

KEEPING YOUR KIDS SAFE ONLINE



Know the Risk

Online Predators & Trafficking

- Talk to your child about never sharing personal details, photos, or locations online, even with people who seem friendly.
- Remind them: Anyone can pretend to be someone else online.

Digital Footprint

- Anything posted online last forever, even deleted messages or photos

Cyberbullying

- Posting mean comments, sharing hurtful photos, or excluding others online can have lasting effects



Check Devices Together

- Make **device checks** a normal, open conversation.
- **Review** apps, messages, browser history and friend lists regularly.
- Keep devices in **shared family spaces**, not in bedrooms overnight.
- Know your child's **usernames and passwords**, especially for younger students.
- Look for **hidden** apps or chat features in games



Social Media Smarts

- Keep accounts private
- Remind children not to share location, school, or routines
- Be cautious with photos in uniforms or near identifiable places.
- Check comments, followers, and messages often together
- Follow age guidelines for apps (most apps are 13+)



Model Healthy Online Habits

- Model positive online behavior: kindness, privacy, and balance
- Take tech breaks as a family
- Talk about your own experiences and what you've learned



Conversation Starters

- What's your favorite app right now? What do you like about it?
- Has anyone ever made you feel uncomfortable online? What did you do?
- How do you think your online actions affect others?
- How can you make the Internet a kinder place?



DISTRICT 186
SPRINGFIELD PUBLIC SCHOOLS

ONLINE SAFETY AT HOME



As technology continues to play a significant role in our children's lives, families need to stay informed about how to keep kids safe online. Below are key areas every guardian should understand, and tips to help guide conversations at home.

- ✓ Online Safety
- ✓ How to Keep Your Child Safe at Home
- ✓ App Guidelines



ONLINE SAFETY

1. Social Media



What it means:

Social media can be a great way to connect, but what students post online becomes part of their digital footprint and can impact future opportunities.

Parent Tips:

- Know which apps your child uses and explore them together.
- Set privacy settings to “friends only” and review them regularly.
- Model healthy use by setting family screen time or “no phone” zones (like during dinner).
- Encourage kindness and pause, before, posting, Remind children that once something is shared online, it can spread quickly and be hard to remove.
- Discuss digital reputation, colleges and employers sometimes look at public profiles.

ONLINE SAFETY

2. Cyberbullying

What it means:

Cyberbullying happens when someone uses digital tools (texts, social media, or games) to repeatedly hurt or harass others.

Parent Tips:

- Watch for warning signs: sudden mood changes, avoiding devices, or reluctance to go to school.
- Remind children not to respond or retaliate, instead, take screenshots and report the behavior to the platform or school.
- Encourage open communication so your child feels comfortable sharing online experiences.
- Support empathy, talk about how words and actions online affect others just like in-person.
- Know school policies on bullying and digital conduct.

ONLINE SAFETY

3. Digital Trafficking

What it means:

Online predators sometimes use social media, games, or messaging apps to build trust with young people before exploiting or trafficking them.

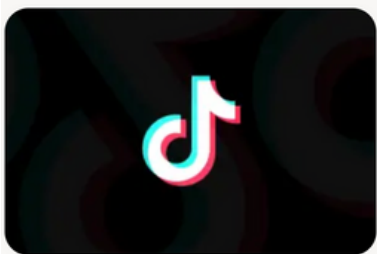
Parent Tips:

- Remind children not to share personal information or photos with people they don't know in real life.
- Teach kids to never agree to meet someone they met online without your permission.
- Be aware of grooming behaviors, flattery, gift-giving, or isolation from friends/family can be warning signs.
- Monitor new "friends" or followers on your child's accounts.
- Report suspicious contact immediately to law enforcement or the National Center for Missing & Exploited Children's CyberTipline (1-800-843-5678 or report.cybertip.org).

Today's Most Popular Apps used by Kids & Teens

Check your student's devices regularly to ensure that appropriate communication is being used. Below are some commonly used Apps and some other resources to help you keep your student safe!

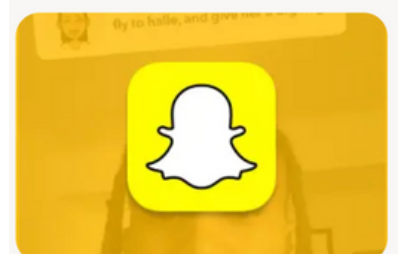
- [Google - Be Internet Awesome](#)
 - [Internet Crimes Against Children Task Force](#)
 - [Chatting with Kids About Being Online](#)
 - [ConnectSafely Parent Guide](#)
 - [StopBullying.gov](#)
 - [NetSmartz \(NCMEC\)](#)
 - [Google - Family Safety](#)
 - [Parenting Tips for Online Safety](#)
 - [Online Safe Online Smart Illinois Attorney General ~Parents](#)
 - [Connect Safely](#)
- Click on each App below for individual app information.



TikTok



Facebook



Snapchat



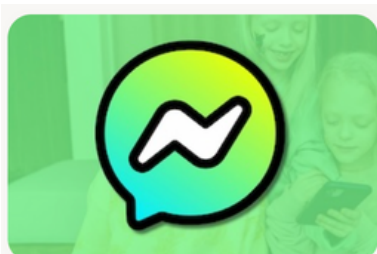
Roblox



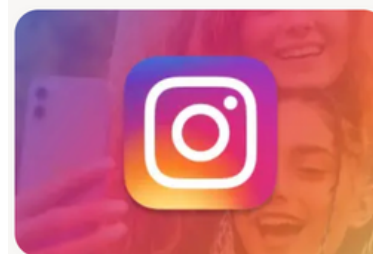
Netflix



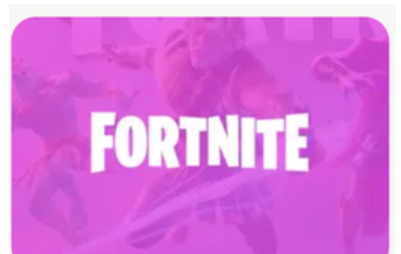
YouTube Kids



Messenger Kids



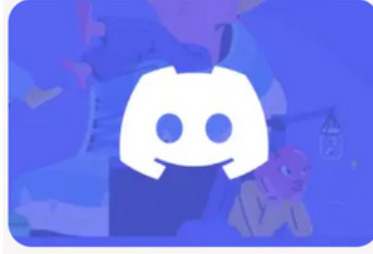
Instagram



Fortnite



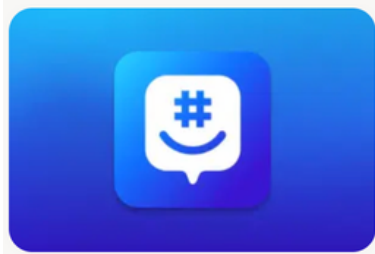
YouTube



Discord



Minecraft



GroupMe



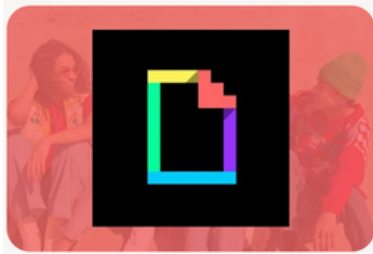
Hulu



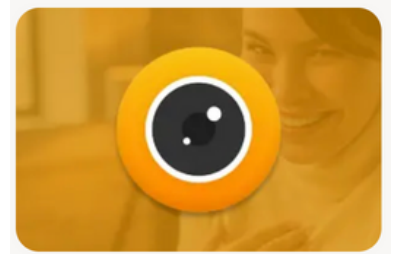
Kik



ChatGPT



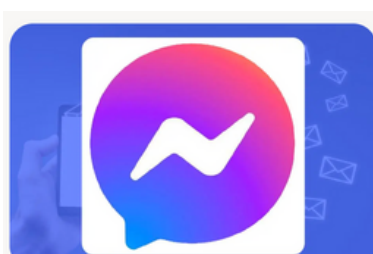
Giphy



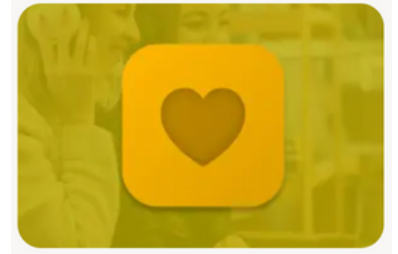
LiveIn



CapCut



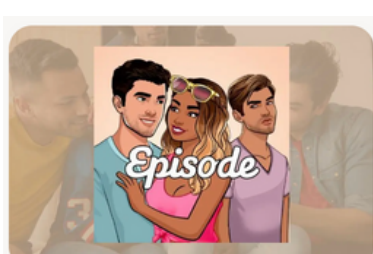
Facebook Messenger



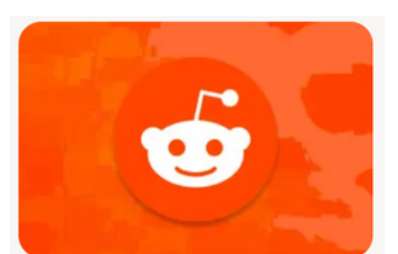
Locket



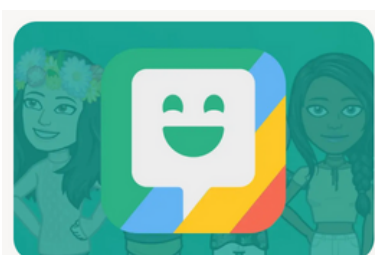
Character.AI



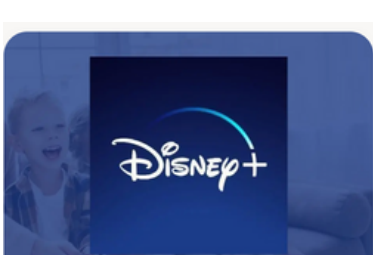
Episode



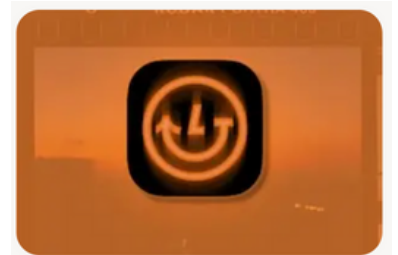
Reddit



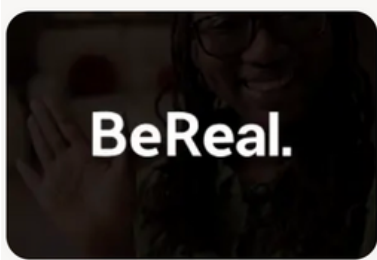
Bitmoji



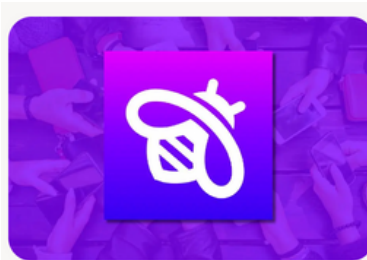
Disney+



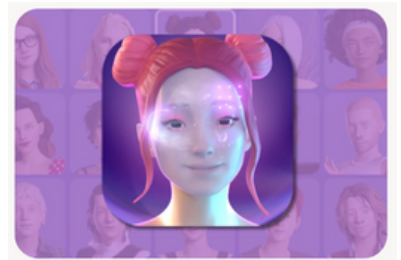
Lapse



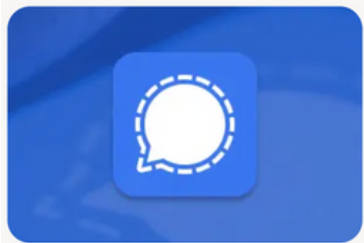
BeReal



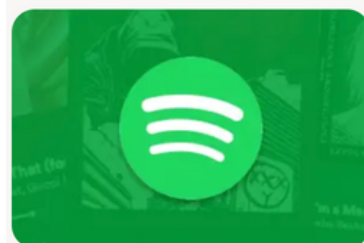
Fizz



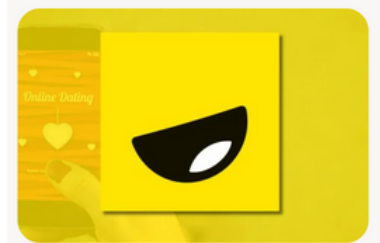
Replika



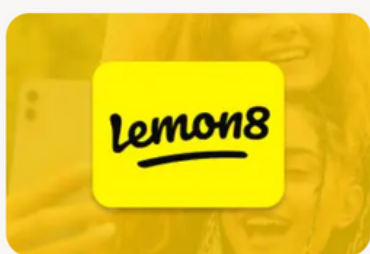
Signal



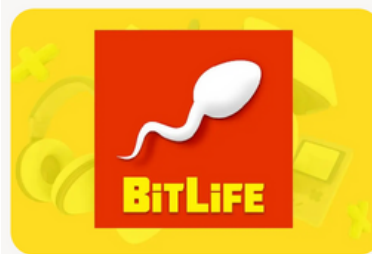
Spotify



Yubo



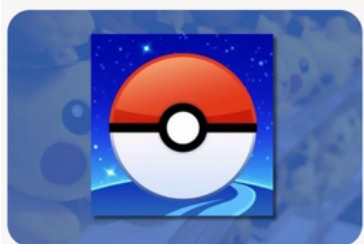
Lemon8



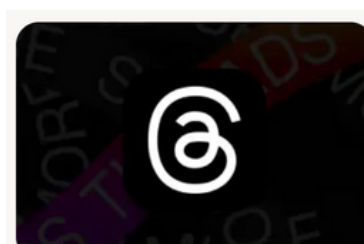
BitLife



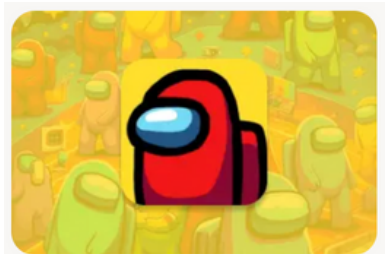
zigazoo



Pokemon Go



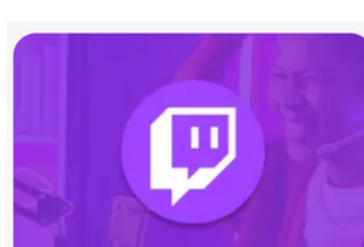
Threads



Among Us



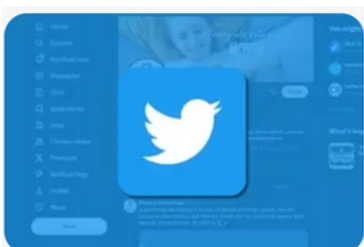
Tumblr



Twitch



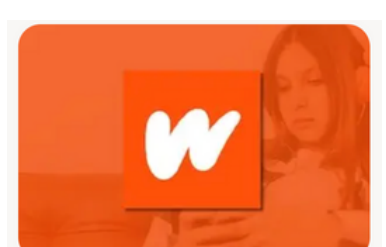
WhatsApp



Twitter



VSCO



Wattpad



District 186 is here to support YOU!

We strive to work with families to support student internet safety.

At 186, we provide...

- an Internet Safety Curriculum for grades 3rd through 12th.
- social workers, guidance deans, and administration available to communicate with students and families about social media concerns.
- Securly, a web filtering, device management, and monitoring tool used on all district student devices.

If your child is a victim of an online crime...

- Notify your local authorities and file a complaint with the Internet Crime Complaint Center at <https://www.ic3.gov/>
- If someone has had inappropriate contact with your child, or a child you know, report it to www.cybertipline.com and the police.



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