

Caregiver Lesson + Resource Guide:

Internet Safety

Grades: 3rd - 5th

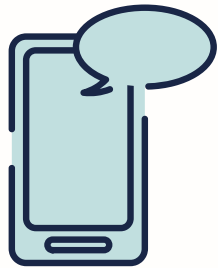
Students are using the internet and technology now more than ever to keep up with schoolwork, friends, family, and entertainment. This guide is intended to support caregivers in navigating internet safety conversations with their kids. Caregivers are encouraged to use this guide with it's accompanying Safe Touch Online video, "[3 Important Online Safety Rules](#)".

[Click here for
video lesson](#)



Lesson Review

Internet Safety Rule #1: Play it Safe



- Remember that people online may not be who they say they are. Beware of people who want to keep "friendships" secret or who ask lots of personal questions. You never have to keep a secret about anything online- it's always ok to tell a trusted adult!
- Always keep personal information to yourself. What types of personal information do you think that we should not share with someone online? (Full name, school, parents' names, address, phone number, photos, etc.)
- Keep online friends online- it's not safe to meet up with people that we met online in real life. If someone you only know from online asks to meet up in real life, that's a sign to tell a trusted adult right away!
- Don't respond to messages or postings that make you feel uncomfortable. What should you do if you receive a message or see something on the internet that makes you feel uncomfortable? (Screenshot or print the messages or photos and tell an adult you trust.)



Internet Safety Rule #2: Follow the Safety Saying

Just like in person, we can use the safety saying if online interactions become uncomfortable, confusing, or unsafe.



- **SAY NO:** Online, this means not responding to the people who are making you feel uncomfortable. It is safer not to engage in further discussion.
- **GET AWAY:** Online, this means logging out or leaving the website you're using. You can switch servers or block the person making you uncomfortable.
- **TELL SOMEONE:** When something happens that makes you feel uncomfortable, tell a trusted adult so they can help keep you safe.

Internet Safety Rule #3: Be Proud of What You Post



- What you post is public and permanent! Even if something feels private, like a chat or text, your posts can still be shared. What you say and post on the internet never really goes away for good. People can easily share, print, screenshot or report your posts and conversations. Be proud of what you post!
- A good question to ask yourself before posting or something is, would I want my teachers or parents to see this? Could it hurt someone?

Cyberbullying



What is cyberbullying?

Bullying that uses the internet, computers, or technology.

What are some things people do to cyberbully?

Post mean things, rumors, embarrassing photos, etc.

What can you do if you are being cyberbullied?

Don't respond, screenshot or print the page, get off the site, tell and adult.


Why is cyberbullying harmful?

It is mean, hurts people's feelings, can get you in serious trouble.

Internet Safety Tips for Parents (Remember to D-I-A-L)




DISCUSS




Start having conversations about internet safety with your child early and often. We can't protect our children from everything online, but having open, non-judgmental communication with your child about their online activities will increase their safety and likelihood to report an unsafe online situation to you. "I can see that you really enjoy playing this video game, and that's great. I also want to talk about how you can keep yourself safe while you use it- can you show me how the chat feature works in the game?"

INFORM YOURSELF




Know the apps, games, and technology your child frequently uses and research how they work so that you can communicate with your child about safety precautions specific to each. If you aren't sure how certain technology or apps that your child uses work, ask for help from an expert. Your child's School Technology Specialist may be a great resource, as well as the website [Common Sense Media](https://www.commonsensemedia.org) and other resources listed at the end of this guide.

ACT BEFORE



Take action steps to prevent unsafe online situations by discussing internet safety rules with your child, making safer privacy and location settings, and helping them set strong passwords. Discuss with your child why it's not safe to keep secrets about online contact with other people, and how it's always ok to tell trusted adults about any online interaction. Try to make sure your child's online interactions are as observable as possible. "I can see you really like using this app. Let's discuss some steps we can take to keep yourself safe while you use it. One of our safety rules is that you keep your door open while talking to other people online."

LISTEN



Let your child know that if anyone makes them feel uncomfortable or unsafe online, you want to know so that you can help them. Children may fear getting in trouble if they tell you about something that happened online, so let your child know that you won't be mad at them and that your main priority is to help keep them safe. Listen to what your child says about their online activity and don't be afraid to ask direct questions in a calm and caring manner. "I noticed you shut the door when you were on your phone and then you seemed upset afterwards. Do you want to tell me more about what happened?"



Additional Resources for Caregivers

• **OCRCC 24/7 Helplines**

- Phone Helpline: (919) 967-7273
- Text Helpline: (919) 967-7273
- Online Chat Helpline: Click the button at the top of our website at ocrcc.org

• **Common Sense Media**

- [Online Safety Guides](#)
- [Guías de seguridad en Internet](#)

• **CyberTip CA**

- [Protect Kids Online: Ask a Question, Read, or Report](#)

• **Darkness to Light**

- [Talking to Kids about Digital Safety](#)
- [One-Sheet Technology Guide](#)
- [Fillable Worksheet on Internet Safety](#)



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What to Do if a Child Discloses

If a child discloses that they have experienced some form of abuse or bullying, online or in-person, follow these steps to support them and help keep them safe:

1

Young people need to be supported and encouraged by your listening. Let them lead the way in talking about what happened- "I believe you and it's not your fault. Do you want to tell me more about how your feeling?"

2

Respond calmly and with reassurance. "I am so glad you told me- it is not your fault. I am sorry this happened to you and I will do my best to help you and keep you safe."

3

Ensure their immediate safety. Depending on the nature of the incident, you may need to report it to your child's school, DSS, or law enforcement. You can contact OCRCC if you are unsure about your legal reporting requirements or if you need additional support. Our 24-Hour Phone and Text Helpline is (919) 967-7273.

4

Get help from people trained to support children who have experienced abuse (school counselor, social worker, therapist). Respect a child's privacy around the details of the event and who is told.

5

Try to follow normal routines. This provides reassurance while children seek to reestablish a sense of control over their life.

6

Recognize your own feelings. It's ok to seek help for yourself while you are also helping others. Our trained advocates are just one phone call, text, or chat away to provide support to survivors and their loved ones.

If you would like support around talking to children in your life about body safety and sexual abuse, OCRCC's Phone, Text, and Online Chat Helplines are available in English and Spanish 24 hours a day, 7 days a week.