



# **PARENT’S GUIDE TO KEEPING STUDENTS SAFE ONLINE**

A one-page quick reference from the VVUHSD Police Department

## **WHY ONLINE SAFETY MATTERS**

Stranger contact, sextortion, cyberbullying, harmful content, privacy risks, and increased anxiety/depression linked to social media algorithms.

## **DISCORD**

Risks: Stranger contact, grooming, explicit content, bullying.

Tips: Invite-only servers, restrict DMs, review servers regularly.

## **CHARACTER.AI**

Risks: Sexual/graphic role-play, emotional reliance, harmful advice.

Tips: Best avoided for minors; supervise any use; explain AI vs real relationships.

## **SNAPCHAT**

Risks: Leading platform for juvenile sextortion, screenshots, Snap Map tracking, bullying.

Tips: Ghost Mode, friends-only messages, teach permanence of images.

## **INSTAGRAM**

Risks: Predator contact, sextortion, harmful Explore content, body-image issues.

Tips: Private accounts, limit tags/messages, disable location, discuss curated images.

## **SIGNS YOUR CHILD MAY BE STRUGGLING**

Anxiety about phone, withdrawal, grade decline, mood shifts, secrecy online, sleep issues.

## **HOW PARENTS CAN HELP**

Keep devices out of bedrooms; talk regularly; set expectations; encourage help-seeking without fear of punishment.

## **VVUHSD POLICE DEPARTMENT**

Non-Emergency Phone Number: 760-261-5111

Website: [police.vvuhsd.org](http://police.vvuhsd.org)

“We partner with families to protect students — online and at school sites.”