



# Sir Loin's Guide to Cyber Safety

6th - 8th grade Packers

As your child enters middle school, their online activities expand, exposing them to more opportunities—and risks—on the internet. Ensuring they are cyber-safe requires a balance of education, supervision, and trust. Here are some ways you can keep your Packer cyber-safe:

## Digital Literacy

- **Discuss Online Risks:** Talk openly about online dangers like cyberbullying, inappropriate content, and privacy concerns.
- **Critical Thinking:** Encourage your child to question the reliability of online information and be cautious about what they believe and share.
- **Digital Footprint:** Explain how online posts create a lasting digital footprint that can impact them later. Encourage thoughtful sharing.

## Implement Strong Protections

**"Try Tip":** Sign up for an AristotleK12 Parent Report to see your student's online activity from the school day.

- **Privacy Settings:** Adjust privacy settings on all platforms to limit exposure to strangers.
- **Secure Accounts:** Teach the importance of strong, unique passwords and keeping them private.
- **Monitoring Tools:** Use monitoring software to stay aware of online activities while respecting privacy.

## Online Behavior

- **Social Media Etiquette:** Discuss appropriate online behavior and remind them that posts can be misinterpreted.
- **Respect and Empathy:** Stress the importance of treating others respectfully online and standing against cyberbullying.
- **Avoid Oversharing:** Teach them not to share personal details or sensitive information online.

## Balance Independence & Supervision

**"Try Tip":** Allow your student independent online time, but only in public spaces in the home (i.e. living room, dining room)

- **Set Boundaries:** Establish clear internet guidelines, gradually allowing more freedom as they show responsibility.
- **Monitor with Discretion:** Keep an eye on their online activities while respecting their growing need for privacy.

## Open Communication

- **Safe Space for Concerns:** Ensure your child feels comfortable discussing online concerns with you.
- **Stay Informed Together:** Learn about the apps and online trends your child uses to discuss potential risks.

## Online Scams & Safety

**"Try Tip":** Check out the ESRB Parent Resources to help keep kids safe while online gaming.

- **Recognize Scams:** Teach your child to recognize phishing, fake profiles, and other scams.
- **Stranger Danger Online:** Reinforce the importance of not engaging with strangers online and reporting any unsolicited contact.



As your child navigates the complexities of the online world, your guidance is crucial. By fostering digital literacy, promoting responsible behavior, and maintaining open communication, you can help your 6th-8th grader stay safe while enjoying the benefits of the internet. Remember, staying involved and informed is key to supporting their digital journey.

Sincerely,  
**Sir Loin**