



Talking With Your Kids About Online Safety

Before sitting down with your kids, consider what you think is fair and appropriate. Think realistically about the role that technology plays in their lives and what a balance between education, social time, and entertainment might look like.



Conversation Starters

Can you show me some of your favorite social accounts or sites to visit?

What do you think are the most important times of day for you to be online?

How do you know when it's time to take a break from your devices?

Do you know how to manage the settings for who sees your posts or images?

What would you do if you saw something that made you really uncomfortable?

Think about your position as a digital role model and your own experiences online. What further questions on topics like safety, security, privacy, or digital citizenship would expand this conversation?

Add other questions or topics for discussion

Try to choose a calm, quiet moment to initiate a chat about tech and introduce your rules. Revisit this conversation routinely. It may also be helpful to pair this conversation with a [Family Online Safety Agreement](#) to keep everyone on the same page.