

CISVA Continuity of Learning Online Safety Guide for Parents



- 1 Have regular conversations about online safety. This includes talking about the online games your kids are playing, the apps they're using, and who they are chatting with. For tips on how to get the discussion started, visit protectkidsonline.ca for age-appropriate ideas.
- 2 Set the expectation you will monitor your child's online activities, and work together to establish guidelines around texting, social media, live streaming, and gaming, such as who your child can do these things with and on what apps.
- 3 Become familiar with, or revisit the parental controls on computers, phones, and tablets. Some devices allow parents to limit access to specific apps, social media sites, internet content, and features available within the device.
- 4 For younger children, help them create their login, password, and profile information ensuring it is set to private. For tweens and teens, know their username/character name and password, as well as the email address used to sign up for apps/games/social accounts.
- 5 Help tweens/teens set up privacy settings in apps/games/social accounts. With a private account, users can approve or deny followers/friends, restrict who can view their content and profile information, and limit incoming messages to followers/friends only. Work together to decide who to accept as followers/friends.
- 6 Tell your child that if they come across something or someone while chatting/messaging/texting that makes them feel uncomfortable, they can tell you without fear of getting in trouble or losing online privileges. Remind them that their safety is what is most important to you.
- 7 If you see, read, or hear anything sexual from an adult towards your child online, report it to Cybertip.ca.
- 8 If your child is video chatting with educators, it should be done in common/high traffic household areas (bedrooms/bathrooms are off limits). Proper clothing attire should also be worn. Discuss with your child's teacher if you need further clarification or have concerns/questions regarding challenges such as noise and other environmental distractions.
- 9 Refrain from friending or following educators' personal accounts on social media and ensure your child does not do that either. Any educators' social media accounts should be authorized by the school, and content should be tied to lesson outcomes and activities.
- 10 Have a daily (regular) debrief with your child about his or her online schoolwork.
- 11 Communicate honestly with your child(ren)'s teacher(s) about what is and isn't working for your family in terms of the supervision/support required for the learning activities proposed.
- 12 Maintain or implement new family norms about internet-enabled devices used in common spaces only. Consider implementing filtering software - reach out for help to your internet provider or your child's school if needed.

And remember, there's no amount of online filters or safety controls that can replace parental supervision and communication.

Even with the best precautions online missteps and unwanted incidents will happen. Liken it to a child hearing something on the playground that hasn't been discussed at home. Dialogue with your child is most important during this time, even more so than when school was face-to-face. A daily or mid-day check in with your child is a good start. Children may not be forthcoming with information to their parents now, if that hasn't already been in place before this pandemic. Therefore, it will be important to be proactive.

Visit protectkidsonline.ca for more information on kids' online interests, the potential risks, and points to help parents talk about online safety with kids no matter what their age.

(The Canadian Centre for Child Protection <https://www.cybertip.ca/app/en/signup>)
(Protect Kids Online.ca https://protectkidsonline.ca/app/en/blog_202004_digital_diligence)