



CONVERSATIONS FOR FAMILIES

ABOUT STAYING SAFE ONLINE
For families with kids ages 8-17

act
alaska children's trust

HOW TO USE THIS DECK

- 1.** Go through the deck and decide which questions you want to ask your child. There are age recommendations for each section, but you can choose what works best for your family!
- 2.** Remove any question cards that you don't want to ask by opening the ring.
- 3.** Join your child for some 1 on 1 time and pick a card together. Read it aloud and ask your child their opinion.
- 4.** Check out the back of the card for tips and resources with more info.

Each card is rated easy, medium, or hard.

Before using the cards, we encourage you to go through them and choose which are appropriate for your children. Feel free to open the ring holding them together and dispose of the cards you don't want to use.



EASY cards are **green**

Recommended for ages 8 and up



MEDIUM cards are **blue**

Recommended for ages 11 and up



HARD cards are **purple**

Recommended for ages 13 and up

There are 5 different topics:

Try to answer a card in each category!



Inappropriate
Content



Online
Interactions



Platforms
& Privacy



Screen Time



Social Media &
Mental Health

Parents:

What topic are you most excited to talk about?

Kids and teens:

What topic are you most excited to talk about?



EASY

The following **green** cards have easy questions. Start here before moving on to harder questions.

On the back, find short explanations and parent tips.

Recommended for ages 8 and up

LEARN MORE ABOUT STAYING SAFE ONLINE



alaskachildrenstrust.org/online-safety

**What are your
favorite apps?
What do you
like about
them?**

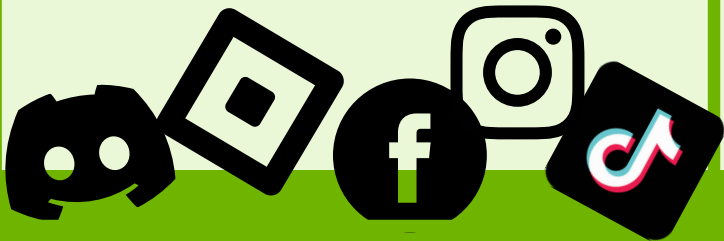


PLATFORMS & PRIVACY



Let's talk about the apps you use:

I'm curious what you use them for. Can you tell me how they work?



**How do you
know if a
password is
safe?**



PLATFORMS & PRIVACY



EXPLAIN:

Passwords on accounts and devices make it so nobody can access our personal information except us. Don't share your password (other than with your parent or caregiver), and use a different password for each account. That way, even if one password is revealed, your other accounts stay safe.

SUGGEST A SOLUTION:

Use a phrase rather than one word, and mix in cAPiTaL letters, symbols (%&\$#), and numbers. You can even use numbers in the place of letters (i-L1ke-ch33s3).



**How much time
do you spend on
your devices?**



SCREEN TIME



EXPLAIN:

Spending a lot of time looking at devices can get in the way of activities like sleep. Too much time looking at screens can make you feel tired or anxious.


Let's check how much time we spent on our devices this week and come up with screen time limits that work for both of us!

Sunday: _____ Thursday: _____

Monday: _____ Friday: _____

Tuesday: _____ Saturday: _____

Wednesday: _____ Average: _____



**What does
“consent” mean
to you?**

INAPPROPRIATE CONTENT

CONSENT MEANS GIVING PERMISSION FOR SOMETHING TO HAPPEN.

Everyone is different – some people love getting hugs and some people don't. Before you hug someone, you should ask for consent by saying, "Can I hug you?" If the person says yes, they've given consent and you can hug them! If they say no, you don't have consent, and you should not hug them. Anything other than "yes" is not consent. If someone says "umm" or "I don't know," you don't have consent.



**Do you ask
your friends for
consent before
you post about
them online?**



INAPPROPRIATE CONTENT



EXPLAIN:

Just like you should ask for consent before you hug someone, you should ask before you share a photo of someone. Personal boundaries apply online and no one should reveal information about you or post photos of you without your consent.

PARENT TIP:

Many families like to share photos and updates about their children online. If you haven't already, check with your child and work together to create boundaries for what you share online. By modeling online consent, you'll show your child the respect they should expect in all online situations.



**What emoji do
you use the
most?**



ONLINE INTERACTIONS



EXPLAIN:

There are many ways to communicate online including emojis, gifs, and slang. Sometimes, the things we say online can be misinterpreted or taken out of context.

Do you think everyone understands emojis in the same way? What do you think these emojis mean?



**Has someone
you don't know
in person ever
messed you
online?**



ONLINE INTERACTIONS



EXPLAIN:

There are many online platforms where strangers can message each other. We can talk about how to block people you don't know in person so they can't contact you.

What are some of the reasons why someone you don't know in person might send you a message?

It could be another kid looking to make a friend. But don't automatically believe that people online are who they say they are!

How can you make sure someone you talk to online is your age?

Let's brainstorm some ways together!



**What do you
like about
social media?**

**Who do you
follow on
social media?**



SOCIAL MEDIA & MENTAL HEALTH



EXPLAIN:

There are plenty of great things about social media, like keeping up with friends, funny memes, and exploring your hobbies and interests.

Let's make a list of things you like about social media, so you can tell if you're getting what you want out of it.

PARENTS

ADD YOUR OWN!

What's a question you'd like to discuss?



KIDS

ADD YOUR OWN!

What's a question you'd like to discuss?



MEDIUM

Once you've talked through some of the easy **green** cards and feel ready to move on, check out the **blue** cards.

These might make you think a bit harder or include topics you haven't talked about before.

Recommended for ages 11 and up

LEARN MORE ABOUT STAYING SAFE ONLINE



alaskachildrenstrust.org/online-safety

**Do you ever
screenshot
things your
friends send
you?**



PLATFORMS & PRIVACY



EXPLAIN:

Lots of people screenshot messages from their friends. This isn't always bad, but it can cause problems. You might think you sent something privately, but there's always a chance that it could be shared with others, even if you sent it through an app that doesn't save messages!

SUGGEST A SOLUTION:

If you want to talk to someone about something private, it's better to do it in person. It's not your fault if someone shares something you sent them privately, but you can reduce the risk of this happening by thinking it through before you hit send.



**Do you act
differently
online versus in
person?**



PLATFORMS & PRIVACY



EXPLAIN:

It's normal to present a different version of yourself online. People often choose to post only the "best" parts of their lives.

Sometimes, this can make it seem like what happens online isn't "real life." But that's not true! You can be held accountable for the things you say and do online and they can have real impacts on your real life.

Can you think of a time when something online came up in conversation between you, your friends, or your family?



**Have you
made any
friends online?**



ONLINE INTERACTIONS



EXPLAIN:

Did you know 1 in 3 kids and teens consider someone they met online to be one of their closest friends? It's okay if you've chatted with people you don't know in person. But how do you know people online are who they say they are? Let's brainstorm reasons people might pretend to be someone different online.

PARENT TIP:

Kids can find support online, so discouraging online friendships can backfire and make your child less likely to share with you. Instead, talk to your child frequently about who they're talking to online and the warning signs that someone isn't who they say they are.



**What
information do
you share
about yourself
online?**



ONLINE INTERACTIONS




EXPLAIN:

Sometimes, the internet can make us feel comfortable opening up in ways we don't feel comfortable doing offline. But it's important to remember that the personal information you share online could be used to identify you.

Sometimes, people will ask for personal information or a photo to get close to you. Then, they will threaten to share it if you don't do what they want. When you post a photo or share information online, make sure it's something you're comfortable with anyone seeing.





**Have you ever
seen something
online meant
for adults?**

 INAPPROPRIATE CONTENT 

EXPLAIN:

The internet is massive and some things online are only meant for adults. It can be confusing and scary to see things you don't understand. If you do, come to me and I'll help you set up your accounts and devices to make sure it doesn't happen again. I'll never blame you if you do accidentally see adult content. But I do want to know about it so I can help you and answer your questions.



**Are you using
your phone at
night? How have
you been sleeping
lately?**



SCREEN TIME



EXPLAIN:

The harsh light from our devices tricks our brains into thinking that we should be awake, even when it's nighttime. It's also easy to get distracted by fun things on our phones and forget that we should go to bed. Looking at content that makes us excited, scared, or nervous right before bed can also make it hard to fall asleep.

SUGGEST A SOLUTION:

Let's have everyone keep their phones in a central charging spot overnight. That way, none of us are bothered by our phones and nobody is kept up by distracting content or bright light.



What have you noticed about when I use my phone? When do I not use my phone?



SCREEN TIME



PARENT TIP:

When talking to kids about online safety, it helps to model what you're asking them to do. By asking this question, you might learn something about your own phone habits. This will help you to better model intentional phone use for your family.

For example: "I'm going to put my phone away now because I want us to be together without any distractions. Can everyone else do the same?"



**Could you go a
day without your
phone?**

**What would you
miss the most?**



SCREEN TIME





STOP! **JUST FOR FUN...**

Go around the table and
have everyone name
one funny or cute thing
you saw online recently!



**What does it
mean to you when
someone has a lot
of followers or
likes?**



SOCIAL MEDIA & MENTAL HEALTH



EXPLAIN:

Social media can be fun, and it's a great way to connect with friends and family you don't get to see often. But it's important to remember that the number of followers and likes you get means nothing about you as a person.

Connecting with people who care about you and who you can rely on in person is much more important than how many followers you have!

SUGGEST A SOLUTION:



See our section on platforms to learn how to turn off likes on Instagram!





**Have you ever
seen photos that
you knew were
edited, filtered, or
photoshopped?**

EXPLAIN:

It's really easy to make yourself look different using photoshop, another editing app, or filters. A lot of times, you can't even tell! People often edit their photos to look brighter or more colorful or to change their appearance.

SUGGEST A SOLUTION:

Ask your child if they use photo editing apps or filters. Show them how easy it is to manipulate images by working together to change a photo or use a filter to alter its original appearance!



**Which
TikTok
trends are
popular
now?**

**What
challenges or
trending
videos have
you seen?**

EXPLAIN:

Dancing trends are fun, but other trends or challenges can be dangerous. Just because you've seen a fun challenge video doesn't mean you should create one too.

Don't do challenges that involve eating or drinking, taking medicine without an adult's permission, putting yourself in a position to get hurt, or breaking any rules!

Before doing any challenge, think carefully about what it's asking you to do and whether it's safe. If you're unsure, talk to me or another trusted adult. I won't get mad, I just want to help you make the best choices to keep yourself safe.





HARD

After you've done some easy **green** cards and medium **blue** cards, try some of these hard **purple** cards.

These ask questions about tough topics, but it can be helpful to consider what you might do in a challenging or uncomfortable online situation.

Recommended for ages 13 and up

LEARN MORE ABOUT STAYING SAFE ONLINE



alaskachildrenstrust.org/online-safety

What are some clues that someone online is not who they say they are?



ONLINE INTERACTIONS



EXPLAIN:

Sometimes, people online will pretend to be someone else to get what they want. It's easy to create a fake profile using made-up facts and photos of someone else.

What are some signs of that?

Potential answers include:

- If a person claims to go to your school but has no mutual followers
- Has pixelated photos or uses someone else's photos
- Won't show you their face
- Asks you for personal information



**What would you
do if someone
threatened you
online?**



ONLINE INTERACTIONS



EXPLAIN:

Sometimes, people will use information or images you sent them to try to force you to do things like send nude photos or meet up in real life. If someone is threatening to release intimate texts or nude photos, that's called sextortion.

If someone asks you to do this, don't. Tell me or another adult immediately - I'd rather keep you safe than have you hide things because you think I'll be mad. If someone pressures you for one thing, they'll ask for more. They're not going to be satisfied, even if you give them what they want. Telling a safe adult can prevent the situation from getting worse.



**What would
you do if an adult
you know in
person contacted
you privately
online?**



ONLINE INTERACTIONS



EXPLAIN:

Even if you know them in person, it's not okay for adults to send you online messages (like texts, emails, or DMs) about personal topics. If a teacher, coach, or other adult contacts you privately online, you should tell me.

PARENT TIP:

Research shows that abusers use online technology to have private conversations with children. This is a technique used to isolate the child and gain their trust. Teach your child that it's not normal for adults they know to contact them online about personal topics, and that adults are violating a boundary if they do.





**How does social
media make you
feel about
yourself?**


EXPLAIN:

Research shows that Instagram (and other apps) can make kids and teens feel like they need to change who they are to fit in. What you see on social media is only a small part of someone's life. People often pick the best parts of their lives to share online and leave out the times that they feel stressed, sad, or lonely.

SUGGEST A SOLUTION:

Follow accounts that share your values. These could be accounts that promote body positivity, mental health, or other issues related to digital health and well-being.





**Has someone you
know ever posted
a rumor about
someone else?**

EXPLAIN:

When someone is behind a screen, it can be easier for them to say something untrue, mean, or hurtful, or to share someone's private information.

When someone bullies another person online, that's cyberbullying.

If you see a rumor online, or something else that's meant to hurt someone, don't "like" or share it. You can stand up for others by reporting cyberbullying and being kind instead.

Do you know how to block people on the websites and apps that you use?



On a scale of 1 to 5, how comfortable would you be telling me if someone asked you for a nude photo?

 INAPPROPRIATE CONTENT 

EXPLAIN:

Don't worry - if someone asks you for a nude, I won't be mad at you. If you're not comfortable telling me, is there someone else you could tell? Can we agree that if someone asks you for nudes, you'll tell a trusted adult? Remember never to ask someone for nudes. Both sending and receiving nudes of those under 18 is illegal. Asking for nudes also puts the other person in a really hard position where they might feel pressured to give in.

SUGGEST A SOLUTION:

Let's brainstorm ways to reply if you're asked for nudes. Is there a funny gif or emoji you can send to show your discomfort?



**What would you
say or do if
someone showed
you a nude picture
of someone else?**

 INAPPROPRIATE CONTENT 

EXPLAIN:

As more teens send and receive nude photos, there's an increased risk you could be shown nude photos of someone else. Sharing someone's photo without their consent is wrong and illegal. If you're shown a photo of someone else, you should tell an adult. Never show it to anyone else.

PARENT TIP:

Research shows youth and adults tend to blame the victim of leaked nudes rather than the person who shared them. Even if you think the person should not have taken the photo to begin with, they did not agree to share it widely. That was a choice made by the sharer, not the victim.





PARENTS

ADD YOUR OWN!

What's a question you'd like to discuss?



KIDS

ADD YOUR OWN!

What's a question you'd like to discuss?



THANKS FOR PLAYING!

We hope you had a great conversation and found common ground about staying safe online. Learn more at the website below.

alaskachildrenstrust.org/online-safety



This project was in part supported by Alyeska Pipeline Service Company, Marathon Petroleum, and with a grant awarded by the Municipality of Anchorage, Anchorage Health Department.

Thank you for recognizing the importance of online safety!



The opinions, findings, and conclusions or recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the Municipality of Anchorage, Anchorage Health Department and other funders.