

# How to Talk To Children About Digital Safety

**The most important prevention tool is to maintain open and ongoing communication with your children. Start conversations about safety early, even before children begin using the internet. Having open and ongoing discussions about boundaries, healthy relationships, empathy, consent, rejection, and healthy development helps build a strong foundation between you and your child. When difficult conversations arise, you and your child will be able to engage in meaningful discussions because you've been practicing these skills over the years and because you are familiar with their interests.**

It is important to get familiar and learn about apps, games, websites, and their privacy settings but the best way to protect your child is to have meaningful, open, and continuous conversations that teach them and help them develop:

- critical thinking
- rejection (how to be comfortable saying and hearing 'no')
- social, emotional, and behavioral skills
- these skills will help them
  - make good choices
  - build problem-solving abilities
  - develop healthy relationships

Start conversations about safety as early as possible, even before children go online, about:

- boundaries
- healthy relationships
- empathy
- consent
- rejection
- healthy development

Ask questions:

- What's your favorite app? And why?
- Who do you talk to when you play games? How do you know them?
- What kinds of pictures do you like to post?
- What are the games about? ask them to teach you how to play
- What things do they like and do not like about the games?
- How do they feel after playing/being on social media? Do they feel happy after?
- How do they know their friends on the game/social media?
- What do they talk about?

Kids need to know that they can trust you, that you are a source of information for them

- We must understand that for kids, the online and offline world are interconnected and equally important for their social and emotional development
- Be honest and tell them that even though you might get upset, your main goal is to protect them and help them



Find more resources and learn more about the CAP Task Force here:



**CAP Task Force**  
Child Abuse Prevention

