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Internet Safety: Tips for Parents and Kids, and Protection Against Online Threats

Today's online landscape is treacherous for children and teenagers. The responsibility of safeguarding them from a myriad of online dangers is paramount and evolves every day. The New Mexico Department of Justice recognizes the immediate need to equip parents, guardians, and educators with the tools to protect every child from these pervasive dangers.

For this reason, we have created **SMART CHATS** (Social Media Awareness Roundtables Creating Healthy Avenues Towards Safety), which provides a dynamic collection of guides, statistics and other information to support the residents of New Mexico.



SOCIAL MEDIA AWARENESS ROUNDTABLES
CREATING HEALTHY AVENUES TOWARDS SAFETY

We invite you to explore the resources on this page and learn how you can better protect New Mexico's youth from online dangers.

Statistics and Experiences

From insidious threats of sextortion to the often silent yet violent actions of cyberbullying, the exposure and vulnerability our children and teenagers face online is very real.

Defendant's Exhibit

DX2085

Case Number:
D-101-CV-2023-02838

Witness: Krystal Adams

EXHIBIT

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Baca, CCR# 112
Nov 04, 2025



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"One of my biggest concerns as a parent with my child playing online games is that **minors may inadvertently reveal personal information about themselves** to potential information-stealing predators."

Chad R.
Parent of a 17-year-old
New Mexico

Privacy Guides for Social Media and Gaming Platforms

The NMDOJ offers a series of social media privacy how-to guides, including video game consoles, which have been crafted to provide you with the steps to help protect your child or children online.

-  Roblox (<https://nmdoj.gov/social-media-privacy/roblox>)
-  YouTube (<https://nmdoj.gov/social-media-privacy/youtube>)
-  Snapchat (<https://nmdoj.gov/social-media-privacy/snapchat>)
-  X (Formerly Twitter) (<https://nmdoj.gov/social-media-privacy/x-formerly-twitter>)
-  Twitch (<https://nmdoj.gov/social-media-privacy/twitch>)
-  TikTok (<https://nmdoj.gov/social-media-privacy/tiktok>)
-  Gaming Consoles (<https://nmdoj.gov/social-media-privacy/gaming-consoles>)
-  Reddit (<https://nmdoj.gov/social-media-privacy/reddit>)
-  Meta Platforms (<https://nmdoj.gov/social-media-privacy/meta-platforms>)
-  Discord (<https://nmdoj.gov/social-media-privacy/discord>)



Internet Safety Guides

Our Internet Safety Guides equip parents, guardians and educators with tools to help children understand the dangers of sharing information on the internet.



Protecting Children from Cyberbullying (<https://nmdoj.gov/wp-content/uploads/NMDOJ-Guide-Cyberbullying-2024.pdf>)

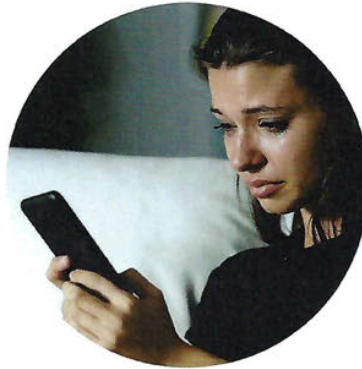
This guide provides practical tips on educating children about cyberbullying and creating a safe space for them if they become victims.



(<https://nm DOJ.gov>)

Protecting Children from Sextortion (<https://nm DOJ.gov/wp-content/uploads/NMDOJ-Guide-Sextortion-2024.pdf>)

This guide provides strategies for talking with children and teens about sextortion, both to prevent and respond to potential incidents.



Removing Explicit Content

There are additional resources that can help to remove explicit content from the internet.

- **Take It Down** (<https://takeitdown.ncmec.org/>) provides a free service that can help or stop online sharing of explicit images or videos taken when individuals were **under 18 years old**.
- **Stop Non-Consensual Intimate Image Abuse (StopNCII.org)** (<https://stopncii.org/>) can help to remove explicit images taken when individuals were **18 years of age or older**.

Initiating Conversations on Internet Safety

Starting a dialogue with children about building a healthy relationship with the internet is important in our technology-driven society. The steps below can help parents, guardians, and teachers start this important conversation.

- **Choose the right time:** Find a relaxed, quiet time to talk when you won't be interrupted. This could be after a meal, during a car ride, after school or before bedtime.
- **Begin with positives:** Start the conversation by discussing positive aspects of the internet, such as learning tools, staying connected with friends and family, and creative opportunities.
- **Introduce balance:** Explain that balance is key when using the internet. Discuss the importance of balancing online and offline activities.
- **Cover potential risks:** Talk about the potential and very-real dangers of excessive internet use, including cyberbullying, privacy issues, and the risk of encountering inappropriate content.



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- **Establish boundaries together:** Work together with your child to set rules for internet use. This can include limiting screen time, choosing appropriate websites and apps, and deciding when and where devices can be used.
- **Encourage open and safe communication:** Remind them that they can come to you with any concerns or questions about their online experiences – both good and bad.
- **Revisit the conversation regularly:** The impact of internet usage evolves as a child gets older. Revisiting this conversation regularly helps to keep up with their changing needs and experiences.

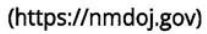
Download a [printable version \(https://nm DOJ.gov/wp-content/uploads/SMART-CHATS-Conversation-Guide.pdf\)](https://nm DOJ.gov/wp-content/uploads/SMART-CHATS-Conversation-Guide.pdf) of the steps above.

Resources

[Get Help \(/get-help\)](#)
[About the Office \(/about-the-office\)](#)
[Join Our Team \(/join-our-team/\)](#)
[Press Releases \(/press-releases\)](#)
[Publications \(/publications\)](#)
[Initiatives \(/initiatives/\)](#)

Related Content

[Charities \(https://nm DOJ.gov/get-help/charities/\)](https://nm DOJ.gov/get-help/charities/)
[Emergency Meeting Reporting \(https://nm DOJ.gov/get-help/emergency-meeting-reporting/\)](https://nm DOJ.gov/get-help/emergency-meeting-reporting/)
[Extreme Risk Firearm Protection Order Act \(https://nm DOJ.gov/get-help/extreme-risk-firearm-protection-order-act/\)](https://nm DOJ.gov/get-help/extreme-risk-firearm-protection-order-act/)
[Federal Disruptions \(https://nm DOJ.gov/get-help/federal-disruptions/\)](https://nm DOJ.gov/get-help/federal-disruptions/)
[Fire Recovery \(https://nm DOJ.gov/get-help/fire-recovery/\)](https://nm DOJ.gov/get-help/fire-recovery/)
[Flood Recovery \(https://nm DOJ.gov/get-help/flood-recovery/\)](https://nm DOJ.gov/get-help/flood-recovery/)
[Guidance on Immigration Enforcement \(https://nm DOJ.gov/get-help/guidance-on-immigration-enforcement/\)](https://nm DOJ.gov/get-help/guidance-on-immigration-enforcement/)
[Human Trafficking \(https://nm DOJ.gov/get-help/human-trafficking/\)](https://nm DOJ.gov/get-help/human-trafficking/)
[Inspection of Public Records Act \(https://nm DOJ.gov/get-help/inspection-of-public-records-act/\)](https://nm DOJ.gov/get-help/inspection-of-public-records-act/)
[Open Meetings Act \(https://nm DOJ.gov/get-help/open-meetings-act/\)](https://nm DOJ.gov/get-help/open-meetings-act/)
[Professional Fundraiser Registration \(https://nm DOJ.gov/get-help/professional-fundraiser-registration/\)](https://nm DOJ.gov/get-help/professional-fundraiser-registration/)
[Requests for Attorney General Opinion or Advisory Letter \(https://nm DOJ.gov/get-help/requests-for-attorney-general-opinion-or-advisory-letter/\)](https://nm DOJ.gov/get-help/requests-for-attorney-general-opinion-or-advisory-letter/)
[Requests for Employee Contract Review \(https://nm DOJ.gov/get-help/requests-for-employee-contract-review/\)](https://nm DOJ.gov/get-help/requests-for-employee-contract-review/)
[Santa Fe Spa Center Claims \(https://nm DOJ.gov/get-help/santa-fe-spa-claims/\)](https://nm DOJ.gov/get-help/santa-fe-spa-claims/)
[Scam Prevention and Identity Theft \(https://nm DOJ.gov/get-help/scam-prevention-and-identity-theft/\)](https://nm DOJ.gov/get-help/scam-prevention-and-identity-theft/)



Special Commissions (<https://nmdoj.gov/get-help/special-commissions/>)

Tobacco Settlement (<https://nmdoj.gov/get-help/tobacco-settlement/>)

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ADA Notice of Rights (<https://nmdoj.gov/americans-with-disabilities-act-notice-of-rights/>)

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