

A ten-minute family conversation

Your child's school or group talked about staying safe online. This sheet helps you keep that conversation going at home. It takes about ten minutes. There are no wrong answers, and you don't need to be a tech expert.

1. Start with curiosity

3 MINUTES

Ask: "What's something you enjoy online right now?" Let them show you. Listen before giving any advice.

Follow up with "What makes it fun?" and "Who do you play or talk with?"

2. Walk through one situation

3 MINUTES

Ask: "What would you do if someone online asked you to keep a secret, move to a private chat, or send a photo?"

Practice the plan: stop, don't reply, tell a grown-up.
Praise the plan, not a perfect answer.

3. Make one small change

3 MINUTES

Pick one together: check who can message them, find the block and report buttons, or choose a weekly check-in time.

4. End with reassurance

1 MINUTE

Say: "You can always come to me, even if you think you made a mistake. I'll help, not punish."

Name a second trusted adult together.

Prompts by age

AGE	TRY ASKING
5 to 8	"Which grown-ups could you show if something online felt yucky or confusing?"
9 to 12	"What would you do if a teammate offered free game currency for a private chat?"
13 and up	"What would make it easier to tell me about something embarrassing that happened online?"

Signs worth a gentle check-in

Reasons to ask a question, not evidence of anything:

- Hiding a screen or switching apps when you walk in
- Seeming upset or withdrawn after being online
- A new online friend who sends gifts or game currency
- Late-night chats, or a second account

If your child tells you something worrying

- Stay calm, and thank them for telling you.
- Don't delete messages or contact the other person yourself.
- Save usernames, links, and times. Never save or forward a nude image of a child; report it instead.
- Get help using the numbers below, or read safernotscared.org/help-now/disclosure/.

For facilitators

Use made-up examples in class, and never ask children to share personal incidents in a group. If a child discloses harm, follow your organization's safeguarding procedure and your state's reporting law. Add a contact before copying.

QUESTIONS? CONTACT _____

WHERE TO GET HELP

Danger right now
Call 911

Online exploitation
CyberTipline: 1-800-843-5678
report.cybertip.org

A child's nude image online
Take It Down
takeitdown.ncmec.org

Child abuse
Childhelp hotline
1-800-422-4453

Your state's hotline
Look it up at
safernotscared.org/parents/state-help