

Protect your children on the internet



Encourage your kids to talk to you without fear of punishment about what they read and see on the Internet.



Guidelines for children's internet use



Up to age 10

- Children this age need supervision and monitoring to ensure they are not exposed to inappropriate materials.



Ages 11 to 14

- Children this age are savvier about their Internet experience; however, they still need supervision and monitoring to ensure they are not exposed to inappropriate materials.



Ages 15 to 18

- Teens still need parents to define appropriate safety guidelines. Parents may need to remind teens what personal information should not be given over the Internet.

When you and your family surf the Web it's important to keep the following in mind:



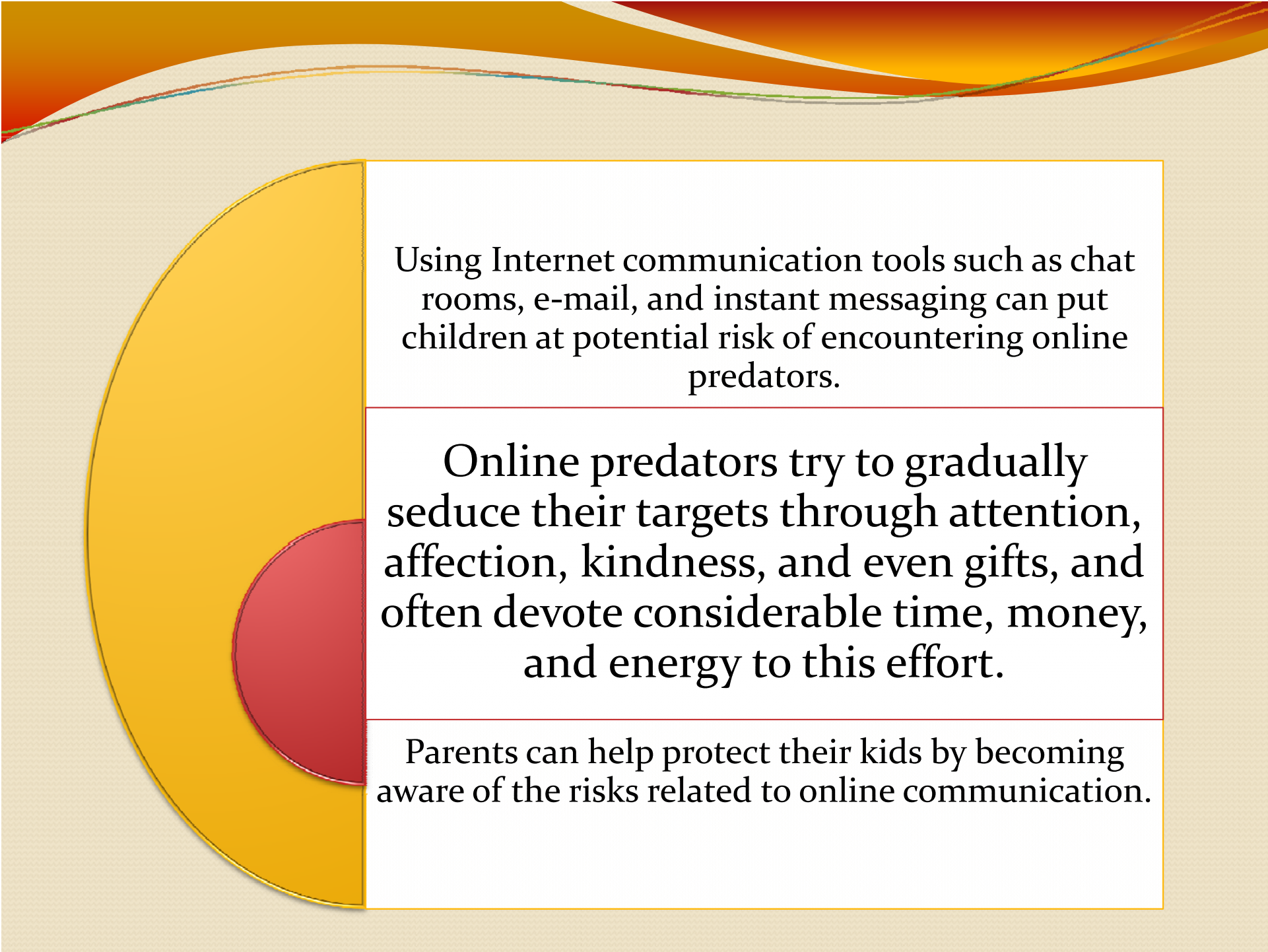
- Online information is usually not private.
- People online are not always who they say they are.
- Anyone can put information online.
- You can't trust everything you read online.

Are your kids addicted to the internet?

Look for symptoms of Internet dependency.

Ask yourself if your child's Internet use is affecting his or her school performance, health, and relationships with family and friends.





Using Internet communication tools such as chat rooms, e-mail, and instant messaging can put children at potential risk of encountering online predators.

Online predators try to gradually seduce their targets through attention, affection, kindness, and even gifts, and often devote considerable time, money, and energy to this effort.

Parents can help protect their kids by becoming aware of the risks related to online communication.



Almost one in eight youth ages 8-18 discovered that someone they were communicating with online was an adult pretending to be much younger.




Improve Web Safety

- ☐ Teach your kids to trust their instincts. If they feel nervous about anything online, they should tell you about it.
- ☐ If your kids visit chat rooms, use instant messaging (IM) programs, online video games, or other activities on the Internet that require a login name to identify themselves, help them choose that name and make sure it doesn't reveal any personal information about them.

Improve Web Safety

- ☐ Insist that your kids never give out your address, phone number, or other personal information, including where they go to school or where they like to play.
- ☐ Teach your kids that the difference between right and wrong is the same on the Internet as it is in real life.
- ☐ Show your kids how to respect others online. Make sure they know that rules for good behavior don't change just because they're on a computer.

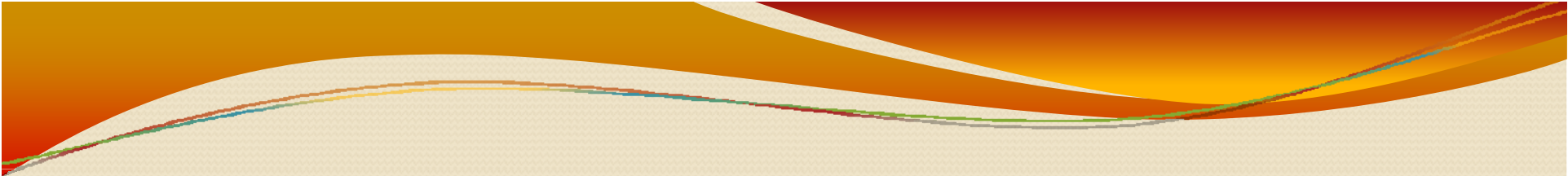
Improve Web Safety

-  Insist that your kids respect the property of others online. Explain that making illegal copies of other people's work—music, video games, and other programs—is just like stealing it from a store.
-  Tell your kids that they should never meet online friends in person. Explain that online friends may not be who they say they are.
-  Teach your kids that not everything they read or see online is true. Encourage them to ask you if they're not sure.



Tools

- ⇒ **Monitoring Software**: Install software to manage where children go online.
- ⇒ **Exercise Parental Control**: Implement Filtering tools.
- ⇒ **Restrict Access**: Use privacy settings to restrict access to the child's website.
- ⇒ **Be a Technical Geek**: Secure the family computer by regularly updating the operating system and installing a firewall, and up-to-date anti-virus and anti-spyware software



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