

Keeping Children Safe in a Digital World Training Resources



This is not an exhaustive list of publicly available internet safety resources. Please conduct additional research if the below resources do not meet your needs. If you need assistance locating additional resources and/or information, contact CPCTraining@choa.org or other organizations mentioned below.

Resources to help implement internet safety:

- Strong4Life.com from Children's Healthcare of Atlanta
 - [Keeping Your Teen or Tween Safe Online \(article\)](#)
 - [Kids, Social Media and Mental Health \(article\)](#)
 - [Protecting Your Child's Identity Online \(article\)](#)
 - [Ways to Stay Safe Online \(printable\)](#)
- Thorn for Parents: [Start Talking About Social Media and Platforms \(discussion guide\)](#)
- [Common Sense Media](#)
- [Internet Matters](#)
- [NetSmartz](#)
- LOVE146: [Internet Safety Tips and Tricks to Keep Yourself Safe From Online Creepers \(article\)](#)
- Internet Safety 101: [Online Gaming: Advice to Parents \(article\)](#)
- [Panda Security Mediacenter: Family Safety](#)
- Wait Until 8th: [Is my child ready for a smartphone? \(blog post\)](#)

Family online safety agreements/contracts:

- Family Online Safety Institute: Online safety agreements
 - [Older adolescents](#)
 - [13 and under](#)
- Bark: [Family tech contract](#)
- Understood for All Inc: Cellphone contracts
 - [Older kids](#)
 - [Younger kids](#)
- Panda Security: Family media contracts
 - [Cellphones](#)
 - [Computers](#)
 - [Video games](#)
 - [Basic media contract](#)

Cyberbullying resources:

- Connect Safely: [The Parent's Guide to Cyberbullying \(article\)](#)
- Child Mind Institute: [How to Help Kids Deal with Cyberbullying \(article\)](#)
- StopBullying.gov: [Digital Awareness for Parents \(article\)](#)
- Strong4Life.com: [What to Do If Your Child Is Bullied or Is a Bully \(article\)](#)

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Build healthy tech habits with devices advertised as kid-friendly:

Please use caution with any internet connected device, even those that are advertised as kid friendly. Regularly supervise and update the parental controls or features on any device kids and teens may have access to.

- Bark: [The Bark Phone for Kids](#)
- GizmoWatch 2: [Kids Smartwatch](#)
- Gabb: [Cell Phone and Smartwatches for Kids](#)
- Troomi: [Cell Phone for Kids](#)
- Pinwheel: [Phone for Kids and Teens](#)

Parental controls for mobile devices:

- IOS (Apple): [Use Screen Time on your iPhone, iPad, or iPod touch \(step-by-step guide\)](#)
- Android: [How to Set Up Parental Controls on Android \(step-by-step guide\)](#)

Parental controls for social media and video games:

- Internetmatters.org
 - [TikTok Controls & Settings guide](#)
 - [YouTube Controls & Settings guide](#)
 - [Snapchat Controls & Settings guide](#)
 - [Instagram Controls & Settings guide](#)
 - [Discord Controls & Settings guide](#)
 - [Parent & Caregiver Guide to Roblox](#)
 - [Fortnite Controls & Settings guide](#)
 - [Minecraft Controls & Settings guide](#)
 - [Xbox 360 Controls & Settings guide](#)
 - [PlayStation 4 \(PS4\) Controls & Settings guide](#)
 - [PlayStation 5 \(PS5\) Controls & Settings guide](#)
 - [Nintendo Switch Controls & Settings guide](#)

Monitoring applications:

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|-------------|---------------------|----------------|
| • Bark | • Qustodio | • FamilyKeeper |
| • OurPact | • Web Watcher | • Parentaler |
| • Fortify | • TeenSafe | • Aura |
| • Net Nanny | • AVG Family Safety | • mSpy |