

# Keeping Kids Safe Online: Ages 10-16

CHILDREN ARE DRAWN TO THE DIGITAL WORLD DO NOT HAVE THE MATURITY TO NAVIGATE THIS WORLD SAFELY ON THEIR OWN.

## HUMAN NEED:

### BUILDING RELATIONSHIPS:

Who are my people?



## DIGITAL WORLD:

⚡ CONTACT IS LARGELY UNREGULATED AND ANONYMOUS:

- ✘ Pedophiles utilize **social media and gaming platforms** to groom children.
- ✘ **Sexting** is a social norm and sexualized images are often passed on.
- ✘ **Cyberbullying** occurs without accountability *and* on public display.
- ✘ **Social skills** (e.g. empathy) are **malnourished**.
- ✘ On social media, **looks** are the **social currency** for young people.

## WE RECOMMEND:

- ✓ **Delay social media access and games** with a chat function 15+.
- ✓ Set all accounts to **private and limit to friends**.
- ✓ Communicate **WHY** it is **dangerous to talk to strangers** and **pass on sexual content**.
- ✓ **Talk about the values portrayed online** and **eliminate "unhealthy" accounts** together.
- ✓ **Limit screen use** to designated public spaces, e.g. living room.
- ✓ **Support offline relationships and communication** at all times.