



## Internet Safety Tips for Parents

### The scope of the problem :

Did you know that :

- 1 out of every 5 cases of cyberstalking becomes an off-line real world stalking case.
- **50 %** of Canada's young people use the Internet for instant messaging, and 27% of this group use the Internet for instant messaging every day or almost every day.
- Only **28%** of parents are aware that their teenagers use instant messaging.
- More than **50 %** of youth using instant messaging chat with people they've only met online.
- **2/3** of Canadian youth say their parents never sit with them, never use blocking, and never check the history of sites visited.

Signs your teenager might be at risk online :

- Your teenager spends a lot of time online especially at night.
- Your teenager turns the computer off or changes the screen when you come into the room.
- Your teenager is receiving phone calls, mail or packages from people you do not know.
- Your teenager uses some of these acronyms while instant messaging online :

**PAL**- Parents are listening

**POS/POTS**- Parents over the shoulder

**P911**- Parent emergency, watch what you write

**LMIRL 121**- Lets meet in real life one to one.

## Keeping your teenager safe On-line

The internet is a wonderful research, homework and communication tool for students. It also presents a host of risks for teenagers including online predators and bullies.

You can help protect your teenager by keeping the lines of communication open and creating a set of Internet house rules. (see below)

### **Cyber bullying**

#### **What is it ?**

Sending or posting harmful or cruel text messages or images using the Internet or personal electronic devices such as cell phones ( I-phones, Blackberries or Palm Pilots ).

How can I protect my teenager ?

- Talk to your teenager about cyber bullying.
- Do Not erase messages. Keep them as evidence.
- Do Not reply to messages from cyber bullies.
- Use software to filter and/or block instant messaging and chat rooms (eg. McAfee Parent controls).
- Inform the St. Paul Administration if it involves anything that involves a threat to their bodily harm.

### Internet Safety

#### Create Internet House Rules :

- Keep Internet connected computers in an open area, out of your teenagers bedroom.
- Disable or turn around your webcam and disconnect the Internet when not in use.

- Ensure your computer is properly protected with up to date anti-virus protection and firewalls.
- Talk to your teenagers about their online activities. Its entirely reasonable for you to view their online conversations in the interest of safety.
- Know which sites, chat rooms and message boards your teenagers visit and to whom they talk. Insist that they stay in public chat room areas and only use monitored chat rooms.
- Tell your teenager to never give out personal information including email addresses to people they don't know or without your permission.
- Encourage your teenager to come to you if they receive messages that make them feel uncomfortable or threatened.
- Check the history of sites visited by your child. (see below)

#### Tracking Internet Use:

1. Most versions of Internet Explorer have a History button on the top toolbar. This brings up a drop down menu of sites visited. Double click on any listing to view the site.
2. Browsers also make temporary copies of web pages, known as cache files, and stores them on your computer. Click Tools or View, then select Internet Options and click on General and then Settings. Finally click on View Files to see a list of ll the cachedweb pages on your computer.
3. To check Instant messaging chats on MSN : Check your hard drive for a folder called "My Chat Logs". The default location is usually under C:\My Documents\

#### Important Web Sites for parents:

[www.BeWebAware.ca](http://www.BeWebAware.ca)

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

[www.internet101.ca/index\\_e.htm](http://www.internet101.ca/index_e.htm)

[www.alliancecom.net/](http://www.alliancecom.net/)

[www.media-awareness.ca/](http://www.media-awareness.ca/)

[Cybertip.ca](http://Cybertip.ca)

[www.kidsintheknow.ca](http://www.kidsintheknow.ca)