Recommended minimum length is 15 characters
- ✓ Include a variety of characters ie; upper case, lower case, numbers, and symbols
- ✓ Do not include personal information eg; date of birth, location
- ✓ Do not share your passwords or personal information with anyone, even your closest friends

3

Many platforms now have parental controls that allow for the restriction of unwanted content from websites and apps by category and require parental approval to download apps. This can be beneficial as it would allow parents to see which platforms their kids are using and make sure they're appropriate for their age.

4

Protecting your kid's against viruses, scams, and phishing is more than just telling them to never click on links and download files from unknown senders. Nowadays, there are many ways fraudsters try to target children through prizes, games, and freebies. Teaching kids how to be critically aware regarding this issue and what steps to take such as stop, block, and report, is extremely important.

5

There are different levels of bullying that require different approaches, which is why it is important to give your kids the basic skills and tools to resolve conflict and the confidence in having open communication. Be there to listen if they need to talk about what's going on, and help them come up with a plan to deal with the situation. It is recommended to save evidence of the bullying (screenshots, photos) as you may also need to reach out to the school or service provider to take action. By working together and using your instincts of when to intervene, you can increase your kids' safety.



3 out of every 4 young adults encounter a targeted scam and or phishing attack. When researching the most vulnerable demographics for phishing it was found that participants between the ages of 18 and 25 are more susceptible to phishing than other age groups.

According to a 2021 research survey, 94% of parents reported that after discussing the rules of online behaviour and digital etiquette with their children they noticed a positive difference.

