

# Online Safety Checklist for Families

Print this handy checklist and post it on your fridge, family memo board or by the computer for easy reference.

- Talk about online strangers.**  
Talk to your kids about stranger danger, online predators and what grooming is and looks like. Let them know that they should come to you as soon as they have an uncomfortable or questionable encounter on the internet.
- Review internet safety rules.**  
Reiterate the rules of online safety, and remind your kids to never share personal or identifying information online. Remind them to ignore friend requests from people they don't know, or don't know well, when on social media or in open forums.
- Open the lines of communication.**  
Let your children know that they can talk to you if they encounter, experience or witness something online that makes them uncomfortable. Assure them that you won't get upset or take away online privileges when they come to you.
- Share an email account.**  
Share an email account with your child, or at least know their password, so that you can monitor their electronic correspondence.
- Be your child's friend.**  
Make sure you are a friend or follower on your child's social media accounts so that you can monitor their activity. Take a look at who your child is interacting with, and ask questions if you don't know their online friends.
- Stay on top of digital trends.**  
One of the best ways to keep your kids safe online is to be aware of the latest trends and apps.
- Keep computer in central location.**  
Keep your family computer in a centralized, visible location, so you can easily monitor online activity.
- Collect devices at night.**  
Not only do electronic screens disrupt sleep at night, but it's harder to monitor your child's online activity when it takes place behind closed doors and after everyone's asleep.
- Set time limits.**  
Set and enforce time limits on internet use for entertainment or social purposes. You can do this by creating specific windows of time each day when your kids are allowed to use their devices.
- Monitor online activity.**  
When you collect your child's device(s) each night, review their activity to ensure that internet safety rules are being followed.