



### Tips on Cell Phone Use

1. Take precautions with children's cell phone.
2. Be specific about cell phone use and set up specific rules about how and when the phone will be used. Set a limit on how much time children can use each month and how many text messages they can send and receive.
3. Emphasize that teens must follow cell phone usage laws when driving.
4. Review school policies and agreements regarding cell phone usage on school grounds during the school day and after school.
5. Explain potential legal consequences of sexting.
6. Make children aware that sending text messages reveals your phone number.
7. Know that predators can also send messages and call to arrange meetings.
8. If children receive a bullying or threatening text message, it is to be reported immediately to a parent or trusted adult.
9. Do not answer calls from unfamiliar or unexpected numbers.
10. Review your service plan to learn which features can be blocked to protect children.

## Resources for Parents

### General Internet Safety Guides

[www.onguardonline.org](http://www.onguardonline.org)  
[www.NetSafeKids.org](http://www.NetSafeKids.org)  
[www.pollyklaas.org](http://www.pollyklaas.org)  
[www.willcountysao.com](http://www.willcountysao.com)  
[www.cyberangels.org](http://www.cyberangels.org)

### Internet Filtering Software

<http://kids.getnetwise.org>

### Internet and Cell Phone Safety

[www.NetSmartz.org](http://www.NetSmartz.org)  
[www.microsoft.com/protect](http://www.microsoft.com/protect)  
[www.safeteens.com](http://www.safeteens.com)  
[www.safekids.com](http://www.safekids.com)  
[www.netparents.org](http://www.netparents.org)  
[www.aboutourkids.org](http://www.aboutourkids.org)



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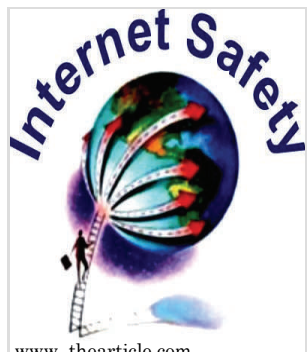
## PARENT GUIDE



## Internet Safety for Children & Teens



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www.thearticle.com

The amount of information available on the Internet continues to grow at an astounding rate. Opportunities abound for social networking, building online profiles, sending video and photos, sharing ideas and thoughts through blogs and tweets. These ways of

socializing and communicating can be fulfilling and worthwhile, yet they do come with certain risks of inappropriate content, contact and conduct. This brief guide attempts to provide general information and where to go for additional information.

### General Guidelines

#### 1. Talk to Your Children

Children of all ages (including toddlers) see parents using multiple electronic devices. Children as young as 2 are now using computers for learning. As soon as your children are using an electronic device, it is time to talk to them about online behavior, safety and security.

How to begin

- Start early
- Create an honest and open environment
- Initiate conversations
- Communicate your values
- Be patient

#### 2. Learn How to Monitor What Your Children Do Online

There are many good sites that help parents learn how to monitor when children are online. One site, getnetwise.com, has video tutorials that parents can use and contains a wealth of information.

### For Parents of Children (Aged 5-12)



1. Keep the computer in a public place with the screen facing outward.
2. Establish family rules and guidelines to include:
  - a. setting limits on how much time they spend online
  - b. giving no personal information
  - c. disclosing no school information
  - d. reviewing pictures posted
3. Reinforce the dangers of and penalties for sharing personal or school information. Many schools have policies against students posting information about the school, including the school name, teacher names, etc. Carefully review your school's policies and agreements with your children.
4. Prohibit any meeting in person with someone he/she knows only online, unless you are present.
5. Inform your children that you will monitor Internet use, messaging and social networking in order to keep them safe.

### For Parents of Teenagers (Aged 13-17)

1. Teens have more Internet access through cell phones, mobile devices or friends' computers, as well as more time to themselves. Consequently, it is not realistic to always be in the same room as your teens when they are online. Reinforce the concept that you and other family members can walk in at anytime, and ask them what they are doing online.
2. Emphasize the concept of credibility. Not everything seen on the Internet is true.
3. Let teens know that everything on the Internet is public and that it is close to impossible to take something back once it is posted.
4. Share stories using real examples of teens who have been harmed or hurt because of unsafe online practices.
5. Remind teens that behind screen names, avatars and profiles are real people with values and feelings. They need to be mindful of what they say and exercise good judgment.
6. Inform teens that many institutions and companies routinely comb social networking sites to determine if potential applicants fit their expectations.
7. Remind teens that photos can be as damaging to one's reputation as words. Review pictures that are posted.
8. Meeting someone contacted online carries considerable risk and is not advised. If a meeting is arranged ask that teens adhere to the following:
  - a. do not meet alone
  - b. go with a trusted adult
  - c. meet in a public place
  - d. if not what you expected, walk away and tell a parent or trusted adult
9. Do not overreact if and when you find out that teens have done something online of which you do not approve.
10. Reinforce the expectation that parents monitor Internet use and that safety rules must be followed.
11. If teens confide in you about something scary or inappropriate that they encountered online, your first response should not be to take away Internet privileges. Try to be supportive and work with them to help prevent this from happening in the future.