

# Youth Internet Safety

## THINGS TO KEEP IN MIND

- Teens rarely pick up the phone anymore. Chat, messaging and texting apps are a quick, fun and creative way that teens can communicate with their peers. Personal boundaries can be crossed earlier and easily, creating the potential for hurtful, inappropriate or intimate information to be shared.
- Texting, messaging and other social media apps keep teens connected to friends and family. As a parent/guardian it's important to understand the purpose of apps and how a youth may be negatively impacted by using them.

## TALK TO TEENS ABOUT

- The importance of working together to establish guidelines around texting, social media and gaming (who teens can do these things with and on what apps).
- Remind your teen that it is easy to lose control over what happens to texts, photos and videos that are sent through apps.
- Explain to your teen that once a picture is sent, they lose control over what is done with it.
- Explain that if they are threatened to make or share videos or pictures, they should stop talking to that person and let you know right away.
- Discuss the importance of not responding to harassing, harmful or unsolicited messages and to notify you immediately.



Information gathered from

[https://protectkidsonline.ca/app/en/interests\\_and\\_risks](https://protectkidsonline.ca/app/en/interests_and_risks)