

# Internet Safety Guide

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PEI

*The Internet, cell phone and digital camera have become part of daily life in Kings County. Our children will use these even if we don't have them at home. We need to educate ourselves about the dangers and misuse of this technology.*



The Internet is an open door to the world and all the dangers that can come with it. Children need to learn from the start the importance of protecting themselves and their privacy. Remember, once something is on the Internet it is there forever!

- Media Awareness Network reports that 70% of young people say their parents talk to them very little or not at all about what they do on-line.
- Most websites ask for personal information and once they have this, your child may be vulnerable to 'cyber-stalkers' who may send pornographic material to them and pressure them into meeting in person.
- Teachers are reporting that cyber-bullying amongst students is a serious problem, starting at a very young age. There are major negative consequences for all participants.
- Seventy-one percent of parents stop monitoring their child's internet use after the child turns 14 but 72% of internet-related missing children are 15yrs or older.

## What are the dangers?

### Child Predators

Predators are very good at posing as children and convincing kids to do things they wouldn't normally agree to - even meet with them.

### Cyber Bullying

Kids will use the internet to say things, post pictures and do things they wouldn't do in person. The effect on others can be devastating. Children should never share their passwords - even with close friends! If they already have, get them to change it.

### Privacy Invasion

Giving out even basic personal information can result in serious harm. Many kids are comfortable using sites like "Myspace" but they should never use their real name or other personal identifying information.

### Cell Phone Abuse

Text messaging on cell phones is another opportunity for bullying and abuse.

## Signs

Signs your child is at risk on-line:

- 1 Your child spends a large amount of time on the computer
- 2 You find pornography on the computer
- 3 Your child receives phone calls from people you don't know
- 4 Your child receives mail or gifts from people you don't know
- 5 Your child becomes withdrawn from the family
- 6 Your child is using an on-line account belonging to someone else

over for important safety information

# Safety Tips

- 1 Educate yourself about the Internet even if you don't have a computer at home.
- 2 Tell your child to NEVER share their password with friends.
- 3 Make sure you know your child's password.
- 4 Teach your kids the value of personal information when they are very young.
- 5 Teach them to never give out personal details on the internet and never to fill in an on-line personal profile.
- 6 Teach them never to use their real name and to choose a nickname that is neither male nor female.
- 7 Make family agreements about internet use.
- 8 Keep the computer in a central location and monitor its use.
- 9 Look at the sites your child visits.
- 10 Purchase a software filtering package that can log all of your child's activity on the Internet.
- 11 Don't put your child's picture on family websites.
- 12 Encourage them to tell you if anyone is asking them for personal information.
- 13 Talk to your children about possible on-line dangers.
- 14 Contact the police immediately if your child receives pornography or sexually explicit images on the Internet.
- 15 Children learn quickly how to 'crack' filtering programs so don't assume you are safe.

## How to

### Research privacy policy details of websites your child is using

Look for how personal information is being collected, used, and whether it will be sold or transferred to other websites. Note if the site allows for the ability to change or delete any data that has been collected about you or your child. Investigate what the site says about safeguarding the individual's privacy when they participate in chat rooms, message boards, and e-mail activity.

### Find out how many hours your child is on-line

Contact your internet service provider and request the number of internet hours being used each month.

### Check for files that may contain pornography or violence

Click start and search and view files with the endings: .gif, .jpg, .mpg, .avi, .mov, .bmp, .tif, .pcx. Note that these files can also be renamed to hide photographs.

### Check the Internet history of your computer

#### What is your child doing with their time on-line?

Log onto the Internet and press the Ctrl + H keys at the same time. The left side of the screen will allow you to look at what sites were visited today, yesterday, last week.

## Websites

[www.kidsintheknow.ca](http://www.kidsintheknow.ca)  
[www.canadianparents.com](http://www.canadianparents.com)  
[www.bewebaware.ca](http://www.bewebaware.ca)  
[www.cybertip.ca](http://www.cybertip.ca)  
[www.beritsbest.com](http://www.beritsbest.com)  
[www.webawareness.org](http://www.webawareness.org)  
[www.safeteens.com](http://www.safeteens.com)  
[www.childfind.ca](http://www.childfind.ca)

## Internet filtering programs

ContentProtect  
 CYBERSitter  
 NetNanny  
 Cyber Patrol

## Call for support

### RCMP:

838-9300, 687-9300

### Eastern PEI Family Violence Prevention Services:

838-0795, 687-7000



# Take control!

**If you can't control your child's internet use, PULL THE PLUG! Let your child know that you can check everything they do on the Internet and if they don't follow the rules you will cancel the internet service.**