

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

Internet Safety Tips for Parents

On Wednesday, October 2, we were fortunate enough to welcome Jessie Weinberger, Internet safety expert to speak to parents. She shared numerous helpful tips. Here is a recap of her suggestions based on decades of experience and speaking to schools all over the country.

1. No cellphones until at least age 13.
2. No social media under 13 years old - COPPA - federal guideline - Children's Online Privacy and Protection Act - says children under age 13 are not allowed to have social media accounts.
3. Physically take phones and tablets away at night - reducing time on devices has a direct correlation to improved mental health outcomes.
4. Parents, put YOUR phone down. It is important for parents to practice what they preach. Spend time really talking and listening to your child without distractions.
5. Have real conversations with your child. This generation has more pressure on them than any generation before. They are trying to navigate very difficult situations.
6. DO NOT post about your children on YOUR social media account without their permission. You may be embarrassing them. In addition, you are making it easier for your child to be targeted by a predator. Set all social media accounts to PRIVATE.

October's Focus: Internet Safety

Jessie Weinberger is a former software programmer, a nationally recognized Internet Safety speaker, TEDx Presenter, the host of : Big Mama's House Podcast and she is the author of *The Boogeyman Exists: And He's in Your Child's Back Pocket*, 2nd Ed.

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