Employee Wellness Toolkit | October 2024  
**Premera Plan Members**

**EMAIL ARTICLE**

*Use this copy to create an email or add as an article in your regular employee newsletter*

Two boys sitting on a couch and looking at a cellphone

Description automatically generated

A Parent’s Guide to Keeping Kids and Teens Safe Online

In today’s digital age, children and teens face unique risks as they explore the online world. From cyberbullying to online predators, the internet presents dangers that can be difficult for young users to recognize. However, by staying involved, setting boundaries, and fostering open communication, parents can help protect their children and teens from these threats.

Here are seven steps you can take to protect your child online:

**Stay Involved:** Actively participate in your child’s online activities, whether it's researching topics together or playing a game. This not only allows you to monitor their behavior but also teaches them safe online habits.

**Set Clear Rules:** Establish guidelines for internet use, including time limits and approved websites or apps. Encourage children to avoid sharing personal information and interacting with strangers online.

**Discuss Dangers:** Talk openly with your child about the dangers of the internet, such as sharing personal information or interacting with strangers. Don’t forget to include cyberbullying in these discussions, explaining how to recognize it and what to do if it happens.

**Use Parental Controls:** Parental control tools can help block inappropriate content and track your child’s online activities. Many apps are designed to alert parents to potential risks without violating privacy.

**Keep Computers in Common Areas**: Placing computers in open, high-traffic areas of your home can help you monitor your child's activity. This setup discourages risky behavior and allows you to step in if something seems off.

**Encourage Open Communication:** Let your child know they can talk to you about anything they encounter online. Open dialogue is key to addressing issues like cyberbullying or exposure to harmful content early.

**Watch for Warning Signs:** Be on the lookout for secretive behavior, mood swings, or new accounts. These can be signs that your child is dealing with online issues like cyberbullying or predators.

By being informed, proactive, and engaged, you can create a safer online environment for your children and teens.

**READ MORE**

[Kids and Socializing Online](https://helpwhereyouare.com/content/53908/?e=001)

[How to Deal with “Haters” Online](https://helpwhereyouare.com/content/599106/?e=001)

**YOUR MENTAL & BEHAVIORAL HEALTH BENEFITS**

Don’t know where to start? **Call Behavioral Health Systems at 888-720-5237** to talk with a trained counselor 24/7, 7 days a week, 365 days a year.

* **Boulder:** Video visits and messaging with a therapist for treatment of opioid and alcohol use disorders. [boulder.care/getstarted](https://www.boulder.care/get-started)
* **Doctor On Demand:** Video and phone-based primary/urgent care and mental health therapy. [doctorondemand.com/premera](https://www.doctorondemand.com/premera)
* **TalkSpace:** Video and phone-based mental health therapy. [talkspace.com/premera](http://talkspace.com/premera)

**SLACK OR TEXT MESSAGE**

*Use this copy to send a group message to your team through Slack, text, or other messaging platform*

Two boys sitting on a couch and looking at a cellphone

Description automatically generated

**A PARENT’S GUIDE TO KEEPING KIDS AND TEENS SAFE ONLINE**

In today’s digital age, children and teens encounter various online risks, from cyberbullying to online predators. While these dangers can be challenging to navigate, parents can take steps to protect their children and teens by staying involved and setting clear boundaries.

Here are seven steps to protect your child from online threats:

**Stay Involved**: Engage in your child’s online activities, such as researching topics or playing games together. This helps monitor their behavior and teaches them safe online habits.

**Set Clear Rules:** Establish guidelines for internet use, including time limits and approved websites or apps. Advise against sharing personal information and interacting with strangers online.

**Discuss Dangers:** Have open conversations about online risks, including the importance of safeguarding personal information and recognizing cyberbullying. Explain how to handle these issues if they arise.

**Use Parental Controls:** Implement parental control tools to block inappropriate content and monitor online activities. Many apps can alert parents to potential risks while respecting privacy.

**Keep Computers in Common Areas:** Position computers in visible, high-traffic areas of your home to better monitor activity. This setup helps deter risky behavior and allows for timely intervention.

**Encourage Open Communication:** Ensure your child feels comfortable discussing anything they encounter online. Maintaining an open dialogue is crucial for addressing problems like cyberbullying or exposure to harmful content.

**Watch for Warning Signs:** Be alert to changes such as secretive behavior, mood swings, or new accounts, which may indicate online issues like cyberbullying or interactions with predators.

By staying informed and engaged, you can create a safer online environment for your children and teens.

**Are you feeling overwhelmed by stress or other life events? Help is a phone call away.**

Call the Employee Assistance Program, Behavioral Health Systems, at 800-245-1150 to talk with a trained counselor 24/7, 7 days a week, 365 days a year.

**READ MORE**

[Kids and Socializing Online](https://helpwhereyouare.com/content/53908/?e=001)

[How to Deal with “Haters” Online](https://helpwhereyouare.com/content/599106/?e=001)