

Internet Safety Tips

*Do not allow your child to have a computer with internet access in their bedroom or any area that is private. Move it into the family room or someplace where you can easily see the activity.

*Set time restraints. Do not allow your child to spend more than one hour online.

*Check history and consider installing tracking software as well as parental controls. If your child is "wiping" the history every time then you should find out why.

*Spend time with your child online. This does so many things including giving you quality time with your child. Explore together!

*Teach children that when they come across any material that makes them feel uncomfortable, scared, or confused to immediately tell you or another trusted adult.

*Teach your children to never open messages from people they do not know in person.

*Teach kids to never reveal any personal information and to immediately tell you or a trusted adult if someone ever makes them feel uncomfortable or starts communicating in a sexually explicit manner.



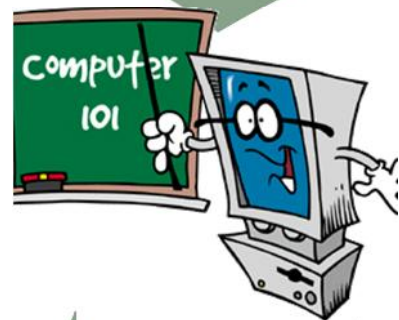
Instagram

No doubt, many of our young people received some kind of electronic device for Christmas. They become quite familiar with the capabilities of these devices rather quickly—usually faster than adults! If you are a safe environment facilitator, DRE, Principal, Youth Minister, catechist, etc., it is essential that you be aware of the many social media apps that our youth might use. One such site is **Instagram!** Do you know how to use it? Are parents aware of **Instagram?** In the very near future I will be sending something on **Instagram for Parents**. Hopefully you will put it in their hands!

*On social networks like Facebook, make sure the privacy settings are on to limit contact to only those on your child's "friend" list and those should be people the child actually knows in person.

*Make sure that your child understands that anything that gets posted online will always be out there and can NEVER be completely deleted. A suggestive picture to a boyfriend could end up anywhere and everywhere. All pictures should be cleared by you before posting.

(Taken from: www.ChildRescueNetwork.org)



Make sure you know the basics!