

CYBER POWER



- P** **ARENTAL IMPULSES.** We all want to give our child the world, but giving them devices allows them to have the cyber world at their fingertips, which can be dangerous.
- O** **NGOING CONVERSATIONS ABOUT TECHNOLOGY.** Start the conversation early and share age-appropriate stories about technology.
- W** **ARNING SIGNS AND BEHAVIOR ASSOCIATED WITH CYBER-BULLYING.** Acts secretive or appears nervous when receiving a text or instant message ⚠ Shows signs of anxiety, depression, social isolation ⚠ Seems uneasy about going to school ⚠ Abruptly walks away or shuts off phone or computer when you are near.
- E** **VIDENCE.** If your child is being cyber bullied, take a screenshot, print it and report it to local authorities.
- R** **ESTRICTIONS & FILTERS.** If you give your child an adult tool like a smart phone or computer, restrictions and filters will protect your child and help keep inappropriate content away from them.