



GRADES 6–8 FAMILY CONVERSATIONS

# RESPONSIBLE DECISION-MAKING IN DIGITAL LIFE



## Talk About How Your Child Can Stay Safe When Chatting with Others Online

Your child is learning strategies to help them make responsible decisions when they're online. Use these questions to talk with them about the benefits and risks of chatting with people online.

Ask these three questions:

1. *I hear you were talking in class about how you can be safe when talking to people online. What are some of the risks of talking with people you don't know well?*
  - Listen for (or suggest if needed):
    - You don't fully know who you're talking to, so you can't completely trust them.
    - You don't know whether they have bad intentions.
2. *What are **red flag feelings**?*
  - Listen for (or suggest if needed):
    - A **red flag feeling** is when something happens on digital media that makes you feel uncomfortable, worried, sad, or anxious. It's often a feeling in your stomach that something is wrong and is a warning of a possible problem.
3. *What can you do if you ever have a red flag feeling when chatting with someone online?*
  - Listen for (or suggest if needed):
    - Slow down, pause, and think about how you're feeling and what might be causing it.
    - Decide on the best action to take to improve the situation (maybe ignore or block the person, log off, or tell a trusted adult).

Learn more about how to communicate online at [commonsense.org/online-relationships-tips-for-families!](https://commonsense.org/online-relationships-tips-for-families/)

Family handout for grade 6 lesson [Chatting Safely Online](#), or 6–8 classroom activity [Who Are You Talking to Online?](#)



RELATIONSHIPS &amp; COMMUNICATION

We know the power  
of words & actions.