

# Safe Surfing 101



An Internet Guide for Kids and their Parents

## Internet "DO's"

- ◆ Use a nickname online.
- ◆ Pick a password that's easy to remember but hard to guess.
- ◆ Use common sense and best judgment when online.
- ◆ Check with your parents before downloading anything to your computer.
- ◆ Be a 'good citizen' online. Never say anything that is mean or hurtful, even as a joke.
- ◆ If someone sends you something that makes you uncomfortable, or if someone presses you for personal information, let your parents or teachers know. Do not respond to it.
- ◆ Always check first with your parents before entering a chat room. People aren't always who they say they are.
- ◆ Always check first before meeting someone in person that you have met on the Internet. Meet in a public place and bring a trusted adult.
- ◆ Talk to your parents about what you are doing online and who you are speaking to.
- ◆ Check with your parents before signing up for anything online.
- ◆ Always trust your instincts or 'uncomfortable' feelings.



## Tips for Adults

- ◆ Make online experience a family activity. Set up computer(s) in a central area of the home, like the living room or family room.
- ◆ Sign an internet safety contract as a family.
- ◆ Limit the amount of time your child spends online.
- ◆ Monitor their computer activity. Talk to kids about what they are doing. Get them to show you regularly.
- ◆ Use history features to keep track of websites visited.
- ◆ Become familiar with the internet. Learn the language and the basics.
- ◆ Consider filters. A variety of content filtering programs are available.
- ◆ Ensure that you are protected against viruses, hackers and spyware.
- ◆ Direct your kids to children's online services. Check them first to make sure they are appropriate.
- ◆ Steer young children away from chat rooms and instead encourage telephone communication.
- ◆ Always trust your instincts.

## Steps to be Taken

Parents must take an active role in protecting their children. Parents need to be:



Available

Devoting time to the issue

Computer literate

Informed about Internet hazards

Motivated to take action



***Make responsible internet habits part of your family's safety plan.***

# Safe Surfing 101



An Internet Guide for Kids and their Parents

## Internet "DON'T's"

- ◆ Never give out personal information online. **Personal information includes:**
  - Your real name, or names of members of your family
  - Your address (full or part)
  - The name or address of your school
  - Your phone number
  - The name of teams you play on or extra curricular activities you attend
  - The name of your pet
  - Your parents' work address, work phone or credit card numbers
- ◆ Do not enter contests without parental permission.
- ◆ Do not click on links or emails from someone you don't know. They could lead to inappropriate websites.
- ◆ Do not respond to junk mail.
- ◆ Never send your picture (or anything else) over the internet without parental permission.
- ◆ Don't give your internet password to anyone.
- ◆ Don't send rude or insulting messages to anyone online. This is called flaming and is not good 'Netiquette'.
- ◆ Don't believe everything you read on the Internet. Always check the source of the information and confirm it.
- ◆ Don't store credit card numbers or banking passwords on the computer. This will help to ensure that there are no 'accidental' transactions or purchases.
- ◆ Do not eat or drink on the computer. A spill can cause damage to the machine.

## What Kids are Doing Online

Games  
School projects and research  
Information searching  
Emailing friends  
Chat lines  
Instant Messaging



## Other Internet Measures

Time limits  
Rules about chat and email  
Have your child teach you about the computer  
Old fashioned parenting techniques  
Learn about your child's interests



905.333.4441  
[www.HaltonCAS.ca](http://www.HaltonCAS.ca)