



PARENTING IN A DIGITAL WORLD

INTERNET SAFETY • THREATS • SOLUTIONS

HELPING YOU NAVIGATE YOUR CHILD'S DIGITAL WORLD

Who: Elementary, Middle, and High School Parents
When: Wednesday, February 22, 2023, 6:00-7:30 p.m.
Where: St. Junipero Serra Catholic School
Cost: Free to attend

The cyber safety seminar for parents, *Parenting in the Digital World*, is a 90-minute, engaging and eye-opening presentation about what is really going on in our children's digital world.

In this "new normal" where children are learning online from home, they are exposed more than ever to online predators and the damaging effects of screen time. This seminar will show you the current games, and apps teens are using today. Secondly, cyberbullying and other online threats are defined with current trends and real-world examples investigated in schools. Lastly, participants will be given tools and an action plan that they can immediately begin using to help keep their children safe online.

Topics discussed:

- Current apps kids are using and what you need to know about them
- Risks associated with popular social media sites
- "Sexting" and online predators
- How to set expectations and consequences
- How to monitor online activity and find secret Instagram accounts
- How to talk to your child about pornography
- Parental controls and privacy settings

FOR PARENTS ONLY. NO CHILDREN ARE ALLOWED IN THE PRESENTATION.

For more information:

[Clay Cranford – Parenting in the Digital World](#)
[Clayton Cranford the Cyber Safety Cop](#)

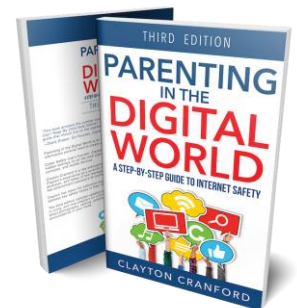
About Clayton Cranford: Clayton Cranford is a retired Sergeant from the Orange County Sheriff's Department and founder of Total Safety Solutions LLC and CyberSafetyCop.com. One of the nation's leading law enforcement educators on social media, child safety, and behavioral threat assessments, he has authored definitive book on Internet safety for families, "Parenting in the Digital World." He has educated hundreds of thousands of students and parents throughout the United States and was awarded the National Anti-Bullying Award. In addition, Clayton has served as a member of the Orange County School Threat Assessment Team, School Resource Officer, and Crisis Negotiation Team.



CYBERSAFETYCOP.COM

Established in 2012, Cyber Safety Cop delivers training, speaking, and consulting worldwide in Internet safety, cyberbullying, behavioral threat assessment, violence prevention, and school safety.

Our simple yet powerful advice will positively impact your families' lives and how schools manage the digital world.



Parenting in the Digital World, the definitive guide to internet safety for families will be available for sale at the event. \$20.00 (cash or credit card).

This book will help parents take the next steps to implement all the safety measures taught in the seminar.
<http://www.cybersafetycop.com/>



PARENTING IN THE DIGITAL WORLD CHECKLIST

www.CyberSafetyCop.com

1. Use the Mobile Device and Internet Contract to start an open conversation about what is and is not appropriate online behavior.
2. Set clear consequences for violation of the Internet Contract and the opportunity for grace.
3. Check the social media's minimum age requirement before allowing your child to sign up. Consider their maturity and resiliency before giving them access to social media.
4. Use sites like www.comonsensemediasite.org or www.cybersafetycop.com to research every application, website, or social media platform your child wants to visit.
5. Look at each electronic device in your child's world and determine if they can connect with the internet or another person through it. If they can, use Parental Settings to restrict access.
6. Do you know how each social media app on your child's device works? Try it for yourself and use www.cybersafetycop.com to learn about possible safety risks.
7. Talk to your child about their "online reputation" and how bullying, sexting, and other inappropriate behavior can impact it FOREVER.
8. Make sure your child's social media privacy setting is set to PRIVATE.
9. Review your child's friends and followers. Only allow people to be in your child's network that have a face-to-face relationship with them.
10. Know your child's usernames and passwords on all of their social media applications and log into your child's social media account as them to see what is really happening.
11. Make dinner time a tech free time to talk and invest in your family and relationships.
12. Stop and physically check your child's device. Check messages, usernames and passwords, social media app activity, and internet browser history.
13. Charge your child's phone in your room at night. Review the phone's contents.
14. Turn on Parental Controls on your child's device, home WiFi network, and phone carrier network.
15. Install applications that filter and help monitor inappropriate content your child's devices.
16. Discuss the steps to handle rude or threatening messages: Don't Respond, Document, Report, Block. www.cybersafetycop.com/blog "How to Report Bullying and Abuse"
17. Discuss how to deal with a bully. Give them the tools to resolve it at their level if appropriate.
18. Password protect the app store so your child can't download an app without your permission.
19. Before you download a game or app for your child, ask yourself:
 - Is it age appropriate? (13 is the minimum age for social media apps)
 - Does it have privacy settings that can be made "Private?"
 - Can strangers or anonymous users contact my child?
 - Can I review past posts and comments?
20. Subscribe to Cyber Safety Cop's free newsletter at: www.CyberSafetyCop.com
21. Follow Cyber Safety Cop on Facebook. Like, Comment, and Share articles with your friends. It takes a village to raise cyber safe children!
22. Make cyber safety an on-going conversation.



INTERNET & MOBILE DEVICE CONTRACT

www.CyberSafetyCop.com

I understand that using the Internet or my mobile device is a privilege, which is subject to the following rules:

1. I will not give my name, address, telephone number, school name, or parents' names to anyone I meet on the computer.
2. I must tell my Mom and/or Dad all of my social networks' usernames and passwords. They have access to all of my files/apps (anything on my device) at any time.
3. I will not download anything or install apps or games without first asking my parent(s).
4. I understand that some people online pretend to be someone else. I will never let someone into my social network that I do not already have a real face-to-face relationship with.
5. I will not fill out any form online that asks me for any information about myself or my family without first asking my parent(s).
6. I will not buy, order anything online, or give out any credit card information without first asking my parent(s).
7. I will never write or post anything online that I would not want my parents to see. I will not use profanity or offensive language.
8. I will promote _____ (a cause or charity) that helps others in my social network as a condition of having a social network.
9. If someone sends me any pictures or any e-mails using bad language, mean rude or threatening words, I will not respond and tell my parent(s).
10. If someone asks me to do something that I am not supposed to do, I will not respond and tell my parents.
11. I will not call anyone I meet online or in person, unless my parent(s) say it is okay.
12. I will never meet in person anyone I meet online, unless my parent(s) say it is okay.
13. If I receive an inappropriate photo from someone, I will not respond or show my friends. I will immediately tell my parent(s).
14. If anyone I meet online sends me anything in the mail or by email, I will tell my parent(s). I will not keep online secrets from my parent(s).
15. If I make a mistake or see something inappropriate, I will tell my parent(s) as soon as possible.
16. I will respect the house rules for technology and screen time.
17. If I do not follow the above mentioned rules of this contract, I will accept the consequences my parent(s) give me, which may include (but not limited to) losing access to the internet, my phone, or any other electronic devices.

Signature of child

Date

Signature of parent

Date