



9 Online Safety Tips for Parents

Creating a household that respects digital boundaries is an important part of parenting today. These tips are meant to support your existing parenting style—use what works best for your family. You know your kids better than anyone, and your guidance is key to helping them make smart choices both online and off.

1 Keep devices out of bedrooms

Sleep is essential for healthy growth and development. Studies show a clear link between screen use in the bedroom and poor sleep quality. More than 60% of children have at least one media device in their room, and for adults, that number is over 90%. Poor sleep can lead to health issues like obesity, weakened immunity and mental health challenges. Keeping devices out of bedrooms helps protect your child's sleep—and yours, too.

2 Create a central charging station

Designate a shared space—like the kitchen counter or living room—for charging devices overnight. This helps reinforce boundaries around screen time and sets a good example. When kids see that you don't sleep with your phone, they're more likely to follow suit.

3 Know your child's passwords

As a parent, you have the right to know your child's passwords. This isn't about spying; it's about safety. And check periodically to make sure your child hasn't changed those passwords without your permission.

4 Stay informed

Technology changes quickly, and staying up to date helps you make informed decisions. If your child wants to download a new app or play a new game, try it yourself first. Ask your child to show you how their favorite apps work. This builds trust and opens dialogue.

5 Build a culture of openness

Encourage honest conversations about technology and social media. Let your child know they can come to you with questions or concerns. Being approachable makes it more likely they'll turn to you—not just their friends—when something feels off.

6 Introduce technology at your own pace

Technology isn't going away, but you get to decide how and when it enters your child's life. Consider their age and emotional maturity when setting boundaries.

7 Be the caregiver, not the friend

You can have a close relationship with your child while still maintaining boundaries. Your role is to keep them safe online and off.

8 Search for yourself and your family

Search your family's names, addresses, emails and usernames to see what's publicly available. It's a good way to stay ahead of potential privacy concerns.

9 Talk about the permanency of the internet

Remind your child that what they post online can stick around—even if they delete it. Encourage thoughtful sharing.



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