{Course: Keep My Child Safe and Healthy}

| {Lesson: Teaching Safe Touch (Age 2-5/M & F)} | | |
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| Scriptt | On Slide Text | Animation Notes |
| Hi, you’re back on ParentText, fantastic!   This course is about keeping your child safe and healthy. Today, we will talk about teaching your child safe and unsafe touch.   Here are four helpful tips to guide you in teaching your child about safe and unsafe touch and what to do if they ever feel uncomfortable when someone touches them.  ¡Aprendamos más sobre esto! | Teach Safe Touch |  |
| En primer lugar, nuestras niñas y nuestros niños deben aprender sobre las partes privadas.  Teach your child that the parts of their bodies that go under their underwear or a swimsuit are private parts. Y, que no está bien que otras personas toquen o vean sus partes privadas.  [pausa]  It is also not okay for someone to ask your child to touch or look at someone else’s private parts.  [pausa]  Second, teach your child that it’s okay to say no.  Tell your child that they are always allowed to say no to someone touching them even if they are family or friends. ¡Esto aplica hasta para los abrazos! This teaches your child that they are always in control of who they allow to touch them so they can make safe choices throughout their lives, in any situation. Puedes practicar el decir "No, por favor, no hagas eso" y "¡No! Stop!” with your child so they know how to do it if they need to.  El siguiente paso es alejarse.  Teach your child how to get away from any situation where they feel uncomfortable. In most of the cases, offenders are not strangers to the child. They are usually known to the child and/or caregivers. They will often begin by engaging in physical activities like wrestling or touching. This is to get the child comfortable with touch. When you are playing physical games like wrestling with your child, practise saying "no" and respecting their boundaries. If your child says "no", stop the game immediately.  [pausa]  Esto les empodera para también decir "¡NO!", en situaciones de peligro fuera de casa.  It will not be easy for your child to get away from such situations, but teaching them how to leave uncomfortable or unsafe situations will be a valuable skill for life.  [pausa]  Finally, teach your child to tell an adult.  Tell your child that if they feel worried, uncomfortable, or unsafe about anyone touching them, they should tell you or an adult they trust.  [pausa]  If your child tells you about something that has happened, listen openly and tell them they were right to tell you. Después, toma las medidas necesarias para mantenerle a salvo. Always believe your child, and don’t leave them alone with the person they feel unsafe with. | APRENDER SOBRE LAS PARTES PRIVADAS  ¡DECIR "NO" ESTÁ BIEN!  ALEJARSE   CONTARLE A UNA PERSONA ADULTA | Animate words to text |
| Remember, to teach your child about safe touch, follow the four tips - learn about private parts, saying “no” is okay, how to get away, and tell an adult.  Your home activity is to have a conversation with your child about safe and unsafe touch. Ayúdales a practicar el decir: "¡No, no hagas eso!" o "¡No! Detente!", y recuérdales que, si algo así les pasa, siempre se lo deben de contar a una persona adulta.  Can you do this with your child today? | Enseñar sobre Autocuidado y Respeto a la Intimidad de Mi Niña o Niño  APRENDER SOBRE LAS PARTES PRIVADAS  ¡DECIR "NO", ESTÁ BIEN!  ALEJARSE   CONTARLE A UNA PERSONA ADULTA  Actividad para Casa:  Platica con tu niña o niño sobre el contacto físico seguro e inseguro. |  |

| {Lesson: Teaching Safe Touch (Age 6-9)} | | |
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| Guión | On Slide Text | Animation Notes |
| Hi, you’re back on ParentText, fantastic!   This course is about keeping your child safe and healthy. Hoy hablaremos de cómo enseñar sobre el contacto físico seguro.   Here are five tips to help you teach your child about safe touch and what to do if they feel unsafe when someone touches them.  ¿Quieres conocer más? | Enseñar Sobre Autocuidado y Respeto a la Intimidad de Mi Niña o Mi Niño |  |
| La primera estrategia es hablar con honestidad  Talk to your child about how to name each part of their body. If your child knows how their body works and where people should and should not touch them, they can make safer choices throughout their lives.  Answer any question your child asks you honestly. Las preguntas pueden ser sobre cualquier parte de su propio cuerpo o del cuerpo del otro sexo, ¡incluso sobre las partes privadas!  Esto les enseña que es seguro preguntar sobre el cuerpo, lo que significa que aprenderá más y será más fácil mantenerle a salvo.  Teaching your child about their whole body, even when young, means they will know how to talk about it if anything happens that they feel is unsafe. | Debemos HABLR CON HONESTIDAD sobre cómo se llaman las partes del cuerpo y cómo funcionan los cuerpos. |  |
| The second tip is to teach your child that it’s okay to say no.  Tell your child that they are always allowed to say no to someone touching them even if they are family or friends. ¡Esto aplica hasta para los abrazos!  This teaches your child that they are always in control of who they allow to touch them so they can make safe choices throughout their lives, in any situation.  Puedes practicar el decir "No, por favor, no hagas eso" y "¡No! Stop!” with your child so they know how to do it if they need to. | ¡DECIR "NO", ESTÁ BIEN!  practise saying “No, please don’t do that” and “No! ¡Detente!” |  |
| La tercera estrategia es alejarse.  Teach your child how to get away from any situation where they feel uncomfortable. In most of the cases, offenders are not strangers to the child. They are usually known to the child and/or caregivers. They will often begin by engaging in physical activities like wrestling or touching. This is to get the child comfortable with touch. When you are playing physical games like wrestling with your child, practise saying "no" and respecting their boundaries. If your child says "no", stop the game immediately.  [pausa]  Esto les empodera para también decir "¡NO!" en situaciones de peligro fuera de casa.  It will not be easy for your child to get away from such situations, but teaching them how to leave uncomfortable or unsafe situations will be a valuable skill for life. | GET AWAY from situations where your child feels uncomfortable |  |
| La siguiente estrategia es contarle a una persona adulta.  Tell your child that if they feel worried, uncomfortable, or unsafe about anyone touching them, they should tell you or an adult they trust.  [pausa]  If your child tells you about something that has happened, it is important that you listen openly and tell them they were right to tell you. Después, debes tomar las medidas necesarias para mantenerle a salvo. | Debe CONTARLE A UNA PERSONA ADULTA cualquier cosa incómoda o peligrosa. |  |
| Remember, to teach your child about safe touch, follow the five tips - be honest, saying “no” is okay, how to get away, tell an adult, and get help.  Your home activity for today is to have a conversation with your child about safe and unsafe touch. Ayúdales a practicar el decir "¡No, no hagas eso!", también recuérdales que, si algo así ocurre, se lo deben de contar a una persona adulta.  Can you do this with your child today? | Enseñar Sobre Autocuidado y Respeto a la Intimidad de Mi Niña o Mi Niño  HABLAR CON HONESTIDAD  ¡DECIR "NO", ESTÁ BIEN!  ALEJARSE  CONTARLE A UNA PERSONA ADULTA  RESPONDER  ACTIVIDAD PARA CASA  Platica con tu niña o niño sobre el contacto físico seguro e inseguro. |  |

| {Lesson: Community Safety (2-4)} | | |
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| Guión | On Slide Text | Animation Notes |
| Hello, it is great to see you again on ParentText!  This lesson is about learning how to keep Your child safe in your community.  One thing you can do to help keep your child safe is to talk with them about which places are safe to go and which are not, and teach them how to be careful when they meet people they don't know.  Aquí tienes cuatro estrategias que puedes seguir cuando tengas esta conversación:  Dibujar,  [pausa]  platicar,  [pausa]  comentar,  [pause]and practise.  ¡Aprendamos más sobre esto! | Community Safety  DIBUJAR  HABLAR  HABLAR  practise |  |
| La primera estrategia es DIBUJAR.  With your child, draw a map of your community. Include all the main places in your community on the map, like your house, streets in your neighbourhood, crèche, and other places you and your child might go to. [1]  Draw and identify pictures of trusted people who your child can go to when they feel unsafe. Pueden ser personas como tu pareja y tú, otros miembros de la familia o sus maestras y maestros. | DIBUJAR | Begin with a blank sheet. Animate on [1] |
| La siguiente estrategia es HABLAR.  Platiquen sobre los lugares seguros e inseguros que se encuentran en tu mapa. For example, let your child know that the street is not a safe place, even if their toy or ball goes there.  [1] CIRCLE the places that are safe for children. CROSS OFF any places that are unsafe for your child. For example, tuck shops, taxi ranks, or unfamiliar or unoccupied buildings. | HABLAR | Begin with the previous sheet. Animate on [1] |
| Para el tercer paso deben COMENTAR. Discuss with your child why it is important to ALWAYS have an adult with them when they go outside. Make sure your child knows it’s okay to walk or run inside if a stranger tries to talk to them or asks them to go somewhere. Discuss with your child safe places they can run if a stranger approaches them – such as your home, or a neighbour’s home.  [1] Marca, con claridad, estas zonas en tu mapa. | HABLAR | Begin with the previous sheet. Animate on [1] |
| The last step is to practise, practise, practise!  Usa juguetes o títeres para representar situaciones en las que se acerca una persona desconocida. Ask your child what the toy should do. children find it less scary to pretend that someone else is in danger.  Remember to praise them when your child chooses the correct response, such as running away, shouting for help, or finding a trusted adult. | practise  Representa las situaciones con juguetes o títeres  No te olvides de halagar |  |
| Talking about unsafe situations with your child might feel uncomfortable, but it's important. When children know what to do in a dangerous situation, they're much safer.  Your home activity is to have a conversation with your child about which places are safe or unsafe for children in your community. ¿Tienes tiempo para hacerlo hoy? | Estar A Salvo en su Comunidad  ACTIVIDAD PARA CASA  Have a conversation with your child about safe and unsafe places in your community |  |

| {Lesson: Community Safety (5-9)} | | |
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| Guión | On Slide Text | Animation Notes |
| ¡Hola! This course is all about keeping your child safe and today we are learning about community safety.  One thing you can do to help keep your child safe is to talk with them about which places are safe to go and which are not, and teach them how to be careful when they meet people they don't know.  Aquí tienes cuatro estrategias que puedes seguir cuando tengas esta conversación:  Dibujar,  [pausa]  platicar,  [pausa]  comentar,  [pause]and practise.  ¡Aprendamos más sobre esto! | Estar A Salvo en su Comunidad  DIBUJAR  HABLAR  HABLAR  practise |  |
| La primera estrategia es DIBUJAR.  With your child, draw a map of your community. Include all the main places in your community on the map, like your house, streets in your neighbourhood, school, shops, and other places you and/or your child might go to. [1]  Draw and identify pictures of trusted people who your child can go to when they feel unsafe. Pueden ser personas como tu pareja y tú, otros miembros de la familia o sus maestras y maestros. | DIBUJAR | Begin with a blank sheet. Animate on [1] |
| La siguiente estrategia es HABLAR.  Platiquen sobre los lugares que aparecen en el mapa y decidan si son seguros o no.  Make sure you listen to your child. Es importante comprender por qué piensan que un lugar es seguro o inseguro.  [1] CIRCLE the places that are safe for children. CROSS OFF any places that are unsafe for your child. Por ejemplo, zonas en construcción, estacionamientos o edificios desconocidos. | HABLAR | Begin with the previous sheet. Animate on [1] |
| Para el tercer paso deben COMENTAR.  A veces, nos encontramos en apuros. Make sure your child knows it’s okay to walk or run inside if a stranger tries to talk to them or asks them to go somewhere. Discuss where you and your child can get support in a crisis. Dichos lugares pueden ser el hogar, la escuela, una clínica o alguna institución de confianza.  [1] Marca, con claridad, estas zonas en tu mapa. | HABLAR | Begin with the previous sheet. Animate on [1] |
| Finally, practise! practise! practise!  Representa situaciones en la que se acerca una persona desconocida usando juguetes o títeres. Ask your child what the toy should do. children find it less scary to pretend that someone else is in danger. Praise them when your child chooses the correct response, such as running away, shouting for help, or finding a trusted adult. | practise  Representa las situaciones con juguetes o títeres  No te olvides de halagar |  |
| Talking about unsafe situations with your child might feel uncomfortable, but it's important. When children know what to do in a dangerous situation, they're much safer.  Your home activity is to have a conversation with your child about which places are safe or unsafe for children in your community. Give space for your child to share their thoughts, too. Puede que te comenten sobre algunos lugares que consideran inseguros que tú no habías visto de esa manera. Deja que expliquen sus razones. ¿Tienes tiempo para hacerlo hoy? | Estar A Salvo en su Comunidad  ACTIVIDAD PARA CASA  Have a conversation with your child about safe and unsafe places in your community |  |

| {Lesson: Responding to Crises (2-6)} | | |
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| Guión | On Slide Text | Animation Notes |
| ¡Hola! In this course we have been learning about keeping your child safe. In this lesson we are learning about how to respond to your child in a crisis.  It is important to support your child when they experience a difficult situation. When helping your child in a crisis, remember these four things: [pause] breathe, [pause] listen, [pause] respond, [pause] and comfort.  Veamos de qué se trata cada paso. | Saber Responder ante una Crisis  RESPIRAR  ESCUCHAR  RESPONDER  CONSOLAR |  |
| En primer lugar, debemos respirar. Mantén la calma. Ask yourself, “What does my child need right now?”  A continuación, debemos escuchar. Ask your child what is going on. Let your child share with you what they need. Sometimes, your child might be comfortable sharing by drawing or using toys and puppets to tell you what has upset them. Date cuenta de lo que sienten y Decirle lo que notas para que se sientan escuchadas y escuchados. Tell your child that you are there for them and love them. Remember, both children could face hard times and crisis situations. Acuérdate de estar al pendiente de ambos.  El tercer paso es responder. ¿Qué podría ayudar, realmente, en esta situación? You might need to help your child talk about their feelings.Remember, in the moment, your child needs you to be there for them with love and accept their feelings. You might need to talk about the actions that you or your child could take to help with what has happened. Remember, you can always type [1]HELP in ParentText and get information about resources in your community where you can receive help if you need it.  [2]  Finally, comfort your child. Be there for your child. It can be hard to see your child feeling upset or confused, but there is a lot you can do to support them.They need you to accept them and comfort them when difficult things are going on. En estos momentos, mantener una rutina constante puede ser muy útil. Familiar routines can provide a sense of security and normalcy, helping your child feel safe again. Remind your child again that you love them, and thank them for sharing with you. | RESPIRAR  Mantén la calma  ESCUCHAR  Listen to your child and notice what they are feeling  RESPONDER  What can help your child right now?  [1] AYUDA  CONSOLAR  Give your child comfort | Animate words to text  [1] Add a phone with HELP on the screen. Remove it at [2] |
| It can be difficult to see your child feeling upset or confused, but remember that there’s plenty you can do to support them during a difficult time. Tú puedes, ¡eres una gran madre, padre o persona cuidadora!  Follow these steps whenever your child shares something difficult. Supporting your child through a crisis will also teach them how to support others in difficult times.  For your home activity, [1] find a calm time to look at the community map you created with your child during the previous tip. [2] Platiquen sobre los posibles riesgos que existen y lo que podrían hacer para evitarlos. [3] Discuss possible actions that you can take with your child if they happen.  ¿Tienes tiempo para hacerlo hoy? | Saber Responder ante una Crisis  RESPIRAR  ESCUCHAR  RESPONDER  CONSOLAR  ACTIVIDAD PARA CASA: [1] Revisar el mapa de seguridad de tu comunidad  [2] Talk with your child about possible risks. [3] Comentar qué hacer en caso de crisis. | Animate sentences to script either as bullets or in paragraph form. Show map from previous activity. |

| {Lesson: Respond to Crises (7-9)} | | |
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| Guión | On Slide Text | Animation Notes |
| ¡Hola! In this course we have been learning about keeping your child safe. In this lesson we are learning about how to respond to your child in a crisis.  It is important to support your child when they experience a difficult situation. When helping your child in a crisis, remember these four things: [pause] breathe, [pause] listen, [pause] respond, [pause] and comfort.  Veamos de qué se trata cada paso. | Saber Responder ante una Crisis  RESPIRAR  ESCUCHAR  RESPONDER  CONSOLAR |  |
| El primer paso es respirar. You might want to take a pause so you are calm before you ask yourself, “What does my child need right now?”  A continuación, debemos escuchar. Ask your child what is going on. Let your child share with you what they need. Sometimes, your child might be comfortable sharing by drawing or using toys and puppets.  Date cuenta de lo que sienten y Decirle lo que notas para que se sientan escuchadas y escuchados. Asegúrate de evitar las críticas. Tell your child that you are there for them and love them. Remember, both children could face hard times and crisis situations. Acuérdate de estar al pendiente de ambos.  El tercer paso es responder. ¿Qué podría ayudar, realmente, en esta situación? You might need to help your child talk about their feelings.Remember, in the moment, your child needs you to be there for them with love and accept their feelings. You might need to talk about the actions that you or your child could take to help with what has happened. Remember, you can always type [1]HELP in ParentText and get information about resources in your community where you can receive help if you need it.  [2]  Finally, comfort your child. Be there for your child. It can be hard to see your child feeling upset or confused, but there is a lot you can do to support them.They need you to accept them and comfort them when difficult things are going on. En estos momentos, mantener una rutina constante puede ser muy útil. Familiar routines can provide a sense of security and normalcy, helping your child feel safe again. Remind your child again that you love them, and thank them for sharing with you. | RESPIRAR  Mantén la calma  ESCUCHAR  Listen to your child and notice what they are feeling  RESPONDER  What can help your child right now?  [1] AYUDA  CONSOLAR  Give your child comfort | Animate words to text  [1] Add a phone with HELP on the screen. Remove it at [2] |
| It can be difficult to see your child feeling upset or confused, but remember that there’s plenty you can do to support them during a difficult time. Tú puedes, ¡eres una gran madre, padre o persona cuidadora!  Follow these steps whenever your child shares something difficult. Supporting your child through a crisis will also teach them how to support others in difficult times.  For your home activity, [1] find a calm time to look at the community map you created with your child during the previous tip. [2] Platiquen sobre los posibles riesgos que existen y lo que podrían hacer para evitarlos. [3] Discuss possible actions that you can take with your child if they happen.  ¿Tienes tiempo para hacerlo hoy? | Saber Responder ante una Crisis  RESPIRAR  ESCUCHAR  RESPONDER  CONSOLAR  ACTIVIDAD PARA CASA: [1] Revisar el mapa de seguridad de tu comunidad  [2] Talk with your child about possible risks. [3] Comentar qué hacer en caso de crisis. | Animate sentences to script either as bullets or in paragraph form. Show map from previous activity. |

| {Lesson:Knowing Basics of Online Safety} | | |
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| Guión | On Slide Text | Animation Notes |
| ¡Hola! Nos encontramos de nuevo. Today’s lesson is about how to keep your child safe online.  Children are spending a lot of time online. Estar en línea les ayuda a utilizar palabras afirmativass y a aprender más cosas, pero también existen algunos riesgos y peligros. Keeping your child safe online is an important step to help them be part of the digital world.  Cuando se trata de la seguridad en internet, hay cuatro estrategias que debes tomar en cuenta:  APRENDER,  ️PROTEGER,  CONSTRUIR HÁBITOS,  y CONSTRUIR CONFIANZA.  Hay mucho que revisar. Hablaremos sobre la seguridad en internet en dos sesiones.  [1] El día de hoy revisaremos las estrategias de [pause] APRENDER [pause] y PROTEGER.  La próxima sesión tratará sobre [pause] CREAR HÁBITOS [pause] y CONSTRUIR CONFIANZA.  Comencemos. | Conocer los Fundamentos para la Navegación Segura en Internet  APRENDER  PROTEGER  CREAR HÁBITOS  CONSTRUIR CONFIANZA | Circle around 1 and 2 |
| Primero, debemos aprender los peligros de navegar en internet:  CONTENT: Your Child might come across harmful content or content you think is inappropriate for them, such as violence, aggressive language, or pornography.  CONTACT: Adults might pretend to be children and ask for sexual pictures or to meet with your child through an online platform.  CONDUCT: Sometimes, children or strangers can say or do hurtful things online. | APRENDER:  ✅ Contenido  ✅ Contacto  ✅ Conducta | Animate words to text |
| A continuación, debemos proteger. Keep your child safe online.  Talk to your child about which apps and websites are safe and which are not. ¡Háblenlo!  Help your child learn how to make strong passwords to protect their devices.  Tell your child that they should keep personal information private, including photos or videos of themselves. ¡Lo que se sube al internet se queda en internet! | PROTEGER  ✅Talk to your child about safe apps  ✅Help your child learn about strong passwords  ✅Tell your child what should be kept private | Animar las palabras a texto |
| En la próxima sesión, seguiremos aprendiendo sobre la seguridad en internet. Today, your home activity is to ask your child what they do to stay safe online. Puede que descubras que ya piensa en la ciberseguridad.  Praise your child for any efforts they make. Can you talk with your child today? | Conocer los Fundamentos para la Navegación Segura en Internet  Aprender ✅  Proteger ✅  Construir Hábitos ✅  Construir Confianza ✅  ACTIVIDAD PARA CASA  Ask your child what they do to stay safe online |  |

| {Lesson: Build Habits and Trust Online} | | |
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| Guión | On Slide Text | Animation Notes |
| Welcome back to ParentText ! This lesson continues our learning about keeping our children safe online.  Keeping your child safe online is an important step to help them be part of the digital world.  You already learned ways to protect your child online with LEARN and PROTECT in the previous lesson.  Hoy, aprenderemos cómo ️CONSTRUIR HÁBITOS y CONSTRUIR CONFIANZA.  ¿Qué te parece si comenzamos? | Construir Hábitos y Confianza en Internet  APRENDER  PROTEGER  CREAR HÁBITOS  CONSTRUIR CONFIANZA | Circle number 3 and 4 |
| El siguiente paso es CONSTRUIR HÁBITOS. Establece hábitos seguros para navegar el internet en casa.  Establece momentos libres de celulares en tu casa, como durante las comidas, la tarea o en la cama.  Set limits on the amount of time your child spends online.  Only let your child chat online with people they already know. Nunca deben compartir información personal en una sala de chat ni con desconocidos.  Antes de llenar formularios que soliciten información personal, comprueba que la dirección web comienza por https://. Los sitios web que empiezan por http:// pueden ser riesgosos. | CREAR HÁBITOS   * Establece horarios libres de teléfono en tu casa * Revisa las direcciones web   https://  http:// | Animate to text |
| For older children, you can help them create strong passwords for their accounts. Las contraseñas seguras son:  [pause] largas;  [pause] no incluyen información personal obvia como tu nombre o tu cumpleaños;  [pause] e incluyen letras mayúsculas y minúsculas, números y símbolos.  Tell your child not to click on pop-ups that ask them to download or pay for anything. | CREAR HÁBITOS  Establece Contraseñas Seguras:  -Largas  -NO incluyen información personal  -SI incluyen letras mayúsculas y minúsculas, números y símbolos. | ^ Animate password details to explain better. |
| Finally, BUILD TRUST with your child  [1]  En conjunto, revisen los sitios web, las redes sociales, los juegos y las aplicaciones que usa tu niña o niño.  [2]  Ask questions - this helps you learn more about your child's interests! | CONSTRUIR CONFIANZA   * Look at websites, social media, games and apps that your child uses, together * Haz preguntas | ^ |
| If you come across anything worrying together, talk about it with your child. [1]Si necesitas apoyo, escribe AYUDA después de completar la sesión de hoy.  Tell your child that they should tell an adult if they feel scared, unsafe or upset about something online.  Teach your child that if a stranger offers gifts, like virtual coins, in exchange for photos and personal information, and tells them to keep it a secret, they should tell you.  Just as you keep your child safe in the real world, you also need to make sure they are safe in the digital world. Al seguir estos pasos, puedes protegerle y asegurarte de que su tiempo en línea es seguro para que se pueda seguir conectando y aprendiendo cosas nuevas. ¡Lo estás haciendo muy bien! | CONSTRUIR CONFIANZA   * Hablar sobre escenarios preocupantes * Tell your child if they feel scared or unsafe, they should tell an adult   AYUDA | ^  [1]Then, animate a phone with HELP on the screen with text. |
| Here’s something you can do with your child today to start making sure they stay safe online:  [1]  First, have a conversation with your child about how they can use the internet and devices in a safe way.  [2]  Después, hablen sobre qué sitios o aplicaciones pueden ser inseguros o peligrosos. Discutan el por qué.  [3]  Finally, praise your child for how good they are at using the web!  Can you and your child complete this task today? | Construir Hábitos y Confianza en Internet  ACTIVIDAD PARA CASA   * Have a conversation with your child about how they can use the internet and devices in a safe way. * Platiquen sobre qué sitios o aplicaciones pueden ser inseguros o peligrosos y por qué * Praise your child for how good they are at using the web safely! |  |