

## Internet Safety: Tips for Parents

- Have an open dialogue with your student about the pros and cons of social media. Work to establish rules for using social media (time limits, sharing personal information, etc.).
- Parents should know the login password and have access to their child's pages or sites.
- Use this information to help your child set appropriate privacy settings on each site. Many sites (Facebook, Twitter, Instagram, Tumblr) have default settings that make everything posted visible to the public.
- Parents may consider having social media sites themselves in order to help monitor and stay up-to-date with any privacy setting changes.
- It is recommended that the computer be kept in a common area of the house where it is in easy view.
- Children should immediately tell a trusted adult if they see anything or talk to anyone online that makes them uncomfortable; and this adult should take immediate action to block or report these instances.
- If the child breaks any of the family guidelines, consequences should be in place (i.e. losing the technology for a period of time).



- **What is Cyberbullying?** Cyberbullying is bullying that occurs through technology—by using phones, computers or other devices. Individuals send or post text or images with the intent of hurting another person. Cyberbullying can often occur anonymously and has the potential to occur 24 hours a day. Cyberbullying is difficult to monitor at school because it generally occurs off school grounds.

### Visit these websites to learn more:

- <http://www.common sense media.org>
- <http://www.net smartz.org>
- <http://www.getnetwise.com>
- <http://www.stopbullying.gov/cyberbullying>
- <https://sos.fbi.gov/>

For more information and resources on Internet Safety or Cyberbullying, visit:

<http://padlet.com/adthorn/InternetSafety>