



Digital and Home Safety

Monthly Packet



Digital Safety for Children

Children are surrounded by media and technology a lot. On average children spend 4-6 hours on screens each day.

This means it is important to teach children how to be safe while on those screens. It can be a great tool for them but it can also be dangerous if they are not taught how to be safe. We also need to teach children how when they can be on screens and for how long they can be on them.





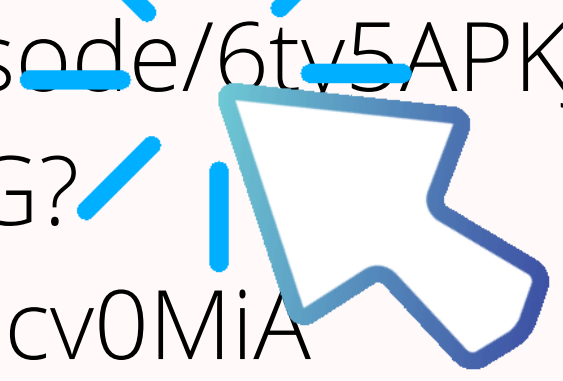
Pod Casts on the Topic

From The Parents Place Pod
Cast: A local Pod Cast from the
Family Place



Keeping Kids Safe Online with Officer Gomez Part 1

<https://open.spotify.com/episode/6tv5APKJLQfUT8AwQsTAjG?si=mcP4SrjBS12Kt7iqcv0MiA>



Keeping Kids Safe Online with Officer Gomez Part 2

https://open.spotify.com/episode/3zm42KTJXVi9yDLFCDAJqk?si=7inDaNzwSv-y_ObySxNEkg

Internet crimes against children Taskforce Part 1

<https://open.spotify.com/episode/4CR3aJiQdUI7JboMhbYNNv?si=ANxtdI9dSrah39PVXMil2A>

Internet crimes against children Taskforce Part 2

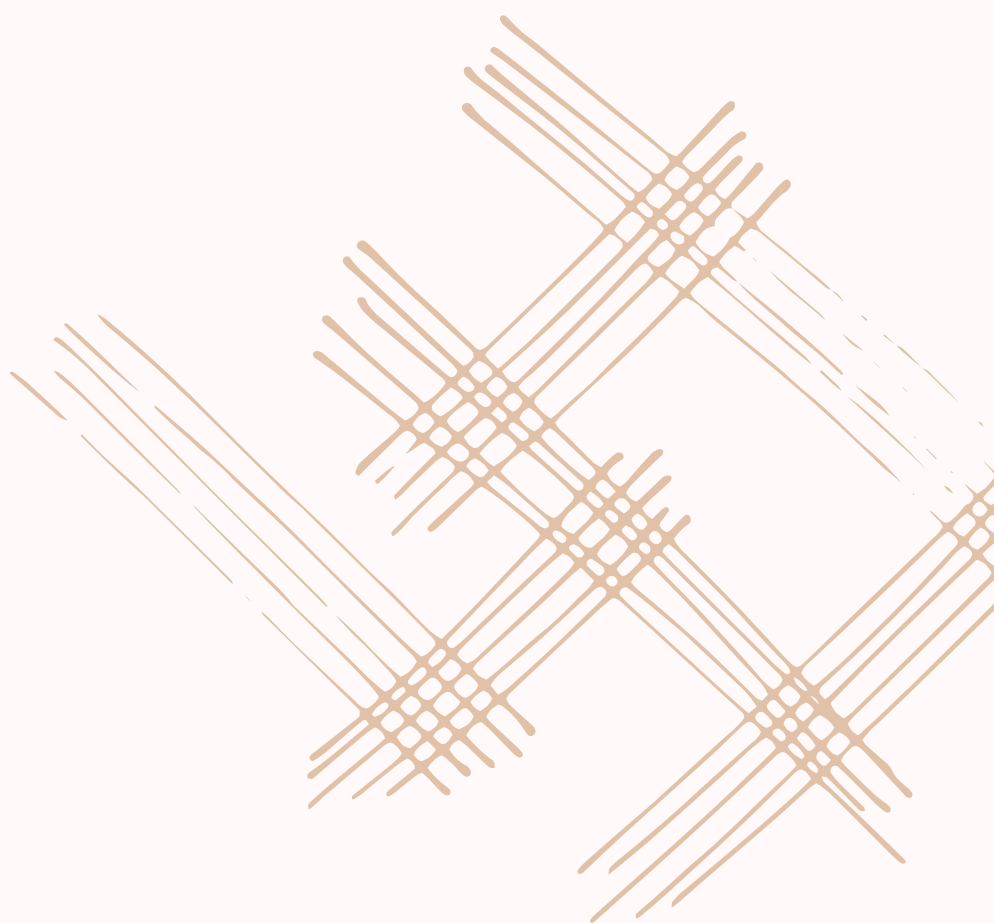
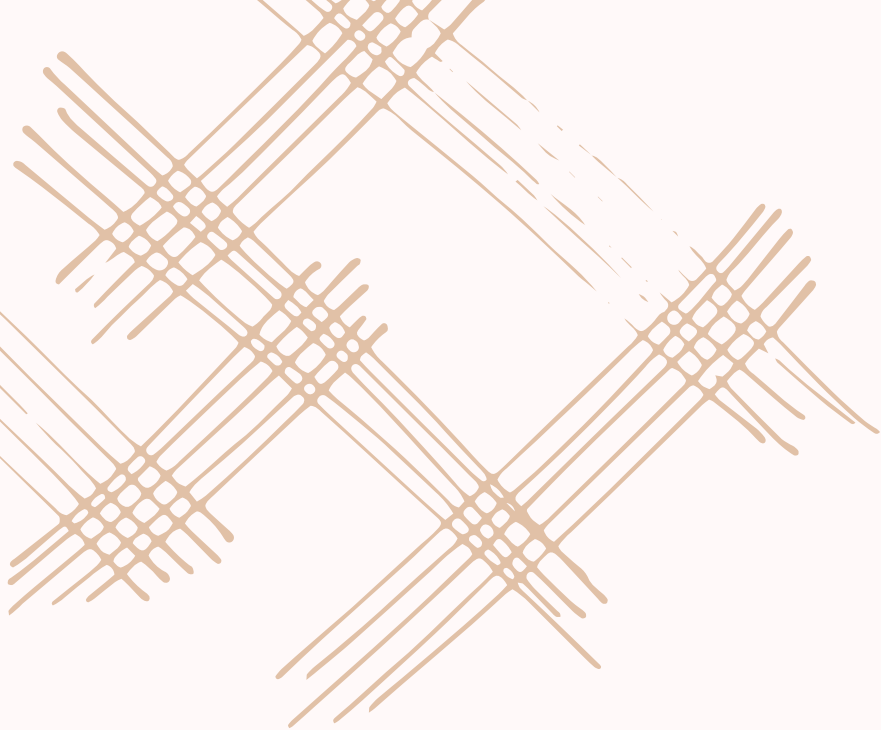
<https://open.spotify.com/episode/4CFjhLV4YxtbBoWUYjtk6C?si=-ILWA6nfQ8il6o7Uj3q-9Q>

Kids and phones

<https://open.spotify.com/episode/6MOT3qiBMwyJOz2F4eacq0?si=7J1fT1XjRj-Yc3Gz4GhXaw>

Home Safety

Most of us spend at least half of our lives inside our homes without realizing there is a connection between our housing and our health. Our homes can make us feel safe, but they can also make us sick. Some homes may have health hazards including lead-based paint, mold, rodents and insects hiding in clutter, secondhand smoke, and pesticides. Other health hazards are invisible and can be deadly such as carbon monoxide and radon.





10 Home Safety Tips

1. Install a Fire alarm on each floor of your home.
2. Install a Carbon monoxide detector in your home.
3. Have fire extinguishers located throughout your home.
4. Keep Doors and windows locked.
5. Keep home clean and free of clutter to help against insects and rodents and other health and safety concerns.
6. Keep cleaning products, medications and other chemicals secure and out of reach of children.
7. Never leave food on the stove or sharp kitchen utensils out and unattended.
8. Keep cords organized and out of the way throughout the house. If outlets are not in use, keep them covered.
9. Do not leave electrical cords near the sinks or bathtubs in your home.
10. Create a family emergency exit plan.



Now your children and family will
be safe on the internet and at
home.

THE
END