

Diversify CYBER & TECH



About us: MySecureKid is a global 501(c)(3) nonprofit organization founded in 2018 with a mission to bridge the demand gap for cybersecurity and IT professionals. Our focus is on diversifying the industry and empowering underrepresented communities economically by establishing clear career pathways into cybersecurity and IT through education, scholarships, hands-on training, and strategic partnerships. Based in Arlington, Virginia, MySecureKid targets historically excluded communities, offering a range of educational and career training programs to prepare them for future success. The employment projections show a substantial growth of 13.4 percent in cybersecurity and tech occupations by 2029, compared to the overall 3.7 percent growth for all occupations. However, the representation of trained and educated workers from underrepresented communities is merely 1%, particularly for African Americans, Hispanics, and people with disabilities. This knowledge gap is

a significant problem, hindering progress in their communities and limiting their access to opportunities in cybersecurity and tech. At MySecureKid, we are committed to fostering diversity in these fields and firmly believe that by offering equal educational and career opportunities to everyone, regardless of race or disability, we can make a tangible impact. MySecureKid is dedicated to closing the gap and leading a global movement that celebrates the value, power, and importance of diversity and inclusion in the cybersecurity and tech sectors.

About the Founder: Quiana Gainey, Founder of MySecureKid, is a decorated Veteran and cyber security expert dedicated to empowering young individuals in underserved communities. Through her for-profit business, she provides cutting-edge technology training, particularly in cyber security, opening doors to lucrative careers for hundreds of young people. Quiana's journey showcases the transformative power of education and entrepreneurship, serving as a guiding light for those facing challenges. Her mission is not only to build a successful business but to uplift others and create tangible opportunities for advancement. Through her work, Quiana exemplifies how individuals can make a lasting impact by using their success to help others, fostering a more inclusive and equitable society. Parenting in the digital age can be both exciting and challenging. As technology continues to evolve, it's essential to adopt effective strategies to ensure your child's online safety and well-being. **Here are some tips and tricks to help you navigate the digital landscape and promote a healthy digital environment for your children:**



1. **Open Communication:** Establish an open and non-judgmental line of communication with your child about their online experiences. Encourage them to share any concerns or uncomfortable situations they encounter without fear of punishment.
2. **Educate on Cybersecurity:** Teach your children about the importance of strong and unique passwords, the risks of sharing personal information online, and how to recognize and avoid phishing attempts.
3. **Parental Controls:** Use parental control software and tools to monitor and manage your child's online activities. These tools can help filter content, set time limits, and track their internet usage.
4. **Model Healthy Tech Habits:** Lead by example and demonstrate responsible tech usage. Children often emulate their parent's behavior, so show them how to balance online and offline activities.
5. **Explore Online Together:** Spend time exploring the internet together with your child, especially when they're younger. Use this opportunity to teach them about safe websites, online etiquette, and critical thinking.
6. **Teach Online Etiquette:** Explain the importance of respectful communication online. Encourage your child to think before posting or commenting and to treat others as they would like to be treated.
7. **Identify Harmful Content:** Help your child recognize harmful or inappropriate content they may come across and teach them how to report it or seek help when needed.
8. **Address Cyberbullying:** Educate your child about cyberbullying, how to identify it, and what steps they should take if they witness or experience it. Report any incidents to the appropriate authorities or school personnel.
9. **Create Tech-Free Zones:** Designate specific areas of the home, like the dinner table or bedrooms, as tech-free zones to encourage face-to-face communication and quality family time.
10. **Encourage Offline Activities:** Balance screen time with physical activities, hobbies, and social interactions outside the digital realm. Engaging in a variety of activities promotes overall well-being.
11. **Stay Informed:** Keep yourself informed about the latest trends and apps popular among children. Being aware of what's trending online can help you anticipate potential risks.

What's a "Parasocial Relationship"? A parasocial relationship refers to a one-sided, non-reciprocal relationship where one person invests emotional energy, time, and interest in a public figure, such as a celebrity, athlete, or social media influencer, while the other person (the public figure) is unaware of the existence of the individual who has formed the connection. It is essential for parents to understand this concept, especially when it comes to their children, as it can have implications on emotional well-being and social development. Parasocial relationships possess both advantages and disadvantages. When established with positive role models, they serve as a wellspring of inspiration, connection, and personal development. Nonetheless, exercising caution and mindfulness is imperative. We must ensure that the media personalities we admire resonate with our values and constructively impact our lives. This approach allows us to harness parasocial relationships' benefits while mitigating potential downsides.

Remember that technology is a tool that can be used positively or negatively. By actively engaging with your child's online experiences, you can foster a safe and positive digital environment for them to explore and learn.

MySecureKid

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