

## PROTECT YOUR KIDS ONLINE



- **DO** create ground rules for Internet use.
- **DO** utilize the parental control functions on your computer to set up, restrict, or block those websites your children are allowed to visit.
- **DO** install blocking and filtering software on all household computers, and make sure you conduct regular browser history checks.
- **DO** tell your children to use computers in common areas of your home and not in rooms without supervision.
- **DO** remind your children that online actions have consequences.
- **DO** help your children understand what information should stay private.
- **DO** tell your children to set their social networking profiles to private, not public.
- **DO** tell your children to post only what they're comfortable with others seeing.
- **DO** encourage your children to think about the language they use online, and to think before posting pictures and videos, or altering photos posted by someone else. Employers, college admissions officers, coaches, teachers, and police may view your child's posts now or in the future.
- **DO** carefully monitor what photos your children post online.
- **DO** remind your children that once they post it, they cannot take it back.
- **DO** talk to your children about avoiding sex talk online.
- **DO** encourage your children to create safe screen names. A good screen name won't reveal much about how old they are, where they live, or their gender.
- **DO** review your child's friends list.
- **DO** encourage your children to trust their feelings, when they have suspicions. Encourage them to tell you if they feel threatened by someone or uncomfortable because of something online.
- **DON'T** include vital information such as dates of birth, addresses, school information, or other personal details on your social media pages.
- **DON'T** add people you do not know to your social network. You and your children should never physically meet with a person you have met online.



## **Safety Tips for Kids**

### **DOs and DON'Ts of Computer and Social Media Use**

- **DO** set your profile to private.
- **DO** set privacy settings so that people can only be added as a friend if approved.
- **DON'T** give out personal information—such as your last name, phone number, address, school - without speaking with your parent/foster parent/caregiver first.
- **DO** remember that posting information about friends can put them at risk.
- **DON'T** write to someone who has made you feel uncomfortable or scared.
- **DO** tell your parent/foster parent/caregiver, right away, if you read anything on the Internet that makes you feel uncomfortable.
- **DON'T** meet someone or have them visit you without the permission of your parent/foster parent/caregiver.
- **DON'T** share your feelings or emotions with strangers over the Internet
- **DO** tell your parent/foster parent/caregiver if you think you're being cyber bullied.