

FEBRUARY  
Online Safety



# DARE to EXCEL:

Creating home environments that help kids succeed at school

The Internet can be fun and a great tool for finding information and connecting with people. However, without parental monitoring, kids can spend hours online, and the Internet can be a dangerous place for children.

- 95% of teens ages 12-17 are online. Social network pages are checked daily and are the way many teens communicate the good, the bad, and sometimes the “ugly.”
- 1 in 5 children are sexually solicited online. Only ¼ of those children tell an adult about it.
- 79 percent of teens say that they are not careful about giving out personal information on the Internet.

Signs your child might be at risk of being harmed by an online predator:

- They may down or change the screen when you come by.
- Their behaviors change — they are more secretive and are not sleeping well.

Tips for parents to help reduce their child’s risk of being victimized:

- Develop family rules for the computer and Internet.
- Keep the computer in a central location in the house.
- Spend time with your children online to show them the good sites.

## PROVEN PARENTING PRACTICES

**Routines at home help kids learn**

**Learning at home helps kids learn at school**

**Setting limits with love helps kids learn at school**

**Good nutrition helps kids learn**

**Physical activity helps kids learn**

**Sleep helps kids learn**

**Community programs help kids learn at school**



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# Passwords, Privacy, and Feeling *SECURE*

- SET UP parental controls provided by your Internet provider and/or blocking software.
- MAINTAIN access to your children's online accounts.
- MONITOR the use of any type of electronic communication, especially online chat rooms.

## SET UP CONTROLS ON YOUR COMPUTER

### For Windows Users

- Click on the **Start** button.
- Click on **Control Panel**.
- Go into **User Accounts**.
- Provide administrator password, if necessary.
- Click the account that you want to set up the controls.
- Under **Parental Controls**, click On.
- Once this feature is on, you can adjust the individual settings.
- For more information go to:  
[http:// windows.microsoft.com/en-US/windows-vista/ Set-up-Parental-Controls](http://windows.microsoft.com/en-US/windows-vista/Set-up-Parental-Controls)

### For Mac Users

- Click on the **Apple Menu**.
- Click on **System Preferences**.
- Go into **Accounts**.
- If some settings are dimmed, click the lock icon and type an administrator name and password.
- Select the user account you want.
- Click **Parental Controls**.
- Select **Finder** and **System** in the **Family Controls** list and click **Configure**.
- To set limits for the user, select **Some Limits**.
- Choose the limits by selecting the options and click OK.
- For more information go to:  
[http:// docs.info.apple.com/article.html?path=mac/10.4/en/ mh2258.html](http://docs.info.apple.com/article.html?path=mac/10.4/en/mh2258.html)



## How To Keep Your Kids Safe from CYBERBULLYING

### Research Shows

- Cyberbullying can be a form of harassment and aggression toward others.
- 10 percent of 7th to 9th graders are bullied through the use of email, chat rooms, Facebook, texts, and other forms of electronic communication.
- Online bullying can result in serious health issues such as substance abuse, depression, thoughts of suicide, and can interfere with a child's ability to learn.

### What Parents Can Do

- Get online. Set up a personal profile on the same social networking site (SNS) (e.g., Facebook) so you can monitor your child's activities.
- Ask your teen to help you learn how to use Facebook or another SNS.
- Say what is suitable to put online. Kids' web savvy doesn't equal life experience.
- State what is unsafe to post: full name, address, specific places they go, phone numbers, vacation plans that would help someone identify or locate them.
- Help your teens choose appropriate privacy settings for their SNS.
- Encourage your children to come to you if they feel they are being bullied, and listen to them before making judgments.
- Comfort your child and reassure your child that it is not his/her fault.
- Inform your school about what is going on and, if necessary, speak to the police.

## RESOURCES AND INFORMATION

Science of Parenting. Parenting podcasts and blogs, including information on Cyberbullying

<http://blogs.extension.iastate.edu/scienceofparenting/category/bullying>

Teen Safety in Cyberspace

<http://edis.ifas.ufl.edu/fy848>

Teen Talk: Teens and the Internet

<http://www.extension.umn.edu/family/families-with-teens/fact-sheets/teens-and-the-internet.pdf>

Teen Talk: Teens and Social Networking websites

<http://www.extension.umn.edu/family/families-with-teens/fact-sheets/teens-and-social-networking-websites.pdf>