# QUICK AND EASY INTERNET SAFETY ADVICE FOR PARENTS

1.
**Keep computers in a central place** - this will make it easier to keep an eye on your children's activities.

2.
**Know where your children go online**. If you have young children, you might use the internet with them. For older children, you could talk about what kind of sites they like to visit and what isn't appropriate for your family. You can also check where your kids have been by looking at the history in your browser menu. Another option is to use filtering tools like Google SafeSearch.

3.
**Teach internet safety as much as possible**. It's impossible to monitor your child's online activity all the time. As they get older, they need to know how to use the internet safely and responsibly when they are on their own:

☐ Use privacy settings and sharing controls. Most sites that feature user-generated content, such as social networking sites, have sharing controls that put users in charge of who sees status updates, photos, videos and profiles. Using sharing controls is particularly important when you or your children share personal information such as names, addresses or phone numbers on public sites. Teach your children to respect the privacy of friends and family by not identifying people by name in public profiles and pictures.

☐ Protect passwords. Remind your children not to give out their passwords. Make sure they make a habit of unclicking 'remember me' settings on public computers such as those at school or at friends' houses.

☐ Beware of strangers. Teach your children not to arrange in-person meetings with people they 'meet' online and not to share personal information with online strangers because people may not be who they claim to be.

4.
**Help prevent viruses**. Use antivirus software and update it regularly. Make sure your children avoid downloading from file-sharing websites and don't accept files or open email attachments from unknown people.

5.
**Teach your children to communicate responsibly**. Take the following as a good rule of thumb: if you wouldn't say it to someone's face, don't text it, e-mail it, instant message it, or post it as a comment on someone's page.

6.
**View all content critically**. Just because you see it online, there's no guarantee its true. Children should be shown how to distinguish reliable sources from unreliable ones, and how to verify information they find online. Make sure kids understand that