



Internet Safety Month

The U.S. Senate passed a resolution in 2005 designating a National Internet Safety Month. June was chosen as children get online more in the summer with school out, making it a good time to review internet safety for families. Internet safety is of even greater importance this year. Today, children are much more likely than ever before to play, learn, and socialize with friends online due to the pandemic and resulting quarantine periods limiting in-person interactions.

Take time this month to review your children's online behavior and identify ways to use the internet more safely. Here are some tips and resources to help you create a safer online experience for your children.

INTERNET SECURITY

The best ways to keep your internet experience secure are:

- ▶ Use a comprehensive security suite for all your devices.
- ▶ Employ a wireless router that protects against malware.
- ▶ Keep all software and applications up to date.
- ▶ Choose secure passwords.

Much of our online safety also relies on good judgment and control over our behaviors and mindsets. For example, Verizon says that 90% of all cyberattacks start with people clicking on a phishing email that should

not be clicked. Only open known and non-suspicious emails to protect yourself and your family.

BOUNDARIES & COMMUNICATION

The National Center for Missing and Exploited Children has some great resources on internet safety through its NetSmartz program (missingkids.org). The following tips are pulled from these resources — you can find a full tip sheet here: missingkids.org/content/dam/netsmartz/downloadable/tipsheets/Internet-Safety-at-Home-EN-ES.pdf

Tip 1: Keep the Ground Rules

Set boundaries that work for your family and schedule. These rules could look like:

- ▶ Distance-learning tasks before social media or gaming.
- ▶ No devices during meals.
- ▶ At least XX minutes of non-electronic activities per day.
- ▶ “Digital curfew:” No devices after a certain hour.

Involving your children in setting these rules may help them stick to the guidelines.

Tip 2: Modify How You Monitor

Monitoring programs and content blockers help; however, the best tools for keeping kids safe are time, attention, and active conversation about digital behaviors. When kids do schoolwork or other activities online, consider setting up workstations that allow you to make quick visual checks of the screens as you walk past.

Tip 3: Engage with the Platforms

Taking a genuine interest in the games and platforms your child enjoys will help you better understand what your child does online. For example, if you telework, take a short break to join your child in an online game or watch a short video from a social media platform. By doing this, you show

your child you are willing and able to be involved in their online life.

Tip 4: Chat IRL (In Real Life)

With so much of our social lives conducted online, it is important to have face-to-face conversations with our children — in real life, without devices — about internet safety. Give them opportunities to talk with you about anything unhealthy or uncomfortable happening to them online.

Tip 5: Don't Take the Tech

If your child misuses or makes a mistake with their online usage, limiting access or using other consequences tend to work better than removing all internet access.

INTERNET ETHICS

A big part of a safer and more welcoming internet is us. Specifically, how do we treat each other, and how are we projecting ourselves to our friends, family, and even those we are not acquainted with? Internet Safety Month is the perfect opportunity to reflect on the internet climate you have created for yourself and your children.

1. Treat others how you want to be treated. We all know the golden rule. It surely applies online just as it would in any other way.

2. Do your best to retain both truth and positivity in what you share online. Staying clear of hatefulness and negativity goes a long way on the internet.

3. Doublecheck your posts and messages before you hit send. Could what you have written be misinterpreted? Could it accidentally cause more harm than good? Always take a moment to think twice about your social media posts.

Dedicating time to internet security and safety for you and your children will go a long way. It is never too late to start.



**wesley
family
services®**

CBCAP Highlight: Wesley Family Services

Wesley Family Services Greensburg is one of PFSA's Community-Based Child Abuse Prevention (CBCAP) Network members, and it is doing great work for its community!

Wesley Family Services has added curriculum to its ParentWISE program, which is available to assist parents, caregivers, educators, and behavioral health providers.

The Strengthening Families Program (SFP) is new to the curriculum array at Wesley Family Services. This program is intended for families with kids ages 10-14. It is an evidence-based family skills training program for high-risk and general-population families and consists of seven highly interactive, video-based sessions conducted over seven consecutive weeks.

Additionally, since August 2020, Wesley Family Services has been certified to provide Triple P Groups for Parents of Teens. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage child behavior, and prevent problems from developing. This program is offered to parents/caregivers of children ages 12-16, and the core components for this model are provided over eight sessions in an office or community setting.

To learn more about the programs offered at Wesley Family Services, check out its website at wfspa.org.

***Thank you, Wesley Family Services
Greensburg, for the great work you do!***

PA Child Abuse **PREVENTION SYMPOSIUM**



**SEPT
22**

SAVE THE DATE!
for this virtual event



UPCOMING TRAININGS

Families in Recovery Train-The-Trainer

PFSA has scheduled two additional dates this calendar year for the Families in Recovery Train-the-Trainer (TTT) program. This research-based program is a great resource for parents, guardians, and caretakers recovering from substance use disorder. The program aims to teach healthy coping and parenting skills while balancing the needs of recovery.

Organizational trainers will be fully prepared to provide training after attending a two-day comprehensive session consisting of content, education, and application instruction of the curriculum. TTT contracts include ongoing technical assistance, program development, coaching webinars, and assistance with outcomes-driven data collection. TTT trainers come together with each other to share program implementation experience, ideas, and insights following initial training.

Cost: Please contact Justin Donofrio (jdonofrio@pa-fsa.org) for pricing.

Date: August 25 & 26, 2021 (virtual)

Time: 8:30 a.m.—3:00 p.m.
(half-hour lunch break)

Date: November 17 & 18, 2021 (virtual)

Time: 8:30 a.m.—3:00 p.m.
(half-hour lunch break)

Register: You must pre-register for this virtual training by emailing Justin Donofrio, Program Services Manager, at jdonofrio@pa-fsa.org.



Mandated Reporter Training

PFSA has several options for you and your staff to receive training on how to recognize and report suspected child abuse. This training is for those mandated by law to report suspected child abuse, as defined in the Child Protective Services Law. Curriculum is approved by the Departments of Human Services, Education, and State and meets all requirements for mandated reporters to receive training in recognizing and reporting child abuse (including ACT 126).

Certificates are provided to the participants, and upon request, we will upload confirmation of your training to the Department of State or Education for CE fulfillments under ACT 31 and/or ACT 48.

New this year — this curriculum has also been approved for CLEs for attorneys!

LIVE IN-PERSON/VIRTUAL

Cost: Free

How to Register: Find and register for a virtual session here: <https://pafsa.org/mandated-reporter-training>

INDIVIDUAL ONLINE, ON-DEMAND

Cost: \$30

Take Anytime: <https://pafsa.org/on-demand-online-training>

TRAIN-THE-TRAINER (TTT)

This is an opportunity for organizations to develop their own quality, cost-efficient, in-house training program for employees on child abuse recognition and reporting. With the three-year contract, PFSA provides two days of initial instruction for approved applicants, reports CEs directly to PA Departments of State and Education, and offers ongoing technical assistance.

Cost: \$1,000 per trainer entering into a 3-year contract with PFSA (payment can be broken down by year — \$400/year 1, \$300/year 2, and \$300/year 3)

How to Register: You must pre-register for this training. Email Haven Evans at hevans@pa-fsa.org for the paperwork or to answer any questions.

Date: July 28 & 29, 2021 (Virtual)

Time: 8:30 a.m.—3:00 p.m. both days (including a half-hour lunch break)

Date: Sept 14 & 15, 2021 (Virtual)

Time: 8:30 a.m.—3:00 p.m. both days (including a half-hour lunch break)

Date: Nov 9 & 10, 2021 (Virtual)

Time: 8:30 a.m.—3:00 p.m. both days (including a half-hour lunch break)

#SupportPAKids

Support the cause, support PA kids! Consider making a gift to PFSA to make a difference in the lives of PA kids and families. Your gift will advance the mission of PFSA to provide education, support, and training to make Pennsylvania safe for children. All donations help PFSA continue the successful delivery of training, development of educational materials, and ongoing support for community-based agencies. Visit pafsa.org to learn more about our services and to donate.

