

# RAISING KIDS IN A DIGITAL WORLD

## 12 ONLINE PRIVACY TIPS FOR PARENTS AND CAREGIVERS

1

### Keep the conversation going

- Talk regularly with your child about what they do online, what apps they use, and who they talk to.
- Stay curious and interested rather than judgmental.



2

### Know the apps and games they use

- Try the games, apps, and websites yourself.
- When parents understand the technology, it is easier to guide children safely.
- Know how to use parental controls



3

### Keep up with devices

- Phones, tablets, gaming systems, and computers can all connect to the internet.
- Know what your child is using and what they can access.
- Set limits and know safety measures of internet use/contracts (how to manage use)



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### Set up accounts together

- Help your child create accounts and review privacy settings together.
- Limit how much personal information is shared, and use parental controls when needed.



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### Teach strong passwords

- Use different passwords for different accounts.
- Make passwords long and hard to guess.
- Remind children not to share passwords with friends.



6

### Protect devices

- Use passcodes on phones, tablets, and computers.
- Explain that devices hold personal information and should be treated carefully.



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### Remind kids that online is not always private

- Anything posted online can be copied, shared, or saved — even if it is deleted later.
- Teach children to only post what they would be okay with others seeing.



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### Think before posting

Encourage children to pause before sharing photos, comments, or videos. Ask:

- Would I say this in real life?
- Would I want everyone to see this?
- Would I be okay if a teacher or parent saw this?



9

### Only connect with people you know

- Children should not accept friend requests from strangers.
- Online friends are not always who they say they are.



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### Teach that personal information is valuable

- Names, photos, locations, school names, and birthdays can all be used by others.
- Help children share only what is necessary.



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### Stay calm if mistakes happen

- Kids will make mistakes online.
- If they feel safe talking to you, they are more likely to ask for help when something goes wrong.



12

### Be a good role model

- Children learn from what adults do.
- Think before posting pictures of your child online, and show them how to use technology respectfully.



Information obtained from: The Office of the Privacy Commissioner of Canada:

<https://www.priv.gc.ca/en/about-the-opc/what-we-do/awareness-campaigns-and-events/privacy-education-for-kids/tips-for-parents/online-tips/>