

HELPING YOUR CHILDREN TO BE RESPONSIBLE DIGITAL CITIZENS

This is a new era. We are now officially living in the Digital Age! Like it or not, our children are growing up on the Internet. With the world at their fingertips, these are exciting times for kids, but they can be very scary times for parents. As parents, we want our children to take advantage of the myriad of information now available to them. But we also want to keep them safe online. Please take a moment to look at the following safety guidelines as you help your children navigate the waters of a changing world:

1. Please visit this website: It deals with social networking and there is excellent information for parents here. www.common sense media.org
2. Caution your children not to interact with people whose names they do not recognize on social networks.
3. Talk to your children about the social networks they visit. Look at their profiles on these networks. Some networks have safety checks and privacy settings. Some do not. No matter what,

your child's profile should not have identifying information on it. Make sure there are no addresses, no school names and no team names on their profiles. Their screen names should not reveal information about their identity.

4. As you discuss online safety with them, ask them to consider the following:

- Post only information that you both would be comfortable with others seeing
- Remind them that once they post a comment or a picture, it cannot be taken back.
- Talk about bullying and how hurtful it can be.
- Tell them to avoid talking about sex on the Internet.
- Tell them to only "friend" people they know.
- Encourage them to report problems to you.

5. Consider placing your computer in a central location in the house so that you can monitor their use of the Internet.

6. Consider limiting the ways and amount of time your children spend on the Internet. Some companies will assist you in doing this.

7. Keep checking the E-Friday folder for more information.

8. Please contact us for further information or concerns:

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