

Active & Positive Parenting

Research has shown that teens whose parents are actively and positively involved in their online activities engage in less risk-taking behavior. These are steps you can take:

- ✓ Appreciate your child's online activities. Show interest in your child's online friends. Work in partnership to address any concerns.
- ✓ Make sure you have implemented appropriate security against malware, use a spam blocker, block pop-up ads, and use safe search features. Never allow peer-to-peer software.
- ✓ Encourage your teen to always use the protective features on social networking sites and instant messaging to control who can view information and communicate in these personal environments.
- ✓ Pay attention to what your child is doing online. But balance your supervision with your child's legitimate interests in personal privacy. Positive interactions will encourage your child to share.
- ✓ Never overreact if your child reports an online concern. Fear of overreaction and loss of access is leading many teens not to report.
- ✓ If your child engages in inappropriate or harmful actions online or using a cell phone, impose a consequence that will focus attention on why those actions caused or could cause harmful consequences. Require a remedy for any harm.
- ✓ Pay attention to "red flags" ~ appearing emotionally upset during or after use, disturbed relationships, too much time online, excessively secretive behavior, and subtle comments about online concerns. Carefully try to engage your child in discussion.
- ✓ Encourage your child to help others directly or report to an adult if he or she witnesses someone being harmed or at risk online.
- ✓ Help your child learn to make good choices.
"What you do online reflects on you."