

Digital S.O.S.

Simple Strategies for a Safer Online Space

Conversation Starters

Start Gently

Use open-ended questions to create a safe space

! Scams

- “What do you think when you see a message saying you’ve won a prize?”
- “Why do you think websites or games show those kinds of pop-ups?”
- “How can you tell if an online offer is real or fake?”



Encourage Expression

Encourage your child to share their online experiences

! Scams

Scammers try to trick both kids and adults. You’re not alone.



Inappropriate Content

If something feels scary or strange on your device, it’s okay to come to show me anytime.

Engage and Support

Empower your child to speak up and suggest ways to handle risky online situations

- “Why is it important to keep your passwords private—even from friends?”
- “Who can you talk to when you see suspicious pop-up or ad when you play game?”
- “If a stranger you met online asking for your full name and address, what would you do?”
- “What kind of information should you never share online, even in games?”
- “How do you decide if a website or video is trustworthy?”



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Children Can Ask Questions Too

Children may be curious and unsure. Make space for them to ask questions.

! Scams

What should I do if I click on a scam link by mistake?

It's okay. Everyone makes mistakes. Just tell me what happened, and we'll fix it together.

*#::!! Cyberbullying

Is it okay to block someone who makes fun of me online?

Yes, it's more than okay. If someone is being mean or making you feel bad, you have every right to block them.

It's okay to feel upset, speaking up about unkind words shows courage.



End with Reassurance

Let your child know that learning to spot online harms is like learning a new skill. It takes time and practice, and you're here to support them.



You're learning how to be smart online. I'm proud of you.



Try a Roleplay together!

Practice scenarios together to build confidence and understanding.

When someone tries to trick kids into doing unsafe things, they may act friendly, give compliments, or ask you to keep secrets. If anyone online makes you uncomfortable or asks for personal information or photos, **telling a trusted adult right away is a brave and smart choice. Your safety matters most, and we're really proud of you for speaking up.**



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