

CYBERSECURITY: What Parents and Teens Need to Know, Talk About, and Do...TOGETHER!

The internet isn't a separate world — it IS their world.

Suggestions for a conversation...

What I said...

- ✗ "You shouldn't be talking to strangers online. Where is he/she from, anyway?"
- ✗ "I pay for that phone, so I'll check it whenever I want to."
- ✗ "The internet is dangerous — can you just do something else for awhile?"
- ✗ "I do this for a living! You don't understand these risks."
- ✗ "You don't care about privacy so just don't give out your personal information."

What I wish I said...

- ✓ "Hey, have you ever gotten a weird DM? How'd you handle it?"
- ✓ "Can we set up Find My together — just for emergencies?"
- ✓ "Let's talk about a couple things I saw in the news..."
- ✓ "You know more about these apps than I do — teach me?"
- ✓ "What would you do if someone asked for your location or to join you on Life360?"

What teens share without thinking

-  Full name
-  School name in photos
-  Birthday
-  Neighborhood in photos
-  Location tags
-  Daily routine and habits



Why teens are vulnerable



Teens are fast — they click before they think.



They trust digital communication more than adults do.



They fear missing out (FOMO) and respond to urgency.

You had a conversation, now take combined action



This week

- Enable 2-factor authentication on all accounts
- Audit & update weak passwords with a password manager
- Review privacy settings on your teen's top 3 apps
- Have the first cyber safety conversation (use the downloads and "what I wish I said")



This month

- Set up family sharing / parental visibility (not surveillance)
- Create a family agreement: rules, boundaries, consequences
- Discuss what to do if something feels wrong online
- Review all the applications and devices your teens communicate with the world on — don't forget those gaming consoles



Ongoing

- Monthly check-in: new apps? anything weird happen?
- Follow cybersecurity news — share relevant stories
- Celebrate your teen when they report threats or scams
- Model good behavior — secure YOUR accounts too
- Establish a family password to verify your identities over the phone