

5 DAYS OF ACTION

Keeping Kids Safe in the Digital Space

The Y's top priority is the safety and well-being of the children in our care. Each April, during Child Abuse Prevention Month, YMCAs across the country participate in the Five Days of Action, a campaign that raises awareness and encourages adults to help prevent child sexual abuse.

The 2026 theme, "Keeping Kids Safe in the Digital Space," focuses on helping kids and caregivers recognize risks and warning signs in online environments—from social media and gaming to texting.

Complete the bingo activities and return your sheet to your YMCA location to receive \$20 off your next program.

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| Find 5 places where a device or internet is used at home | Find an example of a scam message or fake account and talk about how you can tell it's not real | Check if a device has pending software updates | Talk about what information is safe vs. unsafe to share online | Find one resource for reporting cyberbullying |
| Identify a trusted adult you can talk to if you feel unsafe online | Find three household devices and check if they have strong, unique passwords | Practice what to do if a stranger tries to message you in a game or app | Locate the home Wi-Fi name and confirm it's not something personal | Identify one safety rule you follow at the YMCA and one you can follow online |
| Spend 30 minutes doing a non-screen activity together | Search your name online (with a parent) and see what information appears | FREE SQUARE | Review friend/follower lists and remove anyone you don't know in real life | Teach someone else one digital safety tip |
| On a family device, locate the private settings for one app or game | Look through installed apps and find one that needs parental approval | Talk about your family's rules for using the internet and devices | Find where screen time limits can be set on a tablet or phone | Create your family's Digital Safety Rules and post them in a visible spot |
| Find a photo on a device and check if location tagging is turned off | Create a strong password together using a mix of words, numbers, and symbols | Set a "device-free" time for your family (like during dinner) | Sign the pledge for Five Days of Action | Identify a feature in an app that prevents chatting with strangers |



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