On Line Safety Tips

1. **Establish rules for Internet Use**
   a. What sites can your child visit?
   b. Who can they talk to?
   c. How long can they use the computer?
   d. Where can they use a computer?
   Keep house rules posted near the computer
2. **Keep the computer in a common room (not in a child's bedroom)**
3. **Discuss the importance of telling you or a trusted adult if something ever makes your child or teen scared , uncomfortable, or confused while online**
4. **Communicate**
   a. Prepare yourself beforehand
   b. Talk and be open with your kids and teens
   c. Keep your cool. Be cool. Encourage them to confide in you
5. **Be Informed**
   a. Learn everything you can about the Internet
   b. Ask your kids to show you places they go
   c. Learn chatroom lingo by going to www.cybertipline.com for a list of acronyms like POS = Parent Over Shoulder
   d. Know what other access your child may have including text messaging
6. **Consider safeguarding options**
   a. Check out blocking, filtering, and rating applications
   b. Learn about filtering and monitoring software and WHEN TO USE THEM
   But remember, education is a key part of prevention
7. **Cyber Tipline**
   a. Report incidents to the CyberTipline by calling 1-800-843-5678 or at www.cybertipline.com
8. **Know who your children talk to online**
9. **Check your children's E-mail addresses for appropriateness**
10. **Don't post your child's E-mail address in any directory**
11. **Always read a web site's privacy policy**
    a. Don't "unsubscribe" to unwanted E-mail
    b. Don't sign up for "free" things
12. **Don't forward E-mail to "everyone" in your address book**
13. **Talk to your children about what personal information is and why they should never give it out**
14. **Make sure children only exchange E-mail with people they know and let them use chat areas you supervise**
15. **Make sure you are aware of other places your child may be using the Internet such as a friend's house or the library**
16. **Show your children how to turn off the monitor when something makes them feel scared, uncomfortable, or confused**
17. **Access more tips on the "Parents & Educators" section of www.NetSmartz.org**
18. **Know how to**
    a. Set parental controls
    b. Check history files