

C Create Safe Setups



Create child-specific accounts with parental controls and privacy settings, use strong passwords and teach safety explicitly, disable location sharing, and stay informed about apps, trends, and risks that exploit trust or special interests.

L Look at Online Activity



Know who is communicating with your child, including chats and comments. Also, watch for behavior changes, use monitoring tools matched to developmental level and support needs, and create a profile that allows you to befriend your child online if needed.

I Investigate Apps



Review content, chats, and privacy settings together using visuals, and discuss social norms like teasing or sarcasm. Plan responses to unsafe interactions, and set clear rules for messaging, voice, and live streaming.

C Control Content and Permissions



Use parental controls to restrict harmful content and support regulation, and disable messaging or comments when needed. Choose developmentally appropriate platforms, and limit access to unmoderated forums or live chats.

K Keep Communicating



Start conversations early and keep them brief and frequent. Use concrete examples, visuals, and role-play to teach what to do, and encourage reporting without fear of punishment or device loss.

S Stay Focused on Safety Skills



Teach safety skills by modeling how to: block/report, not respond to uncomfortable messages, document concerns, involve a trusted adult, avoiding triggering or inappropriate content, understand and avoid illegal content, and trust feelings of discomfort or overload.