



# THE ROMAN CATHOLIC DIOCESE OF SAN DIEGO

## Media Safety Tips for Families

- **Keep Screens Visible:** If possible, set up your student's desktop and laptop computers in a family room or kitchen, so you can monitor what your child is viewing online.
- **Collect Passwords from Younger Children:** If your child does not want to share their passwords with you, discuss why. Young children do not need Internet privacy.
- **Clean your Electronic Devices and Do it Often:** COVID-19 has taught us that proper and frequent hygiene will keep the virus away! Now that most of the instruction is done online-it is important to clean all electronic devices frequently and keep them fully charged.
- **Set Parental Controls:** This will help to avoid any possibility of stumbling upon inappropriate sites. [Here is how you can set parental controls.](#)
- **Teach Kindness:** Let your child know that they do not need to be friends with everyone, but they also should never type something mean about someone online. That is the same as saying it to their face. [Recognize the signs of cyber-bullying.](#)
- **Discuss Stranger Safety:** Make sure children know not to share where they live, their name, where they go to school, or any other identifiable information.

## Other Suggestions

- **Schedule a Family Evening:** Now that most children are at home, we encourage you to set aside time as a family to watch a movie together. [Formed](#) is offering families a **FREE** 40-day membership to a vast collection of Catholic movies and programs for all members of your family. Click the link above for more information.
- **Have an open-door policy:** Make sure your children know they can always come to you, even if they make a mistake.

## Additional Resources

- <https://www.focusonthefamily.com/parenting/a-parents-guide-to-screen-time-during-coronavirus/>