



Parent/Teacher Guide

**How to Talk to Your Kids About
Online Safety in 10 Minutes**

A Free Training Resource

Introduction

Technology is shaping the way kids learn, connect, and build identity. But with new opportunities come new dangers. **Exploitation** and **grooming** often start with a simple message online. The good news? You can open the **conversation** with your child in just 10 minutes – no lectures, no fear, just honest **connection**.

This guide gives you:

3 Quick Conversation Starters

5 Questions to Ask Your Child

3 Practical Strategies to apply today



3 Conversation Starters

Use these simple openers to break the ice:

1

“What’s your favorite app right now, and why do you like it?”
(Shows interest without judgment.)

“Have you ever seen something online that made you uncomfortable?”
(Opens the door for honesty and guidance.)

2

3

“If someone you don’t know messaged you, how would you handle it?”
(Prepares them for real scenarios.)

5 Questions to Ask



1

Who do you talk to most online?

2

Do you know all of your followers/friends in real life?

3

“What’s something you wish adults understood about your online world?”

4

How would you tell me if you felt pressured online?

5

What do you think makes a good “online friend”?



3 Strategies To Apply Today

Keep Devices Public



Phones and tablets should charge in common spaces, not behind closed doors. Visibility creates accountability.

Model Transparency

Share your own online habits, the accounts you follow, and why you choose them. Kids learn best by example.



Build a Safety Plan



Agree on a phrase your child can use if they ever feel unsafe online (e.g., “Red Flag”). That word means it’s time for an immediate conversation, no judgment.

Encouragement for You



“Your child doesn’t need you to be perfect — they need you to be present. When you listen more than you lecture, you become their safe place, not just their rule-maker.”

“Direct your children onto the right path, and when they are older, they will not leave it.” – Proverbs 22:6



Call to Action

This was just a starting point. If you’d like more resources to protect your kids check out our website:

👉 <https://www.reclaimingthetemple.com/free>

Together, we can protect the next generation.

FR INTERNATIONAL
EE Find • Restore • Embrace • Empower

