

Know the warning signs.

Your child might be at risk if he or she:

- Spends large amounts of time online, especially late at night;
- Turns off the computer quickly when you come into the room or becomes upset when you ask to see what he/she is doing online;
- Receives phone calls from adults you don't know or is making long distance phone calls;
- Receives mail or gifts from people you don't know;
- Uses an online account belonging to someone else.

Did you know 1 in 5 children are sexually solicited online and only 25% of those told a parent?

(Online Victimization, David Finkelhor, 2000)

CYBERSAFETY

Protecting your children and teens online.

The most important job of a parent or guardian is to **keep your child safe!**

Blackburn Center Against Domestic & Sexual Violence is a private, not-for-profit organization that provides 24-hour hotline services, counseling, advocacy and support groups to survivors of domestic violence, sexual assault, incest, child sexual abuse, and sexual harassment; emergency shelter is available to survivors of domestic violence and their dependent children. Blackburn Center also provides community education, school student awareness programs, and in-service professional trainings throughout the county.

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Internet Safety Guide for Parents/Guardians



A resource developed by



**Do you know what your children
are viewing online?**

**Do you know who is trying to con-
tact your children?**

How can you help protect your child or teen?

- Explain to your child that everyone online is a stranger even though he or she may be alone on the computer.
- Explain potential dangers of Internet use such as *exposure to inappropriate material, sexual solicitation, or harassment and bullying*.
- Encourage your child to tell you if he or she views something uncomfortable.
- Monitor the amount of time your child is online...set limits.
- Keep your computer in a common room accessible to everyone.
- Install software to monitor malicious code, spy ware, viruses and pornography.
- Adjust the parental controls offered by your Internet Service Provider (ISP) such as MSN or AOL to limit your child's access.
- Learn how to check the Internet history files which keeps track of the websites visited each day.
- **CREATE SAFETY RULES** and post them next to the computer.

- Help your child choose his or her screen name.
- Learn as much as you can about the workings of the Internet (e.g., chat rooms, websites and newsgroups). Ask your child to show you what he or she knows how to do on the internet.
- Beware of webcams. With a price tag of \$20, webcams are popular with teens. BE WARY. Online predators offer praise and gifts for "private shows."
- **IF YOUR CHILD HAS BEEN SOLICITED ONLINE—DO NOT CONTINUE TO CHAT—IMMEDIATELY CONTACT YOUR LOCAL POLICE OR THE NATIONAL CYBERTIPLINE AT 1-800-843-5678**
- If your child receives sexual or harassing e-mails, report this to your Internet Service Provider. Child pornography, abuse, sexual harassment and stalking are illegal and need to be reported.

ONLINE PREDATORS WILL DO ANYTHING TO GAIN YOUR CHILD'S TRUST.

KIDS' SAFETY RULES

- I will not download anything without first asking an adult.
- I will not give out any personal information such as my name, age, phone number, address, school name, or my parent's names even if the person I'm e-mailing claims to be my age.
- I will never make plans to meet face to face with someone I met online.
- I will never transmit a picture of myself or others (technology allows computers to morph photos onto other photos).
- I will not answer any sexual or harassing e-mail, bulletin board postings, or chat room discussions.

ONLINE RESOURCES:

www.safekids.com
www.safeteens.com
www.cybertipline.com
www.wiredkids.org
www.getnetwise.org
www.haltabusektd.org

Resources for this brochure: Pittsburgh Action Against Rape (PAAR) and the Pennsylvania Attorney General's "CYBERSAFETY" program.