Internet Safety

What can you do???

- Focus on the purpose and value of online activity before giving permission
- Develop a relationship with communication & trust.
- Don't "freak out" when they tell you what they have seen or heard.
- Collaborate with your child's school.
- Consider extra security: such as blocking, filtering, monitoring controls, and key logging.
- Monitor your child's online activity: websites, apps on phones and social media. Monitor friends posts as well.
- Collect electronic devices before bed and keep in an open area.
- Watch for signs of secrecy, hidden apps, and unauthorized e-mail accounts.
- Provide structure. Develop and agree upon a list of family computer use rules and rules about being online:

  *Only after homework is complete.

  *All web sites must be parent approved before visiting.

  *"Report any suspicious activity."

  * Balance your child's computer/phone time with real world activities: on average no more than 3 hours per day.

  * Periodically discuss what information they may share online.

  *Sign an agreement/pledge about online safety:

  http://www.safekids.com/family-contract-for-online-safety

- Educate yourself! There are online sites with many "parent guides" including:
  https://internetsafetyconcepts.com/for-families/
  http://www.shapethesky.org
  https://www.missingkids.org/netsmartz/resources

Social Media...if they must

- Use nicknames instead of real name for privacy.
- Establish rules about when your child may meet an online friend in person.
- Privacy settings: set account as PRIVATE & only add REAL friends they've met.
- Do not share any personal/private information including: real name, address, phone number, school, or any other identifiable information that can be searched.
- Discuss their "Online Reputation." Once something is posted or text, it NEVER goes away even if deleted (this includes snap chat)!
- Posting pictures online:
    *Not private
    *No longer your property (you agree to this in the user agreements' fine print)
    *Beware your pictures can be used randomly on websites

Cyberbullying

- Cyberbullying is bullying online often on social media, text messaging, and apps.
- It can start easily—with a rumor, a photo, or a forwarded message—and just as easily spiral out of control.

    How to Respond:
    *Do not to respond to rude e-mails, messages, & comments.
    *Save the evidence: e-mail & text messages, take screenshots of comments & images.
    *For e-mail or social media harassment: "block" bullies &/or delete account.
    *For text and phone messages harassment: Contact cell phone provider &/or change the phone number. Block the harassing number.
- KnowBullying Mobile App- Free mobile app to help support bullying prevention:
    https://store.samhsa.gov/product/knowbullying

- ReThink Mobile App- Free mobile app that detects and stops cyber bullying by alerting adolescents to "ReThink" before sending a message:
    http://www.rethinkwords.com/whatisrethink

Useful Websites & Resources

- https://resources.uknowkids.com/blog (mobile & social monitoring, family locator tools, & parental intelligence).
- How to monitor kids' online & computer activity: https://www.cnet.com/how-to/how-to-monitor-kids-online-and-computer-activity-in-windows/
- 10 apps to monitor mobile use: https://www.familyeducation.com/10-apps-for-parents-to-monitor-kids-mobile-use
- https://www.attorneygeneral.gov/wp-content/uploads/2018/01/cyber_safety.pdf
- https://www.attorneygeneral.gov/protect-yourself/kids/kids-plugged-in/cyber-safety-tips/
- https://www.commonsensemedia.org/articles/social-media
- http://www.guardingkids.com/p/cybercitizenship-resources-for-parents.html
- https://internetsafety101.org/
- http://www.athinline.org/facts
- http://www.safekids.com
- https://www.connectsafely.org/
- https://us.norton.com/internetsecurity-kids-safety-parents-best-practices-to-social-media-security.html
- http://www.today.com/parents/how-teens-are-hiding-photos-more-ghost-apps-what-do-t54716
- https://www.today.com/money/jeff-rossen-demonstrates-3-apps-help-keep-your-kids-safe-t45296
- https://privacy.net/stop-isps-tracking-your-child/