



INTERNET INFORMATION

Talk to your kids about internet safety. Set rules about their internet use and make sure they know safety guidelines such as:

- Never give personal information, including your name, address, or school to anyone on the Internet.
- Never give out your e-mail address or join any sort of mailing list without permission.
- Never arrange to meet anyone you first meet on the internet.
- Be careful of pictures posted on the internet; get your parent's permission before posting any pictures.
- Be aware of what your children look at. If you are not already, check the history of what your kids look at online.
- Use bookmarks to help your kids find the sites used regularly without needing to search for them, this can prevent stumbling onto content they had not intended to find.
- Use parental controls to restrict the content that your children can look at on the internet.
- Teach your children that not everything posted online is true, also not everyone on the internet is who they say they are.
- Tell your kids to let you know if they come across anything on the internet that makes them uncomfortable.
- Have your children show you what they do online, their favorite websites, etc.
- Make sure that your child is using a screen name that is not descriptive; it should not indicate the real name of a child, where you live, or even the gender of your child.
- Keep the computer in a central area of your home, do not put it in a child's bedroom or an isolated area.
- Be aware of what your children download.
- Make sure they know not everything on the internet is free and never give out your credit card number.
- Teach your children what content is appropriate and how to avoid any content that may be inappropriate.
- Spend time with your children on the internet. This can teach them appropriate internet topics.

SOCIAL MEDIA

- Social media websites (such as Facebook, Instagram, Twitter, and TikTok) allow a high level of interaction from participants which may lead to a high amount of personal information being divulged. Consider whether or not you would like to allow your children to use social media. There are a lot of uses for the internet and social media is just one.
- Be aware of the social networks that your child uses. Each network has settings that you can use to protect your child's privacy; help your child set these appropriately.
- Limit time spent using social media and set clear rules about the information your child gives out.

EMAIL

- Monitor the content of your child's e-mail.
- Teach kids about spam, how to identify it, and how to delete it before opening.
- Teach your child to never open an attachment on an e-mail if they are not sure who the e-mail came from.