

TALKING TO YOUR KIDS ABOUT

TECHNOLOGY AND SOCIAL MEDIA

From apps to online dating websites, there are many ways people are connecting online. In the age of increased social media and technology-use to maintain relationships, it is important that both parents and children have a clear understanding about healthy relationships with other people online to create respectful and safe online spaces.

START TALKING ABOUT:

SETTING DIGITAL BOUNDARIES

It is important to remind your children that just because they can talk to their friends or partner 24/7, it doesn't mean they have to. Learning to proactively set boundaries in their personal relationships - online and offline - is a skill which they will use for the rest of their life.

PRACTICING DIGITAL CONSENT

Teach your children that consent is also important online - use the guide to have conversations with your teens on how to practice digital consent.



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DEEPEN THE CONVERSATION:

RECOGNIZING ONLINE ABUSE AND HARASSMENT

It is important that both teens and parents are aware of the signs of digital abuse or harassment in order to prevent it. Signs include:

- Feeling afraid when you do not respond to calls
- Being pressured to send explicit photos
- Having rumors spread online about you



TAKE ACTION:

START A CONVERSATION

The answer to tackling online abuse is not to shut off the computer or take away your kids' phones. Instead, it is about educating teens on what to look out for, raising awareness of help-seeking resources and spreading awareness about what digital abuse is and why it is so harmful.

BE PREPARED

Educate yourself on what resources and organizations are available to keep your children safe and help them practice healthy relationship skills online.

For more tips, resources, and conversation starters, download the **NO MORE Talking Healthy Relationships** guide at [NOMORE.org/toolkit](https://www.nomore.org/toolkit).

