





Dear \_\_\_\_\_,



From social media to sites and games, I can't imagine growing up with today's technology!



I admit I don't really know how they all work, and I don't use them like you do. But I want you to know this: **you can talk to me about any of them**, both when things are good and if something goes wrong.

I know I've asked you to do a few things, like keep  personal information private and only trust close, real-life friends with details about your life. I've asked you not to  share your location, use certain sites, or share pictures that people might call "inappropriate."

I want you to know that I've asked you to do all these things for one reason only: **because I love you.** I want you to be able to learn, be inspired, and have fun while using your devices **without** getting upset or hurt in any way.

But I know things move fast online. People might DM you  inappropriate things and you might hear offensive language. You might see something weird or scary. And people will want to get to know you, even if you have no idea who they are. It is tempting to chat, just to see if they are nice. But sometimes people can seem friendly or cool at first, and then later, make you feel uncomfortable in some way. 



stop · block · talk


And yes, it might be *awkward* to talk about, but I know that young people get asked for nudes a lot. They may get pressured into sending them and **things sometimes go wrong**. When that happens, whether it's about nudes or something else, I know that a lot of kids are really scared of the reaction they will get if they tell an adult.



 And that's why I'm giving you this letter.


Because if you **EVER** get into a situation that is upsetting, uncomfortable, or seems impossible to fix, **you can tell me** and I will listen. I might look stressed but I will stay calm and be so glad that you told me. If you tell me about a mistake, I will tell you that *everybody makes mistakes*. **I will help you get through it and get it under control**. And we will only tell someone if we have to, to be sure you and others are safe.



 Remember: **NOTHING** will ever make me love you less. No matter what, I love you more every day and I am so happy and grateful that you are in my life. I am so proud of you.

Please talk to me **anytime** if something happened, whether it was today, yesterday, or years ago. *And if it's just too hard to tell me, please tell another adult you trust*. You can even write it down for me to read. Please keep this letter and read it again if you are ever worried about telling me something. I love you and I want you to be safe and supported.



 And when you feel like it... Can you please show me how to use TikTok?



Love,

