

# Internet Golden Rules

- 1. Rules from "real" life apply: courtesy, kindness, modesty, dignity, respect for the law and others, etc.**
- 2. Don't talk to strangers.**
- 3. Keep your private information private.**
- 4. Never agree to meet an online friend without your parents.**
- 5. There are no guarantees that what you say or post on the Internet is private.**
- 6. Information, including photos, videos, etc., posted on the Internet can last forever.**
- 7. Watch for apps that are difficult to understand, have a hidden purpose, or access your camera.**
- 8. Find the "good" online – good friends, good Web sites, good games – and enjoy.**

## **Internet, Mobile Phones, and Texting Safety Tips**

# **Adults**

- Do teach your child not to post identifying information on the Internet.
- Do set a limit for how much time your child can spend online.
- Do keep the computer in a public room in the house. Do not have an Internet-connected computer in your child's bedroom.
- Do utilize parental controls provided by your Internet Service Provider and/or blocking software. (Contact your Internet ISP if you have questions).
- Do talk to your children about purchasing "in app" products.
- Do talk to your child about using any location services on their device.
- Do periodically review your child's computer, emails and messages. You should have all of your children's passwords.
- Do spend time with your child online. Have them show you their favorite online destinations. Get to know your child's online friends as you would their real-life friends. Learn to navigate the web.
- Do know who they text and email. Most providers have online ways to identify frequent contacts so you can see if someone new appears as a contact.
- Do monitor your child's access to the Internet and texting.
- Do talk to your child about the danger of Internet predators.
- Do watch for unexplained changes in your child's behavior.
- Do NOT hesitate to seek help from law enforcement if you think a predator may be targeting your child.

For more helpful Internet safety information, please visit [www.netsmartz.org](http://www.netsmartz.org). Netsmartz.org has age appropriate videos, activities, and information for students in elementary school, middle school, and high school.

## **Internet, Mobile Phones, and Texting Safety Tips**

# **Children**

- **Do not** post personal information online (name, age, birth date, address, telephone number, or school name). This information can be used by others to find out where you and your family live.
- **Do not** post your picture or pictures of your family online – they can be copied or changed or used to find you.
- **Do not** send any inappropriate photo or message by email or text.
- **Do not** post your plans and activities in a chat room or on your personal website. Do not post entries that make it clear that no one is at your home.
- **Do not** communicate with someone who has made you uncomfortable or afraid. Tell your parents or a trusted adult if someone does.
- **Do not** join online groups or games without talking to your parents.
- **Do not** meet with someone you met online without first telling your parents or guardian.
- **Do not** post hurtful or inappropriate messages. If someone else posts hurtful or inappropriate messages -- do not respond, but do tell a teacher, parent or other adult.
- **Do not** click on any link that you do not know, and you are not sure is legitimate.
- **Do not** buy any “apps” or “in app” purchases without talking to your parents or guardian.
- **Do not** enable any location services without talking to your parents or guardian.
- **Do** remember that people can lie online and say they are something they are not. Someone who says they are a 12-year-old girl could really be an older man looking to harm you.
- **Do** save messages that upset you and show them to your parents.
- **Do** share your password with your parents.
- **Do** visit [www.netsmartz.org](http://www.netsmartz.org) to learn more about Internet safety.

## Filters, Controls, and Access Restrictions\*

### Apple iPhone, iPad, and iPod- Restrictions

Restriction settings allow you to restrict access to apps and features, filter content, and prevent changes you set to privacy settings. This will require a passcode, one that is separate from the lock screen pass code.

<https://support.apple.com/en-us/HT201304>

### Apple Ask to Buy:

Works in family sharing mode. Prohibits downloads from the App Store without parent approval. Child purchase requests are sent to parents for approval. If approved, the app will automatically download.

<https://support.apple.com/en-us/HT201089>

### Android Parental Control Features:

Android devices use a combination of apps and restricted profiles to allow for restricting access to apps and content. Apps can be found in Google Play.

<http://www.pcadvisor.co.uk/how-to/google-android/3461359/parental-control-on-android/>

### Verizon Specific Tools:

Tool/Utility	Description	Cost	Link
Safeguards	General information on the types of utilities are available	N/A	<a href="https://my.verizonwireless.com/vzw/nos/safeguards/safeguardLandingPage.action">https://my.verizonwireless.com/vzw/nos/safeguards/safeguardLandingPage.action</a>
Content Filters	Filter content based on movie type ratings:	Free	<a href="https://my.verizonwireless.com/vzw/nos/safeguards/SafeguardProductDetails.action?productName=contentfilters">https://my.verizonwireless.com/vzw/nos/safeguards/SafeguardProductDetails.action?productName=contentfilters</a>
FamilyBase	With this utility you can view all app purchases and see which ones are used the most. You can restrict access to apps, times of use, and monitor activity.	\$4.99 / month	<a href="https://my.verizonwireless.com/vzw/nos/safeguards/SafeguardProductDetails.action?productName=familybase">https://my.verizonwireless.com/vzw/nos/safeguards/SafeguardProductDetails.action?productName=familybase</a>
Service Block	Block certain services from your mobile device.	Free	<a href="https://my.verizonwireless.com/vzw/nos/safeguards/SafeguardProductDetails.action?productName=serviceblock">https://my.verizonwireless.com/vzw/nos/safeguards/SafeguardProductDetails.action?productName=serviceblock</a>

### AT&T Wireless:

Tool/Utility	Description	Cost	Link
Smart Limits	Set limits on usage, block phone numbers, and keep tabs on calls and texts.	\$4.99 / month 1-line; \$9.99 / month for up to 10	<a href="https://smartlimits.att.com/#!/">https://smartlimits.att.com/#!/</a>

### T-Mobile Wireless:

Tool/Utility	Description	Cost	Link
WebGuard	Blocks or filters web page content.	Free	<a href="https://support.t-mobile.com/docs/DOC-2144">https://support.t-mobile.com/docs/DOC-2144</a>

\*This is not an exhaustive list of settings, services, or techniques that can be used to protect your children. Contact your internet and/or cellular provider or use your favorite search engine to learn more.

--information compiled and provided by Chris Salmi, a concerned parent

# Talking with Kids About the Internet

- How much does it cost to join Facebook, Instagram, or other social media site?
- What do you consider to be inappropriate material on the internet?
- Have you ever come across inappropriate content on the internet? What did you do?
- What would you do if you came across a pop-up of a naked person or hateful speech against a person or group?
- Would you feel comfortable telling me about anything you saw online that made you feel scared or uncomfortable? Why or why not?