

4 Key Practices to Empower and Keep Youth Safe Online

February 7 is Safer Internet Day, a day to raise awareness on the evolution of technology, its impacts on youth and how we can empower them with the skills and confidence needed to stay safe and responsible online. Here are some key practices:

1 EMBRACE TECHNOLOGY

While keeping up with the constant evolution of technology can be challenging for parents, guardians and educators, youth can participate in helping us learn!

Key Practice: Invite youth to teach you about the new apps and games they use or watch videos on Youtube explaining the apps.



2 LEARN ABOUT, AND REINFORCE DIGITAL CITIZENSHIP

Good digital citizenship means positively contributing to online spaces.

Key Practice: Have youth search themselves online to see what their digital footprint looks like. Discuss how they interpret the online persona they are portraying to the world. What are they proud of? What might they change?



3 SET GROUND RULES

These may vary by age, but should apply to youth using any internet-enabled game, app, or social media platform.

Key Practice:

- Create safe passwords and never share those passwords.
- Keep personal information to yourself (e.g., location, birth date, address), this should not be shared anywhere without permission.
- Only talk to people online that you know in real life.
- Encourage youth to report the first sign of any trouble to a parent, guardian, or trusted adult.



4 TALK TO THEM ABOUT WHAT THEY ARE DOING ONLINE

Open and honest conversations with youth, regardless of age, are encouraged to know about what they're doing online.

Key Practice: As soon as a child or teen has a device, take an interest daily in their online world. Don't be afraid to ask! Who are they interacting with? What challenges are they encountering? What online relationships do they have?

