



The PAWS Up™ Grown-Ups Guide

Helping kids Pause  Ask  Watch  Speak Up™

Welcome, Grown-Ups

You do not need to know every app, app, game, trend, or device to help kids stay safer online. Children build safer habits through everyday conversations with the adults they trust. This guide was created to help parents, caregivers, teachers, librarians, and trusted adults use PAWS Up™ to make those conversations feel easier, calmer, and more meaningful. **Small conversations can make a big difference.**



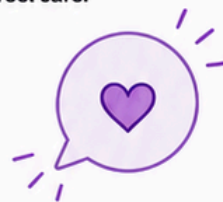
Stop & Think

PAUSE

Before reacting, take a breath and create space for connection. Children are more likely to tell the truth when they feel safe.

Try:

- Stay calm first.
- Focus on understanding before consequences.
- Make room for honest conversations.



Ask Questions

ASK

Stay curious. Ask open-ended questions instead of jumping to conclusions.

Try: *"Can you help me understand?"*

Other conversation starters:

- "What happened next?"
- "How did that make you feel?"
- "Has that happened before?"
- "What do you think we should do?"

Children are more likely to keep talking when they feel heard.



Look for Red Flags

WATCH

Notice patterns, emotions, changes in behavior, and opportunities to stay connected.

Watch for:

- Sudden secrecy
- Changes in mood
- Pulling away from family or friends
- Increased worry around devices
- Opportunities to talk and stay engaged

You do not have to monitor everything. Stay present.



Tell a Trusted Adult

SPEAK UP

Start conversations early—and keep them going. Online safety is not one big talk. It is many small conversations.

Create moments to talk:

- In the car
- During dinner
- While gaming together
- Walking the dog
- Reading together
- During every day routines

Kids often talk when it feels natural.



*You don't have to know everything.
You just have to keep talking.*

With love,
Laura & K9 Estie 
EstiesBesties.net

