KEY WAYS TO HELP YOUR AUTISTIC TEEN OR CHILD REMAIN SAFE ONLINE

Preparedness

As a parent, preparedness involves being diligent with monitoring and enforcing the internet rules and boundaries that you set. Teaching your child proper internet usage and ensuring that they are aware of the dangers that can come from being online, will decrease the chance that they fall prey to any unsafe aspects of the online world.

Rules and Boundaries

Set time limits for your child's internet usage. For example, no internet before breakfast, and no internet two hours before bedtime. Set exact time limits and post them on a visual schedule. Place the computer that your child uses in a common area where you can easily supervise.

Monitoring Usage

Most devices include parental controls which will restrict content and access to undesirable sites on the internet. Ensure that each device that your child uses is set with password-controlled age-appropriate usage restrictions.

Smart Online Usage

Teach your child the basic rules of smart online usage such as not giving out your personal info, only becoming friends with people you know in real life and not sending or receiving pictures from people you don't know.

Inappropriate Behavior and Fake People (Safety Steps)

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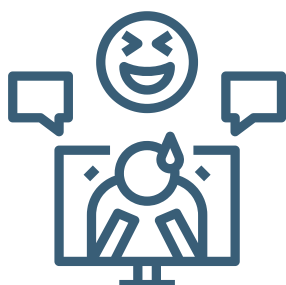
Cyberbullying

A youngster that loves to connect online can easily become a target of cyberbullying. Teach your child what online bullying can look like and encourage your child to tell you if they encounter anything that resembles bullying.

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