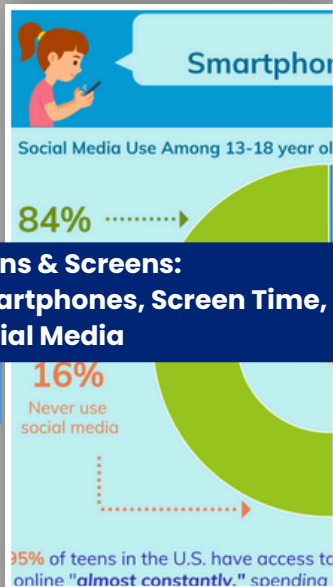**LAUSD UNIFIED**

CAREGIVER RESOURCES

The internet offers great benefits for youth, such as research, communication, and interactive games. It also poses risks like inappropriate content, cyberbullying, and online predators who may disguise themselves as peers to gain personal information. Caregivers should monitor their children's online interactions, discuss internet safety with them. The following tools can help ensure their safety online.

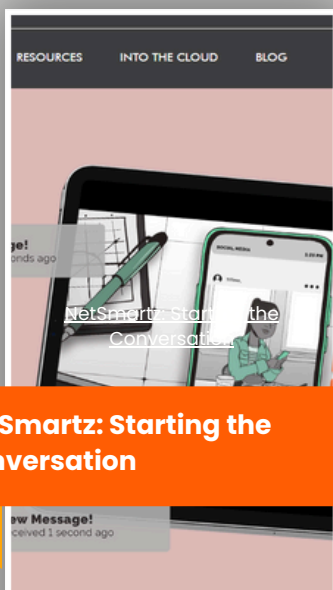**Teens & Screens: Smartphones, Screen Time, & Social Media**
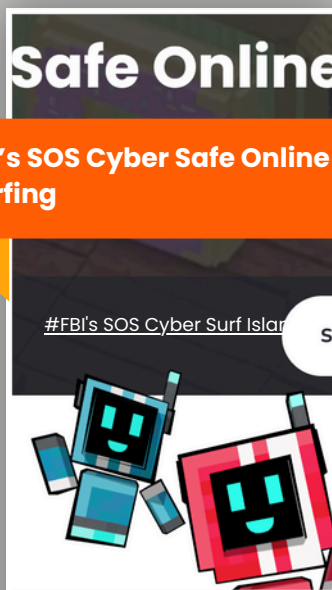
S.M.A.R.T. Parenting Tips for Online Safety

#StartTheConversation CYBERBULLYING

DOWNLOAD

DOWNLOAD

DOWNLOAD

NetSmartz: Starting the Conversation

FBI's SOS Cyber Safe Online Surfing

KidSmartz: Rethinking "Stranger Danger"

VISIT WEBSITE

VISIT WEBSITE

VISIT WEBSITE

CAREGIVER RESOURCES

EVERY CHILD deserves a SAFE CHILDHOOD.

WHAT YOU CAN DO...

- Continue to **educate yourself & others**

- Help children **develop & maintain good self-esteem**

- **Talk about healthy relationships** with your children

- Know what your **children are doing online & in real life**

- Know **where they are & who they are with**

- Teach your children **skills for resiliency**

- Teach them to **listen to their gut**

- Maintain **open communication** with your children

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