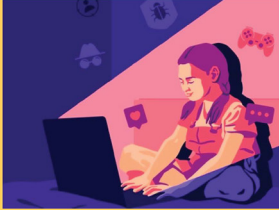


Online Safety Basics for Parents

Establish Internet and Cell Phone Rules



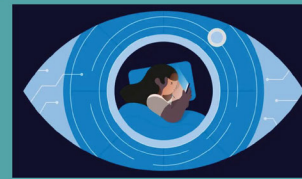
Establish household rules for internet and cell phone usage, with clear expectations of what type of content they are allowed to view. Limit the amount of time your child is allowed to use the internet each day.

Here are some ways that you can limit internet usage:

1. Create a Family Internet contract.
2. Turn off all devices at a scheduled time every night.
3. Create a central charging station for collecting household devices at night.

Filter Harmful Content

An app or piece of hardware that filters out inappropriate content (explicit websites or messages) is an important safety tool. Many of today's internet routers have built-in parental controls that filter and block inappropriate content.



Monitor Your Child's Online Activity



Your child needs to know that they should not expect 100% privacy on any device. There are monitoring apps available that allow you to see what your child is doing online, & notify you if your child is receiving, sending, or viewing harmful content.

Interact with Your Child

- Ask your child what apps they are using and what they like about the apps.
- Download the apps your child is using & learn how to use them.
- Ask your child what types of things they are viewing online.
- Talk to them about internet safety.
- Suggest healthy activities that limit screen time & promote family interaction.



Helpful Resources

Statewide Resources

- **1-800-662-HELP (4357) | SAMHSA's National Helpline**
Free, confidential treatment referral and information service available 24/7 (in English and Spanish).
- **DrugFree.org | Partnership for Drug-Free Kids**
Peer support for parents & caregivers. Text JOIN to 55753 to get help & hope by text.
- **FindTreatment.gov**
Find treatment resources available in your area.
- **TalkNowAZ.com**
Get tips on talking with youth about substance use.



Youth Resources

- Text **HELLO** to **741741** to text anonymously with a trained crisis counselor for free, 24/7
- **Teen Lifeline | Available 24/7**
1-800-248-TEEN (8336)
Arizona support line for teens operated by teens.
- **9-8-8 Suicide and Crisis Lifeline | Available 24/7**
Helps individuals in suicidal crisis with support.
- **Teens Helping Teens | Available 6p to 9p PST**
1-800-TLC-TEEN
Text **TEEN** to **839863** to speak with another teen.
- **Logoffmovement.org | Log Off**
Learn how Social Media affects teens.
- **LearnMoreAZ.org**
Get the facts on substance use, social media, and more!