

PARENTS GUIDE TO INTERNET SAFETY

All children, even those who seem wise beyond their years in matters of technology, rely on their parents to guide and protect them in matters of Internet safety (even if they do not admit it). Cyberbullying wasn't an issue in 1989, but it is now. So it is important to talk to your kids about bullying. Tell your kids that they can't hide behind the words they type and the images they post. Hurtful messages not only make the target feel bad, but they also make the sender look bad – and sometimes can bring scorn from peers and punishment from authorities.

Work hard to keep the lines of communication open, & check out your teen's page from time to time to see what you find:

- Read the comments.
- If your child is targeted by a cyberbully, tell them not to respond. Bullies usually are looking for a reaction from their target. Instead, encourage your child to work with you to save the evidence and talk to you about it. If the bullying persists share the record with school officials or local law enforcement. Block or delete the bully.
- Protect their profile.

Online Safety Rules / TEEN Contract:

1. I will not give out personal information such as my address, telephone number, parent's work address/telephone number, or the name and location of my school without my parents' permission.
2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.
4. I will never send a person my picture or anything else without first checking with my parents.
5. I will not respond to any messages that are mean or in any way makes me feel uncomfortable. It is not my fault if I get a message like that. If I do, I will tell my parents right away so that they can contact the online service.
6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of the day that I can be online, the length of time I can be online and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.