Keeping Your Kids Cyber Safe

- Regularly remind your children about what the Internet is and that everything that happens on the Internet is public domain.
- Tell them why the Internet can be good and why it can be bad.
- Explain to your children that once something is out on the Internet, it can't be taken back.
- Keep your computer in a family room that has sufficient adult supervision.
- Keep Internet accounts in the parent's name with parent's having the primary screen name and passwords.
- Establish family rules for using the Internet and post the rules next to the computer.
- Set computer-use limits for your children so they are only using the computer for a short time when they can be properly supervised.
- Be aware of the other computers that your children may be using.
- Let your children know that some adults pretend to be children online to try and trick kids into trusting them.
- Tell your children about cyber-bullying and that they should never respond to a nasty message.
- Talk to your children about pop-ups, Internet scams, and free offers. Let them know that they should always ignore these things by closing them or deleting them immediately.
- Tell your children that if they want to meet up with anyone they meet online, they must have your permission, be accompanied by a trusted adult and meet in a public place.
- Use Internet content filters, firewalls and security software.
- Never put pictures of your children on the Internet.
- Instruct your children that they should never give out personal information online and tell them why.
- Talk to older children about real life examples of identity theft, cyber-bullying and Internet predators.

- Let your children show you what they can do online and visit their favourite sites so you know what they are looking at.
- Only allow your children to access child-friendly chat sites.
- Monitor your children's online presence (i.e. their Facebook or Myspace accounts) and ensure they are using the highest privacy settings.
- Tell your children what to do if they see something that upsets them. Show them how to turn off the monitor and instruct them to let you know straight away if they see any offensive material.
- Explain what 'spam' is and tell your children they shouldn't respond to unsolicited emails.
- Have your children use child-friendly search engines for homework research.
- Remind your children that the Internet is a place where they are expected to behave, treat others with respect and use appropriate language.
- Talk to your children about sexting (sharing nude photos online or through mobile phones) and its consequences.
- Let your children know to tell you immediately if anyone asks them to send nude or 'rude' pictures of themselves over the phone or Internet, or if anyone sends pictures of this nature to your children.
- Explain to your children that once an image is available online or sent to another person via email or mobile phone, it can be viewed instantly by people all over the world.
- If you have a webcam, carefully monitor its use and ensure your children only use it when supervised.
- Ensure that you stay informed about emerging technologies so that you can continue to protect your children.
- If you are aware that sexting, cyber-bullying, Internet stalking or any other illegal digital activity is taking place, report it immediately to the police.

Strong Safe Families

For support and more information visit
www.strongsafefamilies.online