

Digital Safety Checklist for Parents

Teaching online safety matters because it helps kids protect their personal information, avoid online risks like scams or cyberbullying, and make smart, responsible choices when using technology, skills to stay safe and confident online.



Online Privacy

- Teach kids not to share personal information (name, address, school, phone number).
- Use strong passwords and never share them except with parents.



Safe Social Media Use

- Set profiles to private.
- Avoid accepting friend requests from strangers.
- Think before posting—online content is permanent.



Cyberbullying Awareness

- Explain what cyberbullying is and why it's harmful.
- Encourage reporting bullying to a trusted adult immediately.
- Promote kindness online.



Stranger Danger Online

- Never meet someone from the internet in person.
- Recognize suspicious behavior (asking for photos or personal info).



Screen Time & Balance

- Set healthy limits on screen time.
- Encourage offline activities and family time.



Critical Thinking

- Teach kids to question online content—beware of fake news and scams.
- Show how to verify information from trusted sources.



Safe Gaming

- Avoid sharing personal info in game chats.
- Block or report inappropriate behavior.



Open Communication

- Encourage kids to talk to you if something feels wrong online.
- Regularly check in about their online experiences

