

# INTERNET SAFETY FOR FAMILIES



## Suggested Guidelines for Your Children's Internet Use

- Ask your Internet provider about features that allow parents to block their children's access to adult oriented sites, chat rooms, and bulletin boards. A variety of programs are available.
- Set up guidelines that deal specifically with meeting people on the Internet. Talk to your children about what to do if their new Internet friend asks to see them in person or wants your child to send picture of him or herself.
- Let your children know they can come to you if they are receiving messages that make them feel uncomfortable.
- Post family rules to follow when using the Internet.
- Keep the computer in a high traffic part of the house. You can monitor your children's activities without appearing to be watching over their shoulders.
- Spend time on the Internet with your children. Give them a chance to show you what they have learned or the things they like.
- Find websites you think your children will enjoy and "bookmark" them. This will help you direct your children away from using search engines.
- Teach your children about "netiquette" (etiquette on the Internet), so they will know how to behave appropriately on the Internet and will be able to recognize inappropriate behavior on the part of others.

## What to do if you suspect your child is communicating with an E-Predator online:

- Talk openly with your child about your suspicions and tell them the dangers of computer sex offenders.
- Review the contents of your child's computer, including the temporary web files.
- Monitor your child's access to all types of live electronic communications — like chat rooms, instant messages, and email.
- Contact law enforcement if anyone in your household has received child pornography or if your child has been solicited in any way by someone who knows the child is under 18.

For more information on internet safety, contact the Kentucky State Police post near you or log onto their website at [www.KentuckyStatePolice.org](http://www.KentuckyStatePolice.org).

- Never send a picture of yourself to someone you meet online.
- Tell parents or a trusted adult immediately if you come across any information that makes you uncomfortable.
- Understand that not everything you read online is true.
- Remember that people online may not be who they seem to be.
- Never open attachments sent from someone you do not know.
- Watch out for junk email or "spam," which may include unwanted solicitations.

### Kids Rules for Online Safety

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of
2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father.
4. I will never send a person my picture or anything else without first checking with my parents.
5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away so that they can contact the service provider.
6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
7. I will not give out my Internet password to anyone (even my best friends) other than my parents.
8. I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or jeopardize my family's privacy.
9. I will be a good online citizen and not do anything that hurts other people or is against the law.
10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.

## Internet Safety Tips for Teens & Children

- Never give out personal information over the computer.
- Never arrange to get together with someone you meet online.

<http://safe4kids.com/kids-rules-for-online-safety/>