

Internet & Online Safety

Presented by
The West Linn Police Department

The establishment of Internet use rules is very important .

These questions are the basis for Internet rules.

1. What sites will you visit? (Set rules for the type of web sites your child may visit.)
2. Who will you talk to? (Set rules for chatrooms, Instant Messaging, E-mails, and web-cam use.)
3. How long will you be online? (Encourage children to have interests other than Internet use.)
4. Where can they use a computer? (Decide with your children where they can use a computer – at a friend's house, library, school, or at home.)

How to be safe online

Kids & Teens DON'TS

- Don't give out personal information, such as name, date of birth, phone number, address, school name...
- Don't respond to mean or offensive emails, comments, or posts
- Don't share your password with your friends
- Don't EVER meet someone offline you first met online
- Don't post revealing or identifying photos

Kids & Teens DO's

- Only add people as friends to your site if you know them in real life
- Set your profile to private, so only your friends can view your page
- Remember that posting information about your friends can put *them* in danger
- Choose a screenname that doesn't identify you as boy, girl, or where you live

Talk to your parents about your online life!

Parent Safety Tips!!!

- Keep computer in a common room
- Agree on rules for Internet safety
- Discuss the importance of telling an adult if something ever makes your child feel scared, uncomfortable, or confused online
- Communicate !!!
- Learn to set parental controls and filters
- Secure your Wireless (WiFi) connection
- Know who your children talk to online
- Check children's pages, chat logs, histories, temporary files
- Build and foster TRUST with your children
- Educate yourself!

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What to do if cyberbullying happens?

- Tell the person to stop. Be clear and kind.
- Record or log the harassment
- Tell an adult, teacher, or law enforcement
- Keep all messages as proof and evidence
- Most school districts have policies that allow them to act upon cyberbullying.
 - Mediation is a common option.

Protecting your Information

- Post smartly to blogs, websites, auctions
- Secure connections to financial websites
- Use one credit card always and only for web
 - Online purchase protection
- Buy a shredder!!!
- Never respond to an email from a financial institution.
- Install Anti-spyware software and keep it updated and run the program often
- Don't leave wallet, purse, laptop or other ID in your car (even when it's parked at your house!)
- Don't leave the garage door open at night.
- Don't give out personal information over the phone.
- Check you credit report at least once a year.
- Install or activate the security devices on your wireless router at home.
- IF IT SOUNDS TOO GOOD TO BE TRUE, THEN IT IS!!!

Additional resources on the Internet

For Internet Safety, please visit:

www.missingkids.com

www.i-safe.org

www.netsmartz.org

For On and Off Line scams, please visit:

www.fbi.gov/majcases/fraud/internetschemes.htm