

START A DIALOGUE ABOUT INTERNET USE IN YOUR HOME

Set aside time to sit down as a family to discuss how each person in the house uses the Internet. Invite everyone to share their understanding of safe and proper use of the computer.

Ask your child to show you what they've learned about using a computer. Let them take the lead demonstrating to you if they can surf the web, email, find a specific web address, use a search engine, etc.

Ask your child about their favorite websites and why they like visiting those sites.

Ask your child if they visit any interactive websites – sites where they can “chat” or email other kids. (Webkinz, American Girl Online World, etc.)

Talk about values and morals essential to the family and how those translate to using the Internet.

Use the age appropriate contracts and rules that will guide the safe use of the Internet in your home. The provided contracts/rules are suggestions only, meant to jump-start your family's dialogue. Change the wording as needed to suit your family's unique circumstances and needs.

If you need help talking with your child about Internet Safety, you can visit www.netsmartz.org for ideas and tutorials tailored to parents.

REMEMBER – TRANSLATE YOUR COMMON SENSE INTO CYBER-SENSE. PRACTICE GOOD CITIZENSHIP ONLINE!!



Internet Safety Quiz – Turn Common Sense into “Cyber Sense”

1. As I travel through "Cyberspace," information I should never give out to someone I meet online is

- a. the names of my favorite books and movies.
- b. my real name, address, telephone number, the school I attend, or my photograph.
- c. the name of my pet.

2. If someone sends me an inappropriate message/material, I should

- a. never reply to these messages and tell my parents, so that they can notify our online service provider.
- b. keep it a secret.
- c. reply to the message and ask the sender to stop sending me messages.

3. If someone I meet online asks me to keep a secret from my parents I should

- a. keep the secret because they are my "cyber friend."
- b. tell all of my friends, because it's hard for me to keep a secret.
- c. tell my parents, because no one should ever ask me to keep secrets from my parents.

4. If someone is on my E-mail "buddy list," "friend list," or "contact list" and I only know that person online, he or she is

- a. my friend and someone I can trust.
- b. the person he or she claims to be.
- c. someone I should be cautious about, because I don't know him or her well.

5. As I travel through "Cyberspace," I should never

- a. take a break and have a go outside to play.
- b. use the Internet to help me with my homework.
- c. agree to meet someone in person who I have met online.

6. The "CyberTipline" is

- a. a cool, new video game.
- b. my online source to report child-sexual exploitation.
- c. a web site where I can find information about UFO's.

7. Cyberbullying is

- a. repeated hostile online behavior intended to hurt or embarrass another person.
- b. illegal.
- c. both "a" and "b".

8. When posting pictures online, I should

- a. never check with my parents first.
- b. choose pictures of myself in my school or sports team uniform.
- c. make sure the pictures I choose show myself and my friends at our best – pictures that are not embarrassing or revealing.

6. The "CyberTipline" is

- a. a cool, new video game.
- b. my online source to report child-sexual exploitation.
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ANSWER: B. I can report anything that is threatening or involves child pornography to the CyberTipline by visiting their web site at www.cybertipline.com or by calling 1-800-843-5678. They will ask questions about what happened and give my parents and me information about people who can help me.

7. CyberBullying is

- a. repeated hostile online behavior intended to hurt or embarrass another person.
- b. illegal.
- c. both "a" and "b".

ANSWER: C. Cyberbullying is intense online harassment – the bullies post mean, insulting or embarrassing comments or pictures about or of another person with the intent to deeply hurt that person. Like harassment, cyberbullying is illegal. Practice good citizenship online – if you wouldn't say it to someone's face, don't say it online.

8. When posting pictures of myself online, I should

- a. never check with my parents first.
- b. choose pictures of myself in my school or sports team uniform.
- c. make sure the pictures I choose show myself and my friends at our best – pictures that are not embarrassing or revealing.

ANSWER: C. Choose the pictures you post or send by cell phone with care – check with your parents before you post a picture online and think before you post. Don't post pictures of yourself in a school uniform that could lead a predator to your area. Be careful to post or send pictures that aren't revealing or embarrassing. Once you send a picture or post an image, you lose control of its final destination and ultimate audience. Remember, "send" is 4ever.

Are you a cyberbully?

Give yourself 0 points if you've never done it, 1 point if you have done it 1 or 2 times, 2 points if you have done it 3-5 times, 3 points if you have done it more than 5 times.

Have you ever...

- Signed on with someone else's screen name to gather info?
- Sent an e-mail or online greeting card from someone's account?
- Impersonated someone over IM or online?
- Teased or frightened someone over IM?
- Not told someone who you really are online, telling them to "guess"?
- Forwarded a private IM conversation or e-mail without the permission of the other person?
- Changed your profile or away message designed to embarrass or frighten someone?
- Posted pictures or information about someone on a Web site without their consent?
- Created an Internet poll, either over IM or on a Web site, about someone without their consent?
- Used information found online to follow, tease, embarrass or harass someone in person?
- Sent rude or scary things to someone, even if you were just joking?
- Used bad language online?
- Signed someone else up for something online without their permission?
- Used an IM or e-mail address that looked like someone else's?
- Used someone else's password for any reason without their permission?
- Hacked into someone else's computer or sent a virus or Trojan horse to them?
- Insulted someone in an interactive game room?
- Posted rude things or lies about someone online?
- Voted at an online bashing poll or posted to a guestbook saying rude or mean things?

Now Calculate Your Score

0 – 5 Points: Cyber Saint

Congratulations! You're a cyber saint! Your online behavior is exemplary! Keep up the good work!

6-10 Points: Cyber Risky

Well, you're not perfect, but few people are. Chances are you haven't done anything terrible and were just having fun, but try not to repeat your behaviors, since they are all offenses. Keep in mind the pain that your fun might be causing others!

11-18 Points: Cyber Sinner

Your online behavior needs to be improved! You have done way too many cyber no-no's! Keep in mind that these practices are dangerous, wrong, and punishable and try to clean up that cyber record!

More than 18: Cyber Bully

Put on the brakes and turn that PC/MAC/text-

messaging device around! You are headed in a very bad direction. You qualify, without doubt, as a cyberbully. You need to sign off and think about where that little mouse of yours has been clicking before serious trouble results for you and/or your victim(s), if it hasn't happened already!

