

INTERNET SAFETY GUIDELINES

PARENT TIPS:

Learn about computers. Spend time with your children online and get to know about their favorite destinations.

Encourage your children to tell you if they encounter something that makes them uncomfortable. If you or your children receive a message that you find objectionable, forward a copy of the message to your service provider and ask for assistance.

Remember everything you read online may not be true. An offer that is "too good to be true", probably is. Be careful about sending personal information over the Internet.

Be sure to make this a family activity. Consider keeping the computer in a family room so that it is easier to oversee.

Pay attention to the games your older children may download. Some are violent or of a sexual nature.

Most major Internet Service Providers have a **parental control** feature written into their software which parents should activate to ensure children view just what you want them to view.

Facts:

93% of 12—17 year olds go online (*Pew, 2010*)

22% of all teen girls—11% of teen girls ages 13—16 years old—say they have electronically sent or posted online, nude or semi-nude images of themselves (*National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl.com, 2008*)

As of February 2010, 73% of wired teens now use social networking websites, up from 55% in 2006 (*Pew, 2010*)

43% of teens are exposed to cyber bullying in one form or another, yet only 1 in 10 have told their parents (*U.S. National Crime Prevention Council, 2008*).

INTERNET SAFETY TIPS
What Parents, Grandparents, and Caregivers Need to Know



Visit age-appropriate sites. Find sites that promote learning, creativity, and that deepen your kid's interests.

Minimize chatting with strangers. Tell your kids that people aren't always who they say they are on the Internet.

Help kids think critically about what they find online. Young people need to know not everything they see is true.

If they wouldn't do it in real life, they shouldn't do it online. Remind them: Don't say mean things!

Have some rules about time and place. Set limits on the amount of time your kids spend online.

Agree on downloads. What music is okay? Which video sites?

Talk about privacy. Remind your kids that when they post something online, they lose control of it. It can be cut and pasted and sent around the Web.

Be involved and view your own habits carefully.

Enjoy the good stuff together!



