

# Ten Steps to Playing It Safe at Home

- 1 It's Time to Talk**  
Engage your whole family in creating an Internet Safety Plan - - ASK your children questions and then LISTEN! Include instructions on what to do if someone they don't know contacts them or sends them an inappropriate photo.
- 2 Be the Parent**  
Parental controls are critical! Use them to protect your children- just like locking the doors. Remember you have to monitor them to catch any "work arounds" they may try.
- 3 Set Limits for Everyone**  
Set a time limit for devices after school and business work are done, then spend time together as a family - play games, go for walks, cook. Building stronger bonds with your children is a valuable tool in the fight against predators who target potential victims online that are seeking attention.
- 4 No-Trouble Zone**  
Foster a connection that makes your children feel comfortable sharing things they've been exposed to on social media and websites, or even among their peers. For this to work, they have to know there will be no punishment for being transparent.
- 5 Get Alerts**  
Consider using an app that notifies you if something inappropriate shows up on one of your family devices, such as BARK or Covenant Eyes. Research and choose the one that best fits your family's needs.
- 6 EDUCATE Yourself & Your Family**  
Learn about this issue, how it works, and how to stay safe. Find resources at [www.rescuinghope.com](http://www.rescuinghope.com). The more you know about the enemy out there, the better prepared you are to protect your children at home.
- 7 They're Everywhere**  
Predators grow their business by luring unsuspecting victims, especially on social media. Talk to your children about what they should and shouldn't post and follow those rules yourself! Make sure you're not the one posting too much information about your children.
- 8 Go Public**  
Have a rule that devices are used only in common areas of the house. It's harder for someone to lure your child into doing or seeing something inappropriate if they know that mom or dad can walk into the room at any moment.
- 9 Don't Forget Gaming Systems**  
If your children play online through a gaming system, have a rule that this should happen in a common area of the house too. Traffickers use every opportunity possible to connect with children. Encourage your child to play with friends you've met or play as a family to minimize the need to seek out unknown players.
- 10 Security! Security!**  
Your children are growing up in a different world than you did. Safety isn't just about preventing your children from running into traffic or putting flotation devices on them in the pool until they can swim. Now you must address a new danger, and it's lurking inside your home. It's the internet. You are the head of security for your family. Take the job seriously. And let us know how we can help.



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