

ONLINE SAFETY TIPS



1. Establish rules for Internet use

- What sites can your child visit?
- Who can they talk to?
- How long will they be online?
- > Where can they use a computer?

Keep house rules posted near the computer

2. Keep the computer in a common room (not a child's bedroom)

3. Discuss the importance of telling you or a trusted adult if something ever makes your child or teen feel scared, uncomfortable, or confused while online

4. Communicate

- Prepare yourself beforehand
- Talk and be open with your kids and teens
- Keep your cool. Be cool. Encourage them to confide in you

5. Be Informed

- Learn everything you can about the Internet
- Ask your kids to show you places they go
- Learn chatroom lingo by going to www.cybertipline.com for a list of acronyms like POS = Parent Over Shoulder
- Know what other access your child may have including text messaging

6. Consider safeguarding options

- Check out blocking, filtering, and rating applications
- Learn about filtering and monitoring software and WHEN TO USE THEM

But remember, education is a key part of prevention.

7. CyberTipline

- Report incidents to the CyberTipline by calling **1-800-843-5678** or at www.cybertipline.com

8. Know who your children talk to online

9. Check your children's E-mail addresses for appropriateness

10. Don't post your child's E-mail address in any directory

11. Always read a web site's privacy policy

- Don't "unsubscribe" to unwanted E-mail
- Don't sign up for "free" things

12. Don't forward E-mail to "everyone" in your address book

13. Talk to your children about what personal information is and why they should never give it out

14. Make sure children only exchange E-mail with people they know and let them use chat areas you supervise

15. Make sure you are aware of any other places your child may be using the Internet such as a friend's house or the library

16. Show your children how to turn off the monitor when something makes them feel scared, uncomfortable, or confused

17. Access more tips on the "Parents & Educators" section of www.NetSmartz.org

18. Know how to

- Set parental controls
- Check history files

www.NetSmartz.org

Tips for kids and teens

- 1. Don't give out personal information such as name, age, address, telephone number, parent/guardian's name, and school name/address**
- 2. Do not respond to mean, offensive, threatening, or unwanted E-mail or Instant Messages**
- 3. Choose a screenname that doesn't identify you as a young boy or girl**
- 4. Don't share your password with anyone (except a parent/guardian) — not even your best friend**
- 5. Remember, people online may or MAY NOT be who they say they are**



INTERNET SAFETY PLEDGE for Middle & High School

1 I WILL TALK WITH MY PARENTS OR GUARDIAN ABOUT THEIR EXPECTATIONS AND GROUND RULES FOR GOING ONLINE

I will talk with my parents or guardian so that we can set up rules for going online. The rules will include the time of day that I may be online, the length of time I may be online, whom I may communicate with while online, and appropriate areas for me to visit while online. I will not break these rules or access other areas without their permission.

I will never download anything from anyone I don't know. In addition to offensive content, spam or junk E-mail may contain viruses that can damage my computer.

2 I WILL KEEP MY IDENTITY PRIVATE

I will never share personal information such as my full name, my mailing address, my telephone number, the name of my school, or any other information that could help someone determine my actual identity. I will also not reveal any personal information about my friends or family.

I will never send a person my picture or anything else without first checking with my parents or guardian.

3 I WILL NEVER RESPOND TO ANY ONLINE COMMUNICATION THAT MAKES ME FEEL UNCOMFORTABLE

I will tell a trusted adult if I come across anything that makes me feel scared, uncomfortable, or confused.

I will never respond to any messages that are rude or offensive in any way. I will show the message to a trusted adult right away so that he or she can decide if it's necessary to contact the online service or other authorities.

4 I WILL NEVER MEET IN PERSON WITH ANYONE I HAVE FIRST "MET" ONLINE WITHOUT DISCUSSING IT WITH MY PARENTS OR GUARDIAN

Since the biggest danger to my safety is getting together with someone I have first "met" online, I won't meet in person with anyone unless my parents or guardian agrees to the meeting, they will go with me to the meeting, and the meeting will be in a public place.

5 I WILL RESPECT OTHER PEOPLE'S RIGHTS WHILE ONLINE

The Internet is a large community; therefore, my behavior while on it affects others. I will always treat others the way I would like to be treated.

I will respect copyright laws and check on sources. When writing reports I will make sure that the online sources of information are credible, and I will always cite my sources.

Piracy is illegal and keeps authors, artists, and others from getting paid for their work. I will never download things such as pictures, games, music, or movies that have not been given to the public for free.

SIGNED

SIGNED

www.NetSmartz.org

Tips to Prevent Sexting

- **THINK ABOUT THE CONSEQUENCES** of taking, sending, or forwarding a sexual picture of someone underage, even if it's of you. You could get kicked off of sports teams, face humiliation, lose educational opportunities, and even get in trouble with the law.
- **NEVER TAKE** images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employers—to see.
- **BEFORE HITTING SEND**, remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends, and their friends...
- **IF YOU FORWARD** a sexual picture of someone underage, you are as responsible for this image as the original sender. You could face child pornography charges, go to jail, and have to register as a sex offender.
- **REPORT** any nude pictures you receive on your cell phone to an adult you trust. Do not delete the message. Instead, get your parents or guardians, teachers, and school counselors involved immediately.

