



# C.A.L.M

## A PARENT GUIDE FOR ONLINE SAFETY

**Technology is amazing. We can use it to learn and create, and connect with others.**

But having access to technology and the internet is also a big responsibility. Children need help learning how to **use technology responsibly**, and learning **how to stay safe online**.

The acronym "**C.A.L.M**" is a useful reminder on how to help your child stay safe online and **use technology responsibly**. It's also a great reminder on how to stay involved in what they are doing on their devices.



### CONNECT

Connect with your child. Ask questions about their favorite games and apps or what sites they go to and which friends they're playing with online. Ask them to teach you a game. Make tech time, family time.



### AGREE

Create agreements on how much time they're allowed to spend on their device, or a specific game or app. You can use [this agreement](#) to guide your discussion, [along with this video](#). Always remember that the device belongs to you.



### LEARN

Learn about steps you can take to reduce inappropriate content and save links to trusted websites that provide guidelines and reviews. Here are a few:  
**YouTube Kids\*** - [parent guide, tips & tools](#) **Common Sense Media** - [reviews, etc](#)  
**YouTube** - [YouTube or YouTube Kids?](#) [Guide to YouTube Kids](#), [Guide to YouTube](#), [App reviews & more](#)



### MONITOR & MODEL

Monitor the amount of time you and your child spend online. Do you model balance in life? Encourage and model creativity and problem-solving with technology, as opposed to consuming content. Stay well with these tips:

[Digital Well-Being by Google](#)

[Official YouTube Stay Well Playlist](#)

["Guided Access" with iPhone, iPad](#)

["Screen Time" feature for Mac](#)

[Setting Up "Guided Access" on iPad](#)

["Screen Time" feature for iPhone & iPad](#)

\*open this PDF on a laptop or phone to access the links