

# BUILDING A CIRCLE OF TRUST

## IDENTIFYING TRUSTED ADULTS IN CYBER SAFETY



Trusted adults are individuals whom children feel comfortable confiding in and seeking guidance from both, online and offline. <sup>(1)</sup>

### WHO ARE TRUSTED ADULTS?

Trusted adults can include parents, grandparents, teachers, school counselors, coaches, family friends, and other responsible adults in a child's life. <sup>(1)</sup>

### Why Trusted Adults Matter ?



#### Providing guidance

Trusted adults can offer advice and support on navigating online challenges, such as cyberbullying, privacy concerns, and inappropriate content.



#### Fostering communication

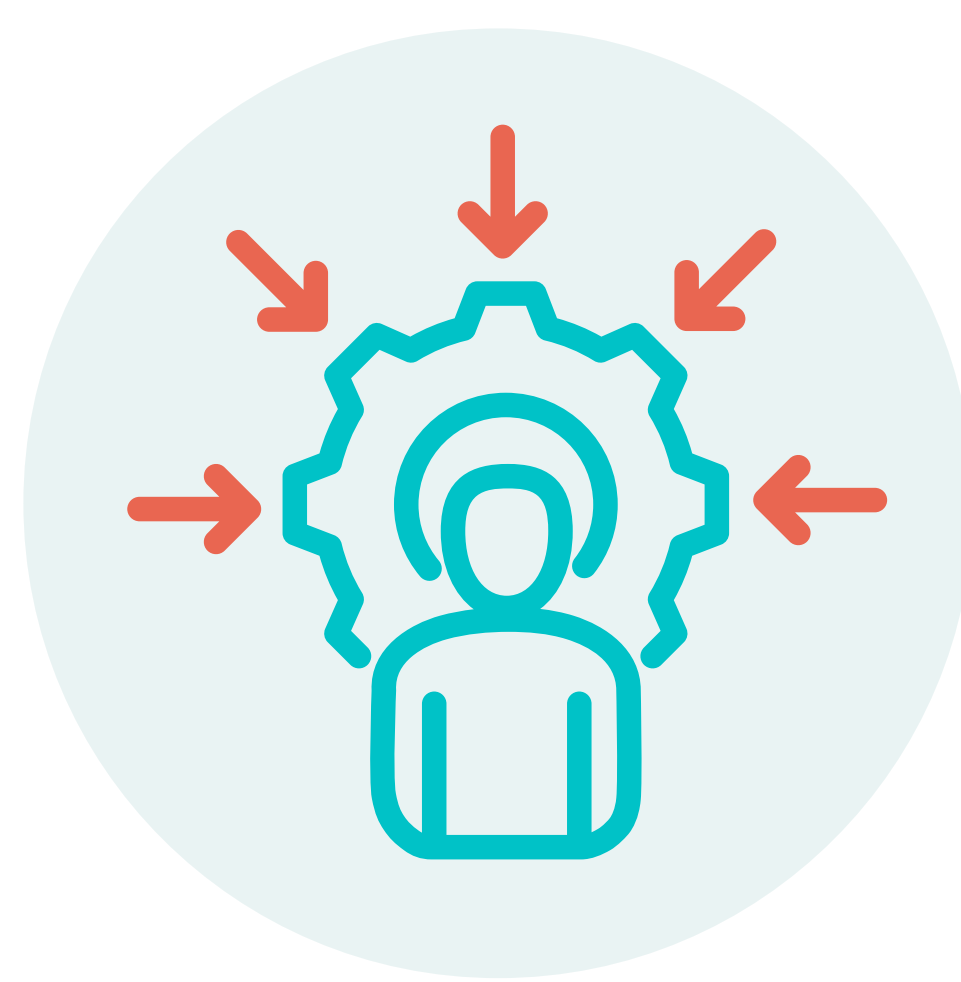
Building open lines of communication with trusted adults helps children feel comfortable sharing their online experiences and seeking help when needed.



#### Offering protection

Trusted adults can intervene & advocate for children's safety online, whether it's by setting boundaries, reporting harmful content, or addressing cyberbullying incidents.

### Identifying Trusted Adults <sup>(2)</sup>



#### Approachability

Approachable, non-judgmental, and willing to listen without dismissing children's concerns or experiences.

#### Digital literacy

Trusted adults demonstrate knowledge and understanding of online platforms, privacy settings, and digital safety practices.



#### Empathy and support

Trusted adults offer empathy, support, and reassurance, validating children's feelings and experiences while providing practical guidance and solutions.

### How to be a trusted adult?



#### Building trust

Foster trusting relationships with children by being reliable, responsive, and consistent in your support and guidance.



#### Collaboration

Collaborate with other trusted adults, such as parents, teachers, and community members, to create a network of support and resources for children's online safety and well-being.



#### Open communication

Create a safe and welcoming environment for children to communicate their online experiences, concerns, and questions openly.

### Remember !

Trusted adults play a vital role in children's digital lives, offering guidance, support, and protection in navigating the online world safely. By identifying and fostering relationships with trusted adults, parents/caregivers and teachers/educators can empower children to make informed choices, build resilience, and thrive in the digital age.

#### Citations

(1) <https://www.sciencedirect.com/science/article/abs/pii/S0190740916300330>  
(2) <https://www.sciencedirect.com/science/article/pii/S0140197119301411>