

Positive Engagement

By talking to your teen about safety on the internet, your relationship with them strengthens. Set ground rules, and become friends with them on their social platforms.

- Remember, it is important for your teens to feel independent. Let them have privacy, but beware of secrecy, excessive use, and sudden mood changes. Although these things are common with teens, and people in general, it is helpful to have open conversations.
- Create ways to limit the amount of time your teen spends online. Create a positive way in which they can engage with you or even their friends offline.

Source: <https://staysafe.org/teens/>

