KEEP CHILDREN SAFE FROM ONLINE SEXUAL EXPLOITATION AND ABUSE DURING THE PANDEMIC

## TEACHING SAFE PRACTICES FOR USING THE INTERNET

- Speak with your children about online safety. Share how the Internet can be fun and how it can also be dangerous.
- Remind your children not to share their name, age, address, and other private information.
- Reassure your children that it is never their fault if they receive unwanted and inappropriate contact online.

REGULATING INTERNET ACCESS

- Set up computers in public areas and encourage your children to use their electronic devices in a room accessible to the whole family.
- Set expectations for time online and establish guidelines around online messaging, social media, live-streaming, and gaming that both of you agree on.
- Ask your children about how their time was spent on the Internet in the same way you would ask about their day at school or time spent with friends.

PROMOTE HEALTHY RELATIONSHIPS
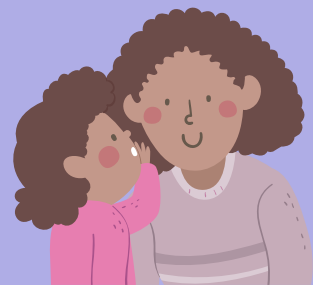
- Discuss with your children the differences between healthy and unhealthy relationships. Remind them that healthy relationships involve respect, dignity, honesty and kindness. They do not have to share sexual images/photos to be a good friend or because someone they know and trust asked for those images.
- Teach your children about consent including saying "no" to inappropriate requests and respecting other people's boundaries and autonomy.

RECOGNIZE POSSIBLE SIGNS OF ABUSE AND REACH OUT FOR HELP

- Recognize that online sexual exploitation can affect any child even if you think your children "know better".
- Be aware of potential signs of online sexual exploitation and abuse including changes in use of electronic devices, attempts to hide online activity, behavioural changes, receiving gifts in the mail, and accepting virtual currency for in-app purchases.
- Learn about and share resources your children may feel comfortable connecting with (e.g. post the Kids Help Line on the fridge).

Neighbours, Friends & Families