Do you have home internet access?
Does your child have a cell phone?
These forms of technology are social lifelines for our children!

With Spring break and summer vacation fast approaching, your children could find themselves in unsafe situations involving cellular and internet use. Below are some tips to help keep your children safe:

- Know what your children are doing online!
  - Check out www.hccmsonline.com for information on free software to monitor internet usage.
- Place computers in common family areas.
- Talk to your children about safe internet practices.
- Know your child's passwords and key codes
  - MySpace, Facebook, email, cell phones and Instant Messaging