Cyber

Bullying

CYBER HYGIENE

BEST PRACTICES TO SHARE WITH YOUR CHILD

Sensitive Information

Harmful

Content

Cyber Criminals

Screen

Time

FAMILY DRIVEN AWARENESS

MOTIVATE THEM TO CARE

Sexting



As a bestselling author and professional keynote speaker, Danny Pehar uses his own Executive Security Storytelling formula to successfully educate organizations on the ever-relevant world of cybersecurity.



AGES 5 thru 9

When it comes to online danger, kids aged 5 to 9 can be easier to protect. Not only are their online experiences less independent than older age groups, but there are also a lot of good parental guidance apps that help protect them. However, no app is 100% effective. As many people have realized, inappropriate content can pop up unexpectedly, even with the best parental controls in place.



hygiene you want to use with this age group is:

include screens.

• Limiting their screen time and encouraging play that doesn't

- Giving them their first lesson on fake news by letting them know that just because they see it online, doesn't mean it's true.
- Asking them to tell you when they come across a negative experience online, whether it be an image or someone reaching out to them.
- are some parts of the internet that can not only be harmful to children, but even adults.

Explaining to them that, unlike certain TV shows or movies, there

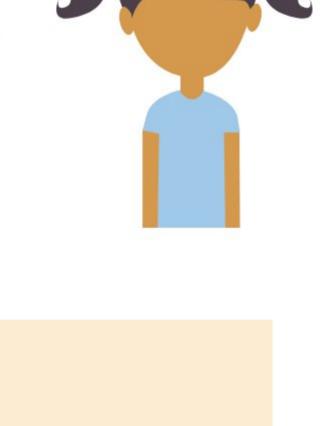
are and not everyone they meet online is really a friend

Telling them that not everyone they meet online is who they say they

The ages of 10 to 12 are usually when children get their first smart phone. The independence and autonomy that comes with having a

AGES 10 thru 12

smart phone makes monitoring their online activity challenging, but it also provides an excellent opportunity to teach them how to be responsible in the digitally-connected age. The cyber hygiene topics you want to discuss with this age group are:



Bullying is unacceptable whether in person or online.

Not everyone they meet online is who they say they are and not everyone they meet online is really a friend.

If they are cyber bullied, they need to tell you right away.

• If a stranger reaches out to them online, they need to tell you right away.

The importance of balancing screen time with physical activity.

information like your address or the name of your school.

- Cyber criminals are not only looking for money but also sensitive

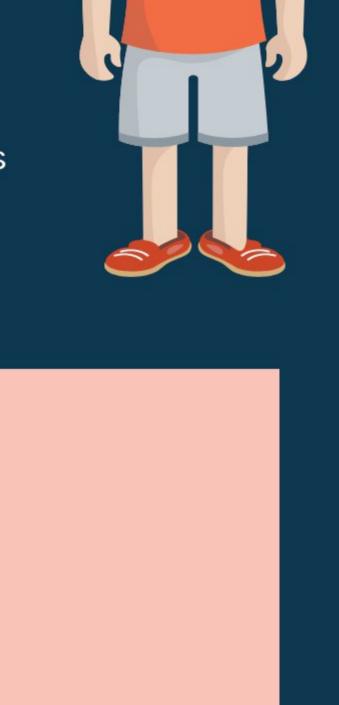
The older kids get, the more they want their freedom. Giving them

AGES 13 thru 18

This age group is the most complicated to parent in the digitallyconnected world, and the stakes can be much greater than with younger children.

keep them safe becomes a delicate balancing act. The digital world topics for this age group get more complicated as the concerns become more serious. These talks need to revolve around the following themes.

independence, both physically and digitally, while attempting to



- What they post online is there forever.
- Bullying is unacceptable whether in person or online.

Sexting can have horrible, unintended consequences.

• Talk to them about cyber crime; give examples of how real it is and

If they are cyber bullied, they need to tell you right away.

- how often it happens not just to government or big business, but individuals everywhere at any age, regardless of financial status.
- Explain what cyber criminals are interested in stealing.
- their victims.

Talk about where we are most vulnerable to a cyber crime.

Talk about the approaches cyber criminals use to steal from

Talk about what to do after a cyber breach.