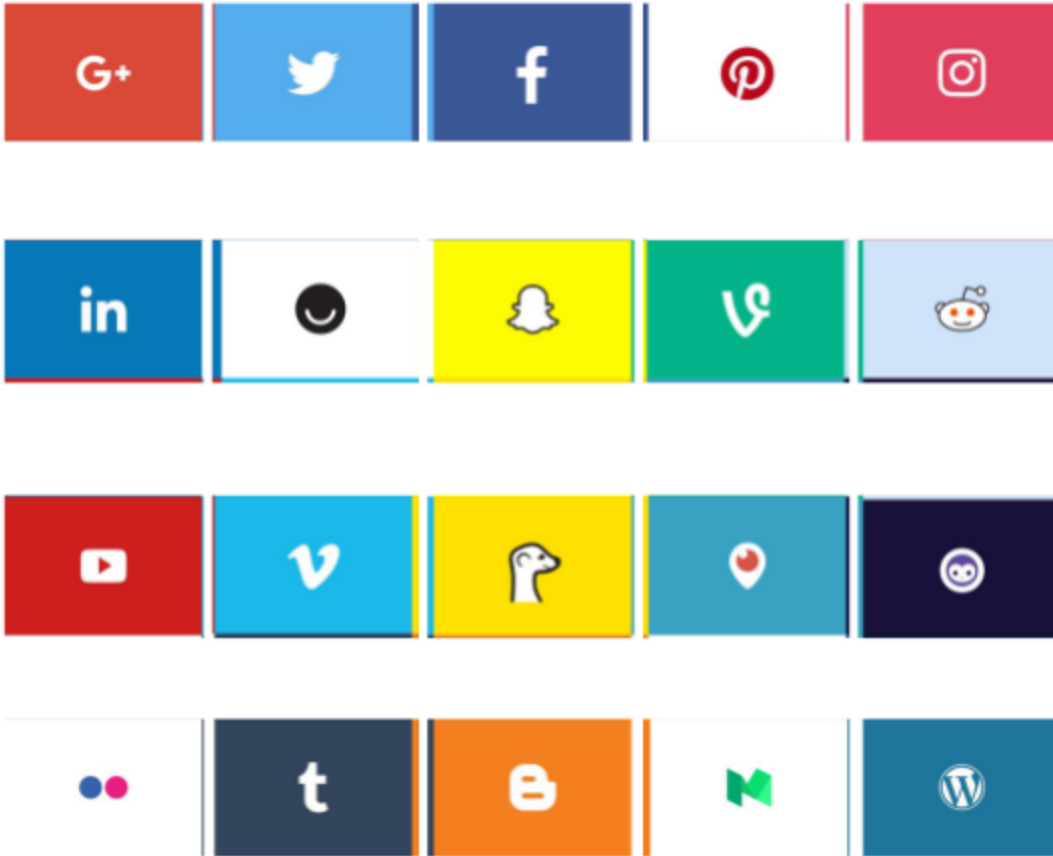


Internet Safety Tips for Parents

Social Media Icons

Try to name all the social media icons



Signs of Cyberbullying

Here are 5 signs you can look for if you suspect your child is being cyberbullied:

1. Emotionally agitated after getting off the internet or their device
2. Seems anxious or uneasy when they receive an alert or text message
3. Unwilling to hand over their device
4. Change in mood, withdrawn, depressed or often angry or anxious
5. Change in behavior, sleep patterns or grades at school



Internet Safety Tips for Parents

Here are 5 tips for parents to deal with cyberbullying



1. Start an open dialogue to help your child understand what cyberbullying looks like
2. Set guidelines and best practices to be a positive digital citizen
3. Be alert: Look for the signs above and revisit your cyberbullying conversation
4. Let your child know that you are their support system and they can talk to you about anything
5. Figure out a response together; end and block communication with the bully, screenshot and save messages as proof, contact school and other authorities

[5 Ways Parents Can Help Prevent Cyberbullying - Rebecca Lacko, Huffington Post](#)

Cell Phone Carrier Support

Cell phone companies and different devices offer ways to control your child's cell phone activities. Use the given link or search for your carrier's parental control page.

- **Sprint**
 - Search "**Sprint Parental Control**"
 - Or <https://mobilecontrols.sprint.com/help.htm>
- **AT&T**
 - Search "**AT&T Parental Control**"
 - <https://www.att.com/shop/wireless/smartcontrols.html>
- **T-Mobile**
 - Search "**T-mobile Parental Control**"
 - <https://support.t-mobile.com/docs/DOC-1725>
- **Verizon**
 - Search "**Verizon Parental Control**"
 - <https://wbillpay.verizonwireless.com/vzw/nos/safeguards/safeguardLandingPage.action?intcmp=INT-MVZ-VNT-SAFEGUARDS>
- **IOS Parental Controls**
 - [Apple Support - Parental Controls](#)
- **Android Parental Controls**
 - [Android Parental Controls](#)



Internet Safety Tips for Parents

Parental Control Apps

Some apps can help control usage or help you track your child's online activity or location. The apps below can be found in the App Store and Google Play.



- **DinnerTime** - \$3.99
 - Dinner time, device time outs, reminders
- **TrueMotion** - Free
 - Allows parents to know where their child is, how they got there and their texting and driving habits
- **Qustodio** - Free-\$138/year
 - Block content, balance screen time, control games and apps
- **Bark** - \$9/month or \$99/year
 - Monitor all social media sites

Acronyms Parents Should Know

Here a small list of 10 acronyms parents should know. Check out the links below to find more acronyms your child may use.

- | | |
|---------------------------------------|--------------------------------------|
| ● POS = parent over shoulder | ● TWD = texting while driving |
| ● CD9 = code 9, parents around | ● PAL = parents are listening |
| ● GNOC = get naked on camera | ● MOS = mom over the shoulder |
| ● 420 - marijuana | ● KYS = kill yourself |
| ● TDTM - Talk Dirty To Me | ● IWSN = I want sex now |



[Sneaky Teens Texting Codes: What they Mean and When to Worry - Jennifer Jolly, USA Today](#)
[Top 50 Acronyms Parents Should Know - NetLingo](#)