



# Safety Connection 5.2: Parent Information Sheet

Dear Parent or Guardian,

Your child participated in the *MBF Child Safety Matters*® program today. The program teaches children how to spot and respond to bullying, cyberbullying, child abuse, and digital dangers. It teaches that adults are responsible for children's safety, but also details ways that kids can help adults keep them safe. The Program is based on the latest research and has been reviewed and endorsed by national experts.

Below is a summary of what your child learned and some suggestions about how you can continue these safety lessons at home. As with other subjects, the more you practice with your child, the more likely they will be able to use what they have learned. For additional information and resources, visit our website at [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org) and download our free "Child Safety Matters" app from the App Store or Google Play.

Your child learned...	How You Can Reinforce Your Child's Learning:
<p>...about safety, Safe Adults, Red Flags that indicate danger, and safe versus unsafe situations.</p> <p>... the <i>MBF Child Safety Matters</i> Safety Rules. These rules teach children to help adults keep them safe.</p> <p>...about how they can help stop bullying and cyberbullying by being an Upstander and not a Bystander.</p> <p>...about digital abuse and other digital dangers that can come from both their peers and from online predators.</p> <p>...about digital safety and digital citizenship.</p>	<p><b>Practice Safety Rules and Spotting Red Flags</b></p> <ul style="list-style-type: none"> <li>» Ask your child to describe the Safety Rules and demonstrate the motions that go with them.</li> <li>» Ask your child to list a few Red Flags.</li> <li>» Ask your child how children are hurt or put into unsafe situations (examples include tricks, secrets, and force).</li> <li>» Use everyday activities to ask your child how they might use the Safety Rules if a situation was unsafe.</li> </ul> <p><b>Talk about Bullying, Cyberbullying and Digital Dangers</b></p> <ul style="list-style-type: none"> <li>» Ask them what they learned about bullying, cyberbullying and other ways people harm children online.</li> <li>» Ask them about the difference between being an Upstander versus a Bystander.</li> <li>» Use everyday activities while using technology (like cell phones) to ask your child how they might use the Safety Rules if they Spot Red Flags online or see something unsafe.</li> <li>» If your child is ever the victim of bullying, cyberbullying or digital abuse, learn appropriate ways to respond at <a href="http://www.mbfpreventioneducation.org">www.mbfpreventioneducation.org</a>.</li> </ul> <p><b>Develop Family Rules</b></p> <ul style="list-style-type: none"> <li>» Develop rules for Internet and technology use at home. Even at this young age, rules about the number of screen hours allowed each day, the sites they can/cannot visit, and technology use allowed in their bedroom, etc. are important topics to discuss. Additional resources are available at <a href="http://www.mbfpreventioneducation.org">www.mbfpreventioneducation.org</a>.</li> </ul> <p style="text-align: center;"><b>Complete the activity on the back side of this sheet with your child.</b></p>

## MBF 5 SAFETY RULES



Know What's Up



Spot Red Flags



Make a Move



Talk It Up



No Blame | No Shame



## Safety Connection 5.2: Parent & Child Activity

**Parent Instructions:** Complete this digital safety pledge with your child to reinforce the digital safety tips they learned during Lesson 2 of the *MBF Child Safety Matters*® program. Post the agreement in a visible location and review it with your child often. For additional information and resources, visit [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org) and download the "Child Safety Matters" app from the App Store or Google Play.

### **MBF Child Safety Matters Digital Safety Pledge**

#### **Child:**

1. I agree to the rules established by my parent/guardian regarding digital devices. This includes when and how often I can use these devices and which sites and apps I may use.
2. I will not give out my personal information (like my address, school, phone numbers, etc.) or my passwords to anyone. This includes people I meet in person, people I meet online, and my friends.
3. I will not respond to any mean or inappropriate comments or inappropriate pictures or material. Instead, I will report them to my parent/guardian or a Safe Adult immediately.
4. I will not meet anyone in person that I meet online, even if I consider them a "friend."
5. I will not send inappropriate messages or pictures to anyone online, even my "friends."
6. I will get my parent/guardian's permission before downloading or installing any software or apps. This will help me avoid viruses and malware/spyware.
7. I will give my parents my passwords to my online accounts and digital devices. I agree to allow them to monitor my devices and online activity. I understand that this is to help me learn to use technology and social media safely and to keep me safe.
8. I will practice good digital citizenship and treat others as I want to be treated.
9. I will remember that everything I post online is public and permanent. I understand that when I am online, I am creating a digital footprint that will forever be attached to my name.

**I agree to the above** \_\_\_\_\_  
(Child Sign Here)

#### **Parents:**

1. I will establish rules regarding digital devices. This includes how often and for how long my child can use devices and which sites and apps they may use.
2. I will review these rules with my child and ensure that they understand how important these rules are for keeping him or her safe.
3. I will regularly monitor my child's online accounts and online use.
4. I will help my child learn to use digital devices, social media, and apps safely.
5. I will review the terms and conditions with my child for any website or app they visit and explain how their information may be used.
6. I will report negative messages or inappropriate pictures or material my child encounters online to my Internet Service Provider AND the Cybertipline at 800-843-5678.
7. I will be a good role model for my child by modeling good digital behavior and citizenship.
8. I will post this pledge in a visible location and review it with my child often.

**I agree to the above** \_\_\_\_\_  
(Parent/Guardian Sign Here) (Parent/Guardian Sign Here)