

Internet Safety for Youth – Things for Parents to Know

-Compiled by the Chinook Middle School Counseling Department *

- Net Cetera: This is a free resource produced by the U.S. government that provides information to parents and youth about internet safety.

o Video: The following video provides some quick tips on how to talk to your tween or teen about technology:

<http://www.onguardonline.gov/media/video-0001-net-cetera-chatting-kids-about-being-online>

o Brochure: This free, downloadable brochure is a fantastic resource with all types of tips, and additional resources for parents: <http://www.onguardonline.gov/sites/default/files/articles/pdf/pdf-0001.pdf>

- Kids and Socializing Online: This is a great resource for parents which provides information about how tweens and teens use online technology to socialize, and provides tips for parents on how to initiate conversations with your children about appropriate and safe use of social networking sites.

<http://www.onguardonline.gov/articles/0012-kids-and-socializing-online>

- Cyberbullying: This article addresses what cyberbullying is, how to stop it, and how to talk about it with your kids. Cyberbullying can often impact students at school because of negative rumors. Please be sure to notify the Administrators at your child's school if you learn about cyberbullying.

<http://www.onguardonline.gov/articles/0028-cyberbullying>

- Kids and Mobile Phones: How do you teach your child to use their mobile device appropriately? What are your expectations around their use of a cell or smart phone? This article can help you shape that conversation with your child.

<http://www.onguardonline.gov/articles/0025-kids-and-mobile-phones>

- Sexting and Texting: Texting is the primary way that tweens and teens communicate with each other. Help your child make healthy choices about using text messaging and educate them about the law when it comes to sexually explicit content. This can be done in an age appropriate manner. Learn how! Communication with a trusted adult is important!

<http://www.onguardonline.gov/articles/0026-kids-texting-and-sexting>

- Parental Controls: Parents are typically the ones paying for their children's access to the internet, as well as a cell or smart phone. Companies provide options for parental controls on technology. This can be a tool to help your child learn how to navigate the online 'world' appropriately.

<http://www.onguardonline.gov/articles/0029-parental-controls>

**FA Parents: This document was shared with me from my sister's school in Washington state. I am passing it along because it seemed really helpful. – Catherine Keyston*