



Family Online Safety Plan for Kinship Care

Build this with the child or teen where possible. The goal is clear expectations, privacy, help-seeking and safety, not secret surveillance. Review it when the child gets a new device, app or social-media account.

Our basic rules

- ☐ If something online makes you scared, uncomfortable or pressured, you can tell me without automatically losing your device.
- ☐ We do not share home address, school, passwords or other private information with people we do not know.
- ☐ We ask before posting another person's photo, video or private information.
- ☐ We do not meet an online-only contact in person without a safe adult being involved.
- ☐ No one gets to pressure you for sexual images, money, secrecy or private video chats.
- ☐ We treat people online with the same respect we expect offline.

Device and account setup

- ☐ Recovery email / phone is current
- ☐ Two-factor authentication is on where available
- ☐ Privacy settings reviewed together
- ☐ Location sharing reviewed
- ☐ Unknown followers / contacts reviewed
- ☐ App permissions reviewed



Family Online Safety Plan: Trust & Help-Seeking

Caregiver commitments

- ☐ I will listen first before deciding consequences.
- ☐ I will not shame the child for asking for help after an online mistake.
- ☐ I will explain any monitoring I use and why I am using it.
- ☐ I will not secretly read every message unless there is a specific safety reason.
- ☐ I will help document and report serious threats without making the child handle it alone.
- ☐ I will revisit rules as the child gets older and shows more responsibility.

Who can the child contact for help?

Caregiver

Another safe adult

School contact

Other support

If something serious happens online

- ☐ Stop responding to threats or coercion.
- ☐ Save usernames, links and threatening messages without forwarding intimate images.
- ☐ Tell a safe adult.
- ☐ Use Cybertip.ca for online sexual exploitation concerns.
- ☐ Use NeedHelpNow.ca when an intimate image of a youth may be shared or is online.
- ☐ Call 9-1-1 if there is immediate danger.