



Internet Safety for Parents

What Should You Talk to Your Child About?

- Consider creating an internet contract with your child and have all parties sign it.
- Let your child know you will be monitoring his/her online activities.
- Reinforce the fact that not everyone is who they say they are online.
- Discuss how pictures should not be sent or posted online without parental permission.
- Discuss sharing personal information online; never share their password with anyone other than their parents. Review the risks of personal information being misused online.
- Using only child-safe search engines (see resource list).
- Encourage your child to trust in his/her instincts and stop, block, and tell if they are uncomfortable.
- Talk to your child about the consequences of being involved in any incidents that include cyber-bullying, sexting etc.
- Make sure your child understands that they can talk to you about anything on the Internet.



Cyber-bullying is...

- **Sending mean e-mails or text messages,**
- **Posting or distributing embarrassing pictures,**
- **Spreading lies, rumours or secrets about someone online or through text messages.**



As a Parent, What Can You Do?

- Place computer in a common area. Set expectations for your child's online and cell phone activities.
- Monitor your child's activities online. Ask your child to show you what they are doing online, and be aware of whom they are talking to.
- Retrieve your child's login information, e-mail addresses and password.
- If your child joins any social networking or gaming sites, help him/her create their online profile. Remember to only fill in information that is necessary, and leave out any revealing information.
- Monitor ALL webcam use, and any posting or exchanging of pictures online.
- Do not allow your child to communicate in chat rooms.
- Use filtering software on all computers.
- Communicate openly with your child. Encourage him/her to report any situation or information that makes them feel uncomfortable.
- Be aware of signs that your child may be in trouble:
 - They quickly turn the computer or phone off when you walk into the room,
 - Your child seems worried, withdrawn or depressed,
 - Your child contacts, or is contacted by a person you do not know,
 - If your child is being harassed or threatened, save the evidence, and contact the police.

Safe Kids Search Engines

- www.askkids.com
- www.kidsyahoo.com
- www.kidsclick.org
- www.kids.AOL.com
- www.cybersleuth-kids.com

Resources

- Safe Kids Canada
 - www.safekidscanada.ca
- Commit to Kids
 - www.commit2kids.ca
- Kids in the Know
 - www.kidsintheknow.ca
- Cyber Tip
 - www.cybertip.ca
- Be Web Aware
 - www.bewebaware.ca