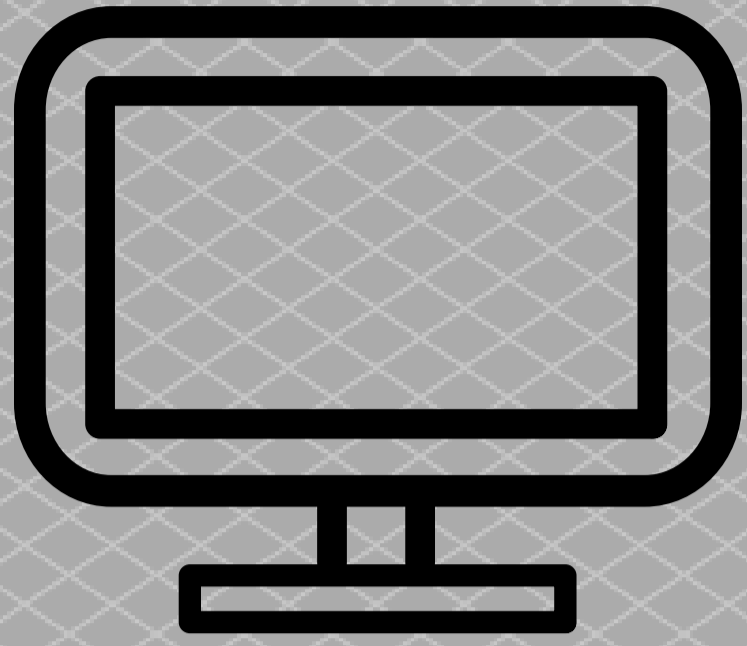
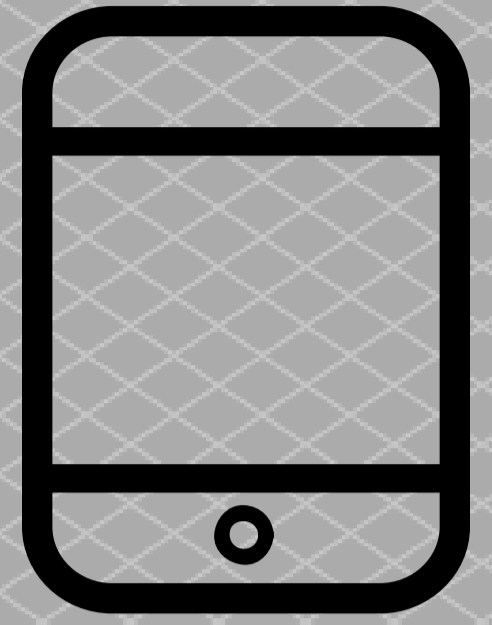


# How to keep your kids



## SAFE ONLINE



It is necessary for parents to stay educated as new apps and social media sites become available.

But obviously no parent can be on top of everything all the time.

**So the most important thing we can do as parents is to communicate with our children.**

### **BE THE PARENT.**

Don't allow your child to roam free in the dangerous and unhealthy environments many of these apps provide. Click on any apps you don't recognize on your child's phone.

Discuss the hidden dangers of social media that teens may not recognize. On many live streaming videos, tweens and teens can be seen giving out their full names and the city and state in which they live. Kids need to be taught not to over share on the Internet.

### **INTERNET FILTERS ARE ALSO A GREAT OPTION.**

But no filter will stop everything; so establishing yourself as someone your teen can talk to is vital.

**SET RESTRICTIONS ON THEIR CELL PHONES** and check the phone often.