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Connecting you with internet at the **speed-of-light.**

Empowering safer digital communities



Tips to Keep Kids Safe Online

Be an approachable adult.

- Be sure your children know they can tell you anything.
- Have a digital safe word.
- Keep lines of communication open.

Know your child's passwords and unlock codes across all apps.

Ways to Stay Safe Online:

- Protect personal information and enable app privacy settings.
- Don't allow apps to access locations.
- Encourage positive digital behavior.
- Be approachable to digital issues.

Here's What to Do if Digital Exploitation Occurs:

- Don't delete the account or tip off the predator.
- Place the device in Airplane Mode and keep it in a safe place.
- Contact Smart Gen Society, local law enforcement, or the FBI.
- If you're in immediate danger, dial 911.

When Things Go Wrong Online...

- It is never a minor's fault if digital exploitation occurs.
- Kids are going to make mistakes. Parents aren't to blame if children make a 30-second bad decision.
- Trust and communication are needed to restore digital wellness.

Be Careful of "Over-Sharenting."

Don't share pictures or information about your children without their consent. Model and teach safe posting by avoiding identifying information in posts or usernames. Don't embarrass your kids on social media, and always remember to be kind.



Smart GEN Society

smartgensociety.org
contact@smartgensociety.org
402-505-3993

Parental Controls



Connecting you with internet at the speed-of-light.

Take advantage of the resources available to you.

Scan the QR codes below to access parental control pages.

Have questions on parental controls? Call Smart Gen Society.



Apple



Android



TikTok



Snapchat



Instagram



YouTube Kids



MINECRAFT



ROBLOX



FORTNITE



Discord

Family Safety Precautions

Smart Gen Society Screen Time Guidelines

- **0-24 months:** Avoid screen time other than video-chatting.
- **Age 2-5 years:** Find high-quality programming (if you choose to introduce screen time) and watch or play together.
- **Ages 6-12:** Limit recreational screen time to less than 2 hours per day, taking a mental break every 30 minutes.
- **13+:** Aim to keep recreational screen time to no more than 2 hours per day.

Keep devices out of bedrooms overnight.

Schedule screen-free time and places.

- Have tech-free meal times and events.
- Spend time outdoors.
- Be with friends in real life.

Social media is not for kids.

The law states that you must be 13 for social media and most multiplayer games.

Fill out a digital family plan.

Download our's or call us to schedule a family consultation.