The 5 Conversations About Online Safety

Age-adapted scripts for children ages 4 to 7, plus a printable trusted adult list

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"You don't need one big talk. You need five small ones. Here they are, with the exact words to use."

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1 BEFORE ANY INDEPENDENT DEVICE TIME
What's private

AGES 4–5

"Some information about us is private — just for people we know in real life. Private things are our full name, where we live, our school, our phone number, and photos of us. We don't share those online."

AGES 6–7

"Private information is anything someone could use to find you in real life. Let's make a list together of what's private and what's OK to share."

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2 AS SOON AS THEY HAVE ANY DEVICE TIME
Your trusted adults

AGES 4–5

"If anything online makes you feel weird or scared, come find me. Or [name] or [name]. Those are your people."

AGES 6–7

"Let's make your family chat list — the three people you'd call if something happened online."

> **WRITE IT HERE**
>
> Person 1 _____
>
> Person 2 _____
>
> Person 3 _____
>
> **Close it and tell one of these people.**

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3 BEFORE ANY MULTIPLAYER GAME OR CHAT APP
Not everyone online is who they say they are

AGES 4–5

"Sometimes people online pretend to be someone they're not, just like wearing a disguise. So we have a rule: we don't share information with people we don't know in real life."

AGES 6–7

"In games and apps, some players might be grown-ups pretending to be kids. We can't always tell — so we have rules about what we share. Let's go through them."

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5 AFTER SCREEN TIME, REGULARLY
Regular check-ins

ALL AGES — KEEP IT LIGHT

"Did anything happen today that felt weird or made you unsure?"

→ That's the whole question. Ask it often. A child who's asked regularly is far more likely to bring the important things when they arise.

→ When setting up a new app: "Why do you think this app wants your birthday? Does it need that?"

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4 REGULARLY — NOT A ONE-TIME LECTURE
What to do when something feels wrong

ALL AGES — SAY THIS CLEARLY, REPEAT IT OFTEN

"If anything online ever makes you feel scared, confused, or like you want to hide it from me, that's your signal. Close the app and come find me. You will never, ever be in trouble for telling me. Not ever."

→ The most important message: **you will never be in trouble for telling me.** Say it explicitly and regularly — not just during safety conversations.

PRACTICE IT TOGETHER

"Let's pretend something weird happened on your tablet. Show me what you'd do."

The answer should be automatic: close it and come find me. Practice it until it is.