FOR PARENTS AND CAREGIVERS

# Healthy Relationships Online: A Guide for Families

Your teen took part in a lesson on healthy relationships online. Here is how to keep the conversation going at home.

## What your teen learned

Your teen learned that the same relationship spectrum applies online: healthy, unhealthy and controlling. They explored how messages, location sharing and social media can be used to pressure or control, practiced setting digital boundaries, and learned four steps for when something goes wrong.

## Conversation starters

- "What do you like most about being online with your friends?"
- "Do you ever feel pressure to reply right away? What helps?"
- "What would you do if someone online asked you to keep a secret from me?"

## Tips for parents and caregivers

- **Be curious, not only strict.** Ask what they enjoy online before setting rules.
- **Promise calm, not punishment.** Tell your teen they won't be in trouble or lose their phone for telling you about a problem online.
- **Build trust instead of secret checking.** Agree on family tech habits together, such as phones away at dinner, for adults too.
- **If someone threatens your teen:** stay calm, don't pay, keep screenshots, report the account, use Take It Down, and contact the police on 112.

### If something goes wrong online

**1 Stop**
Don't reply, don't pay and don't send anything more.

**2 Save**
Take screenshots of the messages, the account name and the date.

**3 Block and report**
Block the account and report it on the app.

**4 Tell**
Talk to a trusted adult. You are not in trouble, and you are not alone.

## Where to get help

**1564**
National Lifeline for emotional support, open 24/7

**LARA**
Email for support and guidance: laraa@laraa.org

**112**
Internal Security Forces, if someone is in danger or threatening you

**Take It Down** (takeitdown.ncmec.org): Free help to remove private images taken before you turned 18. The image never leaves your device.