Familiarize yourself with the apps your kids are using and their capabilities. Know their account log-in information.  
Set privacy settings on all apps, browsers, and devices.  
Stay informed of new trends and social media challenges.  
Know what your state laws are regarding the sending/forwarding of explicit images and cyber-bullying.  
Be clear about Internet usage expectations in your home before you communicate them to your kids and make sure all adults deliver a similar message.  
Find and use a parent control application that best works for your family. Call your phone and Internet provider to see if they have a parent control service.

Talk to them about:

- The social and legal consequences of sending/forwarding explicit images.  
- Always reporting sexually explicit images to you especially if someone asks them to send them one.  
- Once you post or send something like a photo it never truly goes away.  
- What to post—and not post—online.  
- Their online activities.  
- Never under ANY circumstances arrange to meet up with anyone.  
- Not providing any personal details about themselves or family.  
- Reporting any cyber-bullying takes place.
Talk Early, Talk Often.

RESOURCES:

- Office of the Arizona Attorney General
  - www.azag.gov/outreach/internet-safety
- Common Sense Media
  - www.commonsensemedia.org
- Stop Bullying
  - www.stopbullying.gov
- National Center for Missing & Exploited Children
  - www.missingkids.org/netsmartz/home
- Teen Lifeline
  - www.teenlifeline.org
- National Safe Place
  - www.nationalsafeplace.org
- Federal Bureau of Investigation
  - www.sos.fbi.gov/en/
- Web Wise Kids
  - www.webwisekids.org/

1 IN 5 youth experience unwanted online exposure to sexually explicit material.