

## **What Every Parent Should Know Just Say Know Internet Safety for Parents**

### **Slide 1 Just Say Know**

We have chosen the theme “Just Say Know” for this Internet Safety presentation because it is critical that you **know** how the internet works in order to maintain a safe environment for your child and others. It is not hard, but like crossing a busy street safely, there are a few common sense things you must **know** to proceed safely.

#### **The purpose of this presentation is:**

- Provide practical information parents can use at home
- Present safety tips
- Provide links to more information

### **Slide 2 Links for more information**

Did everyone get a bookmark listing the Parent Information URL?

Prince George’s County Public Schools takes internet safety and cyber security seriously.

- Parent information links are available at the “Just Say Know” web site “[tinyurl.com/SafetyLinks](http://tinyurl.com/SafetyLinks)” This is a Prince George’s County Public Schools website; the Tiny URL internet tool was used to make our web site address shorter and easier to remember.

All of the links in this presentation are listed on the “Just Say Know” web site. We also have posted additional links to information we hope you find helpful on the “Just Say Know” web site .

Please be advised that web page links can change quickly. If you find any broken links or have any questions please email [T3@pgcps.org](mailto:T3@pgcps.org)

### **Slide 3 Internet Safety**

- Did everyone get a booklet? Copies are available in English and Spanish. There is also an online version.  
The Net Cetera booklet is provided by the federal government and it encourages everyone to **stop, think, click**.
- As parents, you need to be in the “**know**.” Terms used to talk about the internet can be confusing; there is a glossary starting on page 46. You might find helpful to look in the glossary if we talk about terms you are not familiar with this evening. This booklet will also provide other helpful information for getting started.
- There is a lot of internet safety information available; some good, some bad. We have worked hard to select what we think is quality information. A good place to start is the On Guard online web site. We have that link and the links to the Net Cetera booklets on this slide.

#### **Slide 4 Get in the know ...**

Our children are using computers and other digital devices. It is time to get in the know and the On Guard Online website is a great place to get started. OnGuard Online has a lot of information, free booklets, online tutorials, and games you can use with your children and you can use to get cyber savvy!

**Page 4 & 5** of the Net Cetera Booklet outlines some of the things you can do on the internet and how you can reduce risks.

**<http://onguardonline.gov/>**

#### **Slide 5: Two Keys to Internet Safety**

Talk with your child. Start early. Create an honest and open environment.

Start the conversation by using teachable moments. It is important that your child understands that once they click the “send button” the picture or what ever they have shared will be online forever.

Communicate your values.

Keep the lines of communication open. Ask your child to think about something they really liked last year and have them share how they feel about it now? Talk about how we all have likes and dislikes that change over time.

- It is important to start early, start when your child is young and keep the lines of communication open.
- Listen to your child, create an open environment where your child is comfortable talking to you.
- Let your child know what is important to you and what is, and is not acceptable.

It is important your child knows to not share too much!

**For excellent short “talking point” videos see OnGuard Online:**

**<http://www.onguardonline.gov/media>**

#### **Slide 6 Getting started with your child ...**

It is hard to get the horse back in the barn if the door is left open ... establish rules and expectations before your child gets the technology.

Discuss and agree on rules and consequences.

Keeping your computer and other digital devices secure is a necessary step but it is equally important that your child understands the “rules of the road” as well. There is excellent “getting started” information on **page 6** of Net Cetera booklet.

For additional information about getting the conversation started see the Internet Safety Information Links for Parents on the Just Say Know website at <http://tinyurl.com/SafetyLinks> .

#### **Let your child know you support them**

- Keeping the lines of communication open with your child is key to maintaining a safe online environment.
- You and your child need to know basic safety rules.
- Some of the links on the “Just Say Know” web site are online games. You may want to explore these games with your child and use this to start the conversation about safe internet use, talk to your child about:

- Recognizing and avoiding risks such as phishing, malware, spyware, adware, credit card theft, identity theft, and stranger danger must be taught; children do not know about these things.
- How do you want your child to respond when something makes them uncomfortable online?
- Talk to your child about when to ask for help and who to ask for help. You may want to encourage your child to talk to a trusted adult you know or their school counselor.
- And, most importantly, talk with your child about making good choices. Sometimes just a sentence or at breakfast is all that is needed to remind your child of your family values. Talking to your child about making good choices is very important and can not be done too often.

### **Slide 7 Know what to do - Social web safety tips:**

Does your child use Facebook or Pinterest? Social networking tips start on **page 15** in Net Cetera.

- Know the policies of the social networking sites you visit. Did you know Facebook's policy states you must be 13 or older to join? The Children's Online Privacy Protection Act, also known as COPPA, is a federal law that requires explicit parent permission before web sites can collect or display pictures or other information about children under the age of 13.
- It is important that you talk with your child so they understand that people can use false photos and pretend to be someone other than themselves.
- Social networking tools, like Facebook or My Space are very good at connecting friends of friends. Talk with your child so they understand that they really are not more popular if they have the highest number of "friends". "Fringe friends", friends of friends are really strangers. Unless you or your child knows this person in the real world, your child needs to be told that they should not accept these types friend requests. Children should only friend people you know in the real world.
- Keep the family computer in a place where you can see what is going on. If your child says that you are spying use this to start the conversation about why they feel this way.
- Parents should be a "friend" on their child's social networks ... Cable in the Classroom's Point Smart, Click Safe web site has an excellent section on social networks. It also points out many of the very positive things you can learn about your child if you are social network "friends".
- You may want to teach your child about "Netiquette". The word netiquette is used to describe online manners, like etiquette describes manners in face to face situations. Online communication is easily misunderstood and knowing some simple rules help stop problems before they can start; For example, did you know that typing in all capital letters is considered yelling online?
- It is easy to feel anonymous on the internet, children need to understand that they should not text anything they would not say to a person.

There are 3 websites on the "Just Say Know" parent site that have more information about using social networks safely: Connect Safely Social web safety tips for parents:

[http://www.connectsafely.org/pdfs/tips\\_social\\_parents.pdf](http://www.connectsafely.org/pdfs/tips_social_parents.pdf)

Boston Public Library, Netiquette: <http://www.bpl.org/kids/netiquette.htm>

Cable in the Classroom Point Smart Click Safe: <http://www.pointsmartclicksafe.org/>

### **Slide 8 Know what to do - cell phones**

We live in a digital world ... our children use digital resources differently than adults.

Does your child have a cell phone that can text? How many texts does your child average per month?

The average American teen, in March 2012, sent and received an average of **60 texts per day**, that's 1825 text messages per month, & 21,000 texts per year.

Talk to your child so they understand that once a text is sent it can't be taken back. If you wouldn't say it to a person's face you should not text it. If you think someone's feelings would be hurt by a picture you should not send it.

Source:

Teens are sending 60 texts per day, Chenda Ngak, CBS News, March 19, 2012, 4:55 PM :  
[http://www.cbsnews.com/8301-501465\\_162-57400228-501465/teens-are-sending-60-texts-a-day-study-says/](http://www.cbsnews.com/8301-501465_162-57400228-501465/teens-are-sending-60-texts-a-day-study-says/)

### **Slide 9 Know what to do - Sexting**

Children often do not understand the consequences of their actions. It is important to talk to your child about how and when it is appropriate to use a smart phone camera.

**Page 19** of the Net Cetera booklet has information about sexting.

Sexting is sending or forwarding sexually explicit photos, videos, or messages from a mobile phone.

It is against the law; children who do this could be charged with child pornography distribution.

At the very least they risk their reputation and their friendships.

More information is also available on the Connect Safely website.

<http://www.connectsafely.org/Safety-Tips/cellphone-safety-tips.html>

### **Slide 10 Know what to do about bullying** – visit the PGCPs Anti-Bullying web site

Bullying, harassment, and intimidation are anti-social behaviors that are conducted with the intent to cause harm.

Prince George's County Public Schools is serious about stopping bullying behaviors.

Administrative Procedure 5143 describes our policy and how to report bullying. The reporting forms are available at school and on this web site. There is also other very helpful information and resources posted on this web site.

### **Slide 11 Know what to do about Cyberbullying**

**Page 20 & 21** in the NetCetera booklet has information about Cyberbullying.

- Cyber bullying is repeated aggression online that is usually associated with real life. It is unacceptable.
- Cyberbully behavior is harassment that happens online. Because it is online it can be much more intensely felt.
- Sometimes children do not understand that online joking or teasing may be considered cyberbully behavior by others.

- If your child is subject to cyberbullying, save or print out any evidence and block that account.
- If cyberbullying involves your neighborhood you may want to consider contacting the police.
- If it involves your school, you should consider contacting your school's principal.
- Signs that a child may be cyberbullied include he or she does not want to go to school, is depressed, withdrawn, or hides screen when you come into room.
- Hiding the screen or turning off the device when you walk by is a red flag, but it may mean something other than cyberbullying. Ask your child why they turned the screen away, but try to phrase your questions in ways that encourage communication. Let your child know you support them.
- Most importantly – teach your child netiquette so they do not inadvertently behave online in a way that can be interpreted as cyberbullying.

There are links on the “Just Say Know” site to web sites that provide more information about cyberbullying, these sites include:

Connect safely, this site has cyberbully safety tips including videos, safety information, how to stop unwanted email, how to protect your computer, and how to keep your personal information private online. (<http://www.connectsafely.org/safety-tips-and-advice.html>)

Microsoft's Cyber Ethics page also provides helpful information.

(<http://www.microsoft.com/protect/parents/cyberethics/practice.aspx>)

And there is a Cyberbully 411 website with suggestions about actions you can take.

(<http://cyberbully411.org/>)

### **Slide 12 Cyber Savvy parents are in the know!**

There is a lot of quality information online to help you get cyber-savvy. **Page 38** of the Net Cetera Booklet begins the section about parental controls.

You can use parental controls on mobile devices and your computer to filter, monitor, or block things for specific users. It is not hard if you know where to find the directions.

Learn how to protect yourself from spyware, malware, phishing scams & other concerns on the On Guard Online website. <http://www.onguardonline.gov/topics/computer-security.aspx>

The website Get Netwise is a good place to get started learning about parental controls.

**Make sure your child understands** that “free” or shareware software can sometimes do more than what you think it can. It may have hidden things that can track your internet usage or give your computer problems. The shareware software creator could have hidden something that will gather information about the websites you visit to sell. Before you download anything, read the End User Agreement or license to learn what the software will do.

**The On Guard website has many videos and tutorials** about computer security, spyware, malware, phishing, and other concerns you should know about.

On Guard – computer security: <http://www.onguardonline.gov/topics/computer-security.aspx>

On Guard – spyware: <http://www.onguardonline.gov/topics/net-cetera.aspx>

On Guard – malware (malicious software): <http://www.onguardonline.gov/topics/malware.aspx>

On Guard – phishing – scams to get personal information:

<http://www.onguardonline.gov/topics/phishing.aspx>

### **Slide 13 Know about computer security**

One of the most important things is to protect your computer and other devices.

Have you ever seen the reminders pop-up on your computer or smart phone to update the software? NEVER click these pop-ups! It is important to keep your software up-to-date. Hackers discover vulnerabilities in software and the updates are designed to stop potential harm.

You will stop a lot of problems before they start if you know about keeping your computer secure. **Page 34** of the Net Cetera Booklet begins the section about computer security.

Learn more about cyber-security by visiting the On Guard web site; click the **Secure Your Computer** link to find the online tutorials and videos about this important topic:  
<http://onguardonline.gov/topics/secure-your-computer>

The browsers we use, such as Internet Explorer or Firefox, have help features that can teach us how to use this software securely and it is as easy as 1, 2, 3. This picture shows how you can learn about the security features for Internet Explorer.

First, look for the “help” button or link to find online support; for Internet Explorer it this is the blue circle with the question mark.

Second, click the online support link.

Third, if you type “security” into the search box you will get links that will help you learn about computer security.

Online Resources often have built-in safety features also. Fore example, YouTube.com has a “Safety Mode” button at the bottom of the page. To learn more about this feature go to <http://www.youtube.com>, scroll down to the bottom of the page, click the Help button and type in Safety Mode: <http://support.google.com/youtube/bin/answer.py?hl=en&answer=174084>

We have also posted link to tutorials to help you learn about computer security on the “Just Say Know” web site: <http://www.tinyurl.com/SafetyLinks>

### **Slide 14 What should parents do?**

**Page 8** in Net Cetera booklet provides some helpful suggestions about what should be expected for each age level.

- It is never to soon to start talking to your child.
- You may want to create your own internet safety action plan.
- Talk with your child and decide what is fair and reasonable.

You may want to consider making an internet use agreement with your child; the contract from [getnetwise.org](http://getnetwise.org) has a good example. Or, you may want to consider creating an internet “license”, sort of like a driver’s license, for your child; [pbskids.org](http://pbskids.org) has an excellent example setup in a game format.

Learn about computer security; in addition to the other resources mentioned earlier, the [getnetwise.org](http://getnetwise.org) website also provides some very helpful online tutorials.

<http://www.getnetwise.org/>

**Slide 15**

All of the links used in this presentation and this PowerPoint with the speaker's notes are posted on the Just Say Know parent's web site. We hope you have found this information of interest and helpful ... are there any questions?

Questions can be emailed to [T3@pgcps.org](mailto:T3@pgcps.org)