

KEY TAKEAWAYS

- Online engagement can impact children's physical and emotional healthy & safety.
- Parents and caregivers have the right and responsibility to help children thoughtfully navigate digital spaces.
- Teach children to keep personal information private online: name, address, phone number, age, school, pictures.
- Engage often in open conversations about digital safety including misinformation, explicit photos & videos, and treating others with respect online and off.
- Proactively set limits on use rather than reactively punish for misuse.

CONVERSATION STARTERS

- Having a digital device is a big responsibility. What do you think that looks like?
- Having a digital device is a big responsibility. This is what that looks like to me...
- What have you seen online that has made you feel uncomfortable? Why?
- What is the first thing you would do if you saw something online that made you feel uncomfortable?
- What types of videos do you like to watch online?
- What are other fun things you like to do other than play online?
- What are some reasons you think it's important to limit your time online?

RESOURCES

The Retreat Resources

The Retreat provides counseling and other support to both adults and children in our community who have experienced abuse, both online and off.

- [The Retreat Brochure \(English\)](#)
- [The Retreat Brochure \(Spanish\)](#)
- [The Retreat Protecting Your Location](#)
- [The Retreat Digital Contract Template](#)
- [The Retreat 6 Things You Should Know](#)
- [The Retreat Helplines and Resources](#)
- The Retreat 24-Hour Hotline: 631.329.2200
- The Retreat Website: allagainstabuse.org

National Resources

National resources are available to provide information and support for both children and parents.

- Stopbullying.gov
- [Common Sense Media](#)
- [American Medical Association](#)
- [Apple Parental Controls](#)
- [Android Parental Controls](#)
- [National DV Hotline: 1-800-799-SAFE \(7233\)](#)
- [National Sexual Assault Hotline: 1-800-656-HOPE](#)
- [National Teen Crisis Text Line: Text HOME to 741741](#)