



## TIPS FOR PARENTS

1. Monitor your child's Internet use consistently. This is not a violation of your child's privacy; this is a safeguarding measure and part of your responsibility as a parent.
2. If your child belongs to a social networking site (MySpace, Facebook, Tagged, Xanga, etc), look closely at what information they have posted in their member profiles and blogs, including photos and videos. Predators, bullies, profanity, and threats often occur in these types of sites.
3. Find out what other websites your child's social networking site is linked to. Sometimes your child's web pages may be safe but they may be linked to a site which could endanger them (a pornographic site, a site in which a friend mentions your child's phone number, a site slandering school administrators).
4. Talk to your child about your Internet safety concerns in a positive way and give them the opportunity to make safety resolutions that you can both live with (example, how much time can be spent online? Are chat rooms permitted?).
5. Explain that your kids should: NEVER give out personal information (name, address, phone, school name), NEVER meet anyone from online without your permission, NEVER open emails from unknown senders, and NEVER share their photo with strangers over the Internet. Shared photos are an easy way for a predator to find a child or modify your child's image for pornographic use.
6. Encourage your children to bring anything strange or upsetting to your attention and don't overreact when they do (fear of losing Internet privileges is why kids don't tell parents about problems – and why they may start surfing the web somewhere else).
7. Stay in touch with your kid's online activities. Know who their online friends are (and who is on their buddy list), just as you would their other friends.
8. Learn how filtering and monitoring software can assist you in protecting your children (check with your Internet service provider to find out if filtering or monitoring is available for free with your provider). However, don't rely completely on software to protect your children. **Education and parental involvement are the primary methods of prevention.**
9. Internet accounts should always be in the parent's name. The parent should maintain the primary email account and be in charge of all passwords and parental controls. Kids should never share their passwords with anyone other than their parents.
10. Notify the police if someone your child met online starts calling them, sending gifts, or trying to lure them from home
11. Check your credit card statements each month for unusual charges that may indicate that a stranger or your child is making unauthorized purchases.
12. Don't think of the Internet as a babysitter. Kids on the Internet need adult supervision. Keep the computer in a public area of the house.

# 7 Things to Stop Doing Now on Facebook

Consumer Reports Magazine  
Wednesday, May 12, 2010

## 1. Using a Weak Password

Avoid simple names or words you can find in a dictionary, even with numbers tacked on the end. Instead, mix upper- and lower-case letters, numbers, and symbols. A password should have at least eight characters. One good technique is to insert numbers or symbols in the middle of a word, such as this variant on the word "houses": hO27usEs!

## 2. Leaving Your Full Birth Date in Your Profile

It's an ideal target for identity thieves, who could use it to obtain more information about you and potentially gain access to your bank or credit card account. If you've already entered a birth date, go to your profile page and click on the Info tab, then on Edit Information. Under the Basic Information section, choose to show only the month and day or no birthday at all.

## 3. Overlooking Useful Privacy Controls

For almost everything in your Facebook profile, you can limit access to only your friends, friends of friends, or yourself. Restrict access to photos, birth date, religious views, and family information, among other things. You can give only certain people or groups access to items such as photos, or block particular people from seeing them. Consider leaving out contact info, such as phone number and address, since you probably don't want anyone to have access to that information anyway.

## 4. Posting Your Child's Name in a Caption

Don't use a child's name in photo tags or captions. If someone else does, delete it by clicking on Remove Tag. If your child isn't on Facebook and someone includes his or her name in a caption, ask that person to remove the name.

## 5. Mentioning That You'll Be Away From Home

That's like putting a "no one's home" sign on your door. Wait until you get home to tell everyone how awesome your vacation was and be vague about the date of any trip.

## 6. Letting Search Engines Find You

To help prevent strangers from accessing your page, go to the Search section of Facebook's privacy controls and select Only Friends for Facebook search results. Be sure the box for public search results isn't checked.

## 7. Permitting Youngsters to Use Facebook Unsupervised

Facebook limits its members to ages 13 and over, but children younger than that do use it. If you have a young child or teenager on Facebook, the best way to provide oversight is to become one of their online friends. Use your e-mail address as the contact for their account so that you receive their notifications and monitor their activities. "What they think is nothing can actually be pretty serious," says Charles Pavelites, a supervisory special agent at the Internet Crime Complaint Center. For example, a child who posts the comment "Mom will be home soon, I need to do the dishes" every day at the same time is revealing too much about the parents' regular comings and goings.

<http://finance.yahoo.com/family-home/article/109538/7-things-to-stop-doing-now-on-facebook>



## Parry Aftab's Guide to Keeping Your Kids Safe Online

### MySpace, Facebook and Xanga, Oh! My!

Keeping yourself and your kids safe on social networks

#### The quick tips for teens:

- Put everything behind password protected walls, where only friends can see
- Protect your password and make sure you really know who someone is before you allow them onto your friends list
- Blur or morph your photos a bit so they won't be abused by cyberbullies or predators
- Don't post anything your parents, principal or a predator couldn't see
- What you post online stays online - forever!!!! So thinkb4uClick!
- Don't so or say anything online you wouldn't say offline
- Protect your privacy and your friends' privacy too...get their okay before posting something about them or their pic online
- Check what your friends are posting/saying about you. Even if you are careful, they may not be and may be putting you at risk.
- That cute 14-year old boy may not be cute, may not be 14 and may not be a boy! You never know!
- And, unless you're prepared to attach your MySpace to your college/job/internship/scholarship or sports team application...don't post it publicly!

#### And for parents:

- Talk to your kids – ask questions (and then confirm to make sure they are telling you the truth!)
- Ask to see their profile page (for the first time)...tomorrow! (It gives them a chance to remove everything that isn't appropriate or safe...and it becomes a way to teach them what not to post instead of being a gotcha moment! Think of it as the loud announcement before walking downstairs to a teen party you're hosting.)
- Don't panic...there are ways of keeping your kids safe online. It's easier than you think!
- Be involved and work with others in your community. (Think about joining [WiredSafety.org](http://WiredSafety.org) and help create a local cyber-neighborhood watch program in your community.)
- Remember what you did that your parents would have killed you had they known, when you were fifteen.
- This too will pass! Most kids really do use social networks just to communicate with their friends. Take a breath, gather your thoughts and get help when you need it. (You can reach out to [WiredSafety.org](http://WiredSafety.org).)
- It's not an invasion of their privacy if strangers can see it. There is a difference between reading their paper diary that is tucked away in their sock drawer...and reading their MySpace. One is between them and the paper it's written on; the other between them and 700 million people online!
- Don't believe everything you read online – especially if your teen posts it on her MySpace!
- And, finally....repeat after me – "I'm still the parent!" If they don't listen or follow your rules, unplug the computer...the walk to the library will do them good. ☺

For more information, visit [WiredSafety.org](http://WiredSafety.org).

# Internet Safety Resources as Recommended by Andy Mann, Calhoun ISD

**Common Sense Media** - <http://commonsensemedia.org>

This site provides useful information for parents and students about the use and misuse of media. Nice parent tutorials on issues such as appropriate use of Facebook and cell phones.

**OnGuard Online** - <http://onguardonline.gov>

Provides practical tips from the federal government and the technology industry to help you be on guard against Internet fraud, secure your computer, and protect your personal information. Buddy Builder [http://onguardonline.gov/quiz/socialnetworking\\_quiz.html](http://onguardonline.gov/quiz/socialnetworking_quiz.html)

**iSafe** - [www.isafe.org](http://www.isafe.org)

Programs for educators, parents, grandparents, and students, registration required. Watch videos to become "certified" as having completing the training and become eligible to order free material. Excellent Internet safety curriculum, monthly newsletter, and Internet Safety contests.

**NetSmartz** - [www.netsmartz.org](http://www.netsmartz.org)

Real life stories, video streamed, activity cards and handouts. Great cyberbullying videos and young children safety videos using cartoons. Activities designed for all ages and serve as wonderful starting points for discussing Internet safety with children.

**GetNetWise.org** - [www.getnetwise.org](http://www.getnetwise.org)

This is a clearing house of information including: Keeping Children Safe Online, Stopping Unwanted E-mail and Spam, Protecting Your Computer from Hackers and Viruses, Keeping Your Personal Info Private. Includes links to child friendly search engines & filtering tools.

**IKeepSafe.org** - [www.ikeepsafe.org](http://www.ikeepsafe.org)

Cute Faux Paw online video, safety tips which may be printed. Excellent collection of parent videos.

**Web Wise Kids and Wired with Wisdom** - [www.webwisekids.org](http://www.webwisekids.org) or <http://www.wiredwithwisdom.org>

Interactive web and CD based activities for MS and HS students and parents. Most are designed for classroom use. Programs include Missing (cyber predators), AirDogs (software piracy), Mirror Image (cyber predators focused on teen girls), and Wired with Wisdom (parent training.)

**Protectkids.com** - <http://protectkids.com>

Great statistics, printable rules and tools, info on the harmful effects of pornography

**Internet safety use agreements** - [www.netsmartz.org](http://www.netsmartz.org) [www.wiredkids.org](http://www.wiredkids.org) [http://wiredkids.org/resources/documents/safesurf\\_agreement.html](http://wiredkids.org/resources/documents/safesurf_agreement.html)

**North Carolina Dept. of Justice** - [www.ncsbi.gov/icac/icac\\_parents\\_safetyvideo.jsp](http://www.ncsbi.gov/icac/icac_parents_safetyvideo.jsp)

Excellent video on a girl going online from a computer in the family room while her Dad reads the paper in the living room. Then she leaves to meet someone she met online.

**Protect Mi Child Registry** - [www.protectmichild.com](http://www.protectmichild.com)

Parents register electronic addresses/IM names/cell phone #s children use. Once an address has been registered, senders of messages that advertise/link to prohibited products (tobacco, gambling, pornography...) are required to remove the address from their mailing list.

**SBC/Yahoo Parental Controls** - [http://help.yahoo.com/sbc/tutorials/ypc/start\\_pc1.html](http://help.yahoo.com/sbc/tutorials/ypc/start_pc1.html)

Part of the free AT&T Yahoo! Online Protection suite, includes web filter controls, e-mail management, IM controls, and report cards.

**Charter High Speed Security Suite** - [www.charter.com/Visitors/NonProducts.aspx?NonProductItem=65](http://www.charter.com/Visitors/NonProducts.aspx?NonProductItem=65)

A useful suite of security applications - available for no charge as part of Charter's High Speed Internet package.

**MySpace Safety** - [www.myspace-safety.org](http://www.myspace-safety.org)

Parent tips for guiding children to safely use MySpace and be aware of the dangers. Includes monitor and filter software recommendations.

**Disney Surfs Well – Internet Safety** - <http://disney.go.com/surfswell/>

Travel with Mickey and friends as gather jewels as they learn about sharing personal information online, viruses, and online etiquette.

**K9 Web Protection** - [www.k9webprotection.com](http://www.k9webprotection.com) **The Parental ControlBar** - <http://parentalcontrolbar.org> Free Internet filter programs.

**Activity Monitors** - monitors MySpace activity <http://industry.net/ActiveMonitor> **Hoopa** - records MSN Messenger Activities [www.hoopaa.com](http://www.hoopaa.com)

**KidLogger** - keystroke logging program [www.rohos.com/kid-logger](http://www.rohos.com/kid-logger) **P.O.K (Protect Our Kids)** - monitors text phrases [www.cyntrigal.com](http://www.cyntrigal.com)

**Kidrocket** [www.kidrocket.org](http://www.kidrocket.org) **Tuki** - [www.noahsnet.com/noahfree.htm](http://www.noahsnet.com/noahfree.htm)

For young children using the Internet - specialized browsers which only go to kid friendly selected sites.

**Media Awareness Network** - [www.media-awareness.ca](http://www.media-awareness.ca) A Canadian site with some excellent resources including online flash based games for 8 - 12 year olds which address online privacy and the dangers of chat rooms. This site takes a holistic approach to Internet education.

**Net Safe of New Zealand** - [www.netsafe.org.nz](http://www.netsafe.org.nz) Download "Hector Protector," a dolphin button in a corner of the computer screen. If a child is upset about something on the screen, clicking Hector brings up a screen of an underwater scene, and a reassuring message to get adult help.

**Blog Safety** – [www.blogsafty.com](http://www.blogsafty.com) A site discussing how parents and teens can use MySpace and other online blog sites in a safe manner.

**Kid Friendly starting points** – <http://kids.yahoo.com> [www.dibdabdoo.com](http://www.dibdabdoo.com) [www.rcls.org/ksearch.htm](http://www.rcls.org/ksearch.htm) [www.michigan.gov/mikids](http://www.michigan.gov/mikids)

**Internet Law, Ethics and Safety** – <http://www.leastern.com/Tech/teachingabout.html> Links for a course - jammed packed with resources. Great links for educators and parents. It includes not only Internet safety, but copyright, plagiarism, viruses, and spyware links.

**MySpace Unraveled: A Parents Guide to Social Networking** by Larry Magid and Anne Collier 2007 ISBN: 0-321-48018-X

[www.blueridgethunder.com](http://www.blueridgethunder.com)

[www.cybersmartcurriculum.org/lesson\\_plans/](http://www.cybersmartcurriculum.org/lesson_plans/)

<http://cyberbullying.org>

[www.theinternetandyourchild.org](http://www.theinternetandyourchild.org)

[www.wiredkids.org](http://www.wiredkids.org)

[www.stopcyberbullying.org](http://www.stopcyberbullying.org)

[www.missingkids.com](http://www.missingkids.com)

[www.safeteens.com](http://www.safeteens.com)

Andy Mann

[www.websafecrackerz.com](http://www.websafecrackerz.com)

[www.cybertipline.com](http://www.cybertipline.com)

Educational Tech Consultant

[www.safekids.com](http://www.safekids.com)

[www.net-detectives.org](http://www.net-detectives.org)

Calhoun ISD

[www.chatdanger.com](http://www.chatdanger.com)

[www.msn.staysafeonline.com](http://www.msn.staysafeonline.com)

(269) 789-2421

[manna@calhounisd.org](mailto:manna@calhounisd.org)



# INTERNET SAFETY PLEDGE

## for Middle & High School

### I WILL TALK WITH MY PARENTS OR GUARDIAN ABOUT THEIR EXPECTATIONS AND GROUND RULES FOR GOING ONLINE

I will talk with my parents or guardian so that we can set up rules for going online. The rules will include the time of day that I may be online, the length of time I may be online, whom I may communicate with while online, and appropriate areas for me to visit while online. I will not break these rules or access other areas without their permission.

I will never download anything from anyone I don't know. In addition to offensive content, spam or junk E-mail may contain viruses that can damage my computer.

### I WILL KEEP MY IDENTITY PRIVATE

I will never share personal information such as my full name, my mailing address, my telephone number, the name of my school, or any other information that could help someone determine my actual identity. I will also not reveal any personal information about my friends or family.

I will never send a person my picture or anything else without first checking with my parents or guardian.

### I WILL NEVER RESPOND TO ANY ONLINE COMMUNICATION THAT MAKES ME FEEL UNCOMFORTABLE

I will tell a trusted adult if I come across anything that makes me feel scared, uncomfortable, or confused.

I will never respond to any messages that are rude or offensive in any way. I will show the message to a trusted adult right away so that he or she can decide if it's necessary to contact the online service or other authorities.

### I WILL NEVER MEET IN PERSON WITH ANYONE I HAVE FIRST "MET" ONLINE WITHOUT DISCUSSING IT WITH MY PARENTS OR GUARDIAN

Since the biggest danger to my safety is getting together with someone I have first "met" online, I won't meet in person with anyone unless my parents or guardian agrees to the meeting, they will go with me to the meeting, and the meeting will be in a public place.

### I WILL RESPECT OTHER PEOPLE'S RIGHTS WHILE ONLINE

The Internet is a large community; therefore, my behavior while on it affects others. I will always treat others the way I would like to be treated.

I will respect copyright laws and check on sources. When writing reports I will make sure that the online sources of information are credible, and I will always cite my sources.

Piracy is illegal and keeps authors, artists, and others from getting paid for their work. I will never download things such as pictures, games, music, or movies that have not been given to the public for free.

SIGNED

SIGNED

[www.NetSmartz.org](http://www.NetSmartz.org)

# Computer and Internet Use Agreement

*I want to use the Internet from the computer in my room. I know that there are certain rules about what I should do online and I agree to follow these rules:*

1. I will not try to access anything on the Internet that Jesus would disapprove of, (a biblical standard.)
2. I agree that my parents have the right to monitor how I use the Internet to help keep me safe.
3. I understand that my computer is connected to a home network and that network security is very important. Anything that is accessed on the Internet from my computer will affect all of the computers in our home.
4. I will practice safe computing, & check for viruses whenever I borrow a disk from someone or download something or open any attachment, even from someone I know.
5. I will not download or install any software on my computer without first discussing it with my parents.
6. I will not give my name, address, telephone number, school, or my parents' names, addresses, or telephone numbers, or anything else that would help anyone find me off-line (like the name of my sports team) to anyone I meet on the computer, even to people I know.
7. I understand that some people online pretend to be someone else. Sometimes they pretend to be kids, when they're really grown-ups. I will tell my parents about people I meet online. I will not answer or send any e-mails or instant messages from new people I meet online without discussing it with my parents first.
8. I will not buy or order anything online.
9. I will not fill out any form online that asks me for any information about my family or myself without asking my parents first. This includes forms for contests or registering at a site.
10. I will not get into arguments or fights online. If someone tries to start an argument or fight with me, I won't answer him or her & will tell my parents.
11. If I see something I do not like or that makes me uncomfortable or that I know my parents don't want me to see, I will stop what I am doing and tell my parents immediately.
12. If I see people doing or saying things online I know they're not supposed to do or say, I'll tell my parents.
13. I won't keep online secrets from my parents.
14. If someone sends me any pictures, links to sites I know I shouldn't be going to, or any e-mail or instant messaging using bad language, I will tell my parents.
15. If someone asks me to do something I am not supposed to do, I will tell my parents.
16. I will not call anyone I met online unless my parents say it's okay
17. I will never meet anyone I met online, unless my parents say it's okay and they are with me.
18. I will never send anything to anyone I met online by mail or over the Internet unless my parents say it's okay.
19. If anyone I met online sends me anything by mail or over the Internet I will tell my parents.
20. I will not use something I found online & pretend it's mine because that is plagiarism and is illegal.
21. I won't say bad things about people online and I will practice good Netiquette.
22. I know that my parents want to make sure I'm safe online, & I will listen to them when they ask me not to do something.
23. I will alert Dad immediately if I ever receive a content blocked message while web browsing.

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I promise to follow these rules.  
(signed by child/teen)

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I promise to help my child follow these rules & not to overreact  
if my child tells me about bad things that happen in cyberspace.  
(Signed by parent)