Safe Surfing 101

An Internet Guide for Kids and their Parents

Internet "DO's"

♦ Use a nickname online.

♦ Pick a password that's easy to remember but hard to guess.

♦ Use common sense and best judgment when online.

♦ Check with your parents before downloading anything to your computer.

♦ Be a 'good citizen' online. Never say anything that is mean or hurtful, even as a joke.

♦ If someone sends you something that makes you uncomfortable, or if someone presses you for personal information, let your parents or teachers know. Do not respond to it.

♦ Always check first with your parents before entering a chat room. People aren't always who they say they are.

♦ Always check first before meeting someone in person that you have met on the Internet. Meet in a public place and bring a trusted adult.

♦ Talk to your parents about what you are doing online and who you are speaking to.

♦ Check with your parents before signing up for anything online.

♦ Always trust your instincts or 'uncomfortable' feelings.

Tips for Adults

♦ Make online experience a family activity. Set up computer(s) in a central area of the home, like the living room or family room.

♦ Sign an internet safety contract as a family.

♦ Limit the amount of time your child spends online.

♦ Monitor their computer activity. Talk to kids about what they are doing. Get them to show you regularly.

♦ Use history features to keep track of websites visited.

♦ Become familiar with the internet. Learn the language and the basics.

♦ Consider filters. A variety of content filtering programs are available.

♦ Ensure that you are protected against viruses, hackers and spyware.

♦ Direct your kids to children's online services. Check them first to make sure they are appropriate.

♦ Steer young children away from chat rooms and instead encourage telephone communication.

♦ Always trust your instincts.

Steps to be Taken

Parents must take an active role in protecting their children. Parents need to be:

Available

Devoting time to the issue

Computer literate

Informed about Internet hazards

Movtivated to take action

Make responsible internet habits part of your family's safety plan.

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Internet "DON'T's"

♦ Never give out personal information online. **Personal information includes:**
  • Your real name, or names of members of your family
  • Your address (full or part)
  • The name or address of your school
  • Your phone number
  • The name of teams you play on or extra curricular activities you attend
  • The name of your pet
  • Your parents' work address, work phone or credit card numbers
♦ Do not enter contests without parental permission.
♦ Do not click on links or emails from someone you don't know. They could lead to inappropriate websites.
♦ Do not respond to junk mail.
♦ Never send your picture (or anything else) over the internet without parental permission.
♦ Don't give your internet password to anyone.
♦ Don't send rude or insulting messages to anyone online. This is called flaming and is not good 'Netiquette'.
♦ Don't believe everything you read on the Internet. Always check the source of the information and confirm it.
♦ Don't store credit card numbers or banking passwords on the computer. This will help to ensure that there are no 'accidental' transactions or purchases.
♦ Do not eat or drink on the computer.   A spill can cause damage to the machine.

What Kids are Doing Online

Games
School projects and research
Information searching
Emailing friends
Chat lines
Instant Messaging

Other Internet Measures

Time limits
Rules about chat and email
Have your child teach you about the computer
Old fashioned parenting techniques
Learn about your child's interests

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