

Resources to Help You Use Media and Technology Safely and Responsibly



Online Safety

- Online Safety Tips ([English](#) and [Spanish](#))
- Teaching Kids Safe Online Behavior ([English](#) and [Spanish](#))
- Ways to Safely Use Cell Phones and Devices ([English](#) and [Spanish](#))
- Cyberbullying, Digital Drama, and Hate Speech ([English](#) and [Spanish](#))
- 5 Ways to Stop Cyberbullying ([English](#) and [Spanish](#))

Personal Data & Privacy

- Best Privacy Settings for Apps and Devices ([English](#) and [Spanish](#))
- Online Data and Privacy Basics ([English](#) and [Spanish](#))
- What Type of Data Do Companies Collect and Why? ([English](#) and [Spanish](#))



Phishing and Scams

- Tips to Identify Clickbait ([English](#) and [Spanish](#))
- What Can I Do If My Device or Account Has Been Hacked? ([English](#) and [Spanish](#))
- How to Navigate the World of Artificial Intelligence ([English](#) and [Spanish](#))

Relationships and Communication

- Managing Online Friendships ([English](#) and [Spanish](#))
- How Do I Report Cyberbullying? ([English](#) and [Spanish](#))
- Talking About Racism And Violence in the Media ([English](#) and [Spanish](#))
- Social Media and Mental Health ([English](#) and [Spanish](#))
- How to Talk to Teens About Pornography ([English](#) and [Spanish](#))

Additional Resources

- Free Online Tools for Getting Started With Tech ([English](#) and [Spanish](#))
- Guide to Better Media and Tech Habits ([English](#) and [Spanish](#))
- What is ChatGPT? ([English](#) and [Spanish](#))
- Family Tech Planners ([English](#) and [Spanish](#))



Common Sense is the nation's leading nonprofit organization dedicated to improving the lives of all kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.

For information on these and other free resources, visit commonsense.org.