

Video Games

Check Game Ratings

Use ESRB ratings to choose age-appropriate games.

Monitor Online Play

Some multiplayer games allow communication with strangers—enable chat filters and parental controls.

Set Screen Time Limits

Balance gaming with homework, outdoor activities, and family time.

Teach Safe Gaming Habits

Discuss the risks of sharing personal information in games.



What to Do if You Suspect Danger

Stay Calm & Listen

If your child encounters something inappropriate, assure them they're not in trouble.

Document & Report

Take screenshots and report concerns to the platform, law enforcement, or organizations like the National Center for Missing & Exploited Children (NCMEC).

Seek Help

If needed, connect with school counselors, law enforcement, or child safety experts.

Together, We Can Keep Kids Safe!

Staying involved in your child's digital life helps prevent risks and creates a safer online experience.

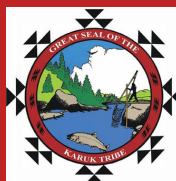
Open conversations, clear boundaries, and consistent monitoring are the keys to protecting your child online.

Resources

Rape Abuse and Incest National Network – www.rainn.org
Internet Crimes Against Children Task Force – www.icactaskforce.org
Common Sense Media – www.commonsensemedia.org
StopBullying.gov – www.stopbullying.gov



This brochure is a product of the Karuk Tribe's Missing and Murdered Indigenous people's program. If you or anyone you know is affected by this issue, need support or wish to get involved, please contact us at 530-627-3676 or jharvey1@karuk.us



Protecting your children online

A guide for Families, Parents and Caregivers

Karuk Tribe Missing and Murdered Indigenous People's Program



Understanding the risks..

Children and teens are increasingly active online, using social media, video games, and messaging apps. Unfortunately, predators and cyber threats can put them at risk. As a parent, staying informed and engaged in your child's online world is crucial.

Common Online Risks:

- **Predatory Behavior:** Strangers attempting to build relationships with children for exploitation.
- **Cyberbullying:** Harassment through messages, comments, or social media posts.
- **Inappropriate Content:** Exposure to explicit or harmful material.
- **Privacy Risks:** Personal information being shared with the wrong people.
- **Addiction & Overuse:** Excessive screen time affecting mental and physical health.



1

Set Parental Controls

Use built-in settings on devices and apps to filter content and limit screen time. Enable family-friendly search options on web browsers.

Use Monitoring Apps

Apps like Bark, Qustodio, or Norton Family can track online activity and alert you to risks.

2

Check Privacy Settings

Teach your child to set social media accounts to private and limit personal information sharing.

3

Encourage Open Communication

Let your child know they can talk to you about anything they see online. Discuss the importance of not talking to strangers online.

4

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Review Friend Lists & Followers

Regularly check who your child interacts with on social media and games. Remove unknown or suspicious connections.

Keeping your child safe on social media

Know the Apps They Use

Stay updated on popular apps like TikTok, Instagram, Snapchat, and Discord.

Set Boundaries

Establish screen time limits and discuss what content is appropriate.

Watch for Red Flags

Be alert to sudden behavior changes, secrecy, or new online friends your child won't talk about.

Encourage Critical Thinking

Teach kids to question messages from strangers and recognize manipulation tactics.



Monitoring your child's online activity