

# Guidelines for Internet Safety



## ZIP IT

Keep your personal stuff private and think about what you say and do online.



## BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



## FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

The Internet is a great resource both in and outside of the classroom – but only if it's being used correctly and safely! As the parent of an internet-using child, you always need to be aware of what they're doing online. Monitoring children's Internet use is crucial and can be modified based on

the child's age.

## Discuss with your child(ren)

- Not to give out identifying information. Kids should never give out their home address or telephone number or let others know when they are home alone.
- They should not be communicating with someone that both you and your child know and trust.
- You will be monitoring where they go and what they do online
- Nothing is secure on the Internet. Anything someone posts can be tracked and traced back to the owner. Your child's posts on their web pages and or friend's pages can all be traceable!
- Tell them to **STOP, BLOCK and TELL** if they encounter any communication online that they are uncomfortable with.

## Monitor Online behavior and profiles

- Have your child sign a "**family media**" contract, which includes rules and consequences for disrespectful, unsafe, and irresponsible online behavior.
- Regularly check the **history, bookmarks, or favorites** on all computers in the house.
- No computers in bedrooms, computers should be in common areas of the house
- You may consider using software tools that can limit what your child can see or say online. Some of these tools block websites with inappropriate materials and others will attempt to prevent your child from revealing personal information. Still others will monitor what your child does online and report back to you.
- Unfortunately as the use of social media increases, cyber-bullying becomes inevitable. The after effects of cyber-bullying can be witnessed by potentially thousands of people. Emails can be forwarded to hundreds of people while social media posts or website comments can often be seen by anyone. The more far-reaching the bullying, the more humiliating it can become.

## Address Cyber-bullying

- Do not respond to a bully online.
- Save the evidence of the cyber-bullying - Keep abusive text messages or a screenshot of a webpage. If you don't report incidents, the cyber-bully will often become more aggressive.
- Report threats of harm and inappropriate messages to the police. In many cases, the cyber-bully's actions can be prosecuted by law.
- Be relentless. Cyber-bullying is rarely limited to one or two incidents. It's far more likely to be a sustained attack on your child over a period of time. So, like the cyber-bully, you may have to be relentless and keep reporting each and every bullying incident until it stops. There is no reason for your child to ever have to put up with cyber-bullying.

