

Age-by-Age Digital Safety Checklist

A quick protective guide for each growth stage.

AGES 3–5

- Very limited screen time
 - No YouTube without adult
 - No ads
 - Safe, simple learning apps only
 - No screen before bed
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AGES 6–9

- No messaging apps
 - No devices in bedrooms
 - Supervised YouTube Kids
 - Teach them about “stranger danger”
 - Begin content conversations
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AGES 10–12

- Begin digital responsibilities
 - Set screen contracts
 - Safe search on
 - Introduce privacy rules
 - Monitor social apps closely
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AGES 13–15

- Teach critical thinking online
 - Discuss peer pressure
 - Emphasize digital footprints
 - No anonymous apps
 - Daily emotional check-ins
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AGES 16+

- Encourage self-management
- Teach boundaries in relationships
- Discuss digital identity

- Support balanced habits
- Talk openly about online risks