

CHILD PSYCHOLOGICAL SERVICES

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KEEPING YOUR KIDS SAFE

1. Keep the computer in a public area.
2. Have access to social media.
3. Explain consequences of behavior with your child. This includes behavior related to social media.
4. Make your values clear.
5. Talk with your child about the antics of celebrities. We live in a very celebrity-focused world and what the rich and famous do often is not healthy; however, it's all over the news and kids are influenced by it.
6. Know your child's friends and their parents. Yes, your child will complain about this, but it helps you know what's going on.
7. Spend time with your kids doing things **they** like. For instance, even if you can't stand their music, ask them about it in a way that shows interest ("What do you like about this artist?")
8. NOT "How can you listen to that garbage?"). It will show them you're interested in them as people and will open the door for conversation.
9. Make your house a place where kids can congregate, but has rules. This will give you access to kids in their world. You may see some positive qualities in your children's friends that you hadn't seen before. It's another way of opening doors with your kids and their friends.
10. Talk to other parents about what their expectations are for their kids. If their values are markedly different from yours (for instance, if they allow unsupervised parties or allow drugs in the home), you may want to limit your child's access to their home.
11. Expect that your child will tell you where he/she is going and who he/she is going to be with. Again, kids hate this, but it's important. They will understand one day.