Be curious when your child is online. Ask them questions like what game they are playing and who they are playing with. Asking questions will help you to understand what types of platforms your child uses and how they use them. Knowing the types of platforms your child is on can allow you to be more proactive.

FAMILIARIZE YOURSELF WITH ONLINE PLATFORMS

Try to get involved on the online platforms your child is active on. Don’t be afraid to explore different platforms and become familiar with them yourself. By being familiar with the platforms yourself, you can better understand warning signs and how to help your child.

APPROACH YOUR CHILD WITH CURIOSITY

Be curious when your child is online. Ask them questions like what game they are playing and who they are playing with. Asking questions will help you to understand what types of platforms your child uses and how they use them. Knowing the types of platforms your child is on can allow you to be more proactive.

BE THERE FOR YOUR CHILD

Respect your child’s privacy, but let them know that their safety is your #1 concern. Follow your child’s lead and allow them to open up without being pushy. Reassure them know that you are on their side and support them. By building this trust, your child will be more likely to come to you for help.

PAY ATTENTION TO CHANGES IN BEHAVIOR

Pay attention to any changes and warning signs in your child’s behavior. Listen to your gut when you think something is off and sit down to have a conversation with your child.