

**Dear Counselling Corner:**

As my child gets older, I am becoming increasingly concerned about the dangers associated with online time and how to keep my child safe. How can I protect them from Cyberbullying, online predators and inappropriate material? Will you please provide me with some tools?

Thank you.

**Worried Mom**

**Dear Mom:**

Thank you for the great reminder. It can be very concerning about what our kids may be exposed to on the internet in today's world. I highly recommend that parents monitor their child's internet use to keep them safe as there is so much unfiltered inappropriate content out there (see link below).

<https://strategiesforparents.com/why-parents-should-monitor-their-childrens-internet-usage/#:~:text=Parents%20should%20monitor%20their%20child's%20internet%20use%20beca use%20the%20internet,as%20well%20as%20inappropriate%20content>.

Fortunately, there are lots of great strategies for keeping our kids safe. I found this video and some great links for you to check out.

<https://www.youtube.com/watch?v=X9Htg8V3eik>

<https://kidshealth.org/en/parents/net-safety.html>

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/top-tips-for-parents-and-carers>

Please keep in mind that excessive screen time can have a negative impact on your child by causing behaviour and educational challenges. Spending more than two hours per day on the screen can also lead to obesity and sleep problems. Studies have also shown that children who watch violence can become desensitized to it and then use violence as a way to solve their own problems.

<https://www.verywellfamily.com/the-negative-effects-of-too-much-screen-time-1094877>

Please do not hesitate to contact me at [hchang@sd43.bc.ca](mailto:hchang@sd43.bc.ca) if you have social emotional learning related concerns regarding your child.

*The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.*

**Harriette Chang**  
**School Counsellor**