

10 EASY STEPS TO KEEP YOUR KIDS SAFER ONLINE

Cricket has teamed up with Bark, an all-in-one online safety parental control service, to give you the tools and the tips you need to keep your kids safer online.

1 Get informed.

No matter how tech-savvy you are, there's always something new to learn about. Check out the link below.

2 Find the right phone.

Some phones allow parents and guardians to monitor many of their kids' activities for potential dangers on social media. Ask your Cricket associate which phone is right for your family.

3 Set expectations.

Remind your kid that getting a phone is a big responsibility—not just a fun tool for browsing on social media. A phone also lets them keep in touch with you when they're at soccer practice, send photos to their grandma, and more.

4 Use a tech contract.

Start having conversations about your family's tech rules early, and make sure to solidify them! Collaborating on a tech contract is a great way to make sure your child understands exactly what will be expected of them.

5 Use parental controls.

Make sure you have a parental control tool like Bark in place to alert you if they encounter online predators, cyberbullying, suicidal ideation, and more.

6 Have the “predator talk.”

It can be tough to talk about “tricky people,” but knowing how to spot stranger danger is important to staying safe online.

7 Discuss their digital footprint.

As your kids are taking this big step of getting their first phone, make sure they understand that the personal content they share online can follow them for the rest of their lives—which means don't share anything you wouldn't want Grandma to see.

8 Teach self-care.

Part of being a healthy digital citizen is knowing when not to use technology. Help your kid out by modeling good boundaries and encouraging them to devote time to fun, tech-free activities.

9 Set screen time limits.

It can be hard for anyone to disconnect - especially kids! Make sure your child gets some digital downtime using Bark's highly customizable screen time tool to choose exactly which apps and website they can use and when.

10 Keep talking.

Conversations about technology never end. Be intentional about building a solid relationship with your kid — the kind where they know they can come to you with anything they might be struggling with, worried by, or just curious about.

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