



---

## 1. Family Digital Safety Plan (Parent Reference)

This is your private framework for how you'll guide, monitor, and respond to your child's online activity. You can adjust it for age, maturity, and your family values.

---

### A. Core Goals

1. Keep communication open — *no fear, no shame, just honesty.*
  2. Help your child develop critical thinking and resilience online.
  3. Balance privacy with protection (“trust and verify”).
  4. Teach that online actions have real-world consequences.
- 

### B. Prevention & Education

- Talk regularly (not just when something goes wrong) about:
  - What's safe to share online.
  - How to handle strangers or pressure.
  - What to do if they see or experience something upsetting.

- Teach digital empathy: never post or forward anything that could hurt someone.
  - Explain that nothing online is ever fully deleted.
- 

### C. Monitoring & Boundaries

- Devices stay in common areas after certain hours (e.g., 9 p.m.).
  - Phones charge outside bedrooms overnight.
  - Parents can check apps and contacts periodically — not to invade privacy but to ensure safety.
  - Use parental tools transparently; discuss what they do and why.
- 

### D. Response Plan (If Something Goes Wrong)

1. **Stay calm.** Thank your child for coming to you.
  2. **Gather facts:** what happened, who's involved, what platform, screenshots.
  3. **Report to:**
    - The platform/app
    - School (if classmates are involved)
    - Police or CyberTipline if explicit images or threats exist
  4. **Preserve evidence** — don't delete.
  5. **Provide emotional support** — reassure them it's not the end of the world, and you'll handle it together.
- 

### E. Resources

- **CyberTipline:** [cybertipline.org](https://www.cybertipline.org) | 1-800-843-5678
- **StopBullying.gov** for reporting and prevention tools
- **Common Sense Media** for app reviews and conversation guides
- **Family Online Safety Institute (FOSI)** for family agreements and educational materials