

## TIPS FOR PARENTS

1. **Computer placement is important.** Try to place computers in an area of your home where it is easy to monitor what your child is doing. Kitchens, living rooms, family rooms and great rooms are an excellent place for a family computer. The computer your child uses should **never** be placed in your child's bedroom.
2. **Establish reasonable guidelines** for their use of the Internet or chat. This includes:
  - The amount of time your child is allowed to spend online
  - The time of day your child may go online
  - The sites your child is allowed to visit
  - Guidelines for communicating with others online
  - The location from which your child may go online (only at home, only at school, at friends' homes, the public library, etc.)
  - Guidelines for what your child should do if they receive a disturbing or inappropriate message from someone
  - **Never** to meet strangers or someone they've met in the online community face-to-face
3. Teach your child the **responsible use of the resources on-line**. There is much more to the on-line experience than chat rooms.
4. **Know your child's online environment.** Become familiar with the Internet and the services or sites your child uses. Your service provider may have filters to help protect you from SPAM and junk E-mail. Some providers also have filters that allow you to monitor the sites that your computer visits and/or block users from inappropriate sites.
5. Always **maintain access to your child's on-line account** and randomly check his/her e-mail. Be aware that your child could be contacted through the U.S. Mail. Be up front with your child about your access and reasons why.
6. Get to **know the language** your child uses, there are a lot of short cuts for instance, h8 for hate, u for you, RU for are you etc.
7. Get to **know your child's on-line friends** in the same way you would their other friends.
8. **Talk to your child** about computer activities. Show an interest in what your child does when he/she goes online. Spend time with your child on the computer. When your child knows that you're interested in what he/she is doing, and that you have an understanding of the technology, they will be more apt to talk with you about their experiences.
9. **Be approachable** and make sure your child knows he/she may come to you if they see or receive something that makes them uncomfortable or is inappropriate.
10. **Instruct your children:**
  - to never arrange a face-to-face meeting with someone they met on-line;
  - to never upload (post) pictures of themselves onto the Internet or on-line service to people they do not personally know;
  - to never give out identifying information such as their name, home address, school name, or telephone number;
  - to never download pictures from an unknown source, as there is a good chance there could be sexually explicit images;
  - to never respond to messages or bulletin board postings that are suggestive, obscene, belligerent, or harassing;
  - what they are told on-line may or may not be true.

**T.E.S.T.**