



Sir Loin's Guide to Cyber Safety

K - 5th grade Packers

In today's digital age, children are accessing the internet at increasingly younger ages. While the internet is a valuable resource for learning and entertainment, it's essential to ensure your child is safe online. Here are some ways you can keep your Packer cyber-safe:

Education

- **Discuss Online Safety:** Explain to your child the importance of staying safe online, just as they do in the real world, by following specific rules.
- **Teach the Basics:** Emphasize not sharing personal information, such as their name, address, phone number, school, passwords, or photos of themselves with strangers.

Set Up Protections

- **Parental Controls:** Use parental controls to restrict inappropriate content and limit screen time.
- **Safe Browsing:** Install kid-friendly browsers or apps to limit access to approved websites.
- **Privacy Settings:** Ensure privacy settings are activated and regularly updated on all devices and accounts.

"Try Tip": Google Family Link is a FREE tool that allows parents to monitor their child's online activity.

Supervise & Engage

- **Monitor Activity:** Regularly check your child's online activity and keep devices in common areas for supervision.
- **Set Rules:** Establish clear internet use guidelines, including time limits and acceptable activities.
- **Discuss Behavior:** Teach your child to be respectful online, avoid cyberbullying, and report inappropriate behavior.

Digital Role Model

- **Practice What You Preach:** Model good online behavior by limiting your screen time and being respectful online.
- **Family Digital Time:** Participate in online activities together to demonstrate safe habits and bond.

Open Communication

"Try Tip": Consider developing a "Family Online Safety Contract" so that everyone knows the rules and risks of online time.

- **Create a Safe Space:** Encourage your child to talk to you about anything online that makes them uncomfortable.
- **Stay Informed:** Keep up with the latest digital trends to understand your child's online environment.

Know the Risks

- **Stranger Danger:** Warn your child not to interact with strangers or accept messages from unknown people.
- **Inappropriate Content:** Explain that some content isn't suitable for children and they should inform you if they encounter it.
- **Scams and Phishing:** Teach them to be cautious of online scams and always ask before clicking on unfamiliar links.

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



Keeping your packer safe online is an ongoing process that involves education, supervision, and open communication. By staying involved in their online activities and setting clear boundaries, you can help ensure that your child enjoys the benefits of the internet while staying protected from its risks.

Sincerely,
Sir Loin