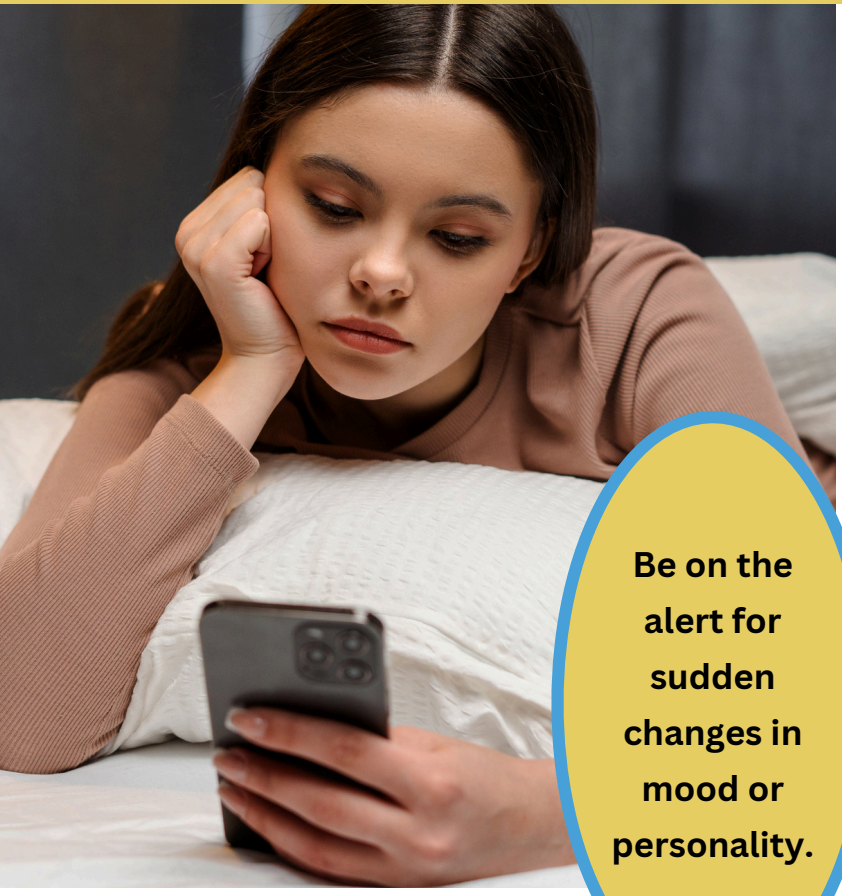
Cyber Safety



Be on the alert for sudden changes in mood or personality.

Warning Signs

Closes or changes screens, or turns off/hides devices.

Suddenly/Uncommonly disinterested or hesitant to go online, a sudden disinterest in online activity and/or their phone.

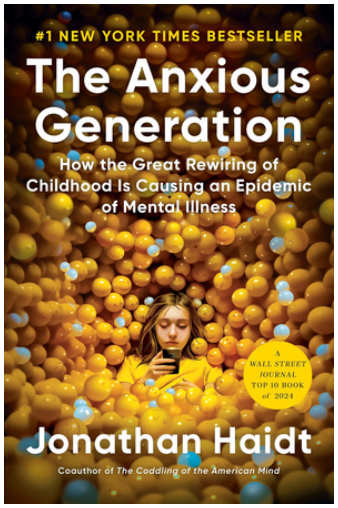
Becoming obsessive about being online or on their phones.

Spending more time online or on phones than usual.

Visibly upset when unable to be online.

Receiving frequent or secretive calls or texts.

Recommended Books





Letting children keep their phones or electronics in their bedrooms is like leaving the window open and letting strangers in all night long.

Tips to Keep Kids Safe

- Make sure all electronic devices are kept in high traffic areas of the home.
- Set limits for computer and phone use.
- Know which apps your kids are using.
- If your child has social media accounts, monitor them regularly.
- Check all computer and tablet's histories regularly.
- Ensure you know EVERYONE your child interacts with online.
- Know the dangers of multi-player live video games.
- Learn what sextortion is and talk to your child about it.
- Turn off all location data services.
- Set all apps, accounts and games to private.
- Know all passwords.